

# Planning and Preparation for the NBRC Examinations



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## Objectives

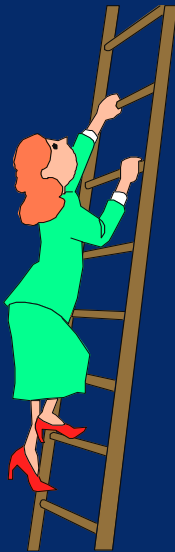
At the completion of this session, the attendee will be able to:

- Identify commonly cited reasons for poor performance on examinations
- Identify factors that lead to success in the examination process
- Discuss specific preparatory issues, namely, pre-test planning and on-site logistical issues

## Commonly Cited Reasons for Poor Performance on the NBRC Exams

- I didn't know what would be on the exam
- I didn't study the "right stuff"
- I was sick
- I worked a "double" the day before-was exhausted and couldn't focus
- I ran out of time
- I was a nervous wreck
- I forgot-my mind went blank
- I didn't know the format
- I wasn't prepared for "those" types of questions

## Successful Exam Performance - Five Keys to Success-



- Academic Preparation
- Physical Preparation
- Psychological Preparation
- Test Taking Strategies and Techniques
- Pre-Test Planning and Preparation

### 1<sup>st</sup> Key

## Academic Preparation

- Program Curriculum
  - General education
  - Respiratory Care coursework
  - \*Exam Prep Modules (our way of revisiting RC concepts)
- Study Skills/Memory Skills/Decision Making Skills

**Point:** making sure you got all the "stuff" (the concepts and principles of respiratory care) and you know how to use it (application and analysis)

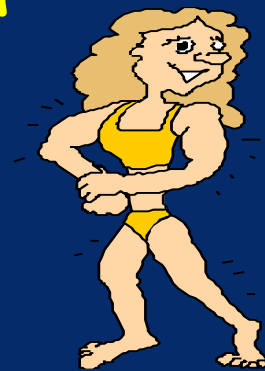


### 2<sup>nd</sup> Key

## Physical Preparation

- Strength
- Conditioning
- Endurance
- Nutrition

**Point:** making sure you are physically ready the day of the test: proper sleep, well-nourished, sharp-minded, ready to sit and concentrate



### 3<sup>rd</sup> Key

## Psychological Preparation

- Dealing with anxiety/rechanneling energy
- Minimizing stress
- Mentally focus/concentration
- Getting in the "Zone"
- Positive self talk-believing in yourself
- Conceive it! Believe it! Achieve it!
- The Theory of the Dominant Thought and Issue of Positive Self-Expectancy



### 4<sup>th</sup> Skill

## Test Taking Skills

### -Being Test-Wise and Test-Ready-

- Specific set of skills
- Entail such things as: test content, test composition, format, number, type and difficulty level, anatomy of a multiple choice item, scoring, time issues, directions and specific test strategies/techniques

**Point:** more to come (separate module)



## 5<sup>th</sup> Skill

# Pre-Test Planning and Preparation

- Overview of examination process-purpose and goals
- Test format
- Test scheduling and preliminary planning
- Logistics of the test center
- What to expect at the computer terminal

Point: the rest of **this** module will deal primarily with the issues noted above



## NBRC Credentialing Examinations

### - Overview -



- **NBRC's Goal:** identify individuals with experience/expertise to practice at the entry/ advanced level-recognize with a credential-CRT and RRT
- **Format:** computerized, multiple choice examination format (+ computerized clinical simulations for ALE)
- **Testing:** AMP-sponsored test centers, computerized, on-demand



## Test Scheduling

- Go to [www.goAMP.com](http://www.goAMP.com) to identify the over 170 AMP Test Centers (H & R Block)
- Application and scheduling is through NBRC- go to [www.nbrc.org](http://www.nbrc.org)
- Click on CRT, WRE, or CS exam
- Provide personal information (name, address, SS#, email address and personal password)

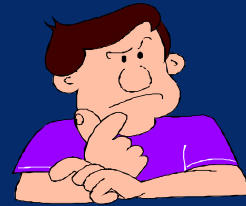
## Test Scheduling



- Cost is \$190 for CRT/WRT (\$200 for Clin Sim) and payment is via Visa, MC, American Express, Discover
- After eligibility is confirmed exam can be scheduled- either 9:00 am or 1:30 pm
- Application is valid for 1 year

## Suggestions for Day of Exam

- Arrive 15-20 minutes early
- Plan your arrival (where you will park, how you will get to the site)- and plan for possible delays such as inner city traffic
- If unfamiliar with the locale, consider a dry run
- Even consider having someone take you (drop you off)
- Should you arrive more than 15 minutes after the scheduled time, you may not be admitted to the test room



## Must Do's

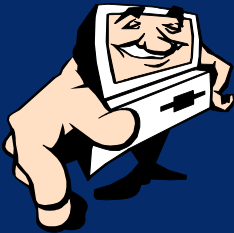
- Bring 2 forms of valid identification (one must be a current picture ID-license, passport, current state ID, military ID)-both must have signature
- Employment ID, student ID and any temporary ID are not acceptable!
- After ID is confirmed, directed to testing area (room, carrel)





## What to Expect When You Arrive at the Test Center

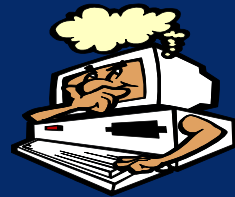
- After ID is verified, you will be directed to the actual test room
- No books, papers, dictionaries, other reference materials or personal items
- No electronic devices (including pagers, beepers, PDAs, etc.)
- Expect a relatively small room with 3-5 carrels (computer stations)



## What to Expect at the Computer Terminal

- At computer terminal enter SS #
- Photograph taken (remains on screen throughout test-also on exam score report)
- Practice test provided (capital of US, first president, # days in a year, etc)-10 minutes
- Instructions provided on-screen
- When ready to begin, indicate such and you will be "on the clock"

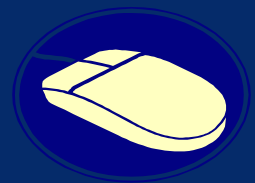
## What Will I See on the Screen ?



- *Top right-hand corner* = your picture (displayed throughout test)
- *Middle of screen* = stem statement and 4 options (correct response and 3 distractors)
- *Cover Key* = displays front page
- *Help Key* = provides assistance to common issues

## What Will I See on the Screen ?

- *Answer box* = can manually insert your choice and will be displayed here until you move to next question
- *Blank square* = can be clicked on as a bookmark to allow for review at a later time
- *! Key* = exclamation point which allows you to access a dialogue box where you can provide comments





## What Will I See on the Screen ?

- *Time* = a digitalized clock provides *time remaining in minutes* (can leave on or click off)
- *< Key* = the backward key which allows you to go back to a previous item(s)
- *A "number"* = displays the item number you are presently working on
- *> Key* = moves you to next item
- *Hand icon* = identifies all unanswered and bookmarked items



## Summary -A Quick Review -

1. Identify the 5 keys to success on the NBRC exams.
2. What format does the NBRC follow in the examination process?
3. What is the role of the NBRC and AMP?
4. What can you expect at the test center?
5. What will you see on the computer screen?

## Summary -A Quick Review -

1. Identify the 5 keys to success on the NBRC exams. (academic, physical, and psychological preparation, pre-planning and on-site logistics, and being test-wise)
2. What format does the NBRC follow in the examination process? (computerized, on-demand, multiple choice + clin sim)
3. What is the role of the NBRC and AMP? (NBRC writes and grades the exam-AMP deals with administration and processing)
4. What can you expect at the test center? (a formal sign-in process, strict verification and guidelines)
5. What will you see on the computer screen? (your picture, stem and options, test commands and directions)



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