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CRSP/CRST Exam Study Techniques**Article by Alan D Quilley CRSP**

This issue, we are passing on a few study techniques for those of you who are planning to challenge the CRSPEX/CRSTEX. Once you've decided to take on this intense task of preparing for, and writing this exam, you're going to need a solid plan to move forward.

1. Prepare a personal study plan. Go down the list of competencies in each category. Put a check mark or an "x" beside those that you feel you do NOT need to study much. The competencies that are not marked off are the ones you need to concentrate on.
2. Focus your studies on the most heavily weighted categories. Although the exam questions are presented in random order, our material is organized in priority order based on category weighting.
3. Determine how you learn best, by seeing (visual learner), by hearing (auditory learner), or by doing (kinesthetic learner), and put that to your advantage when you study. We all have a dominant learning style, but we change from time to time.
4. Study sessions should be short, 2 to 3 hours maximum; take a 10 to 15 minute break every 25 minutes, for a stretch, to listen to a tune or whatever; frequent, short study sessions work best.
5. Set the time aside for study; block it into your weekly schedule.
6. Form a study group; set a schedule; find group strengths and work with them.
7. Learn the material not only by reading and re-reading, but by writing it down, and reading out loud; the more senses you involve, the better the result.
8. Mark key words and phrases with a highlighter to help you remember them. Be careful not to start to make EVERYTHING important. Your study material will turn into a highlighted mess if you do.
9. Use memory aids (mnemonics) such as acronyms, symbols, and catchwords to remember lists, groups, methods, etc.
10. Draw copies of models or figures that might be on the exam; we remember pictures easier than words

Contact Us!

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11. Test yourself, by answering questions, doing short exams, or case studies; mark them and learn from your results. Use the practice exams from the Workbook. Make up questions for yourself as you study.

12. Although this CRSPEX/CRSTEX are multiple-choice, case study and short answer questions work great as study material.

13. If you must have background noise, listen to the instrumental music (the classics, or some light jazz). Music, radio and television with spoken words and lyrics will only distract from your inner voice trying to learn what you are reading.

14. A quick restudy 48 hours before the examination is better than cramming the night before; usually you only remember the first and last things you read if you try to cram.

15. Take the night before the exam off; relax, don't worry, be happy; if you have to read or study, keep it light, keep it short.

16. Walk around and read; stimulate the flow of oxygen to the brain.

17. Get a colleague or a relative to ask you questions. There is no better way to ensure you know something then trying to explain it to someone else.

18. Remember, if you think you can or if you think you can't, you are absolutely right; a positive mental attitude like "yes, I will succeed", will get you there.

If you'd like to learn more, visit our [website](#) and check out what we offer. We are honestly committed to working with you to achieve your professional designation!

Alan D. Quilley (1954-2021) was a distinguished leader in occupational health and safety, with a career spanning over forty years. As a CRSP, published author, and skilled consultant and trainer, he made significant contributions to the OH&S community. His impactful writings and educational initiatives continue to resonate today. In honour of his legacy, I will feature some of Alan's published works in this newsletter, as they offer timeless insights and guidance that remain beneficial to us all. Although he is no longer with us, Alan's commitment to safety lives on through his enduring words and teachings.

BCRSP - CPD Online Mandatory Ethics Course - September 1/26

Our next Ethics course, approved by the BCRSP and in conjunction with Lambton College, commences September 1/26. Registration is open until September 7/26. The course concludes September 30/26.

To register for the course, please click [here](#).

Kudos for our CRSP and CRST Virtual Coaching & Study Material

"Sweet mother of pearl, I passed the dang exam! I'm somewhat relieved, to say the least. I honestly attribute the success of my studying to your prep program, and only wish I had taken it a few months prior than what I did to the exam. I think that the first time I wrote the exam (unsuccessfully), I used an online study group format, which I found confusing, indirect, and basically a simple reflection/review of a CRSP study guide, as that was the material which was used. Thank you for everything!"

What I was looking for was a one stop shop package, and explanation of what was going to be on the exam and what was expected of a CRSP, which I got in your program. Once I took your program, I pretty much dropped all other study material and used only your prep guide manual. Beyond grateful for all of your help!"

"I definitely feel more comfortable with my abilities heading into the CRSP examination!"

"Of all the CRSP exam prep companies around, I'm most certainly glad I chose Safety Results!"

"Excellent! Virtual Coaching and materials were above my expectations. Will definitely refer others.

What are you waiting for?

Testimonials from our valued clients serve to reinforce that along with their own hard work, our study material/coaching packages and process, prove without a doubt that WE have the right formula. Visit the [website](#) or contact [Marie](#) for more details!

CRSP AND CRST VIRTUAL COACHING EXAMINATION PREPARATION

As it has always been our commitment to help candidates with their studies for both the [CRSPEX](#) and the [CRSTEX](#), we offer Virtual Coaching Packages. These packages are available to those that are writing the 2025 Blueprint CRSPEX or the 2024 Blueprint CRSTEX. We will provide all of the material (shipped at our cost within Canada only). We are delighted to extend discounts to active members in good standing of WOHSS or the HSPC (not combinable and proof of current membership is required). For more information, please contact [Marie](#).

This virtual package includes 6 hours of personal coaching with Cherlyn Hudson CRSP. The hours are broken down however you wish. Calls are individualized and held via phone or Zoom Video Conference, your choice. Virtual Coaching packages must be used within 6 months of purchase.

"It's really important to know who is trying to teach you something". - Alan D Quilley CRSP

Who is your Coach?

Cherlyn Hudson CRSP is a seasoned Health, Safety, and Environment (HSE) professional with nearly 30 years of experience spanning construction, utilities, oil and gas, and defense sectors. After obtaining her HSE Certificate from NAIT, she progressed through HSE positions with companies such as TransAlta Corporation and Raytheon Canada, ultimately establishing her own firm, SkyView Safety Consulting Corp., in 2016.

In 2021, Cherlyn participated in one of our Virtual Coaching packages. She earned her CRSP designation, which acknowledges her extensive technical knowledge and dedication to excellence in workplace safety. She currently leads a team that provides practical and compliant safety solutions to over a dozen clients, leveraging her comprehensive understanding of OHS legislation, strong leadership skills, mentorship, and a collaborative approach to foster enduring safety cultures.

Cherlyn's extensive experience and her previous engagement with our Virtual Coaching Package make her an ideal candidate for this role. Her expertise in sharing Safety Results' techniques will effectively guide your studies. Choosing a mentor is a significant decision, and it is crucial to assess their qualifications carefully.

When comparing different providers, focus on their experience, teaching methodologies, and alignment with your learning goals to ensure a well-informed decision. We are confident that no other provider can match our quality, experience, and instructional approach.

CRSP Virtual Coaching Package

Inclusions:

- Study material (material shipped at our cost within Canada only) based on the 2025 CRSP Examination Blueprint
- 6 hours personal coaching with
- CRSP Exam Prep Study Manual
- CRSP Exam Prep Knowledge Gap Analysis Questions & Answers Workbook
- Handbook (offered only with the Virtual Coaching Package)

CRST Virtual Coaching Package

Inclusions:

- Study material (material shipped at our cost within Canada only) based on the 2024 CRST Examination Blueprint
- 6 hours personal coaching
- CRST Exam Prep Study Manual
- CRST Exam Prep Knowledge Gap Analysis Questions & Answers Workbook
- Handbook (offered only with the Virtual Coaching Package)

If you wish to purchase only study material

(CRSP Study Manual and Workbook or CRST Study Manual and Workbook)

please visit our website:

[CRSP Study Material](#) or [CRST Study Material](#)