



## Study Strategies for the AAM Board Exam

Most candidates will probably want to review in preparation for the examination. The best preparation consists of a review of the textbook, scientific articles, class notes, and attendance of educational meetings.

### How Can You Get the Most Out of Using the AAM Study Guide?

Once you have the study guide in front of you, you want to do more than just read it. Take the time to look at the material to understand what you will be asked to do.

- Start by reading the Preface, Introduction, and Plan and preparation sections of the study guide to get an idea of what your test will consist of.
- Then, review the list of concepts.
- Practice saying or writing down what each one is and the most important details about it.
- Try putting the material in your own words so you feel comfortable answering questions about each topic.

Most importantly, if you see a term in the guide that you aren't familiar with, research the term further. This will help provide you with background knowledge on the term which will later help you remember the term for the exam. When you make something relatable to you, you will have greater retention.

#### **1. Don't attempt to cram all your studying into one session.**

Successful students typically space their work out over shorter periods of time and rarely try to cram all of their studying into just one or two sessions. The amount of time for appropriate review will vary from one individual to another. If there's serious weaknesses in one's micropigmentation knowledge, then the student may wish to devote several weeks or months to review. Students should schedule all review to end a few days before the test date.

#### **2. Plan when you're going to study.**

An effective strategy is to schedule specific times throughout the week when you are going to study and then stick with that schedule. Students who study sporadically typically do not perform as well as students who have a set study schedule. Even if you're all caught up with your studies, creating a weekly routine, where you set aside a period of time a few days a week, to review your study guide will ensure you develop habits that will enable you to succeed on your exam.

#### **3. Make sure you're not distracted while you're studying.**

Everyone gets distracted by something. Could be TV, music, family and friends, or even too much silence. Some people actually study better with a little background noise. When you're distracted while studying you (1) lose your train of thought and (2) are unable to focus- both of which will lead to very ineffective studying. Before you start studying find a place where you won't be disturbed or distracted.

#### **4. Start with the most difficult subject first.**

As your most challenging task or subject will require the most effort and mental energy, you should start with it first. Once you've completed the most difficult work, it will be much easier to complete the rest of your work. Starting with the most difficult terms will greatly improve the effectiveness of your study sessions, and your exam performance.

#### **5. Use study groups effectively.**

Working in groups enables you to (1) get help from others when you're struggling to understand a concept, (2) teach others, whereby helping both the other students and yourself to internalize the subject matter. However, study groups can become very ineffective if they're not structured and if groups members come unprepared. Stay connected to the AAM by liking us on Facebook at “American Academy of Micropigmentation” and by joining our Facebook group, “The AAM Connect”. This platform is a fantastic way for everyone to share information, ask questions, and contribute ideas.

### **Tips for successful exam preparation:**

#### **Reviewing**

1. Read more than once
2. HIGHLIGHT and take notes
3. Keep from dozing off: don't read right before going to bed, and don't read in bed
4. Read and understand headings, captions, and diagrams
5. Review all material including the glossary terms and forms
6. Pace yourself and Pay attention to key concepts

#### **Studying**

1. Make flashcards
2. Rewrite, re-read, reorganize in your words for better understanding
3. Don't cram!
4. Know the exam format
5. Verbalize what you know – tell/teach the material to someone else
6. Identify your problem areas, tackle them first!