The Roadtrip to Passing the First Time

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What attaining your CIH won’t do

- Being a CIH won’t necessarily make you
  - Rich ............ at least not initially, but I’m hoping
  - Powerful
  - Better looking
  - Happy
  - Successful
- An “expert” in every area of IH practice
What the CIH will do

- Make you smarter ............
  - at least for a few months
- Make you more marketable
- Help you realize what you know
  - But most importantly, make you realize how much you don’t know
- The right track to advancing your career
  - Read – get involved!!!!
    - Local Sections and Committees
Background

- Took exam at AIHce in San Diego - June, 2002
- I had heard all of the horror stories
  - the “test” isn’t fair
  - I missed by one question 6 times
  - nobody passes the first time
  - the questions aren’t “relevant” to IH practice today
- I put a lot of time and effort in
  - I only wanted to do it once
- Somehow I passed……..
College
Old Dominion Univ.
1992-1996

Work Experience
1996-2002

Roadtrip
Comprehensive IH Course
June, 2001

Casual Studying Begins,
Gathered Resources,
Sept.-Dec. 2001
Exam Review Course - March

Real Studying – Real Stress

“Worthy” to Sit for Exam Feb 14

Application Jan

CIH
Helpful Resources
• IH Study and Ref. Guide
• The “White” Book
• Burton’s IH/Vent Books
• TLV Book
• ACGIH Vent Manual
• Some textbooks – epi, stats, tox, etc.
• Datachem Software
• Made notes for each rubric area – legal pad

Work, Study, Sleep, Work, Study, Drink,
...Occasional 7 hour study marathons

San Diego – 8 weeks
Rest Area
• Nightly runs to relax
• Music A good mix cd saved me
• Limit brain cell abuse

Where am I?
• Progress tough to track
• Frustration
• When will I know “enough”
• Temptation
  • …it’s springtime
Memorial Day Weekend
• Brain saturated
• Test was a week away
  • Needed a break
• If I fail, the world won’t end
  • It’s summer…..
• Getting married in three weeks
The Test
• “Participated” in Rock n Roll Marathon
  • Knew the first 13
  • Then the wheels fell off
• Stuck to gameplan
• Never gave up…..
July 22nd – Big Envelope in Mailbox with three letters after name.....partytime

Roadside Assistance
• Help those looking to sit for exam
• Encourage, Listen, Help, Mentor
• Pay it forward – more on this later
Hints

- You can do it ..........
- You don’t need an A
  - All you need is a D
  - Passing is usually in the mid 60s
- Stick to your gameplan and don’t panic
- Don’t give up – even if you’re convinced you’re failing
Pay it Forward

- We have to give back for the CIH to hold value
  - Get involved in the profession.....promote it
    - Local Sections and Committees
  - Do good work.........
  - Uphold all ethical canons
  - Help/Mentor those looking to sit for the exam
    - Co-Workers
    - Friends
    - Enemies
      - A few words of encouragement can go a long way
The CIH

- College Education $40,000+
- CIH Exam fees ~$500
- Datachem Software $295
- Replace calculator smashed while studying $12.95
- 40oz after exam $2.25

- Seeing those three letters after your name when you open your mailbox - priceless