

How to Prepare for the RD Exam

By: Julia Robinson EMU Dietetic Student, MI Academy Student Board Member

Congratulations! If you're reading this, it means you are pursuing a career in dietetics and are likely nearing the end of your professional program.

Preparing to take the RD exam is a hot topic in classrooms during the first semester, the final semester, and every semester in between. As future dietitians, preparedness comes almost as easy as our attention to detail.

Without further ado, let's get to it! Below is a list of popular and diverse resources, to fit any learning style. Those listed are in no particular order.

Resources:

1. *Study Guide for the Registration Examination for Dietitians*¹

This is a study guide written and published by the Commission on Dietetic Registration and can be purchased in the Academy of Nutrition and Dietetics online store. A bonus tip, you will be provided with a coupon code if you vote in the Academy election!

Included with this guide:

- ❖ a comprehensive study outline based on the examination content specifications implemented January 1, 2017;
- ❖ suggested study references;
- ❖ study tips;
- ❖ a print and online version of the practice examination; and
- ❖ two single use vouchers to use when accessing the online practice examination

2. *Visual Veggies Software*²

This is an online study suite. This software installs directly to your computer. Once it is downloaded, you have access to the information until you uninstall the program. This program gives you detailed feedback on your testing statistics, including timing, percentage you got correct, domains you are strong or weak in, and it provides tips on ways to study at the end of each quiz or test. There are multiple purchase options and additional resources such as flashcards. If this suits your study style, make the extra purchase!

Included with this software:

- ❖ Practice Exams – Multiple-choice tests with questions similar to the actual RD Exam and explanations for each question.
- ❖ Whiteboard Video Tutorials – Follow along in various calculations and topics with step-by-step instructions
- ❖ Matching – Match the term or phrase in one column to the term or phrase in another column
- ❖ Medical Abbreviations – Type in the corresponding abbreviation to the term or phrase provided

- ❖ Blind Exams – Answer questions from the Practice Exam database without the answer choices for an additional challenge
- ❖ Additional purchases: downloads to your smartphone (must be done through your App Store), flashcards, and hangman.

3. *Inman's Review Course*³

This course has been held nationwide for over twenty-eight years. It is available as an in person class, or with lectures on CD or USB drive. The entire program has been recorded and is available for purchase along with the Review Manual. One unique feature of this program is the online version comes with a printed manual mailed straight to you to eliminate excessive printing or note-taking.

This course includes:

- ❖ Detailed, comprehensive Study Manual following CDR study guidelines, covering all Domains.
- ❖ All lectures on CD or USB. Listen as you study the Manual. Because most of what is discussed is printed for you in the Manual, note-taking will be minimized.
- ❖ Over 1000 sample test questions.
- ❖ Tips on how to study and how to take the computerized test.
- ❖ Individual support provided by mail, phone or e-mail. If you have questions after you have studied a section, contact them for help!

4. *eatrightPREP*⁴

This online program is offered through the AND. Comprehensive is one word to describe this resource. One valuable feature of this guide is that ALL answer options are explained, whether you chose the right or wrong answer. This helps sharpen up your critical thinking skills and practice process of elimination.

This program includes:

- ❖ 37 Lessons covering all of the domains on the RD Exam;
- ❖ 1324 total questions with explanation of incorrect and correct answer choices;
- ❖ 6 practice tests with detailed results page identifying individual strengths and weaknesses;
- ❖ 469 Flashcards;
- ❖ Plus, Academy Position papers on a variety of topics.

5. *Breeding and Associates Reviews Workshops*⁵

This resource is unique in that it offers live, in-person educational sessions. The availability of these courses depends on your location and how far you are willing to travel. All of the features listed below can be purchased in a package or separately depending on your needs.

This resource includes:

- ❖ Three-day On-site Exam Prep and Review Program;
- ❖ Study Guide Manual with a variety of test preparation and practice options;
- ❖ "Points to Remember" Flashcard program with over 600 critical concepts;
- ❖ And, unlimited online exam access for up to one year!

6. *RD In a Flash*⁶

This program includes:

- ❖ a comprehensive set of over 630 flash cards that cover the basic ideas and principles for all domains; and
- ❖ a clinical and foodservice calculations answer sheet;
- ❖ group purchase discounts are available!

7. Supplemental FREE resources:

- ❖ Khan Academy – this resource is helpful for broad concepts, as well as reviews on biology, physiology, and medical terminology.
- ❖ YouTube – this resource gives a visual representation on how certain food chemicals react in an acidic or basic solution, digestion and absorption processes, the TCA cycle, beta oxidation, hormone regulation, mechanism of action for medications, motivation theories, food safety, and more! One can also find motivational videos for those late-night, puffy-eyed study sessions.
- ❖ TestPrepReview.com – free daily exam question and additional information about the RD exam.

Final Thoughts:

It is recommended to take the RD exam within three months of graduating, however, the world WILL keep spinning if you don't make it in time. Many have passed the exam before you, and you will pass too with some hard work and dedication. Just remember: carbohydrates are your brain's #1 choice of fuel, you must make time to sleep, and always believe in yourself!

See you on the other side, fellow RD's-to-be!

References:

1. RD Exam Preparation. Commission on Dietetic Registration website. https://www.cdrnet.org/rd-exam-preparation?set_ga_opt_in_cookie=1&set_ga_opt_in=Save+Settings. Accessed January 3, 2019.
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5. Products: What We Offer. Breeding and Associates website. <http://www.rdexa.us/content/products>. Accessed January 5, 2019.
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