

Remote Proctoring General Exam Information Session



What is Remote Proctoring?

- ▶ Take NCSN exam at your own home
- ▶ You are monitored with your web cam

NBCSN.org

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REMOTE PROCTORING

NBCSN is excited to announce that you are now able to schedule and sit for your exam from the safety of your home!

Working with our exam administration partner, Prometric, we have implemented a remote proctoring solution that is available to all candidates in the next few weeks*.

You will need a camera, microphone, quiet and well-lit room, and clean area if you wish to utilize this testing solution.

To prepare for your exam session, we recommend the following:

- Review the ProProctor User Guide in preparation for your exam - [click here](#).
- Carefully read the Remote Proctoring Regulations and adjust your testing environment accordingly - [click here for the user guide](#).
- Prior to your exam launch, install the ProProctor Application, and perform a System Check - [click here](#).

Don't forget to register for the NCSN exam today - [click here!](#)

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How Does it Work?

- ▶ Schedule exam the same way
- ▶ Check in process
- ▶ Can use your computer **only** for test during exam
- ▶ You will be recorded for exam security purposes
- ▶ No recording-no testing



Remote Proctoring
Helps to capture
video streaming of
the candidate
appearing for the
exam

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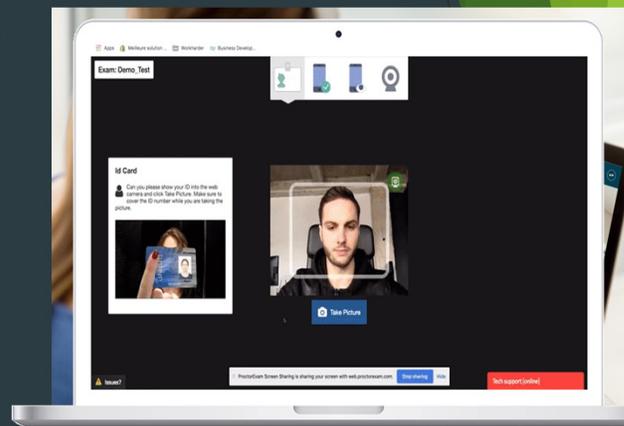
Proctor Ratios

- ▶ For Check-In 1:1
- ▶ For the exam there is a 1:8 ratio



Check in Process

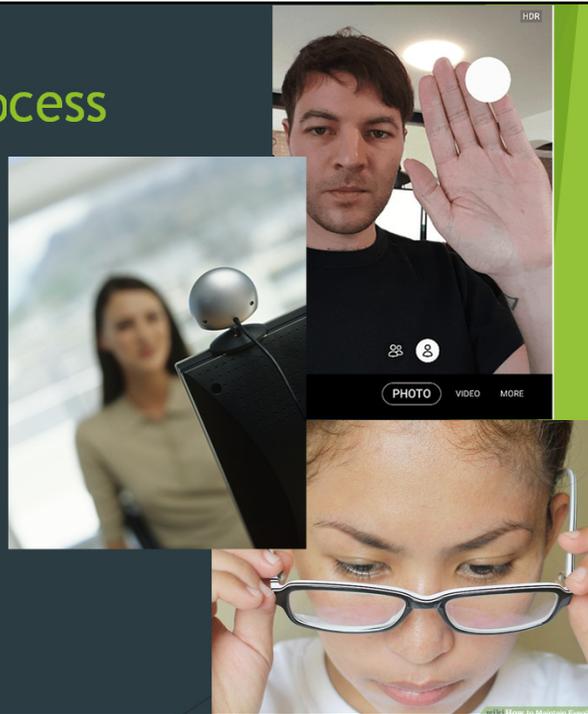
- ▶ This is a one-to-one process with a Prometric employee.
- ▶ They will check your ID.



Check in Process

You'll be asked to show:

- ▶ Hands
- ▶ Eyewear
- ▶ Or to stand



Check in Process

- ▶ 360° room scan and your work surface.
- ▶ Please allow at least 15 minutes for the check in process.



What are the Tech Requirements?

- ▶ Laptop/Desktop computer - be sure it is plugged into a power source
- ▶ Operating System - Windows 7 or higher/MacOS 10.13 or higher
- ▶ Web Browser - Current version of Google Chrome
- ▶ Internet Connection Speed - 0.5 mbps or greater
 - ▶ <https://www.speedtest.net/>
- ▶ Wi-Fi Connection - position where you get the strongest signal. For the best experience, connect an Ethernet cable from your computer to your router
- ▶ Screen Resolution - minimum is 1024 x 768



What About Room Set Up?

- ▶ Must be indoors



What About Room Set Up?

- ▶ No other person (or pets) can be in the room with you.



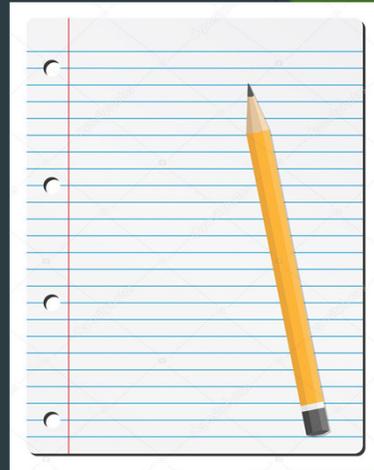
What About Room Set Up?

- ▶ No:
 - ▶ Pens
 - ▶ Electronic Devices
 - ▶ Posting on walls
 - ▶ Dual monitors



What *IS* Permitted in the Room?

- ▶ One piece of plain paper (scratch) and an unmarked pencil
 - ▶ Note taking is not permitted



What *IS* Permitted in the Room?

TWO tissues ONLY



What *IS* Permitted in the Room?

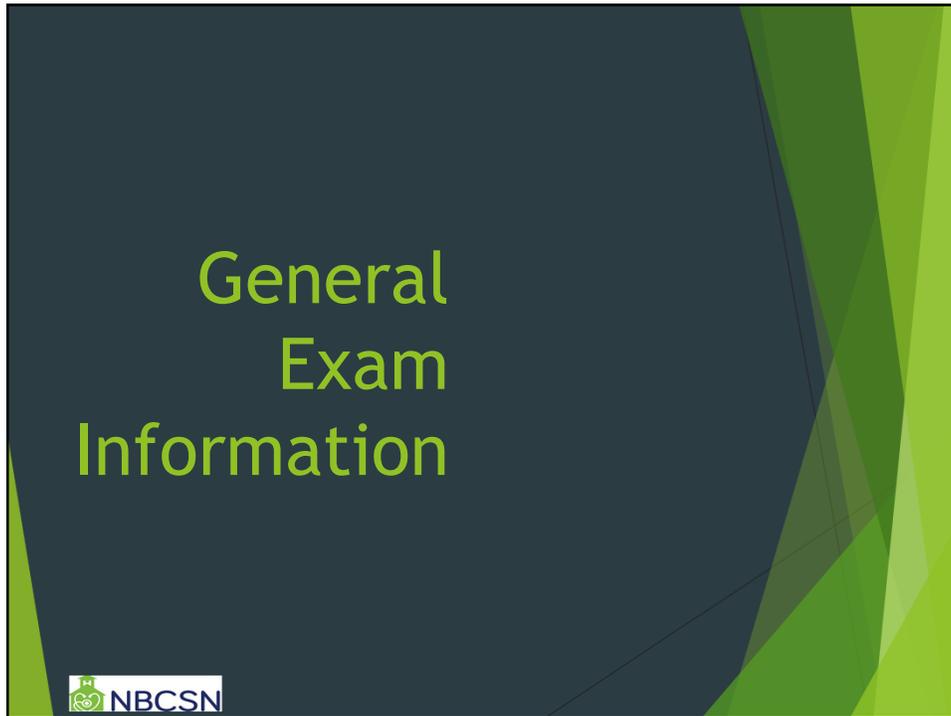
- ▶ Light comfort clothing comfort (sweater, scarves, etc.)
- ▶ If removed they must be placed on the back of your chair.



What About Breaks?

- ▶ You are permitted an unscheduled break, however, the *exam time will not stop.*
- ▶ Food and drink are prohibited in the exam room.





2020 Exam Dates



Summer

- ▶ Application Window: March 19 - June 23, 2020
- ▶ Test Window: July 9 - August 15, 2020

Fall

- ▶ Application Window: August 6 - October 5, 2020
- ▶ Test Window: November 5-18, 2020

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The slide has a dark blue background with a green geometric pattern on the right. The title "2020 Exam Dates" is in light green. A calendar icon is positioned in the upper right. Below the title, the exam dates are listed for Summer and Fall, each with application and test windows. The NBCSN logo is in the bottom left.

Study Materials

- ▶ NBCSN offers 2 practice exams on the NBCSN website
 - ▶ <https://www.nbcsn.org/ncsn/the-exam/exam-prep/>
- ▶ Candidate Handbook
 - ▶ https://www.nbcsn.org/wp-content/uploads/2018/11/nbcsn-handbook-2018_v6_sep-2018.pdf
- ▶ Exam Bibliography
 - ▶ <https://www.nbcsn.org/wp-content/uploads/2019/05/nbcsn-bibliography-rev-1-18.pdf>
- ▶ Challenge the School Nurse
 - ▶ New question is posted to NBCSN.org under Resources/Exam Prep/Challenge the School Nurse



Study Groups

- ▶ NASN SchoolNurseNet Discussion board
 - ▶ National Certification Exam Candidates
 - ▶ Discussion group that meets about 6 weeks before the exam and is led by NBCSN board member, Robin Cogan
 - ▶ Registration for the group is not required, only a SchoolNurseNet account (free)





Managing Test Anxiety

- Prepare well.
- Breathe deeply.
- Relax.
- Engage in positive self-talk.
- Remain calm.



Prepare to be Calm (while studying or during exam)

- ▶ Relaxation, breathing
- ▶ Classical music
- ▶ Guided reflection/positive journaling
- ▶ Lemon or Lavender



Quinn, B. L., & Peters, A. (2017). Strategies to reduce nursing student test anxiety: A literature review. *Journal of Nursing Education, 56*(3), 145-151.



After Check-In

Take 5 deep breaths

Drop your shoulders

Reframe "I'm so scared/anxious"
to "I've got this"

Close your eyes and count to 10

Open your eyes, take one more
big breath, and **BEGIN**



10 SMART TEST-TAKING TIPS

A Guide to Testing Smart on Computer-Based Multiple Choice Exams:
<https://www.com.msu.edu/application/files/1215/8032/2592/Academic-Success-Guide.pdf>



10 Test-Taking Strategies

1. Know the rules and **follow instructions**
2. **Read ALL the question** carefully. Don't rush and assume you "get it" before you read the whole thing
3. For long questions, first **read the last sentence** of the stem, then the whole stem and options
4. **Try to predict** the correct answer before looking at the options
5. **Match** your predicated answer to the options provided



10 Test-Taking Strategies

6. If your response **is** there, read **all** options anyway to make sure there isn't a better one
7. If your response is **not** there, **re-read the question** and rule out the incorrect options
8. If you're stuck, **re-read the question**; don't just keep reading the options. You may have missed something in the question
9. If you're still stuck, **take your best guess** and move on
10. **Double-check** your answers if time



Test-Taking Strategies

GENERAL TIPS

11 Test Taking Tips and Strategies for Nursing Exams
<https://nurseslabs.com/11-test-taking-tips-strategies/>



1. Read the Question Carefully

- ▶ Read the stem and then ask yourself:
 - ▶ What is the question **really** asking?
 - ▶ Are there any **keywords**?
 - ▶ What info in the stem is **relevant** to answering this question?
 - ▶ How would I **ask** this question?
 - ▶ How would I **answer** this question?



Then Ask...

- ▶ Is there an option that is **similar** to my answer?
- ▶ Is this option the **best**, most complete answer to the question?
- ▶ Deal with the question **ON THE SCREEN**
 - ▶ **Don't read into it**, or make assumptions about it
 - ▶ Answer **the question asked**, not the one you would like to answer

**BUT WHAT
ABOUT
... ?**



2. Identify Keywords

- ▶ Keywords alert you to caution
 - ▶ Always
 - ▶ Most likely or least likely
 - ▶ Initial
 - ▶ Priority or best
 - ▶ Every
 - ▶ Entire
 - ▶ Only
 - ▶ Never or rarely



Example:

All of the following are services of the National Kidney Foundation EXCEPT:

1. Public education programs
2. Research about kidney disease
3. Fund-raising affairs for research activities
4. Identification of potential transplant recipients



3. Pay Attention to Specific Details

► A male client is told that he will no longer be able to ingest alcohol if he wants to live. To effect a change in his behavior while he is in the hospital, the nurse should attempt to:

1. Help the client set short-term dietary goals
2. Discuss his hopes and dreams for the future
3. Discuss the pathophysiology of the liver with him
4. Withhold approval until he agrees to stop drinking



4. Eliminate Clearly Wrong Answers

► The four levels of cognitive ability are:

1. Assessing, analyzing, applying, evaluating
2. Knowledge, analysis, assessing, comprehension
3. Knowledge, comprehension, application, analysis
4. Medical-surgical nursing, obstetric nursing, psychiatric nursing



5. I.D. Similar Options

► When teaching newly diagnosed diabetic clients about their condition, it is important for the nurse to focus on:

1. Dietary modifications
2. Use of sugar substitutes
3. Their present understanding of diabetes
4. Use of diabetic nutritional exchange lists



6. I.D. Answer (Options) Components

► After a cholecystectomy the postoperative diet is usually:

1. High fat, low calorie
2. High fat, low protein
3. Low fat, high calorie
4. Low fat, high protein



7. I.D. Specific Determiners

► The government agency responsible for administering the nursing practice act in each state is the:

1. Board of regents
2. Board of nursing
3. State nurses' association
4. State hospital association



8. I.D. Words in the Options Similar to the Stem

► When a person develops symptoms of physical illness for which psychogenic factors act as causative agents, the resulting illness is classified as:

1. Dissociative
2. Compensatory
3. Psychophysiological
4. Reaction formation



9. Watch for Grammar Issues

► Communicating with a male client who is deaf will be facilitated by:

1. Use gestures
2. Speaking loudly
3. Find out if he has a hearing aid
4. Facing the client while speaking



10. Be Alert to Relevant Info From Earlier Questions

- ▶ A client has an intestinal tube inserted for the treatment of intestinal obstruction.

Intestinal suction can result in excessive loss of:

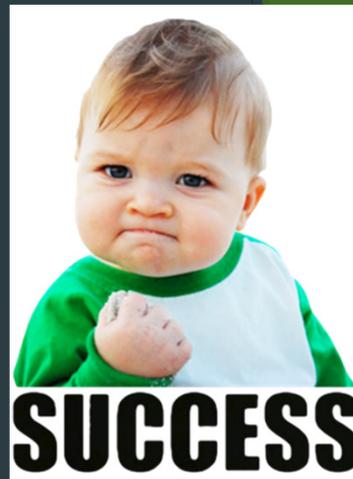
1. Protein enzymes
2. Energy carbohydrates
3. Water and electrolytes
4. Vitamins and minerals

- ▶ Critical assessment of a client with intestinal suction should include observation for:

1. Edema
2. Nausea
3. Belching
4. Dehydration

11. Make an Educated Guess

- ▶ Better to guess than leave blank
- ▶ Can usually eliminate at least one option
- ▶ Thus increasing your probability from 25-50% correct



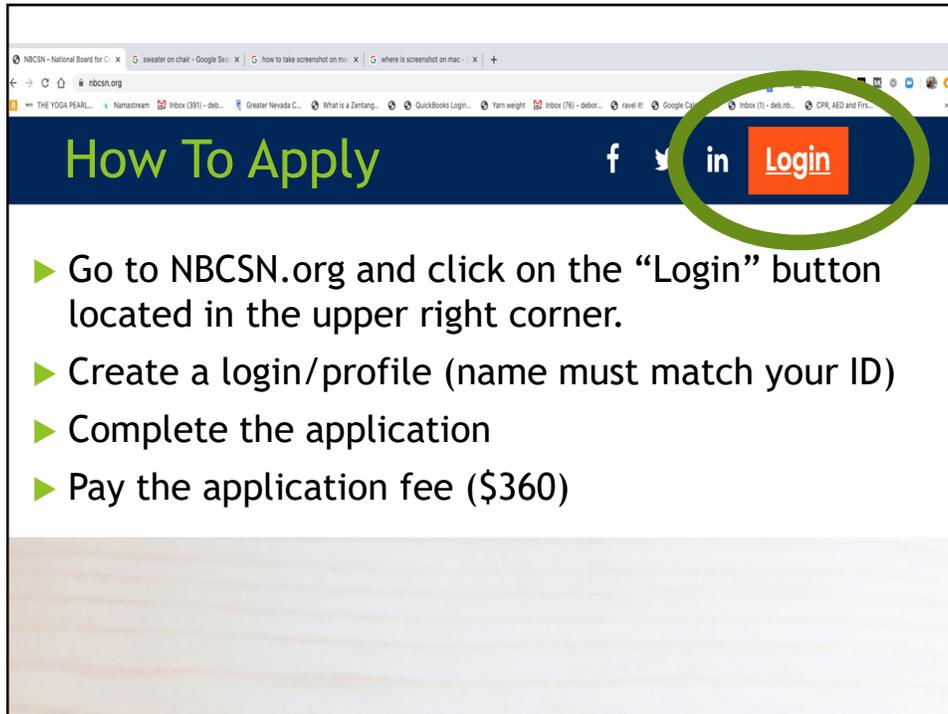
Exam Eligibility and Registration



2020 Eligibility Requirements

- ▶ Current RN license
- ▶ Evidence of a Bachelors or Masters in Nursing (BSN or MSN)
- ▶ Evidence of 1,000 clinical hours in a school setting within the last three years





How To Apply

- ▶ Go to NBCSN.org and click on the “Login” button located in the upper right corner.
- ▶ Create a login/profile (name must match your ID)
- ▶ Complete the application
- ▶ Pay the application fee (\$360)

After You Apply

- ▶ Confirmation @24 hrs later via email
 - ▶ Approved for exam

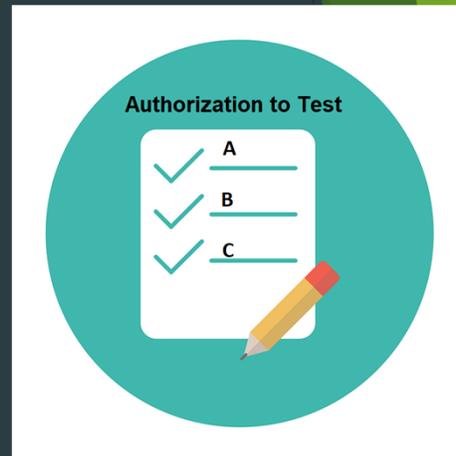
OR

- ▶ Selected for random audit



After You Apply

- ▶ If approved,
 - ▶ you will receive an Authorization to Test (ATT) email with information for how to schedule your exam.



After You Apply

- ▶ If audited,
 - ▶ Be sure to **login back into** your account and
 - ▶ **Re-submit your application**. The auditor will review your application and reach out to you with any questions.

**You MUST
Submit
your
application
AGAIN!**



After the Exam

Scores are released approximately 6-8 weeks after the close of the exam window.



6-8 Weeks for Results?!

- ▶ The NCSN exam is a post-equated exam.
- ▶ All items are evaluated after the close of the window to ensure all questions were fair questions.
- ▶ This process:
 - ▶ determines if any need to be tossed out, and
 - ▶ rescoring the exams takes approximately 6-8 weeks.



Thank you
and Good
Luck! 😊

