

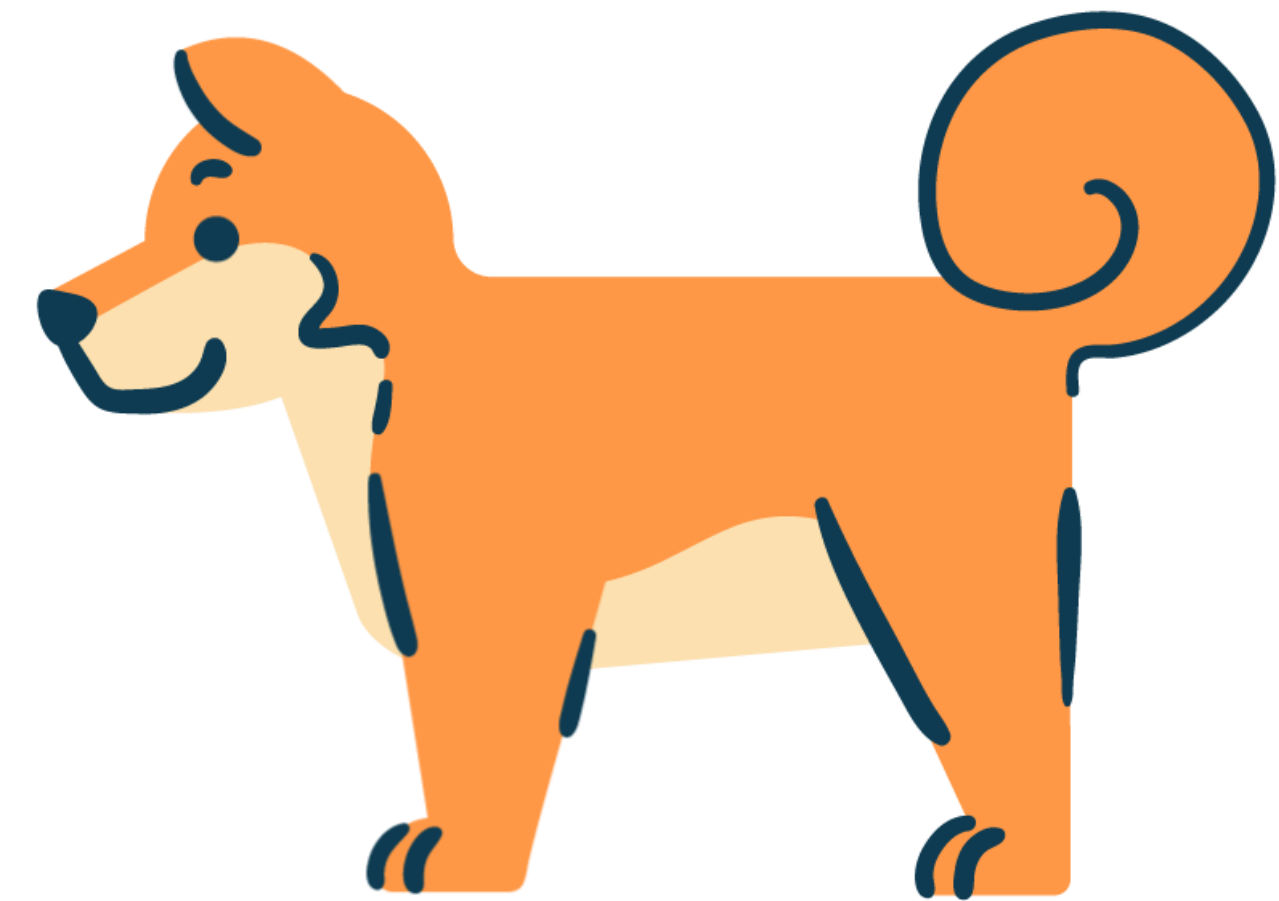


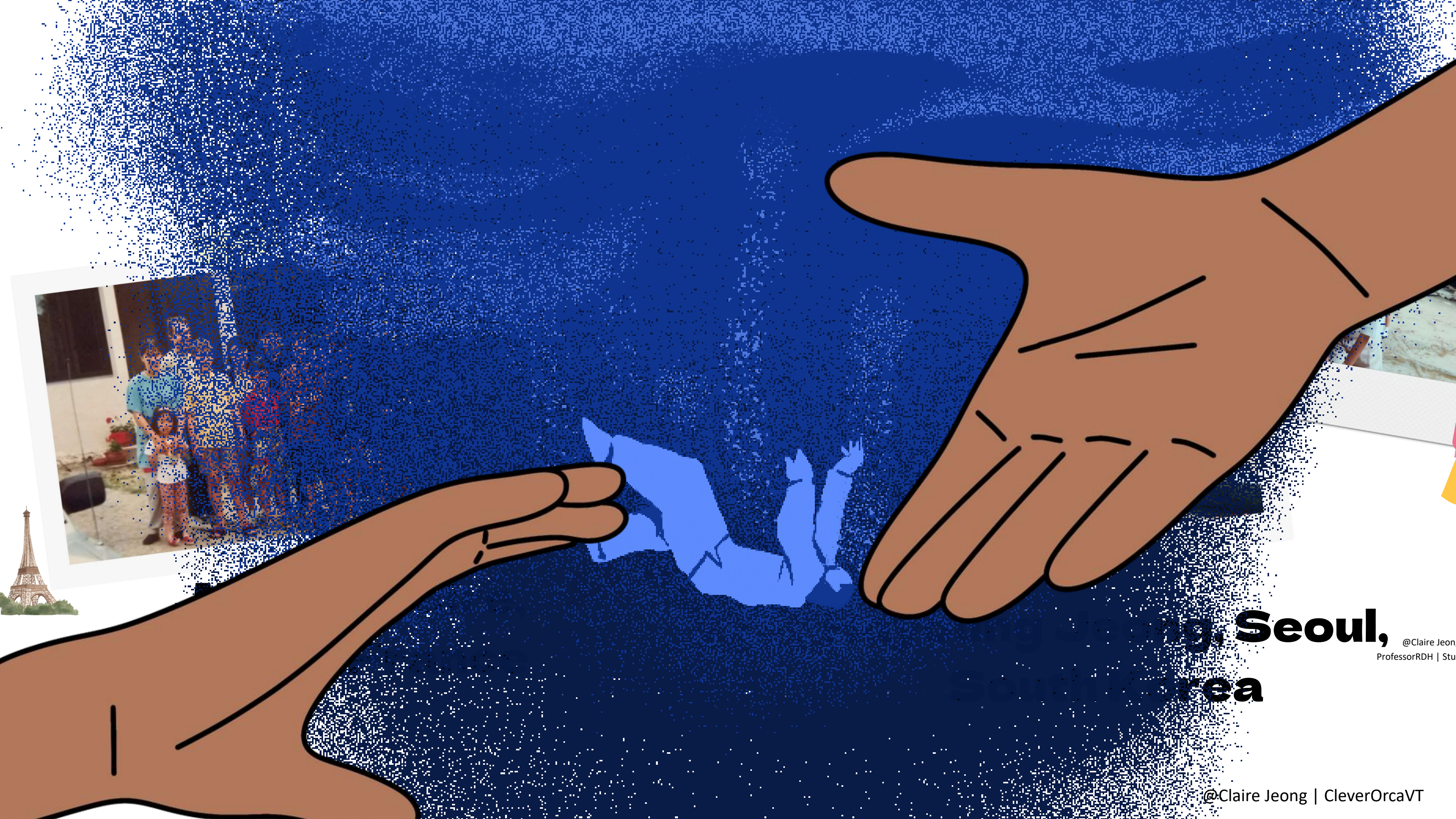
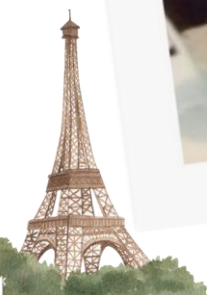
Helping the students score higher (for the VTNE), under pressure

By fighting anxiety and making less mistakes

How is your energy level today?

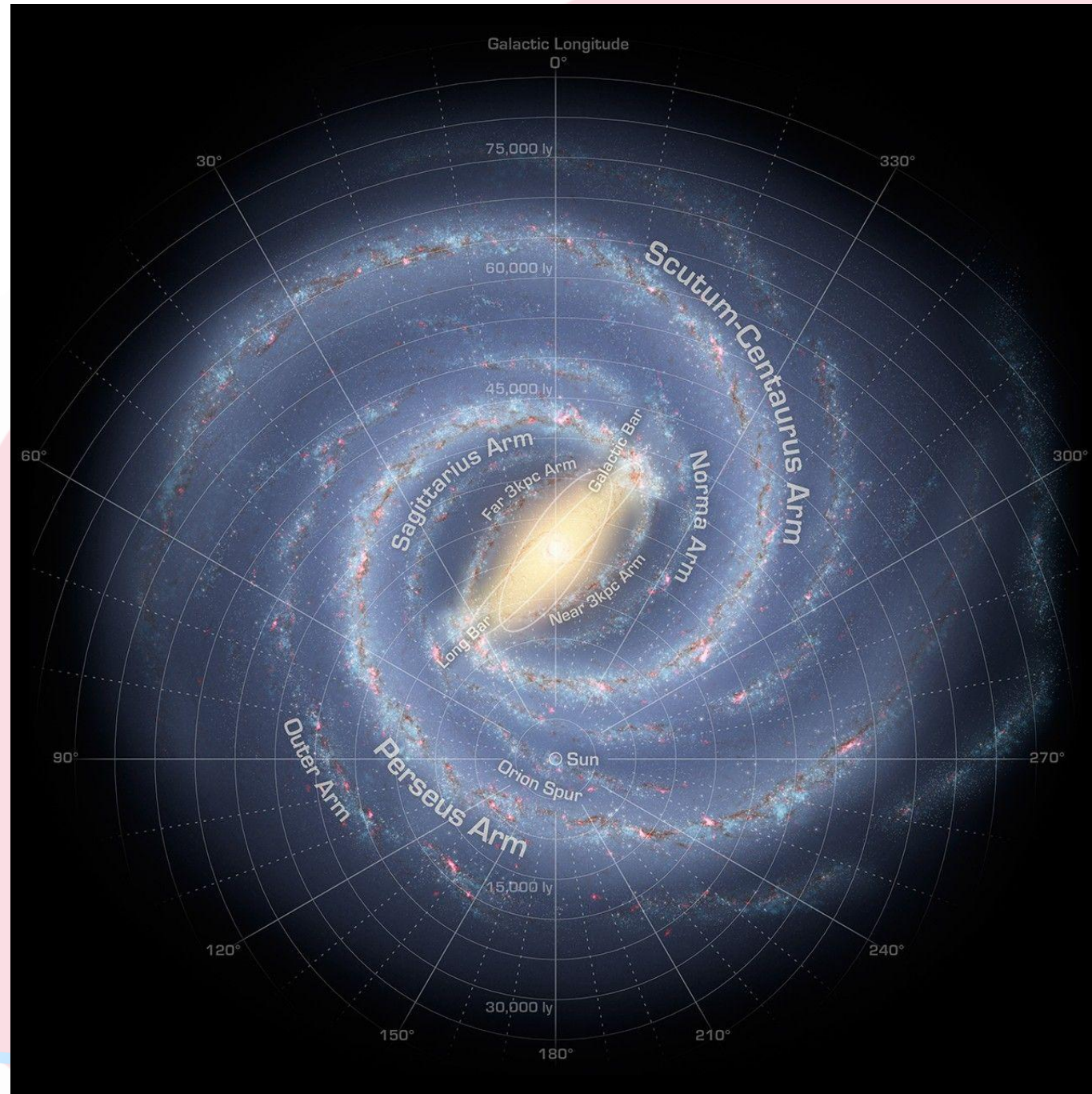
1-10





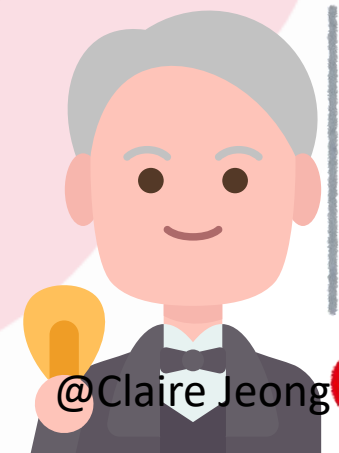
Jeong, Seoul,
area

@Claire Jeon
ProfessorRDH | Stu



300 billion neurons

Neuroplasticity



Claire Jeong, MS, RDH



Educator, Speaker, Writer

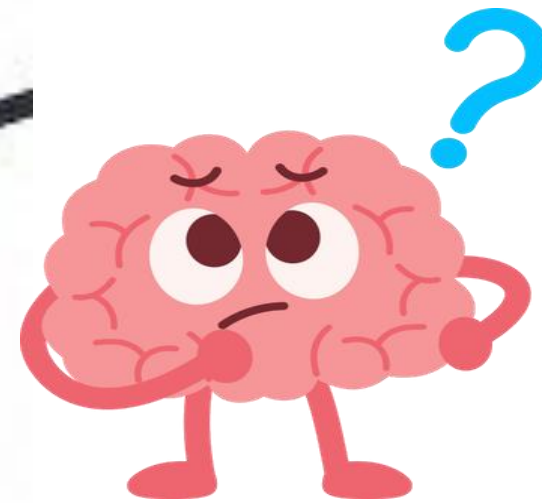
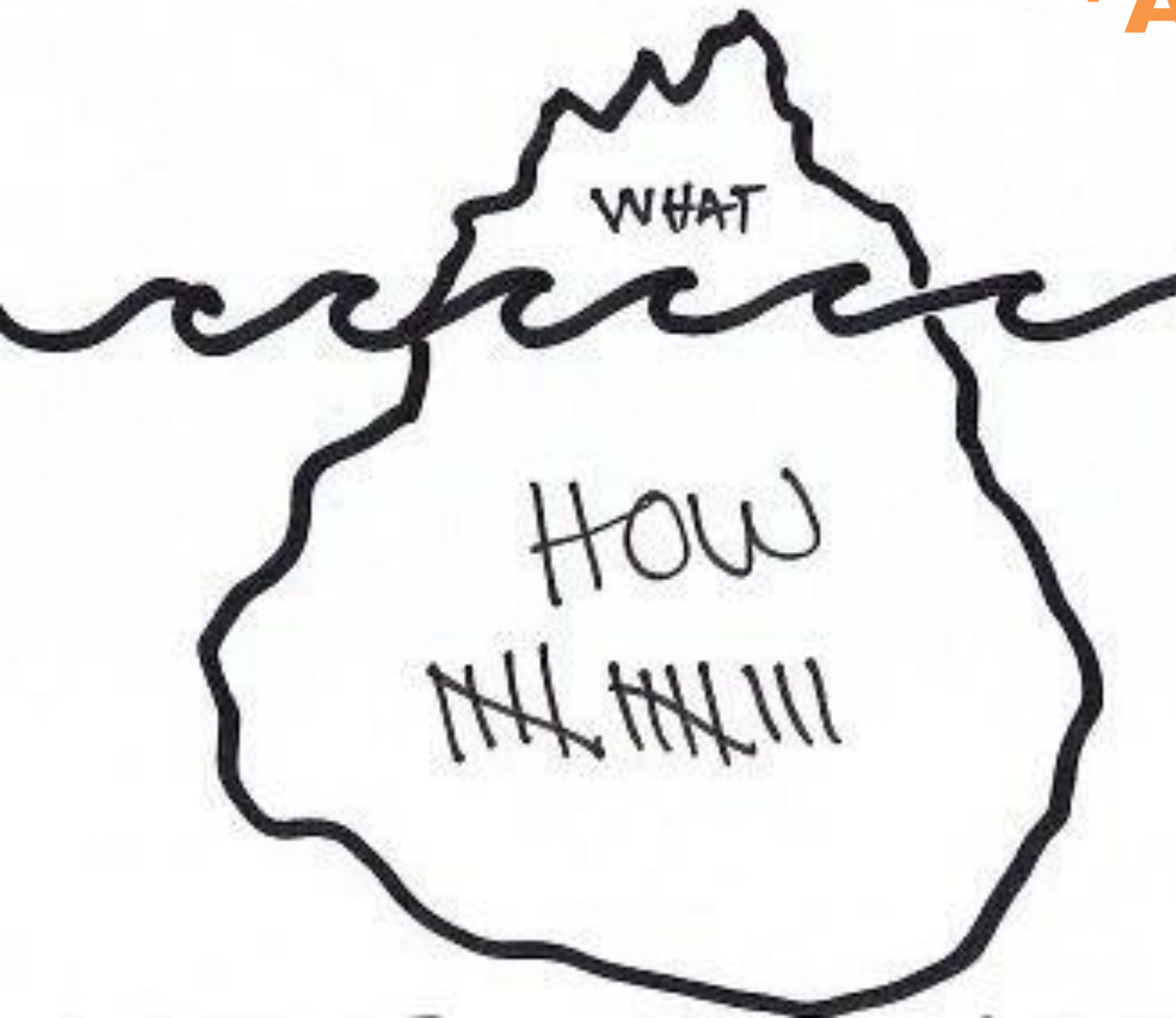


Memory Champion

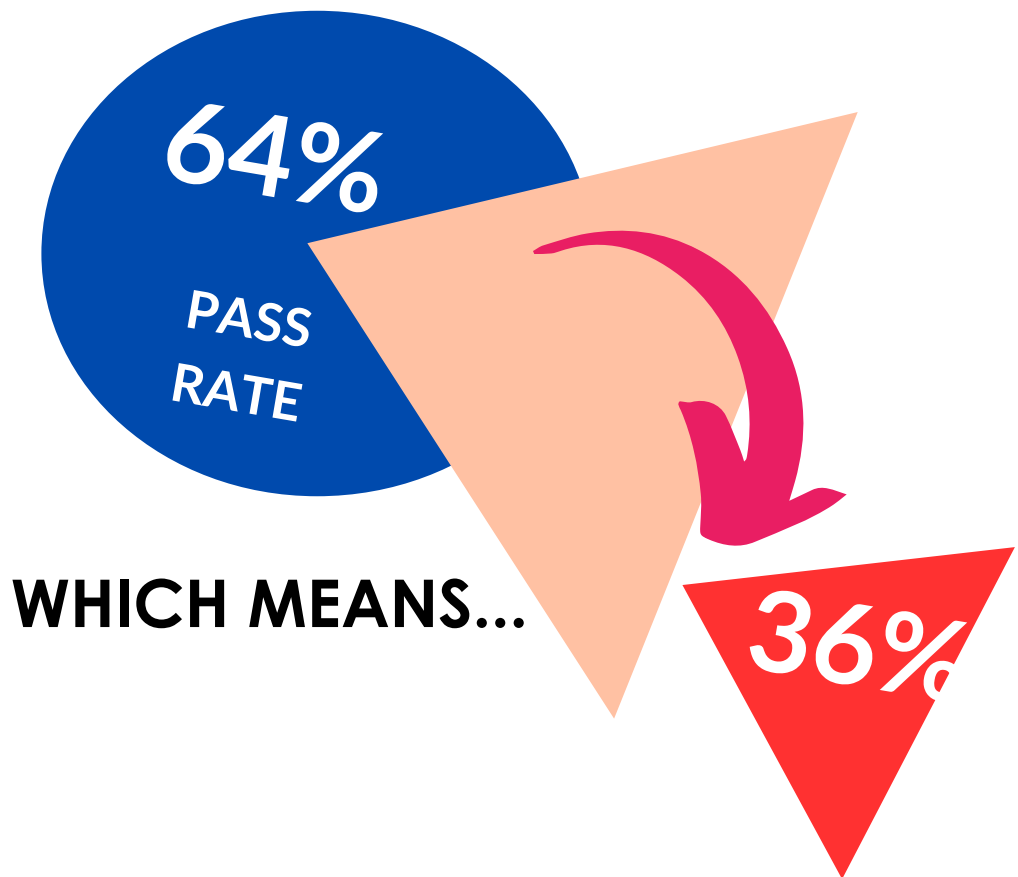
- Founder and CEO of:
 - **CleverOrca**
 - StudentRDH
 - SmarterDA
 - DentalToaster
 - ProfessorRDH
- 2019 Ontario Memory Champion
 - Created the WakeUp Memory™ Techniques

We are recruiting for contributors

***Assuming students studied**



- **Anxiety**
- **Mistakes**



Part 1: Anxiety



VTNE Study Group

Alyx Redmayne-Titley · 22m · 🌐



I can't believe I am writing this: I scheduled my date!
Oh man I could throw up.

I started Vet Tech Prep, and the Darwin videos. Of course I have TERRIBLE test anxiety. I feel like nothing is being retained. I need to SLOW DOWN, I feel like I rush through the practice exams, like 20 seconds a question.

Does anyone have tips for
more solid in my knowledge

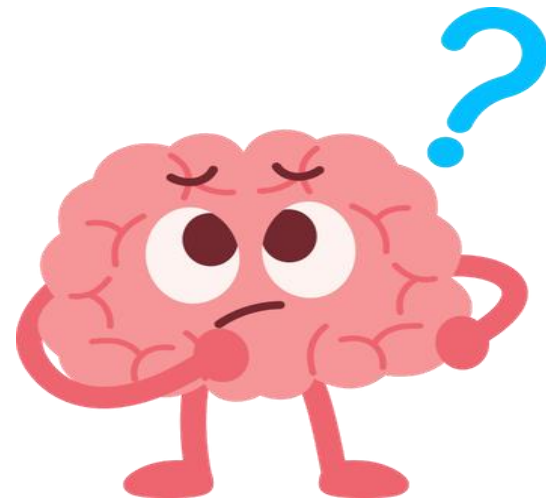


Christina Lulling · 14m

Xanax but try ahead of time to get used to it

Reply





Why do you think your students are anxious?

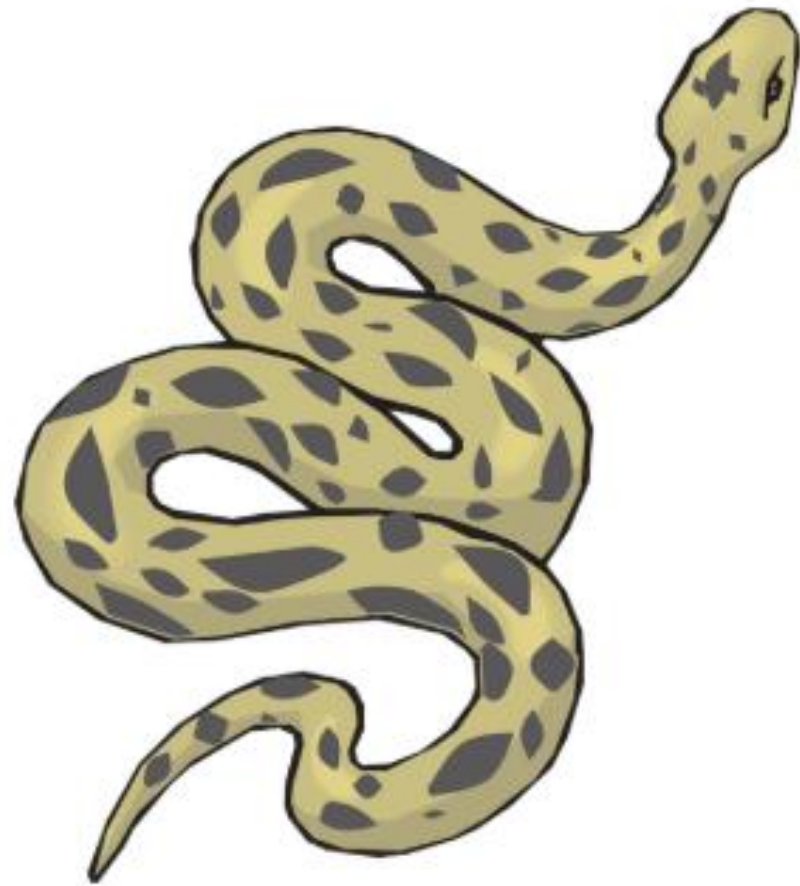
External

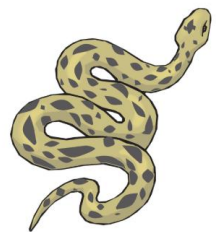
“It’s too hard”
“I don’t know where to start”
“I will never get through everything”



Internal

“I am not enough”
“I was always bad”
“I fear disappointing others”

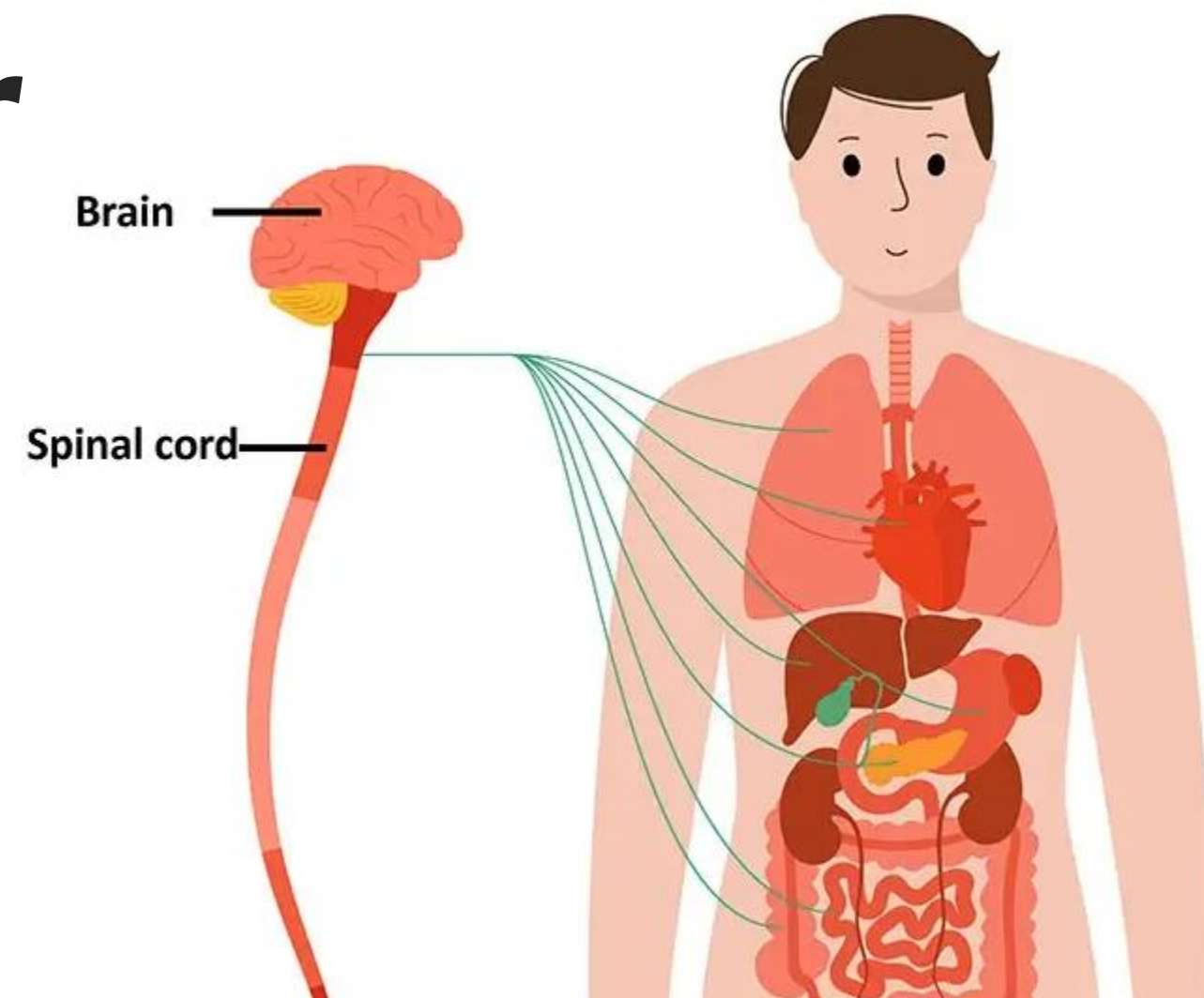
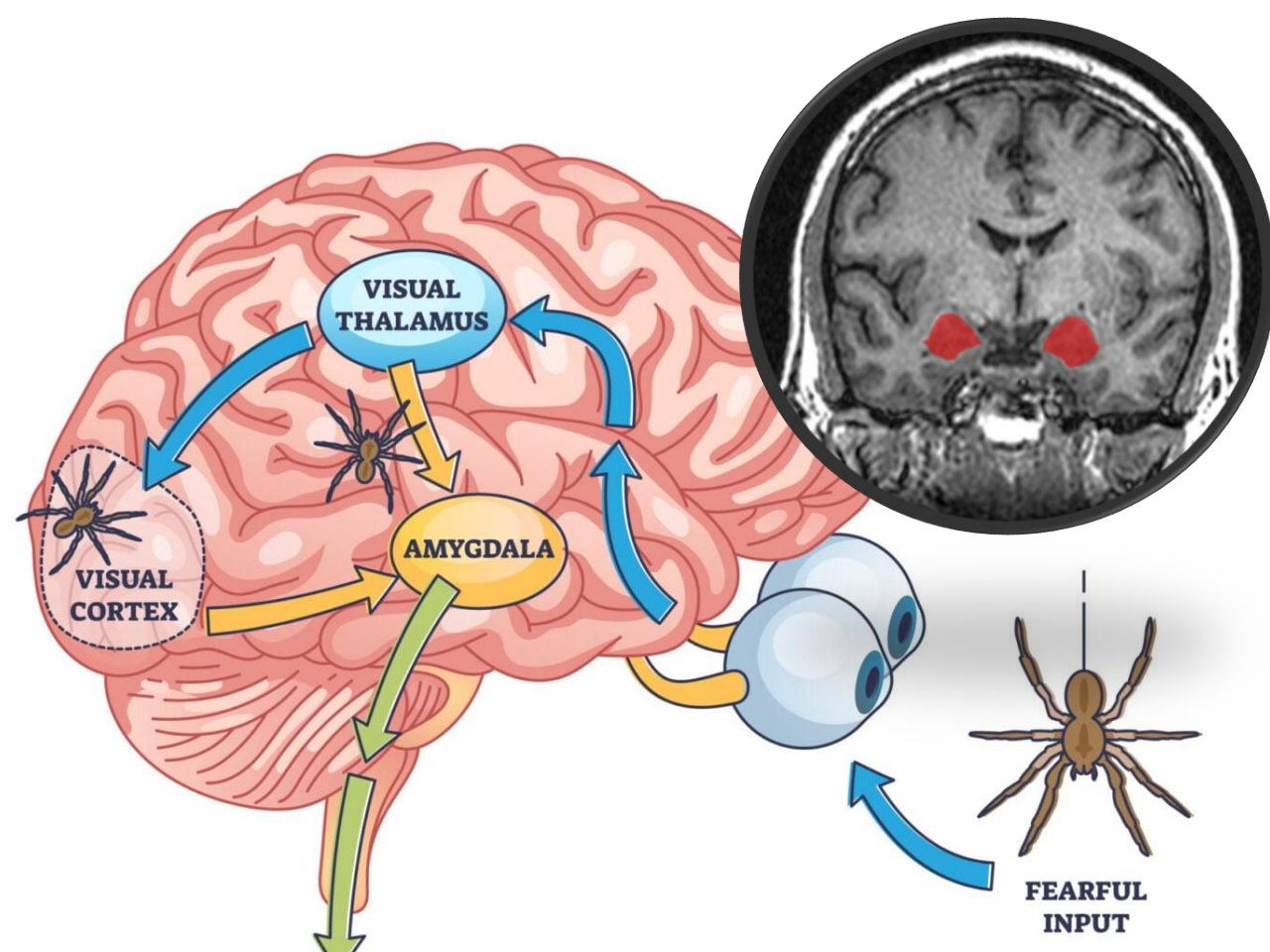




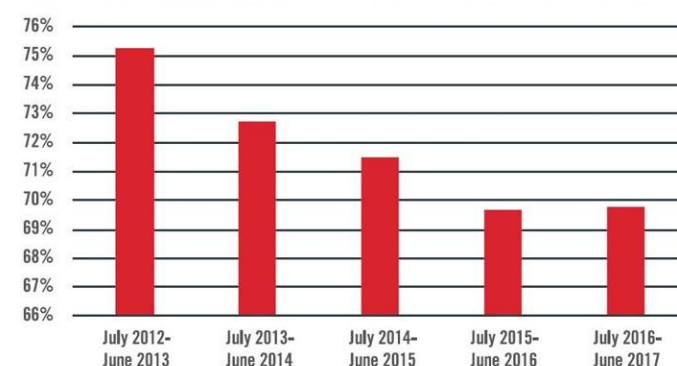
Amygdala
Fear center

Prefrontal cortex
Thinking center

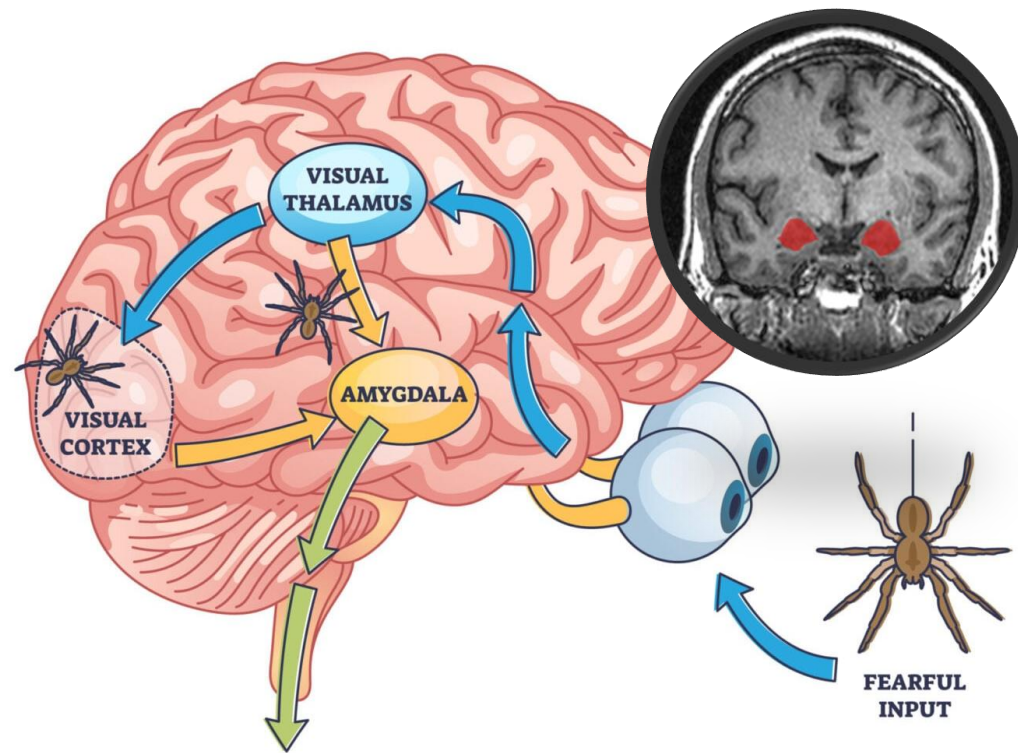
Vagus nerve
Calming



Mean national pass rates for first-time VTNE candidates



Amygdala Fear center

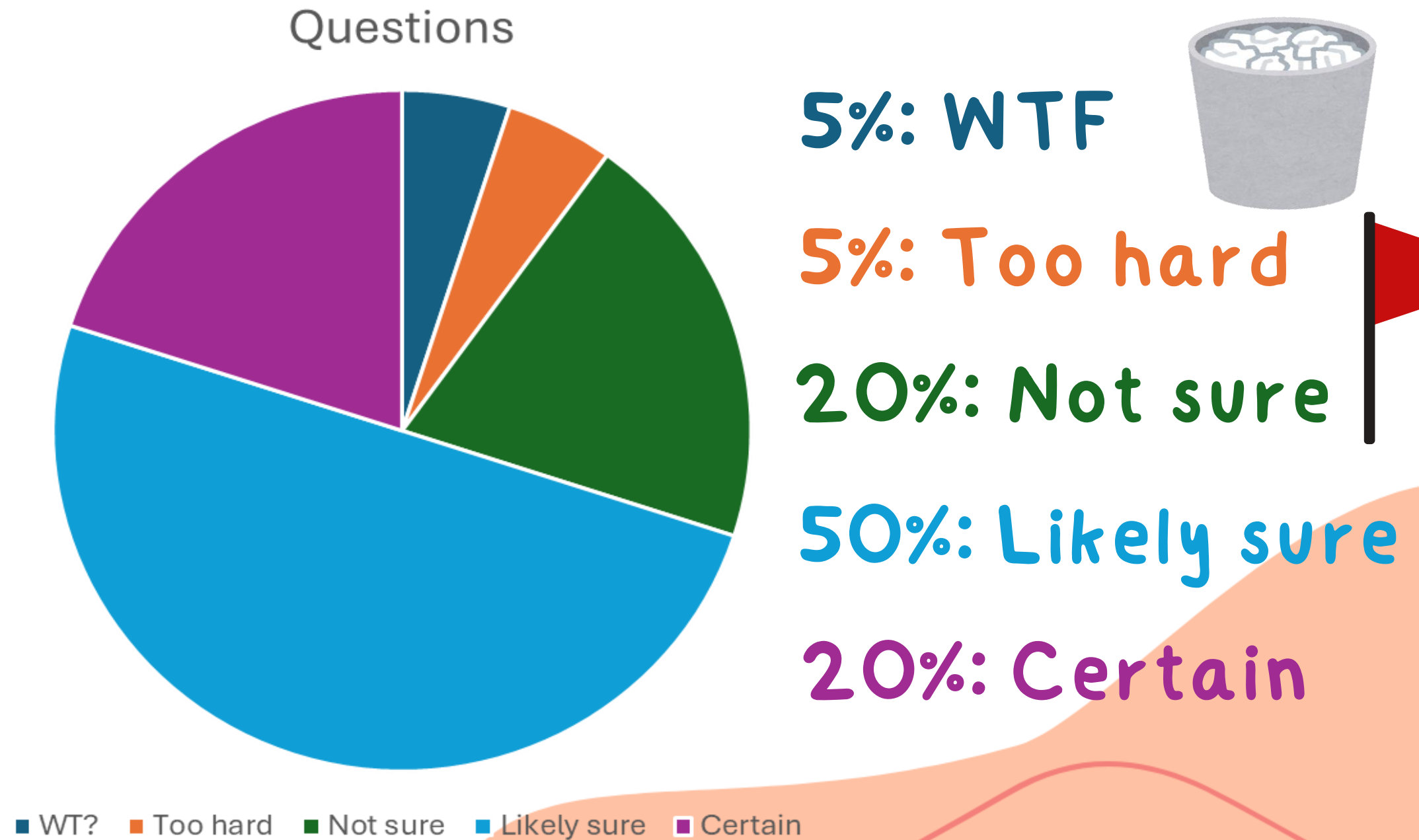
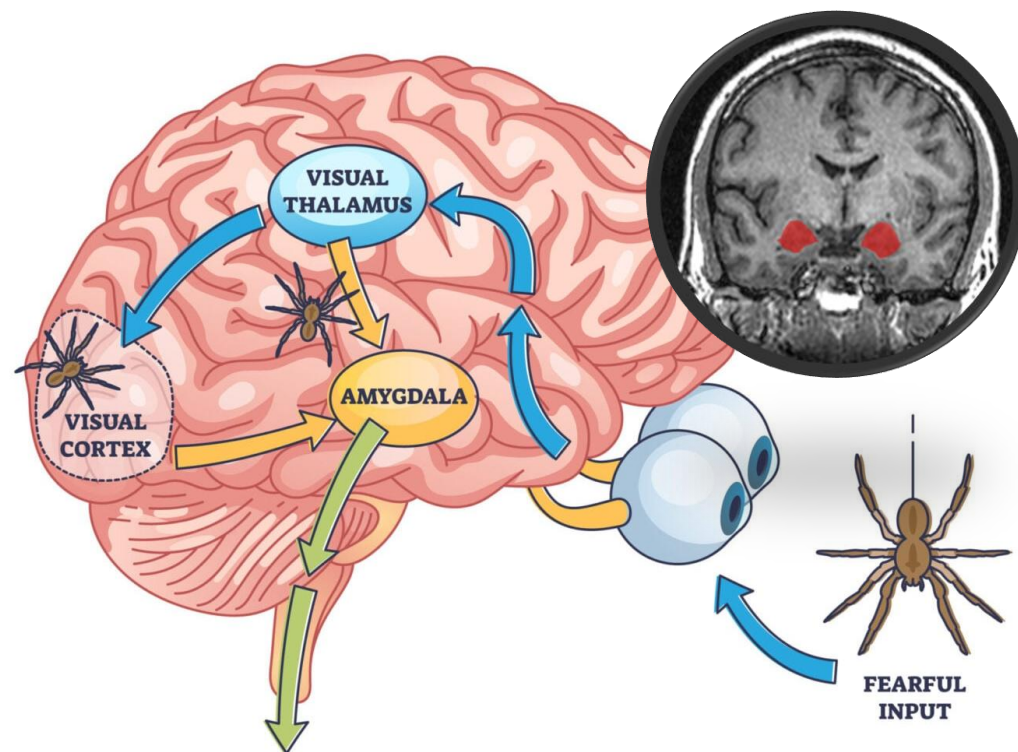


"I am safe"

**Self-esteem
Belonging
Job security
Judgement
Financial
Self-worth**

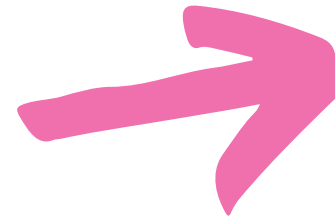
Solution: Give yourself permission to NOT know

Amygdala Fear center

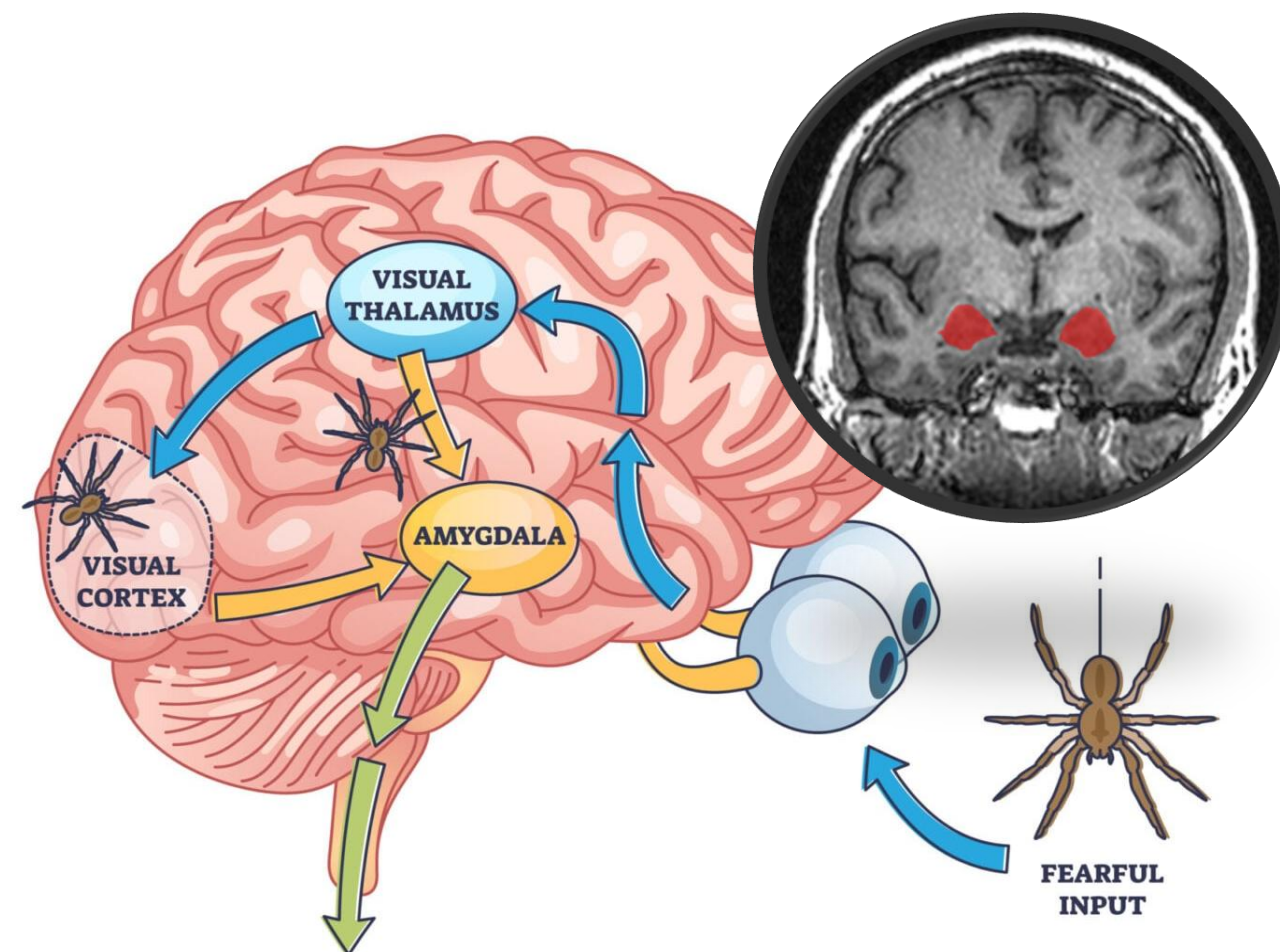


6 seconds

Amygdala
Fear center

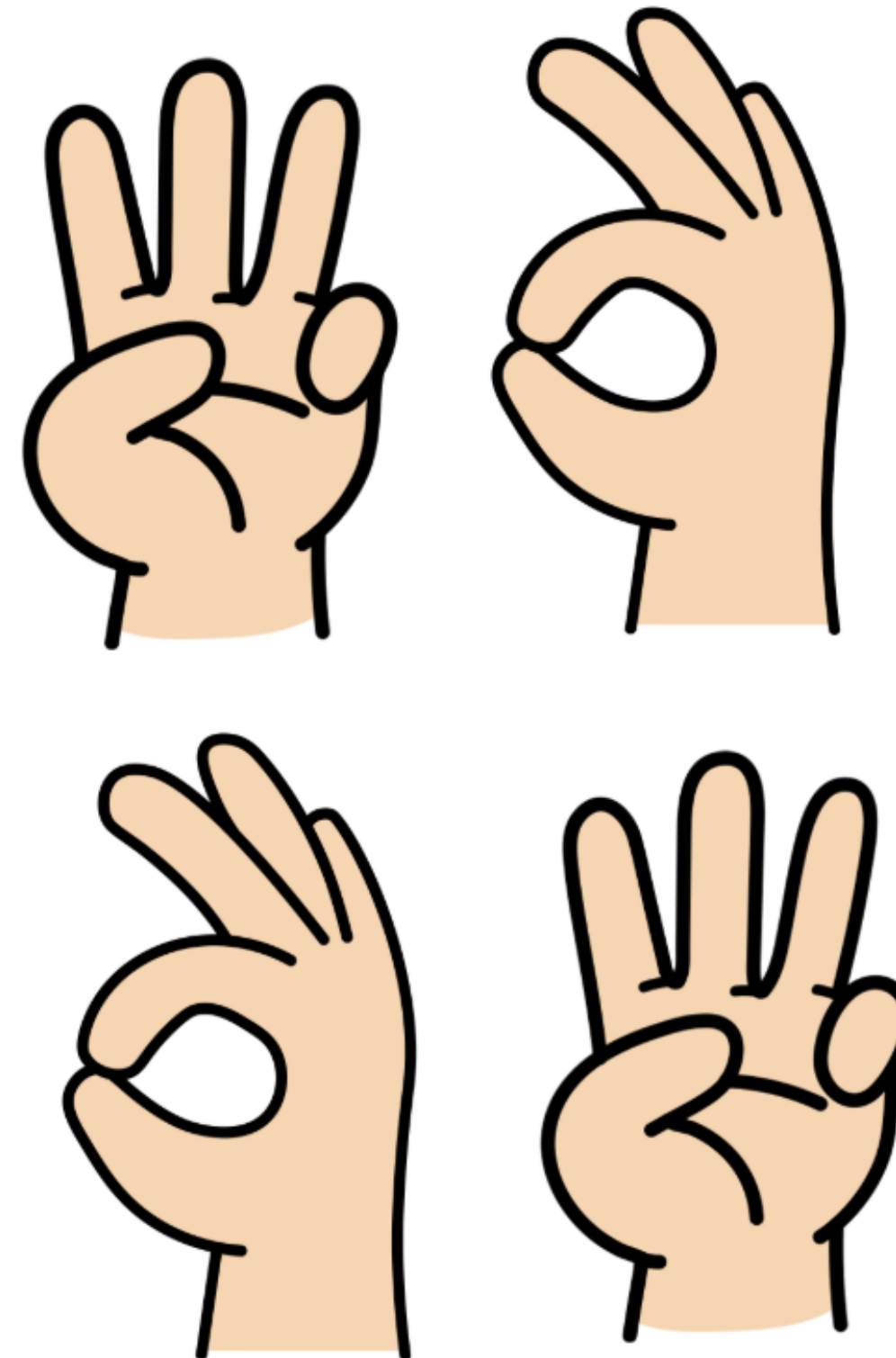


Prefrontal cortex
Thinking center



Solution: Alternate 3

Prefrontal cortex
Thinking center

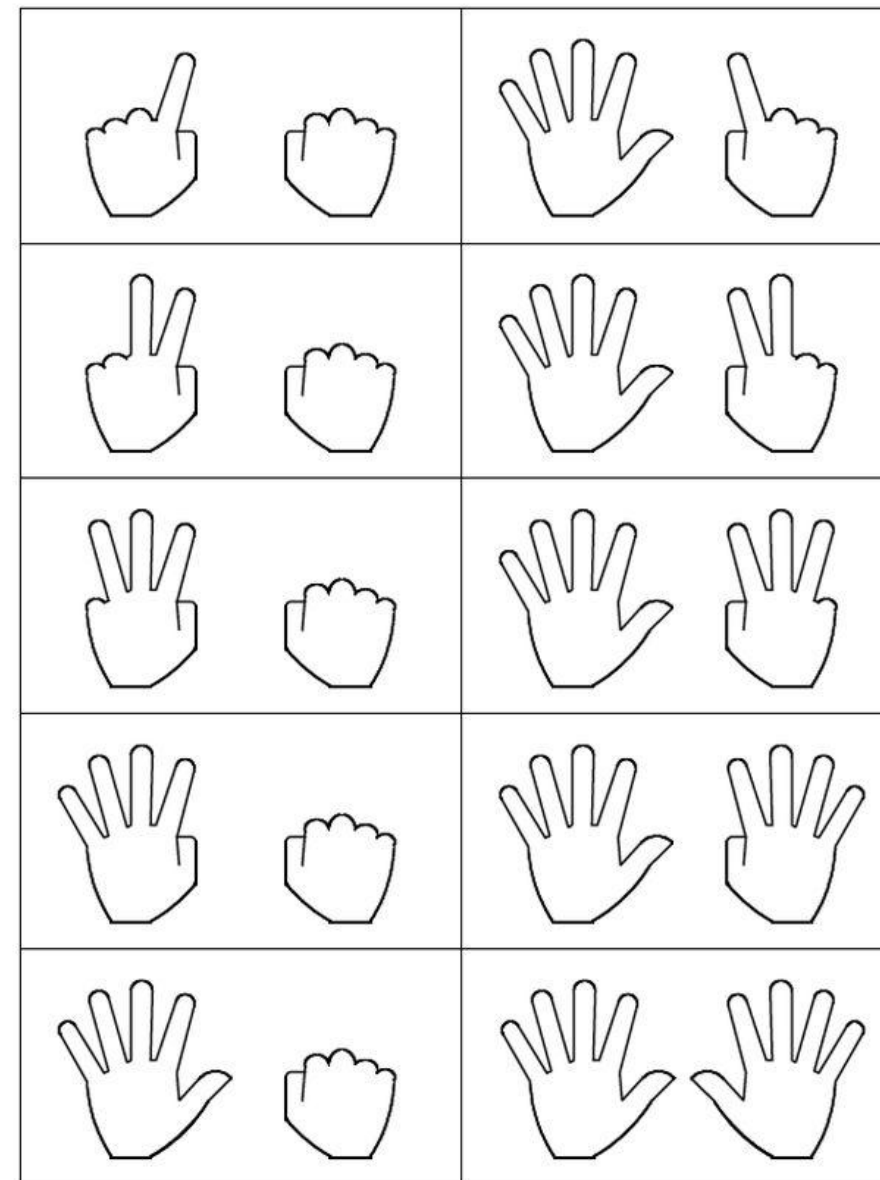


Solution: Alternate hands, bilateral drawing

Prefrontal cortex
Thinking center

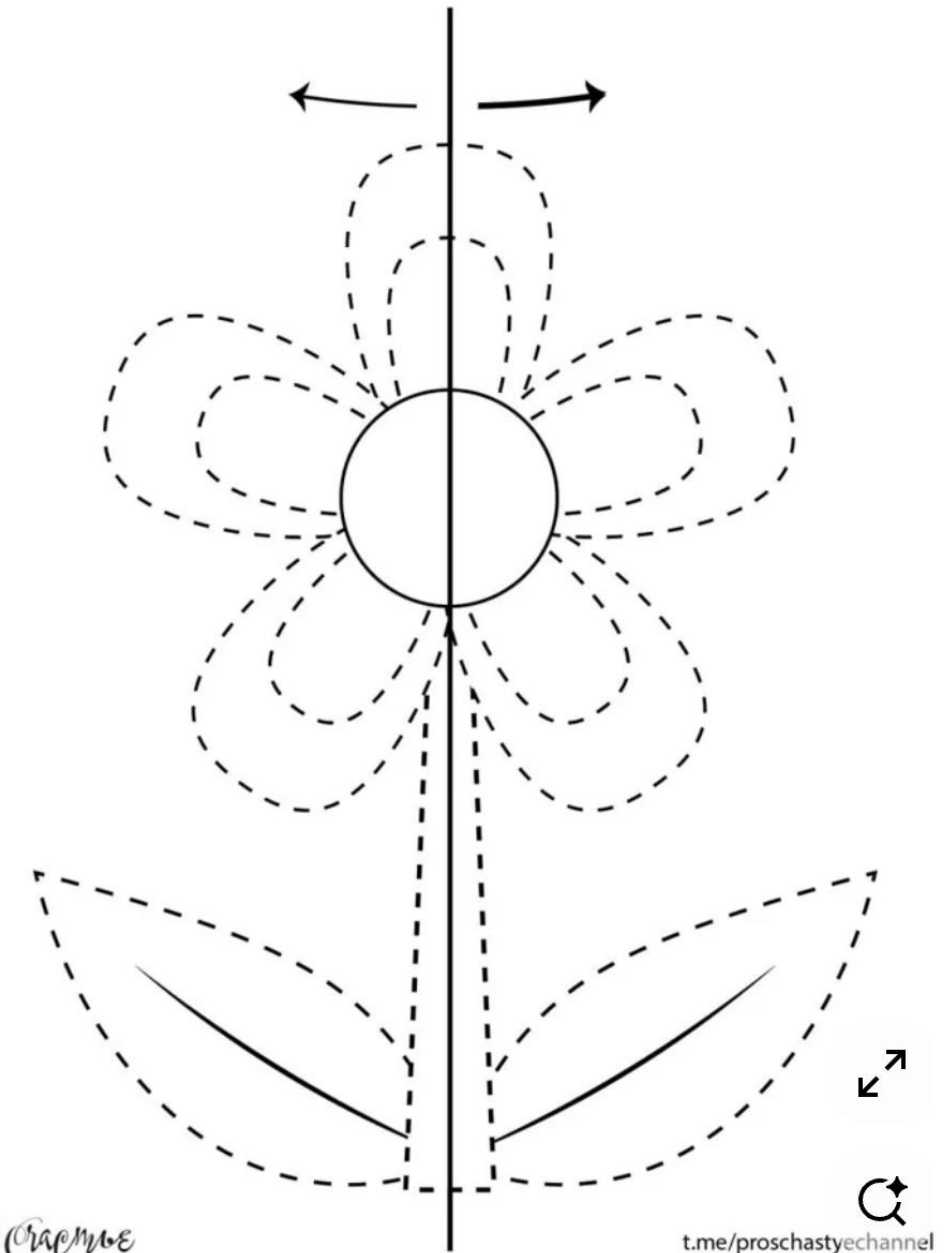


FINGER CARDS



© Activities for Learning, Inc. 2013

RightStart™ Mathematics second edition, A



Prefrontal cortex

Thinking center



The image displays four sequential mobile app screens illustrating the user journey:

- SELECT A SUBJECT:** A screen titled "Course Details" showing a list of subjects. "Animal Care and Nursing" is highlighted with a pink arrow pointing to the next screen.
- TEST YOURSELF:** A screen titled "Animal Care and Nursing" showing a question: "1 A chest tube may be placed when an animal has:". Below the question are four radio button options: "Subcutaneous emphysema", "Pulmonary edema", "Ascites", and "Pneumothorax". The "Pneumothorax" option is selected, indicated by a green checkmark. A pink arrow points to the next screen.
- REVIEW:** A screen titled "Animal Care and Nursing" showing the question and answer. The correct answer is "Pneumothorax". Below the answer, it says "Feedback" and "Answer: D. Pneumothorax". It also shows the keyword(s): "chest". A pink arrow points to the final screen.
- SEE REPORT:** A screen titled "Animal Care and Nursing" showing a congratulatory message: "Congrats! Keep the momentum!". It displays the score: "Score: 80%", "Points: 8 / 10", "Time spent: 00:01:32", "Date submitted: 23 Jan 2024", and "Attempt: 2". There are two buttons: "Retake" and "Feedback report".



PRE-ASSESSMENT FREE IN APP

Assess your
**STRENGTHS &
 WEAKNESSES**

WRITE DOWN YOUR SCORES



CLEVERORCA
VET TECH

	PRE-ASSESSMENT	RANK	LEVEL 1 QUIZ: KNOWLEDGE	LEVEL 1 RETAKE	LEVEL 2 QUIZ: APPLICATION	LEVEL 2 RETAKE	LEVEL 3 QUIZ: THINKING
Anesthesia	50						
Animal Care and Nursing	60						
Communications	70						

Your STUDY SCHEDULE

Don't forget to schedule time to rest! It's ok to do a little less sometimes!

Month: _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
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☐	☐	☐	☐	☐	☐	☐

Month: _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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☐	☐	☐	☐	☐	☐	☐

@Claire Jeong | CleverOrcaVT



CLEVERORCA
VET TECH

I've [used] VTP in the past and honestly wasn't a huge fan. I feel like CleverOrcaVT goes over more and breaks everything down, making it easier for me to retain! CleverOrcaVT is the best!! I'm using it to help me prepare. I also just signed up for my test date.

- Elizabeth

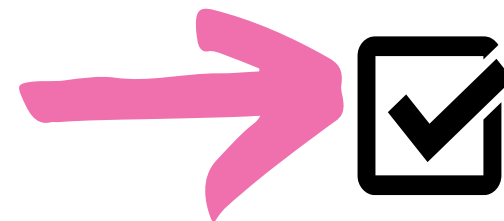
Dentistry

Anesthesia

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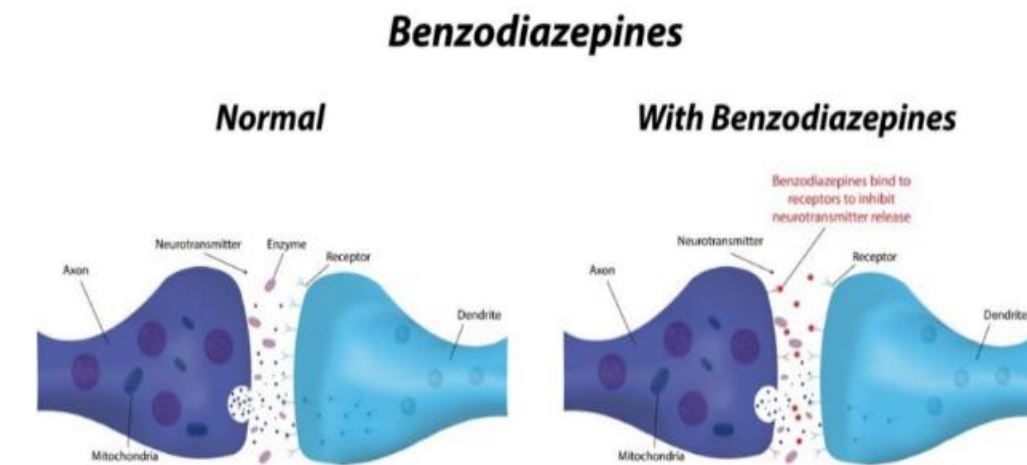
CleverOrcaVT solution: Book

Prefrontal cortex
Thinking center



PRE-ANESTHETIC AGENTS

BENZODIAZEPINES



- ☐ Sedation in a variety of species; **no analgesic effect.**
- ☐ Used alone, these drugs will not provide a true anesthetic.
- ☐ Primarily used as sedative, pre-anesthetic, and in the induction of anesthesia.
- ☐ Diazepam (Valium®), midazolam (Versed®), and zolazepam (in Telazol®): most commonly used agonists in veterinary practice.
- ☐ Benzodiazepine agonists bind at benzodiazepine receptor sites in the CNS and potentiate the effects of GABA (gamma-amino butyric acid, an inhibitory neurotransmitter).
 - ☐ Enhanced function of chloride ion channel gating.
 - ☐ This results in hyperpolarization of cell membranes, making them less likely to be excited.
 - ☐ These mechanisms explain how central nervous depression is achieved with these drugs.
- ☐ Despite lower sedation compared to more potent sedative (e.g., acepromazine or alpha2 agonists), benzodiazepines are favored in animals at risk of cardiopulmonary failure.

Add your
study notes
here



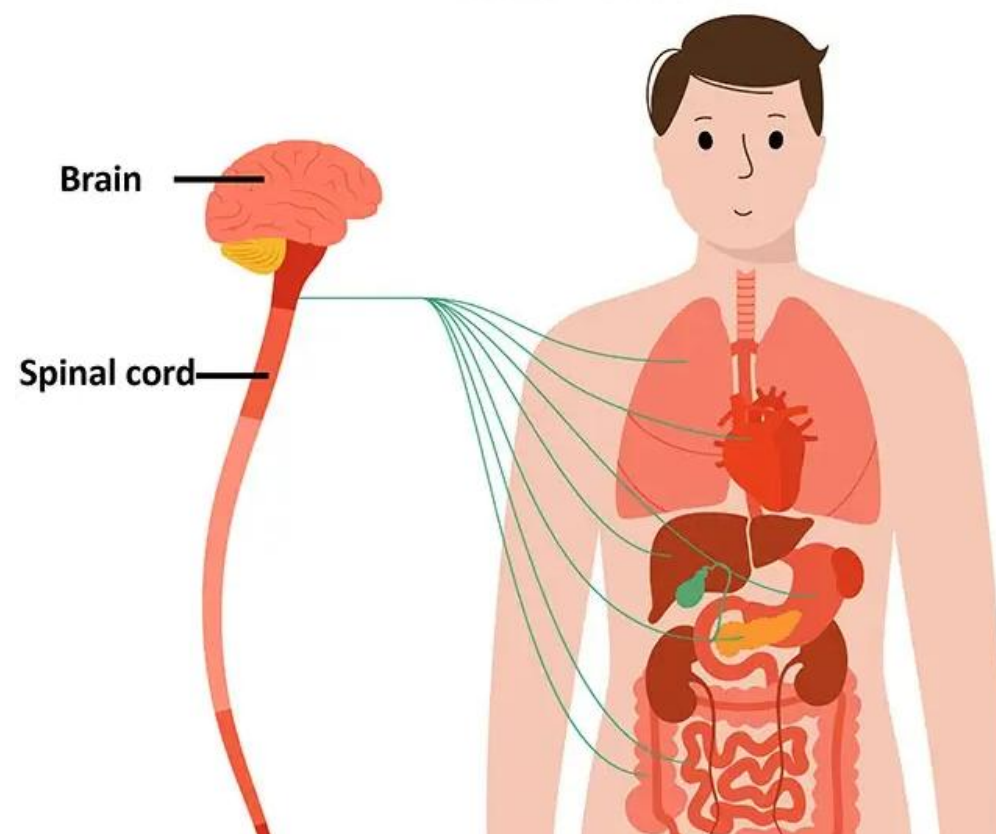
CLEVERORCA
VET TECH

Anesthesia | ©CleverOrcaVT | Success and Nothing Less

@Claire Jeong | CleverOrcaVT

CleverOrcaVT solution: Cheatsheet

Vagus nerve Calming



CleverOrcaVT Presentation
Prep sheet
Presenter: Liane S BSc RVT (Head of Content at CleverOrca)

CleverOrcaVT is here to help you pass the VTNE!

Transverse Plane cranial caudal dorsal ventral c7 t13 l7 s2 cd23 palmar plantar BP 120/70 (80) HR D60 - 140 C 170 - 220	infraorbital L R 411 410 409 408 407 406 405 404 403 402 401 Cats missing: all 05, 306 406, only molar 09
C1v1 = c2v2 RER = (weight x 30) + 70 MER = RER x activity factor food requirement = MER / calories Text	Purple: EDTA Green: heparin Yellow: SST Red: nothing Blue: citrate PCV D: 35-55 C: 30-45 ALT ALP = liver BUN Creat SDMA = kidney
Roundworm: toxocara Whipworm: trichuris Hookworm: ancylostoma	VTach > 200 Vfib = none First priority: breathing, major bleeding, cardiac Second priority: BLS: CPR 30:2 2 minutes Epi -> atropine Naloxone - opioids
Stages of Anesthesia Stage 1: sedated disoriented, voluntary, all reflexes present Stage 2: induction, irregular breathing, exaggerated muscles Stage 3: Surgical anesthesia Plane 1: light anesthesia, breathing heart normal, muscles relaxed Plane 2	Blood pressure - prii - lol - dipine Diuretics - ide - actone - thizalde
KVP = contrast, too dark too high, too light, too low mAs = density developing - wash	Objective lens sizes: 4x 10x 40x 100x

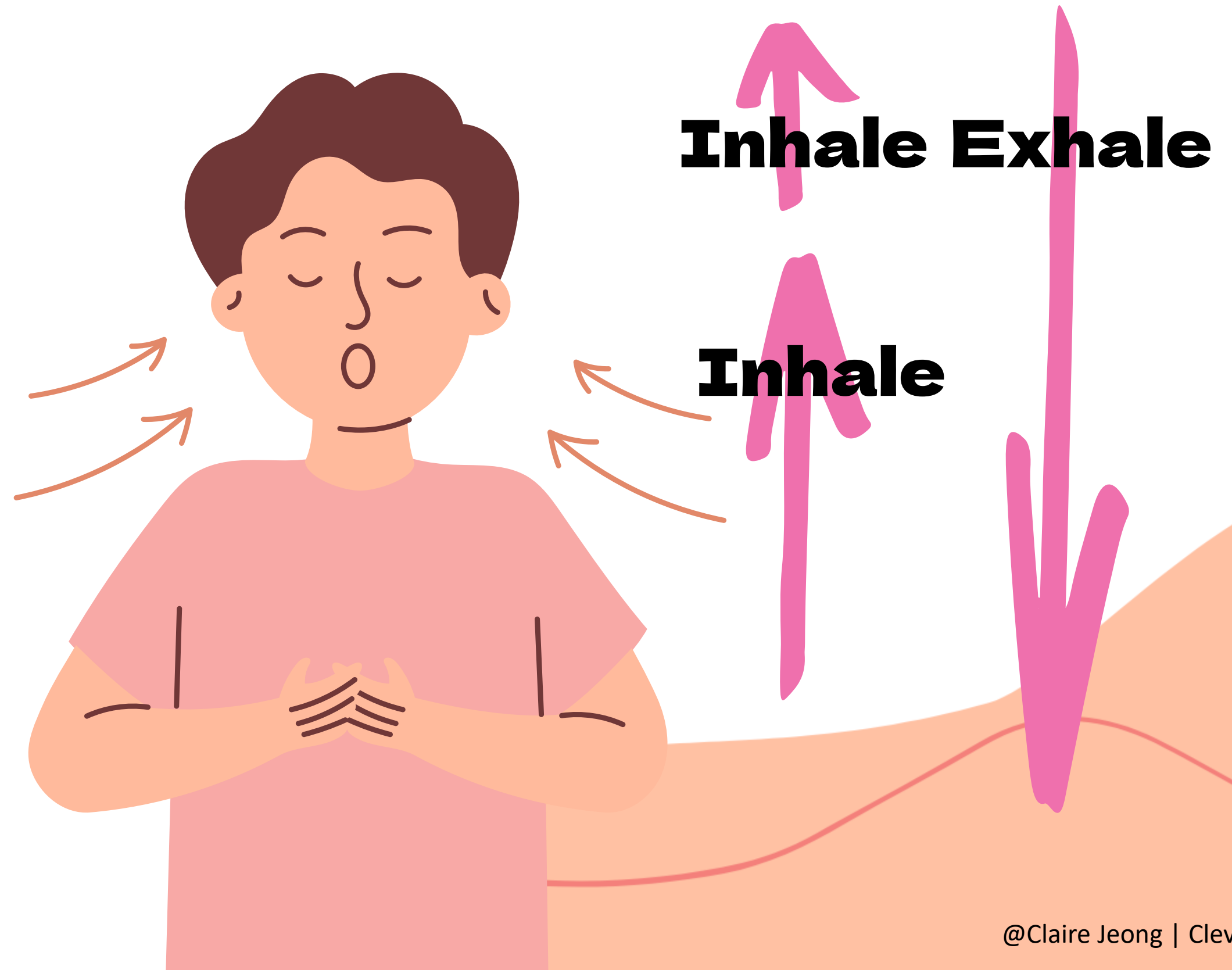
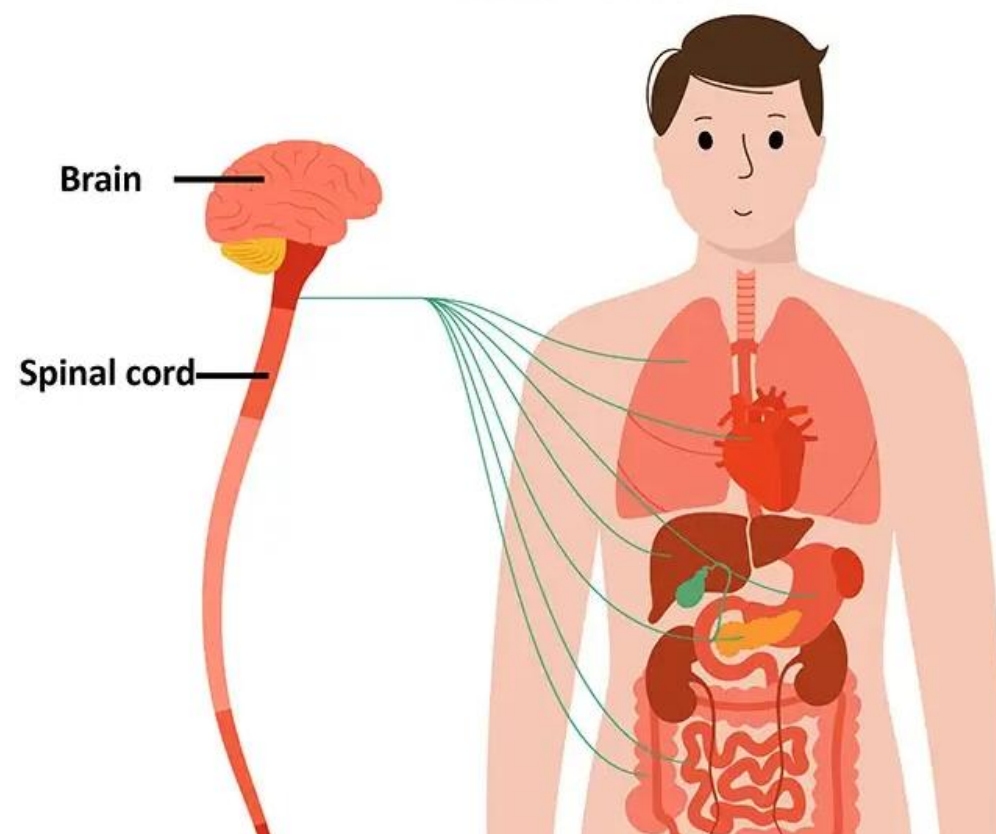
In the VTNE, you get a scratch paper and a pencil

Take 2 minutes to write 10 things that can:

- Boost your confidence!
- Warm up your brain
- Get you in the zone
- Example: normal blood values, formulas
- No right or wrong answers. Customize this.

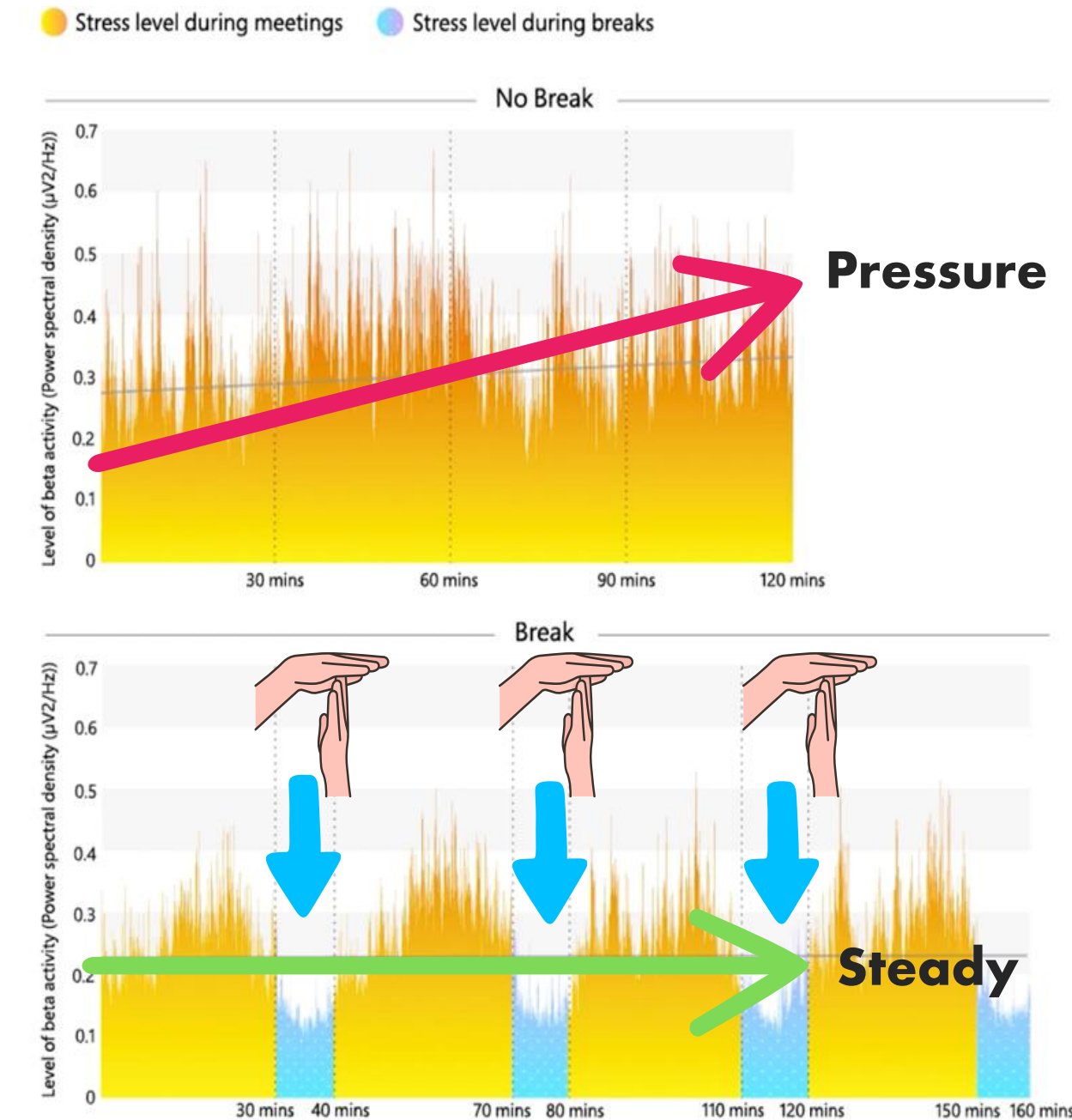
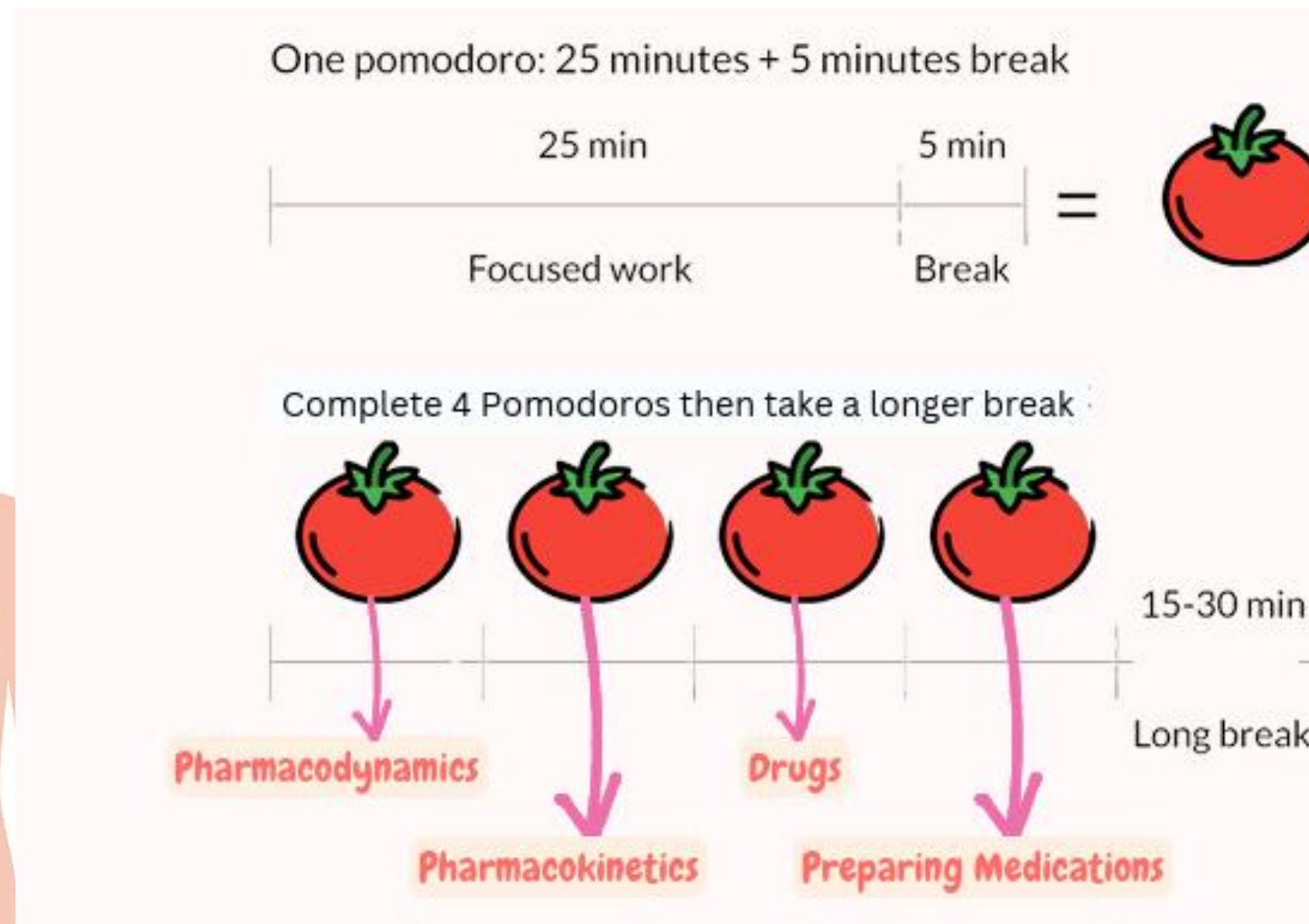
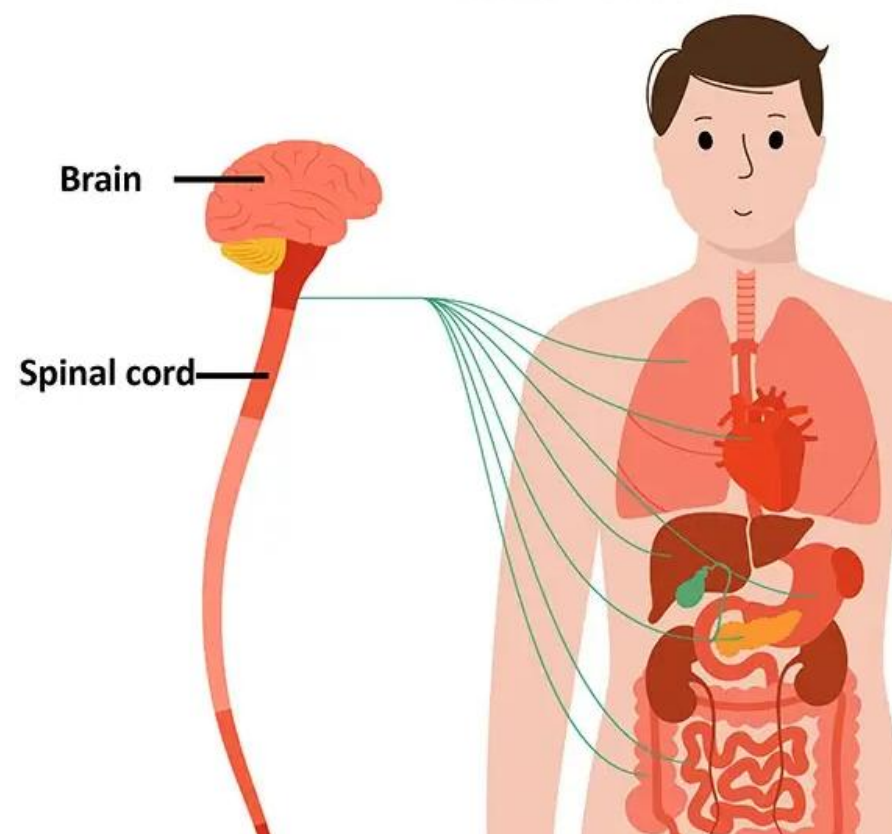
Solution: Physiological sigh

Vagus nerve
Calming



Solution: Take breaks, sleep

Vagus nerve Calming



**GET YOUR FREE
VIP FACULTY
STUDY BOX**



**97%
SUCCESS RATE**

**BOOK A
FACULTY DEMO
CALL**

- ✓ Easy to follow
- ✓ Organized
- ✓ COMPLETE system
- ✓ Everything you need

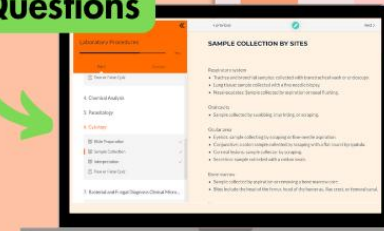
**That's why it is the
ALL-INCLUSIVE
option!**

**Printed Book (350 page+)
Shipped to you**

**Drugs Booklet
Shipped to you**

**2000+ Practice
Questions**

Digital Book

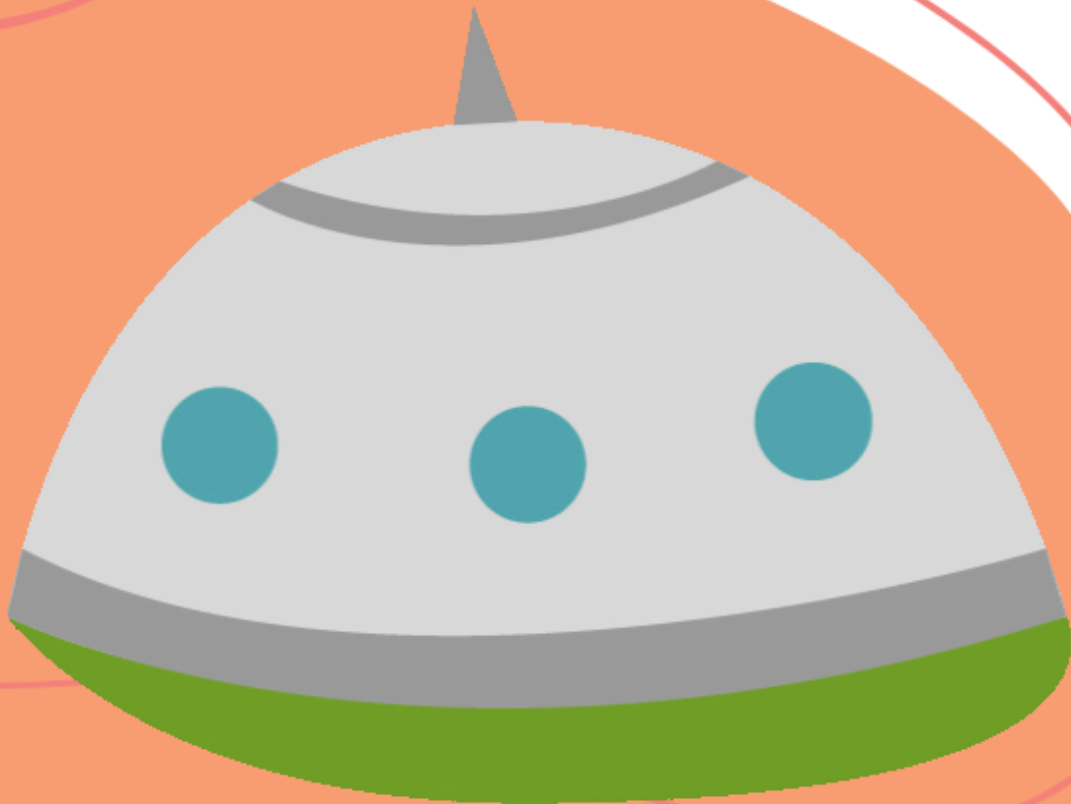


**Win for your
student**

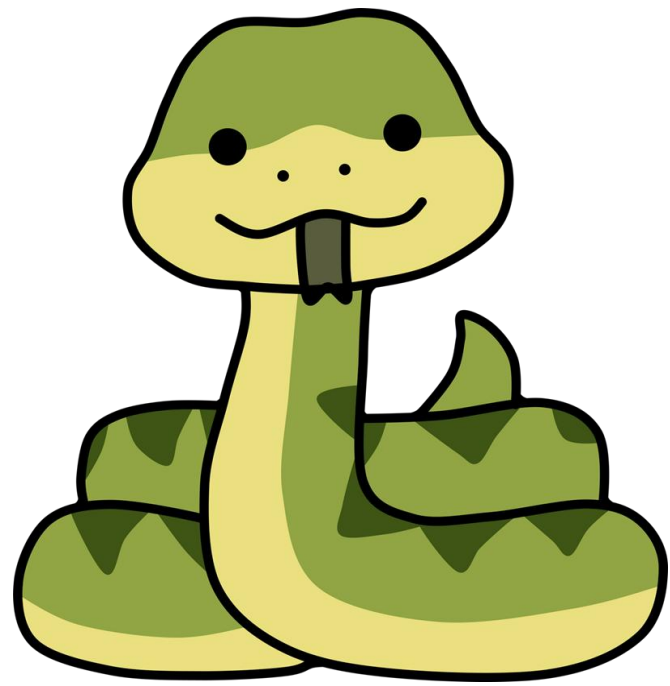
Part 2: Mistakes

“_____ and _____ win the race!”

“_____ and _____ gets you nowhere!”



KOBRA™ Technique



K: Keywords

O: Organize

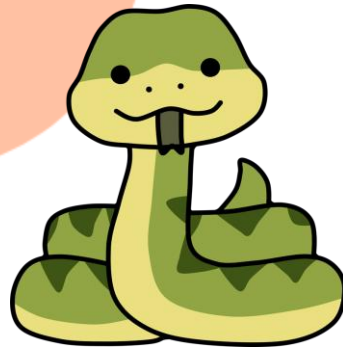
B: Brainstorm

R: Rank answer choices

A: Again

You are helping monitor a 10-year-old dog with chronic kidney disease. The dog's systolic blood pressure is 170 mmHg on repeat readings. What is the best action to take?

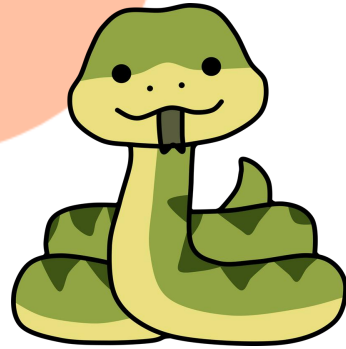
- A. Record the result and tell the veterinarian**
- B. Ignore it, that number is normal for an older dog.**
- C. Check again at the next visit.**
- D. Give the dog extra fluids to lower blood pressure.**



K: Keywords

- Identify 1–5 keywords
- Keywords can appear anywhere in the question
- Goal: clarity before answers

 You are helping monitor a 10-year-old dog with chronic kidney disease. The dog's systolic blood pressure is 170mmHg on repeat readings.
What is the best action to take? 



O: Organize

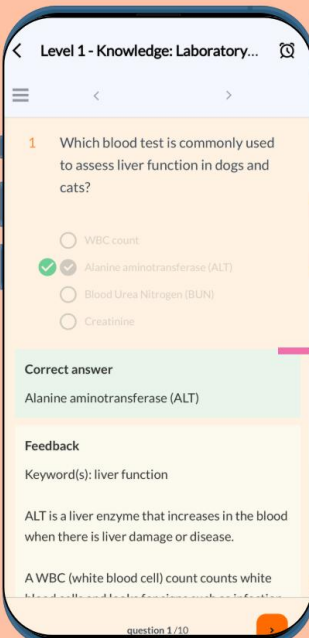
LEVEL:

- **LEVEL 1: Knowledge (30s)**
- **LEVEL 2: Application (1m)**
- **LEVEL 3: Critical thinking (1m+)**

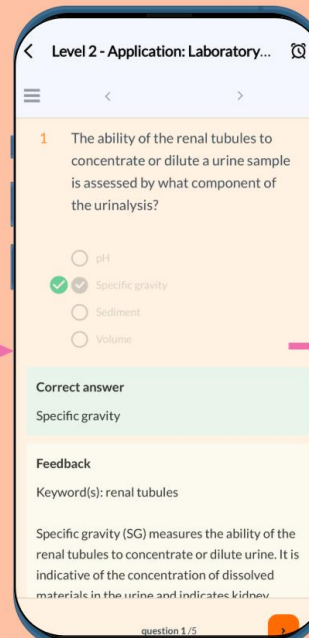
TOPIC, CLASS: _____

VTNE Exam Outline

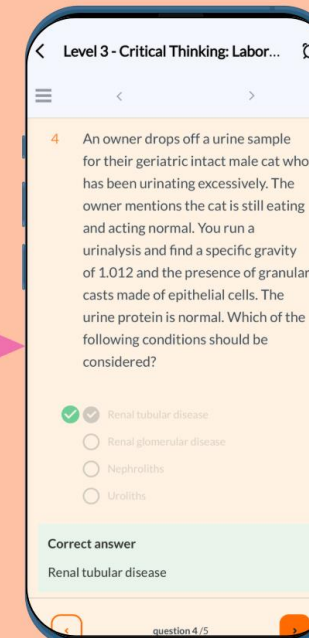
KNOWLEDGE



APPLICATION



CRITICAL THINKING





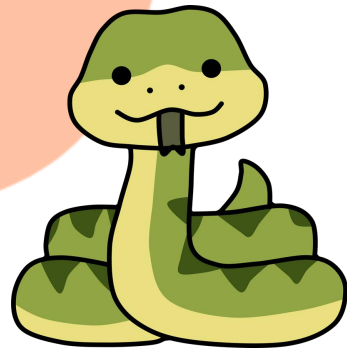
Organized into 3 Levels at CleverOrcaVT

20. Animal Care and Nursing Practice Questions

- ① Animal Care and Nursing: Level 1 (Knowledge)
- ① Animal Care and Nursing: Level 2 (Application)
- ① Animal Care and Nursing: Level 3 (Critical Thinking)

Additional True + False questions featured after each chapter for content reinforcement

Content Categories	Number of Questions	Percent on Exam	Time Limit: 3 hours
1. Pharmacology and Pharmacy	20	13%	Scored Questions: 150
2. Surgical Nursing	20	13%	Pilot Questions: 20
3. Dentistry	10	7%	Total # Questions: 170
4. Laboratory Procedures	14	9%	Question Format: Multiple Choice
5. Animal Care and Nursing	30	20%	
6. Diagnostic Imaging	9	6%	
7. Anesthesia	20	13%	
8. Emergency and Critical Care	10	7%	
9. Pain Management/Analgesia	10	7%	
10. Communication and Veterinary Professional Support Services	7	5%	

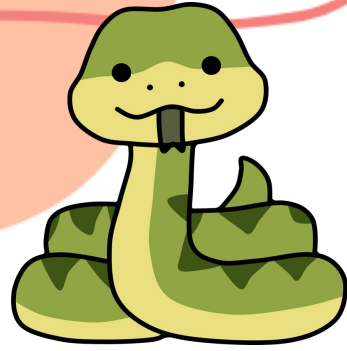


B: Brainstorm

- **Pause before reading choices**
 - **Activate your PFC**
 - **Even one word**
- **High BP damages kidneys, eyes, and brain**
 - **Common cause: chronic kidney disease**

	SYSTOLIC BLOOD PRESSURE	DIASTOLIC BLOOD PRESSURE	MEAN ARTERIAL PRESSURE (MAP)
CANINE	90-140 mmHg	50-80 mmHg	60-100 mmHg
FELINE	80-140 mmHg	55-75 mmHg	60-100 mmHg
Hypotension: low blood pressure Hypertension: high blood pressure	Systolic: contraction phase of the cardiac cycle	Diastolic: filling phase of the cardiac cycle	MAP: average arterial pressure during one cardiac cycle

Normal Arterial Blood Pressure Values in Dogs and Cats



R: Rank answer choices

- **One answer = clearly wrong → eliminate**
- **One answer = distractor (second-best)**
- **One answer = correct**

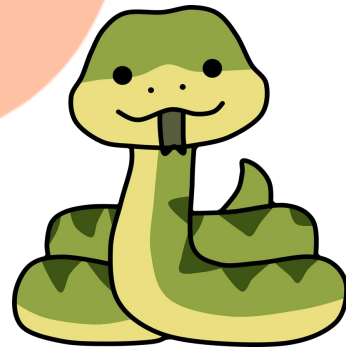


Eliminate

Distractor

Eliminate

- A. Record the result and tell the veterinarian**
- B. Ignore it, that number is normal for an older dog.**
- C. Check again at the next visit.**
- D. Give the dog extra fluids to lower blood pressure.**
- 



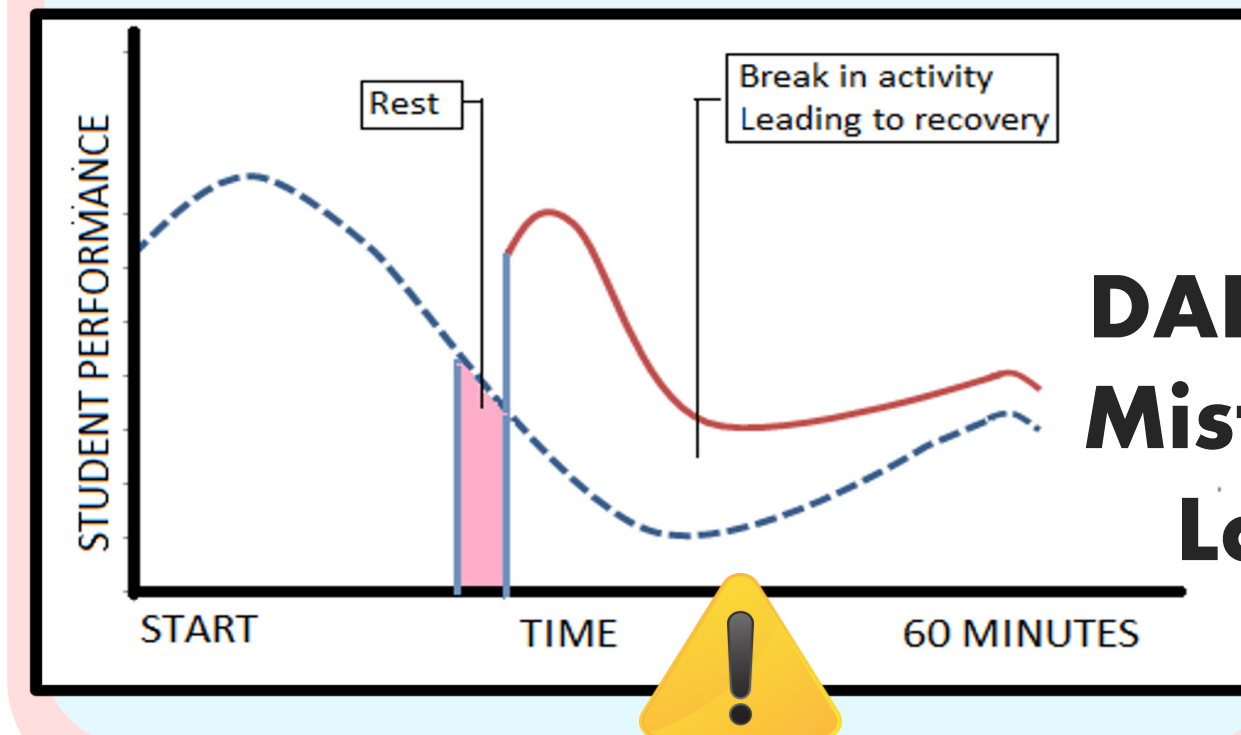
A: Again

- Re-read from the end of the question
- Review flags
- Look for clear reading errors. Do not second guess yourself.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

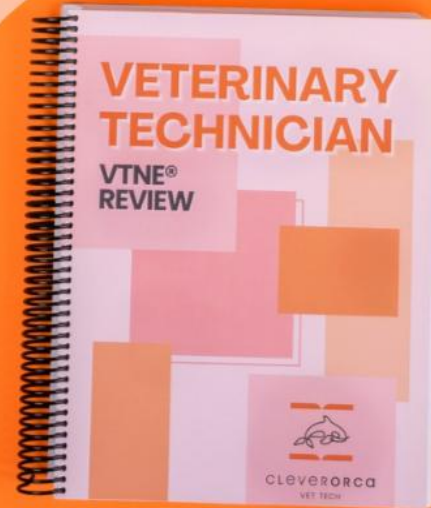
A red flag is placed over the number 59, and a large black arrow points from the bottom left towards the number 93.

Rewind

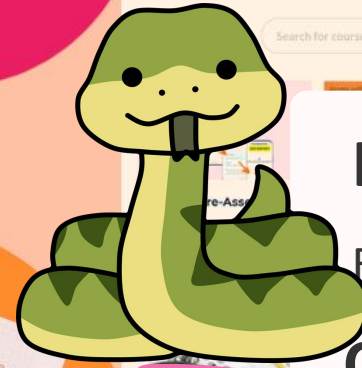


DANGER
Mistakes
Lazy

STUDY BOX + ONLINE



97%
SUCCESS RATE



Keyword

Find the keyword(s)

Organize

Topic, class: Where did I learn this?

Which level of question is this?

- LEVEL 1: Knowledge, memorization
- LEVEL 2: Application
- LEVEL 3: Critical thinking

Brainstorm

- Think before seeing the answer choices

Rank answer choice

- One is a “bad”
- One is a distractor (“second best”)
- One is “best”

Again

- Read your final statement again



Clues (keywords): anesthetize, tooth 407, cat



Dentistry, Level 2

- Cat: Tooth numbering?
- 407: What does number indicate? Location?
- What are the functions of the different nerve blocks?



- A. Inferior alveolar block (1, best)
- B. Maxillary regional block (2, bad)
- C. Infraorbital block (3)
- D. Middle nerve block (4, distractor)



The inferior alveolar block targets mandibular nerve, thus provides analgesia to mandibular teeth on one side



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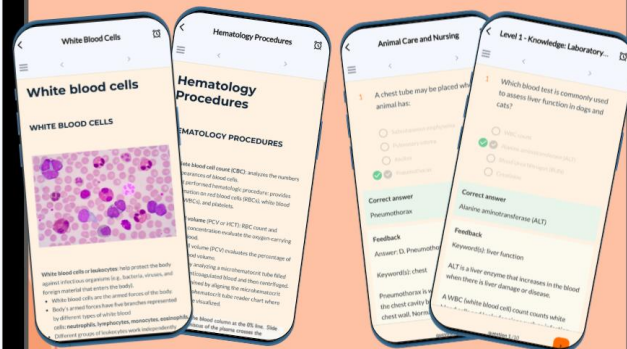
APP!

Mobile App!

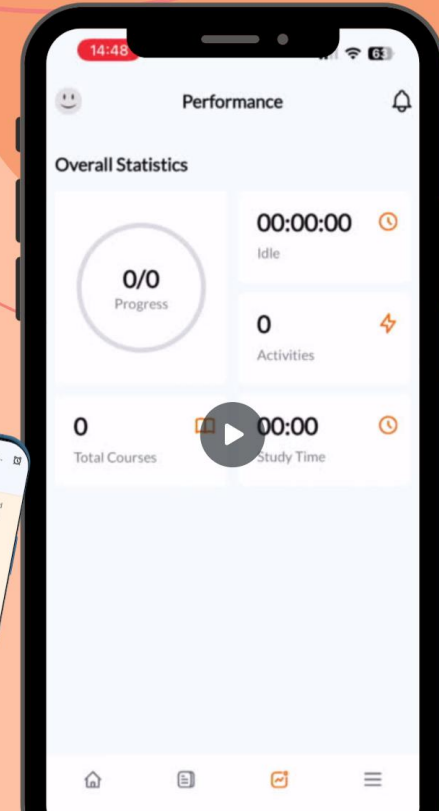
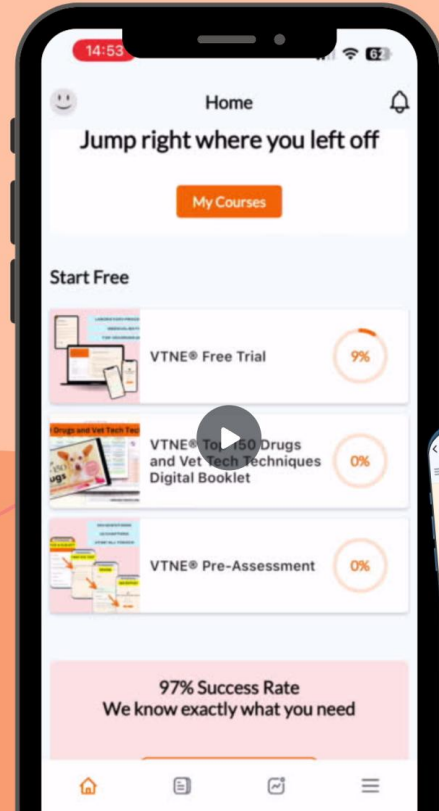
Everything at your finger tips!

ACCESS TO ALL
STUDY GUIDES

ACCESS TO ALL
QUIZZES



+ New Content

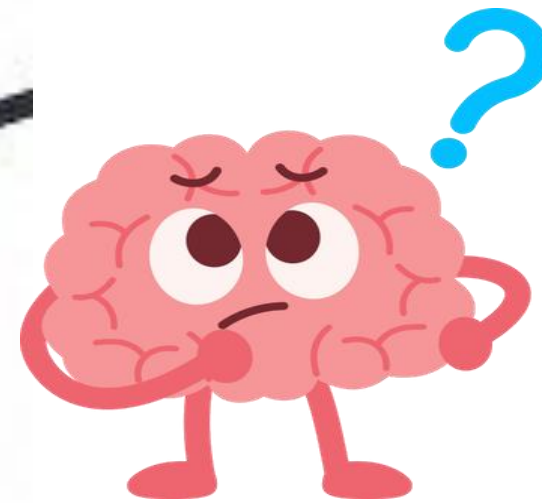
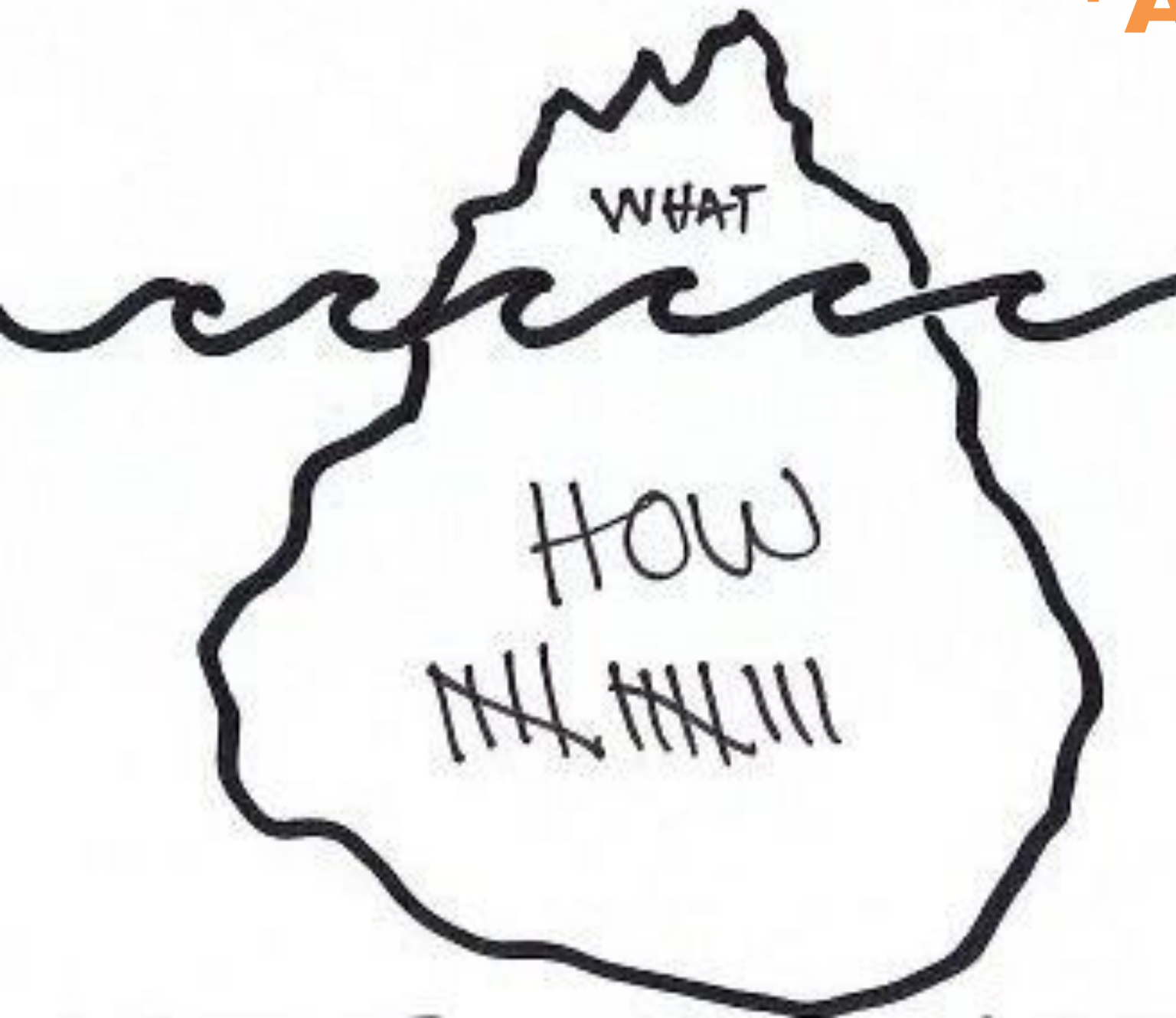


CleverOrca
VET TECH

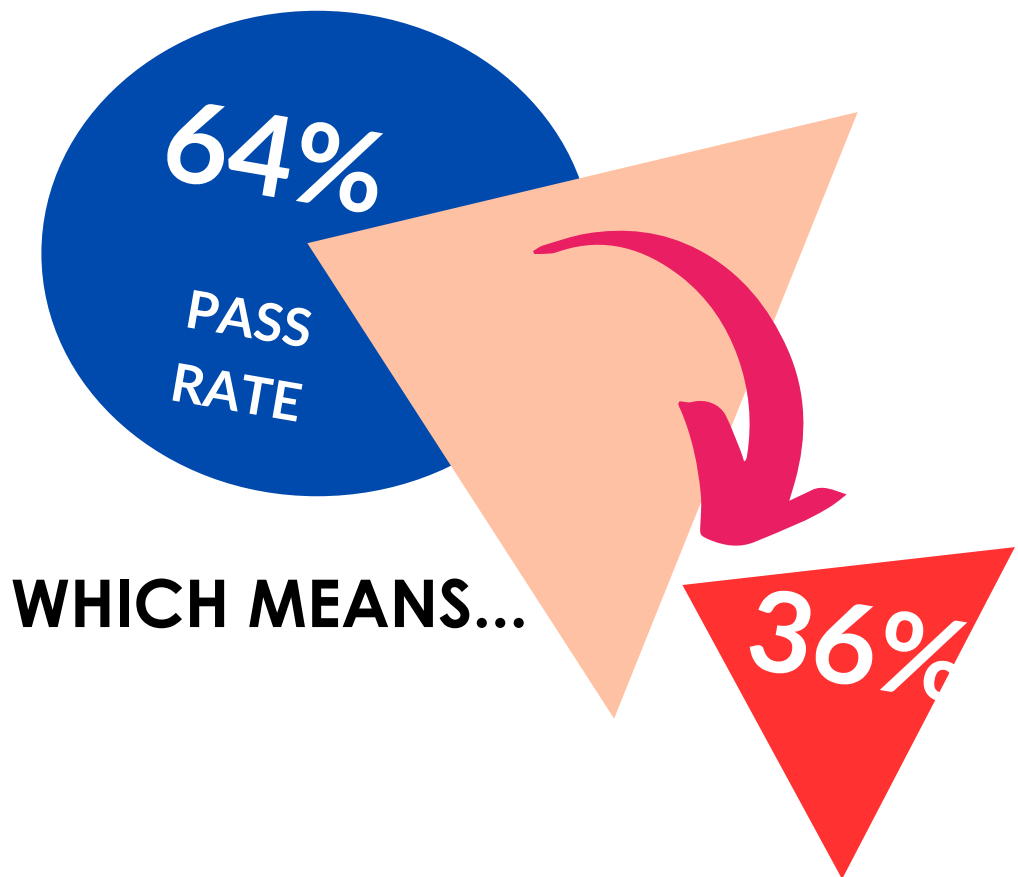
Survey and giveaway

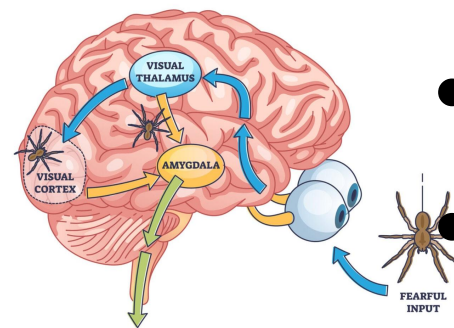
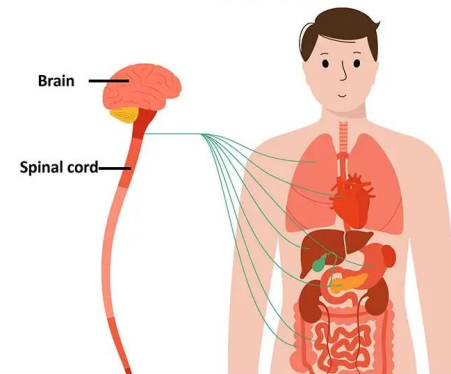
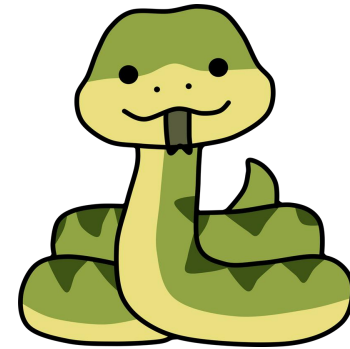
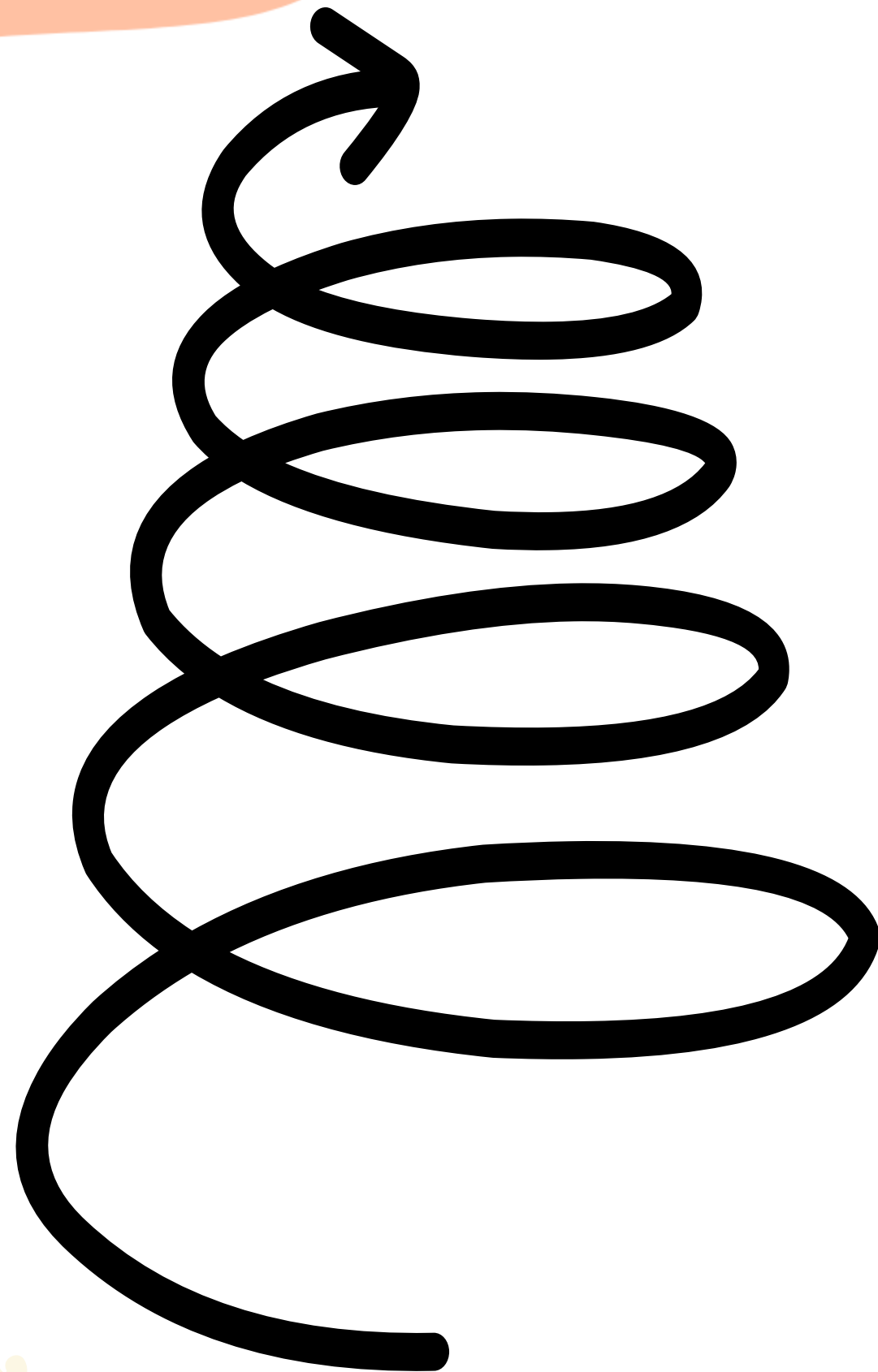


***Assuming students studied**



- **Anxiety**
- **Mistakes**





K: Keywords

O: Organize

B: Brainstorm

R: Rank answer choices

A: Again

- **Physiological sigh**
- **Breaks, sleep**
- **6 seconds**
- **Alternate 3 (bilateral drawing)**
- **Make a plan, book check**
- **Cheatsheet**
- **"I am safe."**
- **It's ok to NOT know.**



Helping the students score higher (for the VTNE), under pressure

By fighting anxiety and making less mistakes

Survey winners



Can you please share a few things that you love about your faculties?

I know they feel like they're not on your side, but they really are. They're just trying to give you some tough love.

Goal: to inspire them, using your words



1-2 things you heart ❤️ or appreciate about your faculties?



Type something...



“When I was about to give up, she never let go of me!”

“I cried when I needed to, and I always had Ms. K to rely on!”

“I had the best education, thank you!”

