

How test-takers can increase chances of passing by testing when they feel ready ~

CertifyNow was developed with NYSCRA members in mind who might likely be motivated to attain credentials simply by making an appointment. *CertifyNow* provides multiple opportunities for members to test when they *feel ready* and pursue their professional certifications. Scheduling tests without conforming to pre-determined dates will eliminate elusive long-term planning.

Even for top-performing reporters realtime tests are challenging. But research shows that consistent attempts to test are associated with higher chances of passing; consequently, lack of consistency in testing are possible obstacles to passing. With frequent opportunities to certify, much emphasis is placed on focused writing and working towards building an effective realtime dictionary. Even practicing for tests improves translation and can result in an exponential benefit of improving translation, which ultimately could lead to attaining some highly coveted credentials.

How to prepare for the Realtime Certified Reporter exam ~

Using a systematic approach of alternating practice speeds above the goal test speed is recommended to help overcome test anxiety. Practicing at the goal test speed for accuracy. For these reasons, many reporters find this type of routine to be helpful. It reacquaints muscle memory and readies a mindset for the pace of timed material. By repeating the same dictation material over and over can also be a helpful tool as well. During practice, instead of dropping when falling behind, try writing even one syllable stroke to account for every word spoken. This confidence builder also helps dictionary building by defining mis-strokes.

How to maximize your chances of passing the Realtime Certified Reporter exam ~

Members can test frequently during their calendar base-year period by taking advantage of the NYSCRA *Retake My Exam* policy. The base-year period begins from the first test date in our new *CertifyNow* program.

If an unfavorable grade is received and the test-taker is retaking the RCR exam, discounted fees will be applied in the base period. After the one-year period is over, testers may test again beginning at the current standard fee, after which discounted fees will again be applied. If a test-taker does not receive a favorable grade, it is suggested to order a review of their test paper to know which areas need to be resolved before retesting. Review of test papers are available for a fee.

In Phase 1 of the *CertifyNow* program, test-takers are limited to retaking the RCR two additional times. Phase 2 is anticipated to begin in the summer of 2021, and testers will have additional opportunities to certify.

How learning scientific breathing techniques can quell test anxiety ~

Read how NYSCRA's relaxation expert, Jeffrey Migdow, M.D., explains the science behind stress and anxiety and how mental tension is fueled by the flight-or-fight response. Learn how the breath can truly control the nervous system [here](#). Dr. Migdow's relaxation recordings created for test-taking anxiety are available [here](#).