

Level 7/8 Optional General Study Tips

1. THE TEST.

- a. The Level 7/8 test is in two parts: a written test and a practical judging test.
- b. The WRITTEN test is 50 questions: half over level 7 and half over Level 8.
- c. Remember, you are studying to pass the test not judge your first meet. The two things are different but connected of course.
- d. Most people who don't pass the test, don't pass the written so you need to know the rules and the A, B and allowable C elements.
- e. Spend some time getting your tools for memorizing ready, flash cards, study sheets, etc.
- f. When you are pretty sure of rules and elements, judge a lot of video (Iowa NAWGJ has many DVD's that are available to members. Additional DVDs can be ordered from the National NAWGJ Library). Judging the routines will help you remember the rules and elements. Seeing it and using it, 'stamps' it in long-term memory! When you are taking the written, you will remember, "Oh yeah, I saw that on a video, I know what to do!!"
- g. You will need 70% to pass each part: written and practical. That means you can miss 15 out of 50 questions on the written-that's a lot so plan well
- h. The PRACTICAL is ALL level 8 routines. For each event:
 - i. You will judge one practice routine. You will be given the score and the general breakdown of deductions for the practice/demo routine.
 - ii. Then you will judge 5 routines.
 - iii. On vault, the vault name will flash on the screen. You will get to see the vault 2 times and then score it.
 - iv. Each practical routine is worth 5 points. Your score depends on how far your score is in/out of range with the master score.

2. THE PLAN

- a. TIME commitment!
- b. GET READY to study
- c. STUDY-MEMORIZE
- d. APPLY
- e. PASS

3. DO IT!

- a. TIME Commitment
 - i. How much time do you have?
 - ii. Do you want to pass the first time? If so, make a commitment and stick to it as much as you can.
 - iii. Example of a Study Plan:
 1. I'm going to spend 3 hours a day getting materials ready. I'll be done by the 27th?
 2. I'll spend 2 hours a day studying/memorizing until the test
 3. I'll practice judge 3 routines on each event each day beginning New Years Eve (ha!) until the test!

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- b. GET READY to Study
 - i. For me this takes the most time. I don't really start memorizing until I've gotten everything in ready. Of course, getting stuff ready is studying really.
 - ii. Find a "Study Buddy"
 - 1. Two heads are better than one, as they say.
 - 2. You can cut the work in half, bounce ideas off each other, answer questions, etc.
- c. STUDY-MEMORIZE
 - i. If you are limited on time, break it down. What is most important?
 - ii. Concentrate on being near perfect on at least 3 parts of the test. For example, I would make sure I knew general, vault and one other event like FX since (it has the fewest elements). Do this on both Level 7 and Level 8 since there is some duplication.
 - iii. Then I would study Level 8 UB and BB. Knowing the value of the elements will already help you on Level 7 UB and BB.
 - iv. Last do level 7 UB and BB.
 - v. This is the plan I would follow but the point is to make the PLAN that is works best for you. It doesn't mean you don't cover everything but bottom line: decide what is the best way to get 35 of the 50 questions right!!
- d. APPLY
 - i. You can use Quizlet flashcards (see below) or make your own. There are practice written tests on the NAWG website and the Iowa website(coming soon). You can use these to study or as a way to test your knowledge after you have studied awhile. That will give you some time to re-study weak areas. Save one written practice test to take right before you take the REAL test.
 - ii. Practice judge videos

4. RESOURCES

- i. NAWGJ website: <http://www.nawgi.org/>
 - 1. Education Corner>Study Aids
 - 2. This site will give you more info on ordering cheatsheets etc.
- ii. Washington NAWGJ website: <http://www.nawgjwa.com>
- iii. USAG website: <https://usagym.org>
- iv. Iowa NAWGJ website: <http://ia-nawgi.org/>
- v. Quizlet: <https://quizlet.com/class/620279/> (EXCELLENT)
- vi. iStudious Flashcards: check NAWGJ website for directions on how to access this.
- vii. Flashcards for studying Optional & Compulsory Deductions for 2013-17 by Scott and P.J.Slater - Optional updated 7/4/2013; Compulsory updated 7/24/2013.
- viii. Don't forget your MENTOR is there for you too.