PREPPING TO PASS: STUDENTS’ PERSPECTIVES ON THE NBCOT EXAM

Kelli (Packard) Anderson, M.Ed, OTS
Understanding the process of registering for and taking the NBCOT exam, including timelines, prices, and scoring.

Become informed about various study guides available to prepare for the NBCOT exam.

Gain exposure to OTR and COTA student experiences regarding the NBCOT exam, including study strategies, learning styles, and tips for success.
MEET THE PANELISTS

**OTR**

Jenna Matteson  
St. Catherine University

Lauren Sherman  
University of Minnesota

**COTA**

Krista Lazzari  
Anoka Technical College

Meghan O’Neil  
St. Catherine University
THE NBCOT EXAM
THE NBCOT EXAM

- OTR Exam
  - Section 1
    - 3 Clinical Simulations
  - Section 2
    - 170 Multiple Choice Questions
- COTA Exam
  - 200 Multiple Choice Questions
The Registration Process

Eligibility Requirements
- Complete FW requirements
- Graduate from an accredited OTR/COTA degree program
- Submit official transcript

Application Process
- Register online (www.nbcot.org) or submit paper application
- Valid 1 year
- Eligibility Confirmation Notice
- Authorization to Test (ATT) letter
POST EXAM

- Exams are scored on a weekly basis, with unofficial pass/fail status posted every Thursday.
- “Unofficial’ results should not be used for state license of employment purposes.
- Electronic Score Transfer must be sent to the state licensing board → $40
- Exam results 300-600, and need a scaled score of at least 450 to pass
QUESTION #1: WHAT WAS YOUR EXPERIENCE REGISTERING FOR THE NBCOT EXAM?
Register online or submit paper application

Submit payment for NBCOT

Submit official transcripts to NBCOT

Electronic Score Transfer to State Boards

Schedule with Prometric

ATT letter

State Boards
PREPARATION STRATEGIES

- Set realistic study goals and expectations
- Set a study schedule
- Study at the same time each day
- Make use of free time
- Consider your study environment
- Provide ‘Modulation breaks’
- Create time for occupational balance
STUDY STRATEGIES

- Think Aloud
- Focus on Application
- Index Study Systems
- Study Groups
  - Manageable size (6 people)
  - Establish group principles
OTR STUDY GUIDES

- AOTA’s NBCOT Online Prep – (2013)
- Preparing For The Occupational Therapy Board Exam: 45 Days And Counting (DiZazzo-Miller & Pellerito, 2009)
COTA STUDY GUIDES


- AOTA’s NBCOT Online Prep (2013)

- The COTA Examination Review Guide (Johnson, 2002)
QUESTION # 2:
WHAT RESOURCES OR STRATEGIES DID YOU USE WHILE PREPARING FOR THE NBCOT EXAM?
THE NIGHT BEFORE

- Know the exact location and how long it will take you to get there
- Gather all necessary documents
- Decide on what you will wear
- Get a good night sleep
- Engage in physical activity
THE DAY OF THE NBCOT EXAM

- Arrive early
- Biometric-enabled check-in services (electronic record of ID, photo imaging, digital fingertip record)
- Ask for headphones if you need them, earplugs are allowed
- Ask for the mini white board during the test
- No breaks
ANY TIPS FOR THE NIGHT BEFORE OR DAY OF THE NBCOT EXAM?
QUESTIONS?


National Board for Certification in Occupational Therapy, Inc. (2013). Official NBCOT study guide for the OTR certification examination (3rd ed.).