

5 tips

to prepare for the Therapeutics & Prescribing Exam

Here are tips from the naturopaths we interviewed who have taken the exam, as well as some pointers from the College.

1 BE ORGANIZED.

Being efficient with your time is important because the volume of work and information is extensive. It can also be helpful to organize yourself so you can access information quickly – especially during the open-book written exam.

Naturopaths who have sat the exam recommend viewing the video lectures at least once and said that listening to the podcasts is helpful too. They also strongly suggest doing all the practice questions, including timing yourself to stay on track. Some found it helpful to print all the presentations and make notes as they went. It can also be useful to create a folder with alphabetical lists of all the drugs.

2 TAKE YOUR TIME.

Allow yourself the recommended three to six months to complete the self-study course. Rushing it simply doesn't work. If you can, take the week off before the exam to prepare. Our ND interviewees also suggest giving yourself time to recover from the intense months leading up to the exam – particularly if you have been busy practising and out of school for a while.

3 ASK FOR HELP.

Use social media to connect with other candidates and NDs who have already taken the exam. Many are willing to share their prep work and experiences. The course instructors can also be helpful answering emailed questions.

4 TAKE ADVANTAGE OF TEAMWORK.

Form a virtual study group and ask team members to create different cases and questions. Creating a strong network helps candidates practice more and creates accountability when a group is depending on you for well thought out material. Create or join a Facebook group and share Q&As, issues and information.

5 PRACTISE PRESENCE.

Make sure you thoroughly read each case presented during the oral exam. Missing a vital aspect can make the difference between a pass and a fail. For example, a case discusses bacterial bronchitis but because the candidate fails to note the infection is bacterial, they recommend treatment for a viral infection instead. In the written exam, some candidates lose precious time by not filling out the electronic scantron card as they go along, thinking they will have time to go back and do that later.