



Practical Guidelines to Successfully Navigate the RDN/NDTR Examination.

Sponsored by: NDEP Development Committee

Feraz Ferozali, EdD, RDN ferazferozali@gmail.com (presenter)

Cavallo, David Cavallo, PhD, MPH, RDN, LD dx434@case.edu (moderator)

Katherine Cerda, MS, RDN katherine.v.cerda@gmail.com (student panel)

Sheila King, MSCN, RDN, LDN sheilagriffithking.est@gmail.com (student panel)

Conflict of Interest Disclosure

David Cavallo, Katherine Cerda, and Sheila King have no conflicts to report.

Dr. Ferozali is the CEO of Chomp Down Dietetics, a test preparation company for the RD exam. He is here to share his expertise regarding the RD exam.

Learning Objectives

1. Discuss strategies for taking a standardized test.
2. Outline approaches to reduce test anxiety.
3. Describe effective studying strategies.

Learning Needs Codes

3.1.6 Takes an active role in sharing information and knowledge.

4.2.5 Analyzes and synthesizes information and identifies new information, patterns and findings.

6.6.3 Implements trends and best practices in designing and providing access to content.

Dr. Feraz Ferozali

- Feraz Ferozali EdD, RDN is the CEO of Chomp Down Dietetics, a company that features the Dietitian Exam Review Program which assists students in passing the RD exam via video lectures and colorful notes. He has a passion for teaching and enjoys spending time with his wife and two children.

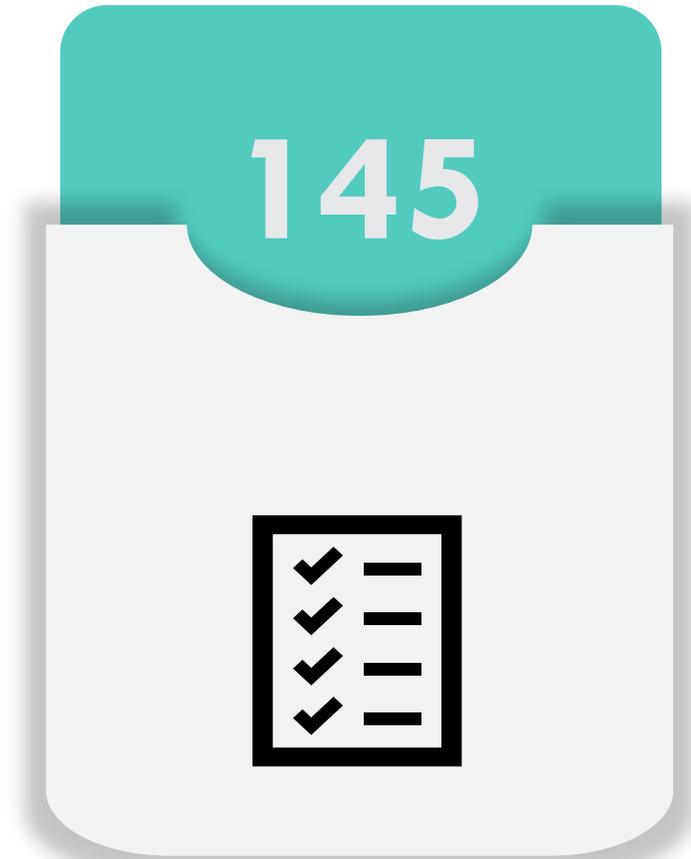




Effective Studying Strategies

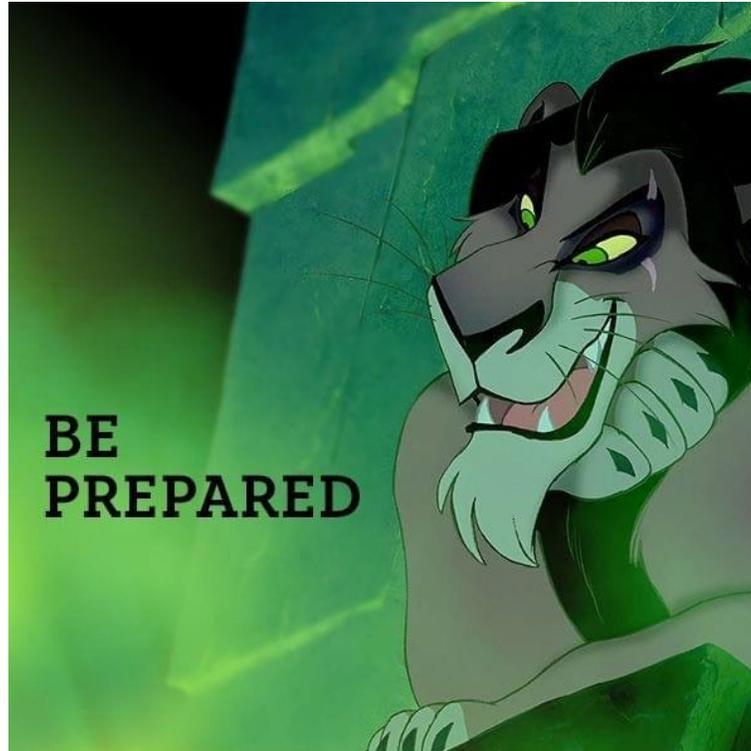


Practice Exams

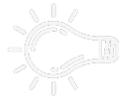


Practice Exams

Listen to Uncle Scar



To answer 145
questions



Mnemonics-High Protein Recommendations



Steatorrhea

Addison's

COPD

High Protein

High Protein

High Protein

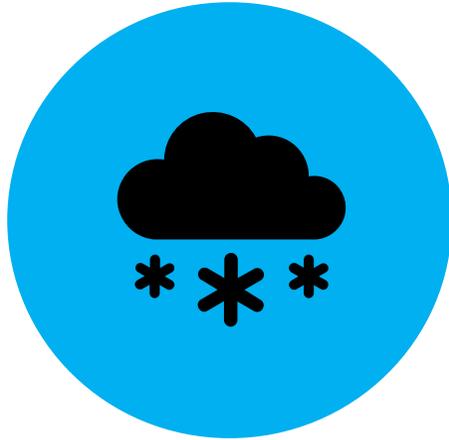


Lentils- High in Protein

SAC of lentils are high in protein



Mnemonics-Winterization



Cold
Corn Oil



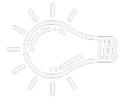
Sweater
Soy Oil



Christmas
Cottonseed
Oil

Meet Mooney!

Besides being the
bestest girl...



Expert in the Krebs's
cycle

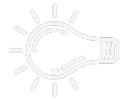


Master of MNT



Queen of
scoop sizes





The Feynman Technique

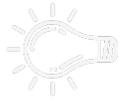
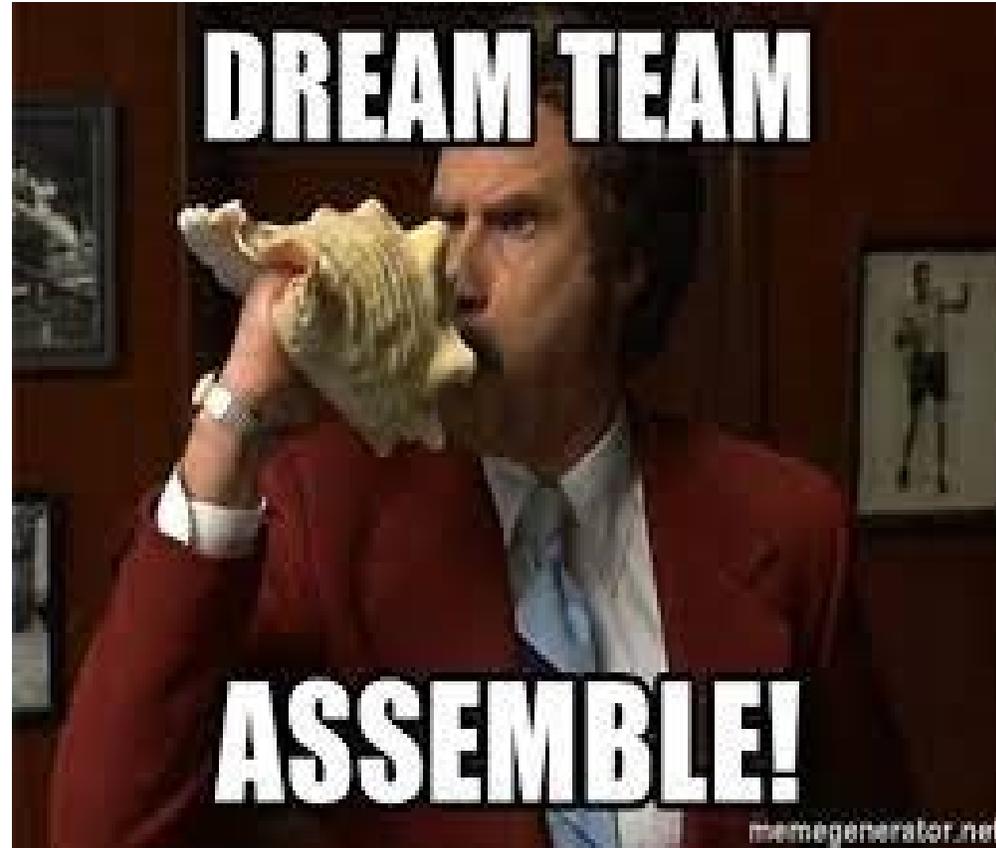
Study Groups

Schedule sessions

Multiple perspectives

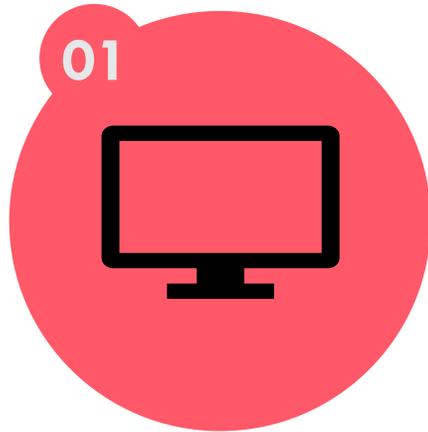
Timeline

Comparison Game

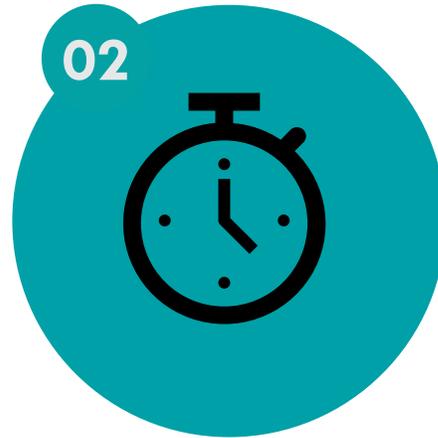


Reducing Test Anxiety

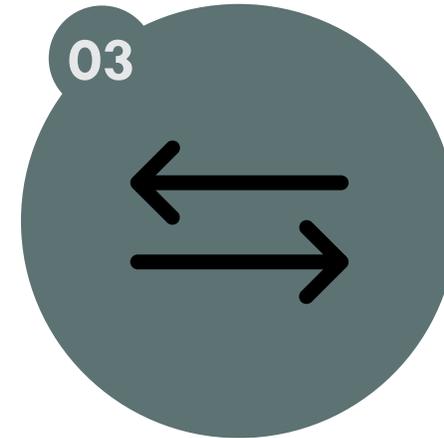
Recreate the Exam Setting



Desktop setting



180-minute timer



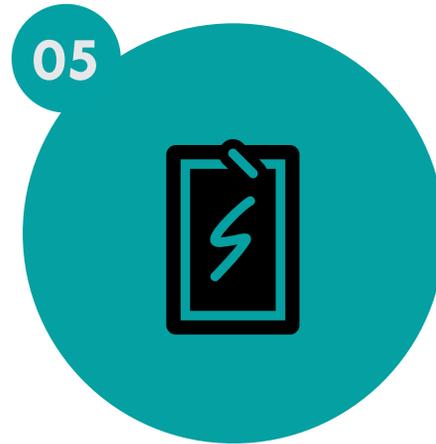
Don't go back and forth



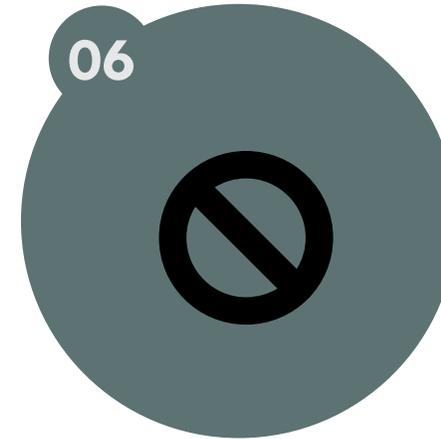
Recreate the Exam Setting



Put cellphone away



Board Prep



Practice doesn't
make perfect



Additional Strategies to Reduce Test Anxiety

- Write down anxieties
- Try to visit the testing site before exam day
- Focus on the present moment to avoid intrusive thoughts
- Relaxation techniques



Strategies For Taking a Standardized Test



Strategies For Taking a Standardized Test

- Keywords
- Try to eliminate at least two answers
- Recognize the need to pick the BEST answer
- Expect to not know EVERYTHING; Have someone insert a random question into you practice exams

Which condition is best characterized by abnormally developed red blood cell precursors & bigger red blood cells?



- A. Hemolytic anemia
- B. Macrocytic, megaloblastic anemia
- C. Anemia
- D. Microcytic anemia

Which condition is best characterized by abnormally developed red blood cell precursors & bigger red blood cells?

- A. Hemolytic anemia
- B. Macrocytic, megaloblastic anemia
- C. Anemia
- D. Microcytic anemia



Practice Randomness

What year was thiamine discovered?

- A. 1897
- B. 1946
- C. 1902
- D. 1802



Practice Randomness

What year was thiamine discovered?

- A. 1897
- B. 1946
- C. 1902
- D. 1802



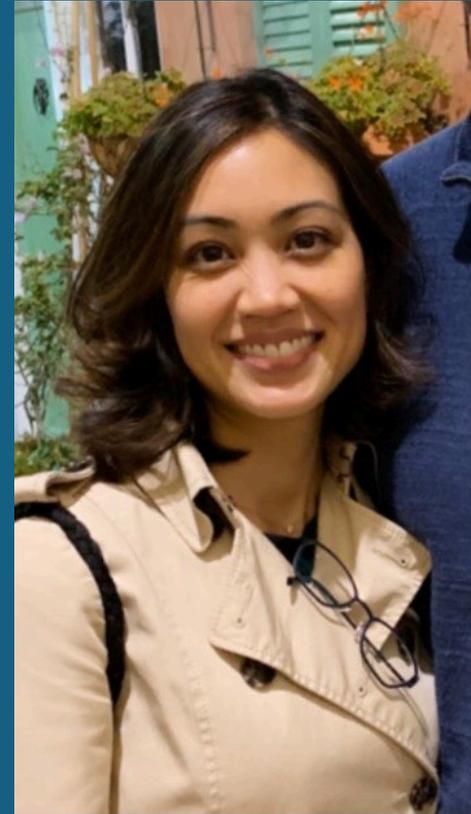
Former Student Panel

Katie Cerda, RDN

- Katie is a 2024 graduate from Case Western Reserve University, where she did her Master's, Bachelor's, and internship. She is currently a Program Specialist at the USDA's Midwest Regional Office in the Child Nutrition/Community Nutrition Programs Branch. Katie enjoys playing video games and cooking.

Sheila King, MSCN, RDN, LDN

Sheila earned her BS in Nutrition and Dietetics from West Chester University in 2021, earned a MS in Community Nutrition as well as completed her dietetic internship through West Chester University in 2023. She is currently a Breastfeeding Education Coordinator for the Foundation for Delaware County WIC Program in Pennsylvania. Dietetics is Sheila's second career, which she started after her children were old enough for her to pursue her dream.





References

Akpan, J., Notar, C. E., & Beard, L. (2021). The impact of mnemonics as instructional tool. *Journal of Education and Human Development, 10*(3), 20-28.

Linn WD, Lord KC, Whong CY, Phillips EG. Developing effective study groups in the quest for the "Holy Grail": critical thinking. *Am J Pharm Educ.* 2013;77(8):180. doi:10.5688/ajpe778180

Kaur Khaira, M., Raja Gopal, R. L., Mohamed Saini, S., & Md Isa, Z. (2023). Interventional strategies to reduce test anxiety among nursing students: A systematic review. *International journal of environmental research and public health, 20*(2), 1233.