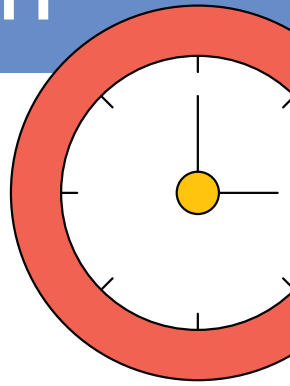


# 14 Tips for the BOC Exam

The Board of Certification for the Athletic Trainer exam is almost here! Get ready with these 14 tips from the NATA Student Leadership Committee mentors.



1. Identify a study buddy or group to help hold you accountable.
2. Be realistic as you are creating your study calendar. Be sure to factor in time for your other responsibilities (classes, clinicals, family events, etc.).
3. Try not to overthink the material when studying. The test is geared toward entry-level athletic trainers.
4. Don't try to cram. Instead, schedule time to study every week several months before the exam.
5. Use resources outside your textbooks as study guides, such as the NATA Study Guide for the BOC Exam. Another resource is the SLC-hosted BOC Prep Kahoot competition, which is held in the spring and fall and offers a fun way to test your knowledge. Visit [www.nata.org/professional-interests/students/resources](http://www.nata.org/professional-interests/students/resources) for more information.
6. Review the NATA position statements as part of your study materials.
7. Ask your professors and preceptors for additional study materials if you are stuck on certain topics.
8. Take practice exams and become familiar with the style of questions you will see on the exam.
9. Make flashcards, especially for items or parts you're unsure about.
10. Talk with other students or newly certified ATs to get extra study tips and advice on taking the test.
11. Incorporate self-care leading up to the exam to help avoid burnout and give you confidence.
12. Go with your gut and trust your training.
13. Read questions carefully because, sometimes, a question on the exam can help answer another question in another section of the test.
14. If you don't have a successful outcome on the first try, that's OK. Take a deep breath, regroup and try again during the next exam cycle.



Infographic provided by the National Athletic Trainers' Association

