

How to Use The Complete Study Smarter Method for the RD Exam

Congratulations!

You've taken a big step towards passing your RD credentialing exam by purchasing the Study Smarter Method E-Book for the RD exam with practice questions as well as all 10 study guides.

Whether you're studying for the exam for the first time or the tenth time, this method will help you get there. These study materials, created and written by Bailey DeBarmore, MHS, RDN, are geared specifically towards the RD exam. **The Study Smarter Method is different because it focuses on how you study, not just what you study. To get the most out of the Study Smarter Method, be sure to follow the steps below in How to Get Started.**

There is a lot of material here and it can be overwhelming to know where to start, so here are some steps to follow as you begin.

How to Get Started

Step 1. Read the e-book first, "The Study Smarter Method for the RD Exam". This section introduces you to the Study Smarter Method and teaches you how to apply it to studying for the RD/RDN exam. If you feel overwhelmed by the amount of text, focus on Chapter 2 and Chapter 3. If you have trouble focusing while reading material, to keep yourself engaged, imagine you are teaching someone else about what you're reading, and make notes on a white board or on a sheet of notes.

Step 2. Make your study plan. You'll specify not only when you'll study but what you'll do during those study sessions. Chapter 3 teaches you how to make a study plan. *The following pages have example study plans.*

Step 3. Download the free worksheets and MNT study guide from my freebies webpage. Take advantage of the lab values and vitamin/mineral worksheets, as well as the **Terms to Know Worksheet** – filling it out will expose you to the breadth of topics you need to know for the exam. For the worksheets that go along with the study guides, first read through the study guides, and then use the worksheets as an active learning exercise as you review the material.

If you have taken the exam before: Read the Study Smarter Method e-book and fill your study plan mostly with 5 question sessions and worksheets at first. If you are overwhelmed by the amount of text, then start with the introduction page, Chapter 2, and Chapter 3. Use the study guides to reinforce any areas you feel shaky on. Read more about what and how to study in the Study Smarter Method E-book Chapters 2 and 3.

If you're studying for the first time: Read the Study Smarter Method e-book and make your study plan. If you are overwhelmed by the amount of text, then start with the introduction page, Chapter 2, and Chapter 3. Then, fill your study plan with time spent going through the study guides. Schedule a study session 2-3 weeks from now to go back and read Chapter 4: Troubleshooting. Then, start working on the study guides in the order presented on the next page. Complete study guide questions as they are presented (don't save them for when you finish the study guide), using the study guide text to answer them. Don't try to answer them from memory. Do the practice questions in the study guides as you come to them as well, and be sure to use the Study Smarter Method when you answer them. Read more about what and how to study in the Study Smarter Method E-book Chapters 2 and 3.

Study Order

1. Study Smarter Method for the RD Exam
2. Management Concepts Study Guide
3. Research Concepts Study Guide
4. Calculations and Formulas Study Guide
5. Food Service Logistics Study Guide
6. Food Safety Study Guide
7. Food Science Study Guide
8. Digestion and Absorption Study Guide
9. Nutrition Care Study Guide
10. Enteral and Parenteral Nutrition Study Guide
11. Kidney, Electrolyte, and Dehydration Study Guide

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The Study Smarter Method for the RD exam is different because it focuses on how you study, not just what you study.

Many RD2BE's have had success using the Study Smarter Method to pass the RD exam. To get the most out of the method, be sure to follow the steps we recommend as you get started.

1. Read the Study Smarter Method for the RD Exam E-book.
 - If you feel overwhelmed by the amount of text, focus on Chapter 2: The Study Smarter Method and Chapter 3: Using the Study Smarter Method. These two chapters explain the unique way of studying that makes the Study Smarter Method so effective.
2. Create your study plan.
 - At 2-3 weeks from now, schedule a study session to go back to the Study Smarter Method for the RD Exam and read Chapter 4: Troubleshooting.
3. Download the free worksheets from www.studysmartermethod.com/freebies including the MNT study guide.

study smarter method

The following pages have sample study plans for the different combinations of study schedule and content versus practice question focus

- The most important part of creating a study calendar for the Study Smarter Method is to make a schedule that works for you. If your circumstances change, your study schedule will need to change, too.
- These are guidelines and suggestions but you need to individualize it so that you will stick to it.
- These pages are a general overview, so don't skip reading the Study Smarter Method section to learn how to make your own individualized study plan, including what types of sessions to include.

If you have studied for the exam before...	If you have not studied for the exam before...
<ul style="list-style-type: none"> • Since you've already been through the content for the exam, you'll want to focus primarily on practice questions (5PQ) to build your critical thinking skills. <i>Find out how to do 5PQ sessions in the Study Smarter Method section.</i> • You'll also want to identify any areas you feel weak in and have FOCUS study sessions on those topics <i>after doing only practice questions for at least 2 weeks.</i> • For example, you might dedicate 1-2 sessions a week for foodservice calculations, or for reviewing clinical conditions and MNT. 	<ul style="list-style-type: none"> • Since you haven't been through the content for the exam yet, you'll want to split your time between the study guides (SG) and doing practice questions (5PQ). <i>Find out how to do 5PQ sessions in the Study Smarter Method section.</i> • On a weekly basis, spend half of your study sessions working through the study guides, including the questions found within them. • During the other half of your study sessions, do sessions of 5 practice questions.
If you are studying full-time...	If you are working or going to school while studying...
<ul style="list-style-type: none"> • Since you're studying full-time, you can do 2 – 3 study sessions on most days and vary what you focus on during those sessions. • You'll want to plan your study schedule ahead of time so that you don't have to think about what to focus on when you sit down to study. 	<ul style="list-style-type: none"> • Your schedule is quite busy on top of studying. You'll want to plan your study schedule ahead of time and have 1 study session on most days of the week. • You also want to be flexible for those days that you're exhausted from school and/or work. Designate one day as FLEX – if you're too exhausted for that session, skip it. • Remember it's better to do at least <i>something</i> every day so you build up a positive study habit. You don't always need to do something mentally taxing like practice questions. You can go through flashcards you make over the weekend or do a similar "passive" active learning exercise. • Don't forget to continue doing things you love and practicing self-care.

Example Study Plans (1)

STUDYING FULL-TIME; NO WORK OR SCHOOL TAKEN EXAM BEFORE							
	MON	TUE	WED	THU	FRI	SAT	SUN
Morning	5PQ						
Early Afternoon			5PQ			Focus	
Late Afternoon	5PQ		Focus	5PQ		Focus	5PQ
Evening							

STUDYING FULL-TIME; NO WORK OR SCHOOL <u>NOT</u> TAKEN EXAM BEFORE							
	MON	TUE	WED	THU	FRI	SAT	SUN
Morning	5PQ	SG	5PQ	SG	5PQ	SG	5PQ
Early Afternoon			SG			5PQ	
Late Afternoon	SG		5PQ	SG		SG	5PQ
Evening							

5PQ = 5 practice questions; SG = study guide.

Learn about how to do these study sessions in the Study Smarter Method E-book

Example Study Plans (2)

WORK OR SCHOOL FULL-TIME TAKEN EXAM BEFORE							
	MON	TUE	WED	THU	FRI	SAT	SUN
Morning	Work	Work	Work	Work	Work		Focus
Early Afternoon						5PQ	
Late Afternoon						Focus	5PQ
Evening	5PQ	5PQ	5PQ	FLEX			

WORK OR SCHOOL FULL-TIME <u>NOT</u> TAKEN EXAM BEFORE							
	MON	TUE	WED	THU	FRI	SAT	SUN
Morning	Work	Work	Work	Work	Work		5PQ
Early Afternoon						5PQ	
Late Afternoon						SG	SG
Evening	SG	5PQ	SG	FLEX			

5PQ = 5 practice questions; SG = study guide.

Learn about how to do these study sessions in the Study Smarter Method E-book

Example Study Plans (3)

WORK OR SCHOOL PART-TIME TAKEN EXAM BEFORE							
	MON	TUE	WED	THU	FRI	SAT	SUN
Morning	Work	5PQ	Work		Work	Focus	
Early Afternoon	5PQ		5PQ	Work	5PQ		5PQ
Late Afternoon		Work					
Evening							

WORK OR SCHOOL PART-TIME <u>NOT</u> TAKEN EXAM BEFORE							
	MON	TUE	WED	THU	FRI	SAT	SUN
Morning	Work	SG	Work		Work	5PQ	
Early Afternoon	5PQ		5PQ	Work	SG		5PQ
Late Afternoon		Work					
Evening							

5PQ = 5 practice questions; SG = study guide.

Learn about how to do these study sessions in the Study Smarter Method E-book