

**National
Organization
of Blacks in
Dietetics and
Nutrition**

a member interest group of the
eat right. Academy of Nutrition
and Dietetics

NOBIDAN

STUDENTS RD BOARD EXAM PREPARATION

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DISCLAIMER: THE VIEWS EXPRESSED BY THE PRESENTER ARE THEIR OWN AND ARE NOT
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REGISTERED DIETITIAN EXAM STUDY SESSION- AGENDA

- Decreasing stress and test anxiety
- Breaking down test questions
- Studying strategies
- Identifying test weaknesses
 - Information and practice from Domain 2 and 3
 - Breakdown of the test
 - Free resources
- Math calculations and strategies to solve them
- What steps to take after your first attempt

DECREASING STRESS AND TEST ANXIETY

- Prayer or Meditation
- Mindful Practice with positive Affirmation
 - I am prepared
 - I passed my exam
 - I am an RD

DECREASING STRESS AND TEST ANXIETY

- Exercise (30-60 minutes per day before or after exercise)
- Sleep (7-8 hours)
- Focus
- Rewards
 - **M**assage,
 - Spa,
 - Trip
 - New suit for the new position
 - New Lab coat with your name etc.

DECREASING STRESS AND TEST ANXIETY

- Get the support of the village
 - I told my mom and aunties- so I had them praying and fasting

STUDYING STRATEGIES

- Create a study calendar
- Study Plan
 - **When is** your best time to study (sleep rhythm)
 - **AM**
 - **PM**
 - Break apart – 15-25 minutes to study materials
 - Study with someone (Part of it – at least 2 a week)

STUDYING STRATEGIES

- ✓ Set guidelines if you are studying with someone (use of phone i.e.).
- ✓ Say concepts out loud to each other after study session to see how much you truly remember.
- ✓ Teach concepts to other people.
- ✓ Use terms you are studying in everyday conversation.

IDENTIFYING TEST WEAKNESSES

- Domain Break-Down
 - Principles of Dietetics – 25%
 - Nutrition Care for Individuals and Groups – 40%
 - Management of Food and Nutrition Programs and Services – 21%
 - Food Service Systems – 14%

DOMAIN BREAK-DOWN

- Before you start to study -Take a mock exam
- Review Sessions (Jean Inman or **Academy of Nutrition and Dietetics**)
 - 80-85% on the mock exam for each domain
 - >80% set the calendar for each domain
 - Determine the time based on the percentage of the exam

DETERMINE THE TIME FOR THE STUDY REVIEW

- Study 5-6 days per week for two to three months
- 6-7 hours per day
 - Break in session segment
- 100-120 hours. Depending on the pre test mock
 - Break down based on domain and strengthen
- Take a day off to rejuvenate

MATH CALCULATIONS AND STRATEGIES TO SOLVE THEM

- DON'T memorize questions
- Memorize the formulas
 - TPN
 - Estimated needs
 - Children
 - Protein
 - Fluid

POST ASSESSMENT

- Start with each domain with positive affirmation
 - I am well trained and I know the materials
 - I am a Registered Dietitian
 - I am a fantastic dietitian
 - I plan to make a difference in my community