American Occupational Therapy Association

Welcome! Get Started With Exam Prep

Welcome to AOTA's new and improved NBCOT® Exam Prep! It offers many new features, including flash cards and games. You'll also find our topic outlines presented as lessons, divided into manageable chunks. The topic pdfs are available for download at the end of each lesson (you can skip to the end to download them).

Study Plan

AOTA's NBCOT Exam Prep now has two types of Study Plans: Structured and Adaptive. You can decide to complete only one, or switch between the two plans, depending on your preference.

- The Structured Study Plan is a linear pathway through the course.
- The Adaptive Study Plan assesses your mastery of subject matter and then organizes course content according to proficiency (low to high).

Structured Study Plan Overview

The structured study plan creates a daily lesson plan for you based on your test date. Each unit of learning has knowledge points associated with it, which aggregate into a Daily Knowledge Goal, displayed on your progress bar. Once you enter your test date, the system will calculate how much you need to study each day.

As you move through the Structured Study Plan, you must mark your Confidence Levels—that is, how confident you feel about your understanding of the material. You will see places to mark your confidence on each lesson and flashcard.

Occupational therapy and community mobility

Study Plan Progress
5%

Here's a quick recap of your task:

Knowledge Points Earned Today

+ 4

Today's Knowledge Goal
10/5

High Confidence
3 Lessons
Medium Confidence
0 Lessons
Low Confidence
0 Lessons

### Adaptive Study Plan Overview

When you begin the Adaptive Plan, you should first complete an Adaptive Assessment. In this assessment, the platform pulls 5 practice questions from each topic area, each with a varying degree of difficulty, and presents them to you. The first question presented will be a medium-difficulty question. Your answer to that question will dictate the next question presented: If you answer it incorrectly, you will receive an easier question; if you get it right, you'll receive a more difficult question. The assessment then organizes topics from least to most proficient on the basis of your performance. The questions in the assessment are marked as complete, and you can immediately review them through the Practice Dashboard.

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In the Adaptive Study Plan, you can roam any lesson or flashcard within the topic you have the least proficiency in. Once you study all content for that topic, the system reveals the next topic. You do not have to mark confidence levels to move from one lesson or flashcard to the next. You must, however, answer practice questions in order of presentation, just like in the Structured Study Plan.

Practice Questions

To access practice questions, click on "Practice" on the left toolbar. Pick the topic you'd like to practice, and click on "Practice Category" to start answering questions. The suggested answers for each question are lettered. For each question, decide which answer is best. In most cases, you can select only one answer to each question. Next, select the letter that corresponds to your answer; select a low, medium, or high confidence level (depending on how confident you are in your answer) if that option is presented; and then select Confirm. The next question will then appear. You may skip questions or return to questions by selecting the forward or the backward arrows.
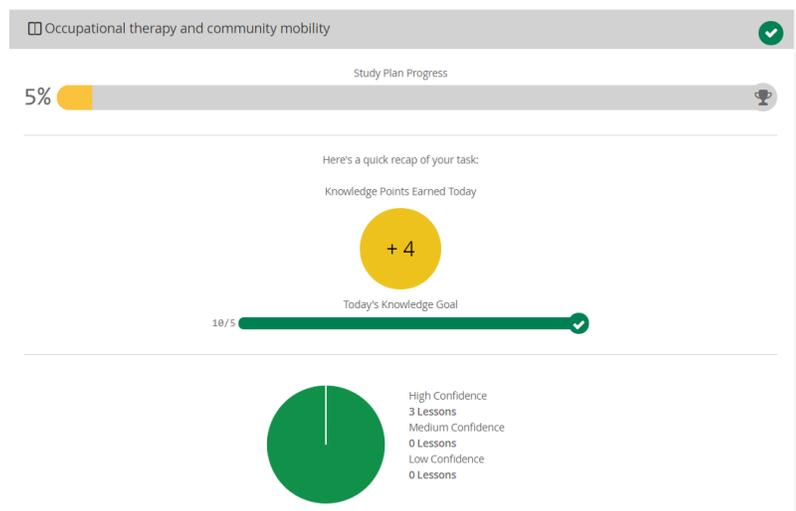
If you want to create a more testlike experience, you can toggle "Review Answer" to the off position, and you will not be able to review your answers until you finish your practice session. Next to the Review Answer toggle are other tools that are new to Exam Prep: A highlighter and Hint Mode.

When you are finished practicing, click "Done practicing," and you'll be taken to a page where you can review your results for that practice session.
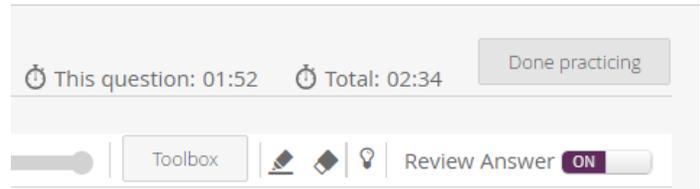
Tests and Special Question Formats

When you click on "Tests" on the left menu bar, you'll be taken to a page with sets of questions organized as follows:

- *Retired NBCOT Exam Questions* (note that these are also included in the general item bank, and you will encounter them randomly as you practice).
- For OTA students:
  - A set of *200 multiple-choice questions* to use as a full practice test experience.
  - A set of *6-option multiselect practice questions* (these also are included in the general item bank, and you will encounter them randomly as you practice).
- For OT students:
  - A set of *170 multiple-choice questions* to use as a full practice test experience.
  - A set of *3 clinical simulations* to take together, to use as part of the full practice test experience.
 - An additional *80 clinical simulations* to use as practice.

When you start a test, a timer will display. Remember that you want to aim for a pace of 1 minute per question. After you start a test, you can pause it by clicking the Pause button at top right. While you take a test, your answers will not display, but you can review them when you are finished or if you pause.

Lessons

Our topic outlines have been formatted as lessons, so that you can absorb the material in smaller segments. By default, every lesson in every topic is displayed when you go to the list of lessons in the Structured Study Plan, but you can collapse the lists by clicking on the minus sign at the right of each header. Lesson tools include a highlighter, bookmarks, and ability to take notes.

Discussion

Also at the bottom of each lesson is a window for public discussion about the lesson. This is for constructive discussion about the topic and not for general product commentary or opining on the state of the world today. Discussion is lightly moderated; the tool will be deactivated if we find that people are misusing it. Questions about the product itself should be directed to learningsupport@aota.org.
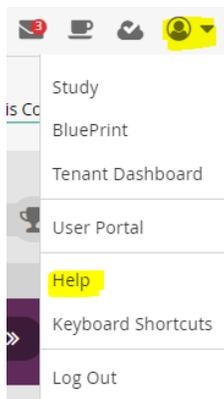
Troubleshooting

Your progress is first saved to your local device's storage, then it is synced to the cloud (so your progress will show on all your devices—phone, tablet, and computer). If you see a check mark over the cloud icon on your toolbar, your account has synced (see the illustration above). **If you do not see the check mark, or if the site is not displaying all of your progress, click on the cloud icon to force a sync of your data.** Typically, local storage will clear after syncing, but **if you still aren't seeing your progress after syncing,**

(1) Click on your account icon, then Help; then the link under "Admin: Submitting Application Data." This uploads your data and clears your browser's local storage.

(2) If your course still is not updating, go to the Help menu and click on the link under "A portion of my course is not loading, what should I do?" **Be sure to sync your data first,** because this step will delete any data that has not been synced yet.

Summary

It is our hope that AOTA's NBCOT Exam Prep is an essential tool as you prepare for your certification exam and move to the next phase of your career. Please direct questions about how the site works or the product in general to learningsupport@aota.org. Good luck, and happy studying!