The Third Time is the Charm

Persistent Pays
About Me

- **Way old school, BS degree in Biology**
  - Training was OJT and courses
  - Limited graduate school classes, while I menaced the university as it’s IH
  - Several great mentors
- **26+ years of practicing EHS around the globe**
  - 4+year Regulatory agencies (State)
  - 3 years in Academia (JHU)
  - 19+ years Private Industry (Specialty Chemical and Manufacturing)
My Experience with the Exam

- The first try resulted in an IHIT title but alas no more, Fall 1986
- The second try, a bunch of angst but still no change, Fall 1987
- During the third try, he felt the “Force” and a new CIH was formed, Spring 1991
So what can an old dog like me tell you?

- I could reminisce about how much tougher it was in the old days…

- Provide some sage advice
  - Commit to bust your butt preparing
  - Keep at it until you succeed
  - Take advantage of all that comes with your success
Busting your butt

- Get Organized, no time like the present
- Study Hard, no brainer here, even an IH would know that
- Care for yourself, physical and mental status are important
- Understand Test Anxiety
**Get Organized**

- **Establish a study plan**
  - Plan the work and work the plan

- **Organize and Obtain Resources**

- **Set target dates and make sure they are right**
Get Organized

■ Back in my day, limited resources were available
  ■ “White Book, Armed Forces Test Book, Vent Manual”, a few review courses

■ Now there are many different sources available
  ■ Books, the same classics and a whole host of new ones
  ■ Commercial Software programs, TNTC
  ■ Review courses, local and national offerings

■ Results 1 - 10 of about 15,400 for CIH certification exam prep software. (0.56 seconds) Google search 5/10/07
Study Hard

- Establish and keep a regular study time schedule
  - Get into a rhythm and keep it going

- Don’t disengage from the world
  - Friends and family will appreciate this

- Confer with others if you are confused
  - Find a mentor and use them as needed
Care for Yourself

- Eat well and exercise
- Get plenty of sleep
- Don’t forget friends and family
- Plan in breaks, including micro breaks
- Understand how test anxiety effects you
- Avoid negative folks…
Test Anxiety

- Yes it’s real:
  - Emotional reaction to exams, stemming from fear
- Some is good
  - You need an edge
- Too much can be paralytic
  - Crash and burn
Test Anxiety

- **Physical Component:**
  - Butterflies, Sweat, nausea, and heart palpitations

- **Emotional Component:**
  - Nervousness, fear or panic

- **Cognitive Component:**
  - Loss of focus, confusion, brain cramping
Test Anxiety
Relax, yeah that easy for me to say

- You can to do it !!!!

- Practice breathing techniques before the exam
  - Works well for child birth and this isn’t anywhere near as bad.

- Use them when you start to get overwhelmed
  - Get to know your body
  - Watch for the signs and
  - Act before it’s too late
Some Tips for E-Day

- Plan to get there a little early.
- Forget the last minute cram
- Get comfy and visualize a calming setting
- Avoid the “naysayer”
Other Tips for E-Day

- Watch what you eat and drink
- Fresh fruits and veggies are good, but avoid acidic food
  - Keep hydrated, water works best
- Highly processed and greasy foods should be avoided
  - Watch the carbonated soft drinks and caffeinated ones.
So you have taken the exam and didn’t pass, now what?

- Run off to a far away island and become a hermit
- Blame the moon and stars and anything else and mope around doing nothing
  
  OR

- Get up, dust yourself off and do it again!
- KEEP UP AT IT UNTIL YOU SUCCEED
Why Keep At It?

- May 2003 ABIH News Article
- Examination Statistics
  - Reviewed data from 95-02
    - Overall pass rate %: 35.1
    - Overall % who eventually passed: 54.8
  - Success comes to those who keep trying.
What does it get you?

- An opportunity to make a difference.
  - In your life and those you touch
- Professional respect
  - You have paid your dues and demonstrated your knowledge
- Personal satisfaction
  - You succeeded where others haven’t
- Bragging rights at the next conference
Benefits I’ve gained

- A chance to make new friends in lands you might only dream about
- A chance to make a difference in people’s lives that you never thought possible
- An opportunity to give back to help the next generation move on
What’s next

MSA Happy Hour and drinks are on me!!!