

Using Breastfeeding Outlook’s Practice Exams

Follow these instructions to get the most out of your practice exams. Remember, our practice exams are not designed for last-minute cram sessions or for memorizing answers to specific questions, but they will help you:

1. **Practice time management skills.**

- a. **Practice Working on an exam for 4 hours.** Develop the stamina you need to spend 4 hours on an exam. You can pause our practice exams whenever you like or you can work straight through.
- b. **Time management:** Practice answering all 175 test questions in the allotted time. You will feel more confident about your time management skills at the actual exam if you have already successfully completed a practice exam with the same number of questions in the same amount of time.
 - i. Are you able to get through all 175 questions in the time allotted? If not, you’ll need to develop a strategy for completing the IBLCE Exam in the time allotted. Flag questions that you don’t know and come back to them but, if your time is short, it is better to quickly guess an answer than to leave the item incomplete.
 - ii. Are you spending too much time on certain questions? You may need to spend more time on that material or decide the maximum amount of time you want to spend on any one question and whether to flag it and come back to it or just make a guess.
 - iii. How many breaks do you need? You may take a break during the exam but the timer will not be stopped so you must be able to complete the exam and any breaks you need within the allotted time for the exam.

2. **Expose yourself to a comprehensive, multiple-choice lactation exam with images**

- a. On a multiple-choice exam, sometimes none of the choices seem right and sometimes they all seem right. Practice decoding qualifiers in the question and choosing the most correct answer from among the distractors. Marie’s e-book, [“Test-Taking Strategies,”](#) addresses ways to deal with distractors, qualifiers and other tricky exam tactics.
- b. Image-based questions make up approximately half of the IBLCE Exam and they can be tricky. You need practice determining what in the image is applicable to the question and what is just a distraction.

3. **Determine what you know and what you don’t know.**

- a. The very first time you take a practice exam, work through the entire exam before you score it. You can take as much time as you need. You can even pause and save your answers and come back another day. But answer all the questions **without looking anything up** and then score your answers.
- b. After you take and score the practice exam, you will get a full report of how you performed by content area and chronological period. (See sample report.)

- c. This information will allow you to focus your study time and resources on those areas where you need the most help.
 - i. If you scored less than 80% in any specific content area, this is where you need to focus your time and resources.
 - ii. If you are really struggling in a specific content area, consider one of our [40-Question Topical Drills](#). They are designed to delve deeper into certain disciplines to test your knowledge in more areas of that discipline.
 - iii. For even more in-depth learning, use our [Tough Topics programs](#).
 - d. For each incorrect question, determine why you got that question wrong. You can return to the practice exam question and click on the little “rationale” next to the incorrect option you chose to see why your answer was wrong.
 - i. **You did not know the answer.** Research the item and learn the entire concept, not just the answer to the specific exam question. The questions on the IBLCE Exam will not be the same as what you encounter on our practice exams but may well cover the same topics. So make sure you understand the entire concept.
 - ii. **You did not know the meaning of one or more words in the question or the answer options.** Vocabulary is vital to doing well on the exam. Make a list of words you encountered that you did not know and start studying them. Make flashcards or use a commercial product like our [Lactation Exam Flashcard App \(available in the Apple App Store or Google Play\)](#). Once you have learned the vocabulary words, see if you can now answer the question(s).
 - iii. **You misread the question or one of the answer options.** This happens more than you know. Check the rationale for your incorrect answer and then re-read the question carefully and see if you can now answer it correctly. Make a list of the things that are tripping you up and work on carefully reading both the questions and the answers and watching for those things that trip you up.
 - iv. **For images, you misinterpreted something in the image or misidentified some item in the image.** You may need more practice learning how to analyze the photos on the exam. [Marie’s Test-Taking Strategies e-book](#) , [The Breastfeeding Atlas](#), or Marie’s live seminar, [Picture Perfect: Finding the Clues, Getting the Answers, & Passing the IBLCE Exam](#), can help you learn how to deal with images and their questions.
4. **Practice using Test-Taking Strategies.** There are some specific strategies for taking exams. Use [Marie’s e-book, Test-Taking Strategies](#), to identify the strategies that are useful on the IBLCE Exam and practice using those strategies as you take our practice exams. Sufficient practice will make applying those strategies to the real exam almost automatic.

Resetting your exam: Resetting your exam returns your exam to its original condition. It allows you to retake the exam and get a new report of your scores by content area and chronological period.

Resetting the exam will wipe out any previous scores. So, if you want a record of your previous score, print your results before you reset your exam.

When you reset, you can also resort the exam questions. This will shuffle the order in which they appear.

Remember, use your practice exams early and often to get the most out of them.