

Study Tips/Suggestions - Preparing for the EDAC Exam

Preparing to pass the EDAC exam on the first try? Getting ready to retake the exam? Here are some tips and suggestion to help you be successful.

Begin by skimming the **study guides** to gain an overview of the material. Then take the **sample exam** and see how you scored. Next try these tips:

- **Focus your studying.** Review the **Exam Content Outline** and the five Domain areas. Compare these tasks to the study guides and identify what you already know and the areas you want to learn. If retaking the exam, review your scores for each area and determine where to concentrate your studying.
- **Build on what you know** and add more difficult material as you proceed and keep adding to your knowledge base until you have a comprehensive understanding of all the material. Remember to assimilate and grasp knowledge about the concepts and application of the EBD process. Then determine which facts are important to memorize.
- **Manage your time.** Set a test date and develop a realistic study schedule to prepare for the exam in order to be ready to take the test on that date.
- **Study in chunks.** Cramming is not the best way to study for this exam. According to Dartmouth Academic Skills Center, it's best to study in 30 to 50 minute sessions remembering to take breaks between sessions. The **EDAC Exam Prep videos** are a great way to review specific content areas. The videos cover a broad spectrum of information and should be viewed during multiple study sessions. The videos were developed so an individual could REPLAY and review sections of the video multiple times until the content was learned.
- **Find the right place to study** that is free from distractions. Sometimes switching things up and finding alternate places to study can help enhance learning.
- **Activate the “Mozart Effect”.** There is a documented link between learning and music. Sometimes playing certain kinds of music such as Mozart sonatas or Baroque, which follow a 60 bpm pattern, can help to activate the whole brain. Stimulating both sides is linked to increased recall and can increase the likelihood that you will retain relevant information.

- **Form a study group** or find a local study group. This is a good way to get motivated and the group can share ideas and divide up responsibilities to help everyone learn. Reach out to a Steelcase Health representative or dealer to see if they are offering a study session or contact The Center for Health Design for assistance.
- **Develop flashcards** or other review materials that you can carry with you and study when you have time during your busy day to help retain information. Find interesting ways, e.g. a story or other triggers to help you remember facts and concepts.
- **Maintain a positive attitude** and visualize passing the exam. Before you take your test get a good night's sleep and remember to eat.
- **On test day – stay CALM.** If you find you are getting nervous take a few deep breaths. During the test maintain a steady pace in order to get through the entire exam. Skip a question if you don't know the answer and come back once you have gone through the entire exam.