

Post-Test

Instructions: Answer all ten of the following questions. You may write on this sheet as much as you like, but to earn your continuing education credits, you must submit your answers on the answer sheet provided on page 38.

1. Using a mnemonic is helpful for:
 - a. remembering a fundamental principle.
 - b. remembering a list of things.
 - c. estimating a mathematical calculation.
 - d. eliminating a non-plausible answer.
2. An instructor is presenting a lactation exam review course. She realizes that no one noticed that the right breast showed veining and the left breast did not. Which of the following should she recommend for course participants?
 - a. A better familiarity with the changes of pregnancy.
 - b. A better understanding of the effects of veining.
 - c. Looking at the photo for superior-inferior symmetry.
 - d. Looking at the photo for left-to-right symmetry.
3. You are having difficulty remembering which of the cranial nerves is primarily responsible for swallowing. Which of the following strategies might be MOST helpful for mastering the information?
 - a. Trading war stories with a colleague about a baby who could not swallow.
 - b. Having a clear command of prefixes and suffixes.
 - c. Using some form of distributed practice.
 - d. Using kinesthetic clues for better recall.
4. An instructor notices that on her mock exam, participants frequently choose “massage the area proximal to the plugged duct” rather than the correct option, “massage the area distal to the plugged duct.” The MOST likely reason that participants miss this question is that they do not understand:
 - a. effective management of plugged ducts.
 - b. how to achieve proper breast massage.
 - c. the meaning of the words in the options.
 - d. the basic principles of lactation management.
5. Which of the following would be LEAST LIKELY to help you on the IBLCE exam?
 - a. jotting a diagram next to the item in the test booklet.
 - b. leaving an item unanswered to avoid a penalty for a wrong answer.
 - c. crossing out options in the test booklet that are incorrect or questionable.
 - d. randomly picking an answer and darkening the circle on the answer sheet.
6. After writing the entire exam, you review all of your answers. You feel that you might have made a mistake answering #42. You have answered #40, #41, #42, and #43 with option A. You should change your answer ONLY if you
 - a. have second thoughts about your initial response.
 - b. think there are too many “A” responses.
 - c. are absolutely certain your first answer was wrong.

continued on the next page

Post-Test *(continued)*

7. You read the stem and the four options of a test item. You are really struggling to select the correct answer. Which of the following strategies will NOT be helpful?
 - a. Selecting option A because has a qualifier in the stem.
 - b. Selecting option B because it reminds you of a similar situation you've seen in clinical practice.
 - c. Selecting option C because it seems within what you guess might be normal parameters.
 - d. Selecting option D because it's the only option with a word you don't recognize.
8. While taking the IBLCE exam, you find yourself staring at a photo of a child who is breastfeeding while standing. The mother looks comfortable. The child's latch looks good. You can't figure out what's wrong in the photo. You finally conclude that:
 - a. the photo quality makes it impossible for your to figure out what's wrong, so you should simply guess.
 - b. you should write a comment on your critique form that it's impossible to determine what's wrong in this photo.
 - c. the correct answer must have something to do with the standing position.
 - d. you should trust your gut, assume that nothing is wrong, and pick the option that reflects that.
9. Excellent distracters include all of the following EXCEPT those that are:
 - a. written with outdated information.
 - b. chosen by the vast majority of exam writers.
 - c. very similar to but different from the correct response.
 - d. implausible in any situation.
10. You decide to memorize the 206 bones of the body. The MOST effective strategy would be to:
 - a. order them alphabetically, and use flash cards to memorize each.
 - b. write them all down again and again until you memorize them.
 - c. say them out loud again and again until you memorize them.
 - d. memorize one body part or cavity (the hand, the chest, etc.) at a time.

Post Test Answer Sheet

Answers to Post-Test

- 1. (A) (B) (C) (D)
- 2. (A) (B) (C) (D)
- 3. (A) (B) (C) (D)
- 4. (A) (B) (C) (D)
- 5. (A) (B) (C) (D)
- 6. (A) (B) (C)
- 7. (A) (B) (C) (D)
- 8. (A) (B) (C) (D)
- 9. (A) (B) (C) (D)
- 10 (A) (B) (C) (D)

Statement from Participant

I have:

- Completed the 10-question true/false pre-test viii.
- Read the self-learning package.
- Completed the practice questions.
- *Completed the open-book post-test on page 36 *without assistance from others.*
- Written answers to the post-test *in the spaces to the left.*
- Completed and returned the evaluation of the package.
- Understood that payment is for the opportunity to earn credits and is not refunded if I do not pass the post-test.
- Enclosed my payment.

By signing below, I declare that the above statements are true.

Signed _____

If IBCLC, date of certification: _____

We will not grade your post-test until you **mail or fax all of the following materials:**

- Package evaluation
- This sheet, completed and signed
- Payment for \$25.00 (Check, Visa, MasterCard, American Express or Discover) to:

Breastfeeding Outlook
PO Box 387, Herndon VA 20172-0387
Fax: 703-787-9895

*See FAQ on page iv
for common
questions.*

Name _____ Organization _____

Address _____

City, State, ZIP _____

Phone _____ E-mail _____

Continuing education fee of \$25.00

Payment method

- Check enclosed
- Visa MasterCard American Express Discover

Name on card _____

Card Number # _____ Exp date _____

Signature _____

Test-Taking Strategies: Keys for Lactation Exam Success

Package Evaluation

Our aim is to provide high-quality learning resources for health care professionals . We need your help! Now that you have used this resource, please take a few moments to let us know what you think!

	Excellent	Good	Fair	Poor
1. Extent to which objectives were related to the overall goal	<input type="radio"/> E	<input type="radio"/> G	<input type="radio"/> F	<input type="radio"/> P
2. The extent to which the package met the stated objectives:				
a. Plan how to get to the exam site and avoid last-minute snags	<input type="radio"/> E	<input type="radio"/> G	<input type="radio"/> F	<input type="radio"/> P
b. Describe general study strategies for preparing for a comprehensive exam.	<input type="radio"/> E	<input type="radio"/> G	<input type="radio"/> F	<input type="radio"/> P
c. Describe how to effectively prepare for items on the IBLCE exam.	<input type="radio"/> E	<input type="radio"/> G	<input type="radio"/> F	<input type="radio"/> P
d. Describe how to correctly select correct options when taking the IBLCE exam.	<input type="radio"/> E	<input type="radio"/> G	<input type="radio"/> F	<input type="radio"/> P
e. Given one of the 4 types of distracters, use effective strategies for selecting the right answer.	<input type="radio"/> E	<input type="radio"/> G	<input type="radio"/> F	<input type="radio"/> P
f. Recognize and avoid the pitfalls of photo items	<input type="radio"/> E	<input type="radio"/> G	<input type="radio"/> F	<input type="radio"/> P
g. Describe specific techniques for selecting correct responses when you know the material, when you are uncertain, and when you are completely stumped	<input type="radio"/> E	<input type="radio"/> G	<input type="radio"/> F	<input type="radio"/> P
3. Extent to which content increased/updated my knowledge of the content presented:	<input type="radio"/> E	<input type="radio"/> G	<input type="radio"/> F	<input type="radio"/> P
4. Package was clear and easily understood.	<input type="radio"/> E	<input type="radio"/> G	<input type="radio"/> F	<input type="radio"/> P
5. Quality of resources in Appendix:	<input type="radio"/> E	<input type="radio"/> G	<input type="radio"/> F	<input type="radio"/> P
6. Theoretical information given was relevant to exam situations.	<input type="radio"/> E	<input type="radio"/> G	<input type="radio"/> F	<input type="radio"/> P
7. Effectiveness of the package:				
a. provided helpful illustrations to explain text	<input type="radio"/> E	<input type="radio"/> G	<input type="radio"/> F	<input type="radio"/> P
b. stimulated critical thinking	<input type="radio"/> E	<input type="radio"/> G	<input type="radio"/> F	<input type="radio"/> P
c. integrated scientific data with real-life clinical situations	<input type="radio"/> E	<input type="radio"/> G	<input type="radio"/> F	<input type="radio"/> P
8. Rate the following:				
a. extent to which my personal objectives were met	<input type="radio"/> E	<input type="radio"/> G	<input type="radio"/> F	<input type="radio"/> P
b. satisfaction with ordering and shipping	<input type="radio"/> E	<input type="radio"/> G	<input type="radio"/> F	<input type="radio"/> P
c. clarity of instructions for completing the package	<input type="radio"/> E	<input type="radio"/> G	<input type="radio"/> F	<input type="radio"/> P
9. Overall, this self-learning package was:	<input type="radio"/> E	<input type="radio"/> G	<input type="radio"/> F	<input type="radio"/> P
10. Professional Credentials (fill in all that apply)				
<input type="radio"/> RN	<input type="radio"/> IBCLC	<input type="radio"/> PNP		
<input type="radio"/> RD	<input type="radio"/> CLC	<input type="radio"/> FACCE or other childbirth certification		
<input type="radio"/> MD	<input type="radio"/> CLE	<input type="radio"/> Other _____		
<input type="radio"/> CNM	<input type="radio"/> CBE			

COMPLETE BOTH THIS AND THE FOLLOWING PAGE and mail or fax to:
Breastfeeding Outlook • P.O. Box 387 * Herndon, VA 20172 • Fax: 703-787-9895

YOU MAY PHOTOCOPY THIS PAGE.

Test-Taking Strategies: Keys for Lactation Exam Success

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Package Evaluation *(continued)*

11. Fill in **ALL of the reasons** you purchased this package.
 - To accumulate needed credits for IBCLC re-certification
 - Needed the continuing education credits [CPEs, CEUs, contact hours] for other professional reasons.
 - Wanted to update and increase my professional knowledge.
 - Unable to attend classes/conferences in other locations.
 - Price was right.
 - Could do the work on my own time.
 - Other _____
12. Fill in the **ONE main reason** you purchased this package.
 - To accumulate needed credits for IBCLC re-certification
 - Needed the continuing education credits [CPEs, CEUs, contact hours] for other professional reasons.
 - Wanted to update and increase my professional knowledge.
 - Unable to attend classes/conferences in other locations.
 - Price was right.
 - Could do the work on my own time.
 - Other _____
13. How did you find out about this learning package?
 - Course or conference display.
 - Ad on the worldwide web.
 - Ad in Journal of Human Lactation.
 - Flyer in the mail.
 - Heard from friend or colleague.
 - Other _____
14. Would you recommend this package to a colleague?
 - Yes
 - No, because _____
15. What suggestions do you have for improving this package?

16. Would you buy a self-learning package again?
 - Yes
 - No, because _____
17. What other topic(s) would you recommend for future self-learning packages?

18. Other comments?

YOU MAY PHOTOCOPY THIS PAGE.
