

The Spoke Signal

*The 'smoke' signal is one of the oldest forms of long-distance, visual communication.
A smoke signal can be used to transmit news, signal danger, or to gather people to a common area.*

November 2024

CIC/LTC-CIP Exam Study Tips How YOU can Prepare for Success



Studying for your CIC/LTP-CIP exam is not an easy task, so it's crucial to be well prepared with a plan, resources, and most importantly, the right study tips. The most fundamental step in this is to figure out what learning style works best for you before formulating a plan for success!

How to Build Exam Confidence

- ★ Practice positive self-talk!
- ★ It always seems impossible until it's done!
- ★ Surround yourself with supportive people!
- ★ Learn from mistakes! You only fail when you stop trying!
- ★ Your success is as good as your mindset!



Study Checklist

Simple & Efficient Study Tips

- ✓ Make a realistic plan - do NOT overload on content. Create a Schedule.
- ✓ Take regular breaks!
- ✓ Have a dedicated space for studying - don't get distracted by work, emails, social media, etc.
- ✓ Stay hydrated, eat well, get enough sleep.
- ✓ Reward yourself to stay motivated.
- ✓ Get involved in a group study.
- ✓ Reach out to your Hub ICP for study support and additional tips on building exam confidence!

What is your learning style?

Visual: Prefer images and diagrams for understanding.

Auditory: Listening to lectures and discussions.

Read/Write: Reading and writing for knowledge absorption.

Kinesthetic: Hands-on activities and experimentation.

Want to find your learning style? [Click here!](#)



Effective Study Techniques

- Create a **study binder!** (Focus on exam sections)
- Use **cue cards** (physical or online) *Quizlet is a free website for cue card creation!*
- **Active recall** - test yourself on material rather than re-reading notes!
- **Pomodoro Technique** - study for 25 minutes then take a 5-minute break to maintain focus
- **Mind-Mapping** - visualize connections between concepts to better understand/organize information
- **Colour-Coding** - use colours to organize information in your notes

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Resources for CIC/LTC-CIP Success

- APIC Text
- CIC Epidemiologists YouTube
- CBIC Exam Prep Resources
- Become an IPAC Canada member!



Resources:

Understanding Your Learning Style
Studying for Upcoming Board Exams
8 steps to Academic Success
Feeling Confident about your Next Exam
Ultimate Guide to Exam Confidence



Contact us: SEhubintake@kingstonhsc.ca