

TOP 10

TIPS FOR A STUDENT TO BECOME A SUCCESSFUL CDM, CFPP



1. Understand the Certification Process

Becoming a CDM, CFPP goes beyond graduating from a dietary manager training program; it means passing the CDM Credentialing Exam, activating your credential, and maintaining 45 hours of Continuing Education every three years. Learn about the entire process with this quick [2-minute video](#).

2. Review the Exam Structure

Don't be caught off guard not knowing the exam structure. Review the five [content areas](#) of the exam blueprint and take advantage of the [exam preparation material](#).

3. Understand the Type of Exam Questions

The CDM Credentialing Exam is a nationally-recognized exam that tests not only on memorization but also incorporates analytical thinking. The [CDM Self-Assessment Exam](#) is a resource for seeing sample questions.

4. Ask Questions

Ask questions of your instructors, program director, and your preceptors for guidance on content. They are your mentors through your learning process. If you are a member of ANFP, utilize the [ANFPConnect](#) community to get tips and advice from peers who have passed the exam.

5. Sit for the Exam

Sitting for the exam shortly after graduating a training program is ideal for retention of the content. Plus, it reduces extra study preparation time.

6. Relax – You're Prepared

Be confident in your knowledge as you sit for the exam. Don't let anxiety take over. You have prepared well for this day.

7. Become Involved

Join other like-minded professionals to grow your support system by joining organizations like [ANFP](#). Having a network of professional peers who experience the same day-to-day successes and challenges that you do is a valuable resource.

8. Network with Industry Professionals

Attend live events for valuable networking opportunities within the nutrition and foodservice industry. ANFP hosts two regional meetings and an Annual Conference & Expo. Being a part of your local chapter through ANFP is a great local resource as well. View the ANFP [Live Events](#) calendar to see what is happening near you.

9. Never Stop Learning

Continue to stay abreast of trending topics. Focus on what [competencies](#) you need to develop and complete [continuing education](#) in those areas to develop yourself professionally.

10. Share Your Experience

Share your CDM, CFPP progression with others so you can help them on their journey to success. Whether it is through [ANFPConnect](#) or another resource, your motivation may be the push someone needs to take the next step in their career!