

Structural Integration Certification Exam Study Guide

ADVICE ON HOW TO TAKE A MULTIPLE CHOICE EXAM

The Certification Exam for Structural Integration is a multiple choice test.

Multiple choice questions are made up of two parts. There is the question and there are a group of four possible answers. On most multiple choice tests, the one correct answer is only “more correct” than the three incorrect answers. This brings us to the first bit of advice:

Read each question and each answer carefully.

While there are no ‘trick’ questions on the Exam, there is important information in the questions that if not noticed or understood could lead to a wrong choice for the correct answer.

Many questions will have conditioning statements, such as, “which of the following is most often...”, “Which of the following is the best example”, “such and such most directly affects...”, “such and such is primarily viewed as”.

What conditions like this mean is that, while all of the choices are somewhat correct, only one choice is the most correct and therefore the right answer. You will need to choose the single best answer. So, read each question and each answer carefully.

Set a reasonable, relaxed and focused pace.

The Exam administration is designed to provide ample time for most everyone to complete the exam. While you want to watch your time, you should be able to take the time to slowly read through each question and answer. You will lose more time (and make more wrong choices) if you rush than if you set a pace where you can stay focused and comfortable.

Mark questions you are unsure about and return to them later.

If you are having difficulty choosing an answer for a question, mark it and return to it later. Sometimes continuing on through the exam will give the correct answer time to arise in your mind. Sometimes a later reflection will show you a word or concept that you missed in the first reading.

It is, however, important to remember to return. So it is always good policy to look over your answer sheet for any blank spots that indicate you have yet to answer a question.

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Answer all questions, even the ones you do not know.

You have a greater chance of getting a better score if you enter an answer for questions you are not sure of than if you leave them blank. Even if you are totally in the dark about a question you have a one in four chance of choosing the right answer. Usually by a process of elimination, you can make an even better guess. So, be sure to double check your answer sheet and don't leave any answers blank.

Follow all instructions as they are relayed to you.

The Exam will have set procedures for taking the exam, such as, when to arrive for the exam, when to open your test booklet, how to fill out the answer sheet, etc. If you do not follow these procedures correctly you could risk having your exam voided entirely. If this happens, you will have to re-register and take the exam over. All of the Exam procedures will be made clear to you by the Exam staff. Be sure to listen and read carefully all instructions given to you.

Don't plan to cheat on the exam, plan to be prepared.

Cheating behavior is more obvious than those engaged in such usually believe. The Exam staff will be trained to monitor for irregularities such as cheating.

Your experience doing the work of Structural Integration is your best friend in approaching the Exam. Trust in yourself to know and to understand what you have studied in your trainings, classes and readings in Structural Integration. Going back over notes from these trainings could be a good way to refresh your knowledge. Look over the Exam content that is listed here. Use the study guide bibliography to read and to fill in areas where you know are weak for you.

If you think you have severe 'test anxiety' get help before the exam.

There are many brief type anxiety therapies available. These have proven very effective for people with moderate to severe anxieties about test taking. If you think your anxiety might interfere with your ability to do as well as you would like on the Exam, seek out help now so that you might be more confident and relaxed while studying for and taking the exam.