

How to prepare for the CPH exam

1. Form a study group
2. Gather all the materials and books from the core classes
3. Meet regularly with your group and set a study strategy
4. Use as many paid and free resources as possible

Suggested 13 Week Strategy

Week 1: Meet with your group and review the competencies. Gather/share all of your materials from your core classes and fieldwork/capstone experiences. Look at the sample questions as a group: <https://www.nbphe.org/studyresources.cfm>. Purchase the ASPPH CPH Study Guide (\$39.95). <https://cphstudyguide.aspph.org/>

Week 2: Individually take the free practice exam on line before meeting with your group and identify your areas of strength and weakness: <https://www.nbphe.org/studyresources.cfm>. Meet as a group. Review the General Principles of Public Health together: <http://www.cdc.gov/nphpsp/essentialservices.html>. Plan your group study strategy (e.g. will each person take the lead in teaching/reviewing a section?). Decide which order you will review the five core areas in.

Week 3-7: Review one core area (Biostatistics, Epidemiology, Health Policy & Management, Environmental Health, Behavioral and Social Sciences, Environmental Health) each week. Start your review by watching the CPH Study Session webinars.

Week 8: Review the cross-cutting areas with your group. Take one of the practice tests included with the CPH Study Guide.

Week 9: Review the areas that are challenging to you in more depth. Take another one of the practice tests included with the CPH Study Guide.

Week 10: Take another one of the CPH exams included with the CPH Study Guide, but this time stay within the recommended time limit. Keep reviewing the areas that are challenging to you.

Week 11-12: Keep taking the timed practice exams over and over to get used to the format of the standardized exam. Review your notes.

Week 13: Week of the exam. Get a good night's sleep. Eat a healthy meal before you go to take the exam. Make sure you have all necessary ID with you for the exam. Show up early. Be confident – you are well prepared!