

# STUDY TIPS

These study tips are based on what helped me throughout my own study journey. While everyone learns differently and not every method may work for you, I hope this can serve as a helpful guide to spark ideas and support you in finding what works best for your individual learning style.

1. Remove your Guide & Grid from any binders, you will be less likely to pick up and read if it's in a thick binder.

- You should be using both paper copy (so you can write notes) & electronic copy to search for key words.
- Separate the Guide by Exam content, this will allow you read/study by section(s):
  - Credentialing & Privileging
  - Ongoing Monitoring & Compliance
  - Supporting Departmental Operations
- Separate the Grid by ASPECTS, this will allow you to only focus on the section you want to study/memorize. Take your time reading each column (accrediting standard). Find the different verbiage that each standard uses and highlight or write at the bottom. Example: ASPECT Allied Health Professionals (AHPs), page 6 of grid:
  - TJC: uses verbiage Licensed Practitioner or License Independent Practitioner (LIP)
  - NCQA, ACHC, DNV, CoPs: use verbiage Non-Physician Practitioner
  - URAC & AAAHC: uses verbiage AHPs
- Highlight any timeframes you come across as you read (the CPCS test contain a lot of timeframe questions).
- Take notes directly on your grid and guide. As you continue to read over and over things will begin to stick out
- On your grid write what page number you found the ASPECT in the Guide. This will allow you to easily move back and forth from the Grid to the Guide as you study.

2. Most importantly, stay positive. Don't say things like, "this is to much", "I can't do this". Keep it positive!

3. Get plenty of sleep, eat a healthier diet, more leafy green (kale, spinach) which are good for brain health.