**Discussion Board Week 5**

Please outline a study plan for the certification exam.

* Board Vitals phone app is utilized daily with 10-25 questions answered and reviewed.
* Review the Psychiatric Mental Health Nurse Practitioner 4th Edition each day to gain knowledge and reinforcement of what has been learned in class.
* YouTube has many videos that can be played when tired of reading. Some learn better with explanations from a different view.
* Quizlet phone app can provide questions and answers and just information that can be used to help learn.
* Review medications that are often used and mentioned in educational materials.
* Current PMHNPs have given me a list of things that are necessary like the inducers and inhibitors and the Change Theory.
* Continue reading each week during the semester.
* Take exam as quickly as possible so knowledge is not lost.