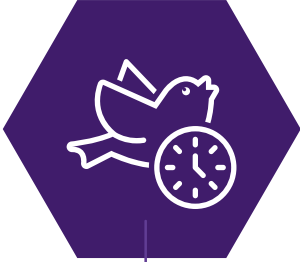


5 Tips for IC&RC Test Prep

Use the following tips to find success for the IC&RC Prevention Specialist Exam. Good luck!



Start Early

- Give yourself time to study. Set aside time to review every day. Take breaks.

Prepare a Game Plan

- Start with a complete review and determine the areas you already know and the areas that need a bit more studying.

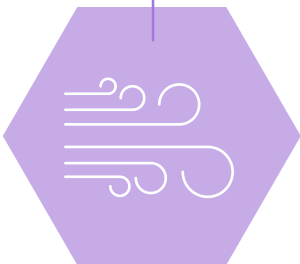
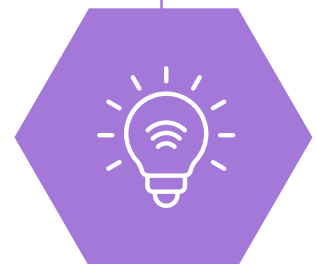


Understand the Concepts

- Practice questions are retired questions and will not be asked on the exam. Knowing how/why that answer is correct is important.

Study Smart, Not More

- Use the resources available to begin studying.
- Find a small group to study with. Rewriting or speaking the answers aloud can help with memorization. Don't overstudy.



Breathe!

- Stay calm and trust yourself and your preparation. Visualize yourself rocking the exam. Use guided imagery, mindfulness, and conscious breathing to help with test anxiety.