SOUTH CAROLINA

STATE FIRE ORIENTATION

A firefighter's resource guide to the Division of Fire & Life Safety

FIRE & LIFE SAFETY

STATE FIRE

LLR

From the State Fire Marshal

Welcome to the South Carolina Fire Service!

Edward F. Croker, former Fire Chief of the New York City Fire Department famously said, “When a [person] becomes a [firefighter], his greatest act of bravery has been accomplished. What he does after that, is all in the line of work.”

Please accept my personal gratitude for this, your act of bravery, and your willingness to serve your community and the State of South Carolina. With your decision to become a member of the South Carolina Fire Service, you are joining a brotherhood and sisterhood – a family – rich in a heritage of dedication, unselfish sacrifice, and inspired human action. The fire service remains one of the most honored civilian occupations and endeavors.

I recall my own decision to join the “fire service family” - a decision I made long before I took my first class in basic firefighting – a decision I have never regretted. My first introduction to formal firefighter training was through a course at the South Carolina Fire Academy. That initial training, as a 17 year-old volunteer firefighter, began a life-long relationship with South Carolina State Fire, the organization I now have the privilege to lead.

South Carolina State Fire’s mission is to be the focal point for service and support, to save lives and property. To put it simply, State Fire’s mission is to be an extension of the mission of every local fire department in South Carolina, to save lives and property. We accomplish this in four primary ways – we Protect, we Prevent, we Train, and we Respond. As a member of the South Carolina Fire Service, you are now an extension of our mission and part of our team.

As such, you have access to some of the most cutting-edge programs and one of the premier fire training facilities in the nation. This orientation handbook is designed to answer many of your initial questions regarding the programs and opportunities offered through South Carolina State Fire and the State Fire Academy. Please take a moment to review the material. It describes the main program areas of State Fire, including the Office of the State Fire Marshal, the State Fire Academy, and Emergency Response. We want to be the “focal point” to serve and support your fire service career. Thank you for your willingness to serve.

Yours to count on,

Jonathan C. Jones

State Fire Mission Statement

To be the State’s focal point for service and support to save lives and property.

What is State Fire?

State Fire is a division of the South Carolina Department of Labor, Licensing and Regulation (LLR). It consists of the Office of the State Fire Marshal, the South Carolina Fire Academy, and the Emergency Response Task Force.

Chief Jonathan Jones, the State Fire Marshal, was appointed by Gov. Henry McMaster in 2017. Chief Jones is also appointed, by the Governor, to also serve on the State Emergency Response Commission.

The **Office of State Fire Marshal** is comprised of Community Risk Reduction, Code Enforcement, and Engineering Services. Chief Nathan Ellis serves as assistant state fire marshal and manages these three sections.

The **Fire Academy** is operated for the express purpose of educating and training the state's paid, volunteer, and industrial fire service personnel. The Academy also provides leadership, guidance, and services to help the fire service carry out its responsibilities at the local level. Chief Dennis Ray serves as its superintendent.

The role of **Emergency Response** is to assist local, regional, and state governments in times of need by providing subject matter experts, guidance, and on-scene professional resources during disasters or emergencies that overwhelm local resources. In addition, it supports LLR's role in emergency support functions within the State Emergency Response Plans and day-to-day operations.

Lastly, South Carolina Firefighter Mobilization serves as a statewide mutual aid assistance agreement utilizing the state's 46 counties. The system allows for firefighting and rescue resources to be effectively and efficiently moved throughout the state to assist during local, regional, and statewide disasters and emergencies. Chief Ken Kerber manages Emergency Response.

Columbia Campus

As previously mentioned, the State Fire campus is home to the Office of the State Fire Marshal, South Carolina Fire Academy, and Emergency Response Task Force. It is one of the most comprehensive state fire training facilities in the United States. The 208 acre site is just off Monticello Road, four miles north of Exit 68 off Interstate 20 in Columbia, SC.

For large lectures, the Denny Auditorium seats 200. To accommodate smaller classes, there are nine classrooms that each seat 30. During the week, students eat breakfast and lunch in the cafeteria. The cafeteria also houses a General Store, which offers a wide assortment of State Fire related apparel and souvenirs.

Students staying overnight enjoy the newly renovated dormitory with hotel-like accommodations. Each room has a private bathroom. Linens are provided. Single and double occupancy is available.

The campus also features a fire station where recruits live during recruit school, as well as multiple state-of-the-art live fire props. These include:

- 2 ½ story computer-operated, propane fueled burn building with multiple burn areas and a flashover simulator which can represent residential, commercial, and industrial facility configurations
- Two multiple story class-A burn buildings, each with multiple burn areas
- Five story drill tower with different configurations on each floor, a search and rescue maze, sprinkler and standpipe props, and interior shafts for elevator and rope rescue training
- Several large and small scale flammable liquid burn props, as well as rail cars, for foam and extinguisher training
- Several LP Gas props for hand-line training
- Three multiple configuration confined space rescue props
- Two computer-operated, propane fueled, replica 737 aircraft crash/rescue simulators
- Hazardous materials spill and leak props, including several tank trucks and rail cars

NATIONAL FALLEN FIREFIGHTERS FOUNDATION'S
EVERYONE GOES HOME® PROGRAM

16 FIREFIGHTER LIFE SAFETY INITIATIVES

1. Define and advocate the need for a cultural change within the fire service relating to safety; incorporating leadership, management, supervision, accountability and personal responsibility.
2. Enhance the personal and organizational accountability for health and safety throughout the fire service.
3. Focus greater attention on the integration of risk management with incident management at all levels, including strategic, tactical, and planning responsibilities.
4. All firefighters must be empowered to stop unsafe practices.
5. Develop and implement national standards for training, qualifications, and certification (including regular recertification) that are equally applicable to all firefighters based on the duties they are expected to perform.
6. Develop and implement national medical and physical fitness standards that are equally applicable to all firefighters, based on the duties they are expected to perform.
7. Create a national research agenda and data collection system that relates to the initiatives.
8. Utilize available technology wherever it can produce higher levels of health and safety.
9. Thoroughly investigate all firefighter fatalities, injuries, and near misses.
10. Grant programs should support the implementation of safe practices and/or mandate safe practices as an eligibility requirement.
11. National standards for emergency response policies and procedures should be developed and championed.
12. National protocols for response to violent incidents should be developed and championed.
13. Firefighters and their families must have access to counseling and psychological support.
14. Public education must receive more resources and be championed as a critical fire and life safety program.
15. Advocacy must be strengthened for the enforcement of codes and the installation of home fire sprinklers.
16. Safety must be a primary consideration in the design of apparatus and equipment.

The Everyone Goes Home® program is made possible through the National Fallen Firefighters Foundation with funding provided by the Department of Homeland Security, Assistance to Firefighters Grant and the generosity of Fireman's Fund Insurance Company.

LEARN MORE: www.everyonegoeshome.com

Firefighter Code of Ethics

I understand I have the responsibility to conduct myself in a manner that reflects proper ethical behavior and integrity. In so doing, I will help foster a continuing positive public perception of the fire service. Therefore, I pledge I will do the following:

- Always conduct myself, on and off duty, in a manner that reflects positively on myself, my department, and the fire service in general.
- Accept responsibility for my actions and for the consequences of my actions.
- Support the concept of fairness and the value of diverse thoughts and opinions.
- Avoid situations that adversely affect the credibility or public perception of the fire service profession.
- Be truthful and honest at all times and report instances of cheating or other dishonest acts that compromise the integrity of the fire service.
- Conduct my personal affairs in a manner that does not improperly influence the performance of my duties, or bring discredit to my organization.
- Be respectful and conscious of each member's safety and welfare.
- Recognize I serve in a position of public trust that requires stewardship in the honest and efficient use of publicly owned resources, including uniforms, facilities, vehicles, and equipment and these are protected from misuse and theft.
- Exercise professionalism, competence, respect, and loyalty in the performance of my duties and use information, confidential or otherwise, gained by virtue of my position, only to benefit those I am entrusted to serve.
- Avoid financial investments, outside employment, outside business interests or activities that conflict with /enhanced by my official position or have the potential to create the perception of impropriety.
- Never propose or accept personal rewards, special privileges, benefits, advancement, honors, or gifts that may create a conflict of interest, or the appearance thereof.
- Never engage in activities involving alcohol or other substance use or abuse that can impair my mental state or the performance of my duties and compromise safety.
- Never discriminate on the basis of race, religion, color, creed, age, marital status, national origin, ancestry, gender, sexual preference, medical condition, or handicap.
- Never harass, intimidate, or threaten fellow members of the service or the public and stop or report the actions of other firefighters who engage in such behaviors.
- Responsibly use social networking, electronic communications, or other media technology opportunities in a manner that does not discredit, dishonor, nor embarrass my organization, the fire service and the public. I also understand failure to resolve or report inappropriate use of this media equates to condoning this behavior.

Developed by the National Society of Executive Fire Officers

Office of the State Fire Marshal

From the Assistant Fire Marshal

Dear Academy Student,

Congratulations! I am excited to know you are taking advantage of the great training opportunities at the South Carolina Fire Academy.

I was just a 16-year-old volunteer firefighter when I first encountered State Fire as an Academy student. At that time, I had no idea how big of a role State Fire would play in my life. What I learned during my time as a student is there is a lot more to being a firefighter than just putting out fires. As a bonus, what I discovered is now the most fulfilling career imaginable.

I want to challenge you to look at all of the opportunities, beyond fire suppression, the fire service has to offer. Learn how you can impact your community and our state through fire inspections, fire investigations, and risk reduction activities. Discover all of the resources the Office of State Fire Marshal has to offer. Lastly, allow us to partner with you and your department to make a Fire Safe SC.

If I can ever be of assistance, please do not hesitate to call me.

Proudly serving,

Nathan Ellis

Assistant State Fire Marshal

State Fire Mission Statement

To be the State's focal point for service and support to save lives and property.

OSFM Key Contacts

State Fire Marshal		
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Engineering		
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Emergency Response Task Force

From the Chief

Dear Student,

Thank you for your interest in the Emergency Response Task Force (ERTF). As its chief, we support local first responders with force multiplying personnel, equipment, and subject matter experts. We also assist with emergencies and disasters that have overwhelmed initial resources.

When the need arises, we provide support and response for many different events. These include HazMat, medical, wide area search, structural collapse, high and low angle rescue, technical rescue, communications, logistics, water rescue, helicopter rescue (HART), and planning.

The ERTF operates out of a 15,000 square-foot building on the South Carolina Fire Academy campus. Currently, we have six tractor-trailers, multiple incidents support trucks, a communications bus, as well as a number of trailers and command vehicles. We also house nearly $8 million worth of equipment that can be transported by air, land, or sea.

We are always looking for talented first responders interested in expanding their knowledge in specific rescue fields. If you are interested, the application is online under the Emergency Response Task Force tab on the State Fire Marshal's website. For more information, you can also email SC-TF1@llr.sc.gov.

Chief Ken Kerber
ERTF

State Fire Mission Statement
To be the State's focal point for service and support to save lives and property.

ERTF Key Contacts

Chief	Ken Kerber	(803) 896-9870	ken.kerber@llr.sc.gov
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	Chad Beam	(803) 896-5481	chad.beam@llr.sc.gov
Team Contact			SC-TF1@llr.sc.gov

South Carolina Fire Academy

From the Superintendent

Dear Student,

As the South Carolina Fire Academy Superintendent, I congratulate you on your decision to further your fire service education.

Whether you are affiliated with a paid or volunteer department, a brand new recruit, or a seasoned fire chief, you are an important part of our organization and its mission.

My leadership is focused on creating a responsive and forward-thinking organization with a team dedicated to providing comprehensive and modern training experiences that meet and exceed national standards.

The South Carolina Fire Academy is a first-class training institution offering classes and certifications, specialty training, conferences, seminars, and one-of-a-kind events. There are educational and fellowship opportunities for everyone. I encourage you to always take advantage of them!

While serving your community, we are committed to keeping you engaged in your educational pursuits and providing resources to help you along the way.

If I can ever be of assistance, please feel free to contact me.

Stay safe,

Dennis K. Ray
Fire Academy Superintendent

State Fire Mission Statement
To be the State's focal point for service and support to save lives and property.

SCFA Key Contacts

Superintendent	Dennis Ray	(803) 896-6000	dennis.ray@llr.sc.gov
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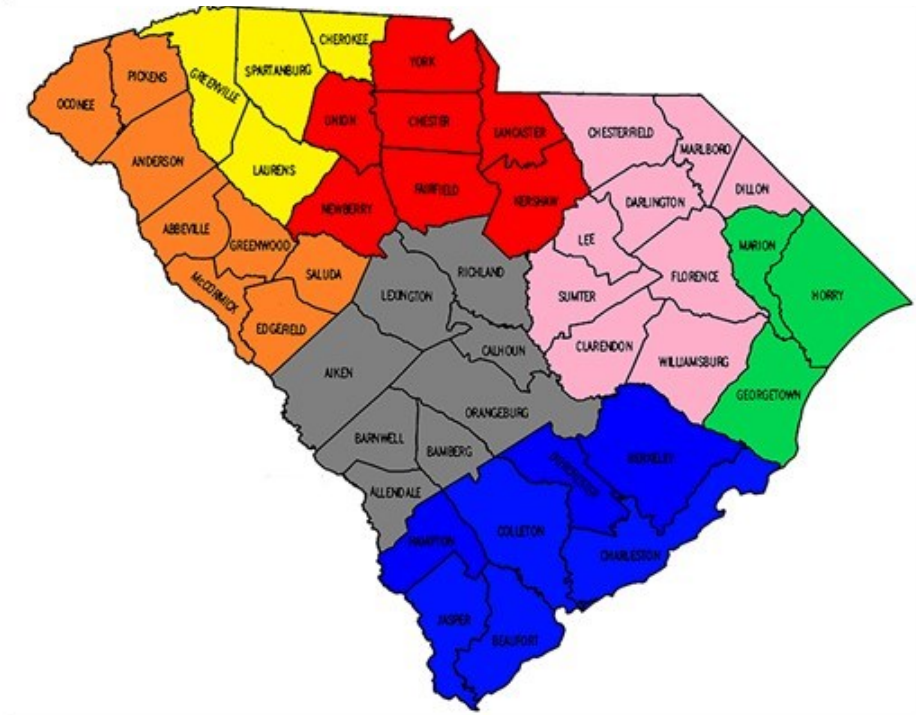
ARFF	*Vacant*	(800) 896-1070	SCFA-ARFF@llr.sc.gov
HazMat	Todd Duncan	(800) 896-1070	SCFA-Hazmat@llr.sc.gov
Industry Training	Charles Miles	(800) 896-1070	SCFA-Industry@llr.sc.gov

Regional Training



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Fire Portal Access

Want online access to your SCFA transcript?

The South Carolina Fire Portal is a handy online "One-Stop Shop" web-based tool for the department.

To gain access, provide your email address to your fire chief or Portal administrator. After doing so, you will receive an email from "donotreply" with a temporary password.

To log in, visit: https://fire.llr.sc.gov/Portal/

Firefighters can:

- View SCFA transcript (grade included)
- Enroll in a course
- Update contact information

Training officers can:

- Register firefighters for a class
- Approve registrations
- View upcoming training schedule

Instructors can:

- View class roster
- Review training schedule

Fire inspectors can:

- Submit One Percent inspection reports
- View archived One Percent records
- View submissions from other departments

Fire chiefs and assigned Administrators can do all that as well as…

- View and update your roster
- Complete online SLED check requests
- View firefighter transcripts
- Submit Annual Fire Equipment Report
- View/pay invoices
- Submit VIP forms

**Must use Google Chrome or Firefox.*

Course Registration

South Carolina Fire Academy (SCFA) Programs

Registration for any Academy program is accomplished using the Fire Portal.

Once you gain access (see page 10), log in to the Fire Portal and view your personal information which includes your South Carolina Firefighter ID (SCFID) number.

Your SCFID is your unique six-digit identifier, used in place of a Social Security number. You will need your SCFID number to register for classes and take exams throughout your career in South Carolina.

National Fire Academy (NFA) Programs

Specific classes taken at the South Carolina Fire Academy are National Fire Academy (NFA) classes. In this case, each student must complete the SCFA registration process as well as an NFA registration form.

The NFA registration form requires students to provide their FEMA Student Identification Number (SID). To obtain one, visit: https://cdp.dhs.gov/femasid/register

Upon successful completion, students will receive a Fire Academy certificate and an NFA certificate.

The NFPA

The National Fire Protection Association (NFPA) is a global nonprofit organization devoted to eliminating death, injury, property and economic loss due to fire, electrical and related hazards. The NFPA provides standards for the fire and emergency services.

To be trained to a specific NFPA level within a Professional Qualification, a person must be trained and tested on all Job Performance Requirements (JPRs) within that level. JPRs are the basis for the skill training and testing in Academy accredited level courses. Academy non-accredited training is based on NFPA standards, but may not include accreditation-based testing or may only include part of the specific JPRs for that topic; however, the skills testing may be included in the final end of course assessments. Receiving a certificate with an IFSAC and/or ProBoard seal shows a person was successfully tested on all aspects of the NFPA level for which they received the seal.

Professional Qualifications are standards which cover all JPRs for specific levels such as Firefighter, Fire Officer, and Fire Instructor. These all begin with "10." For example, 1001 Firefighter, 1021 Fire Officer, and 1041 Fire and Emergency Services Instructor are just three of the 22 NFPA Professional Qualification levels.

The SC Fire Academy is accredited to the following levels:

- NFPA 1001: Firefighter I and II
- NFPA 1003: Airport Firefighter
- NFPA 1021: Fire Officer I, II and III
- NFPA 1041: Fire instructor I and II
- NFPA 1002: Driver/Operator, Pumper, Aerial, Mobile Water Supply and ARFF
- NFPA 1072: Hazardous Materials Awareness & Operations (Chapters 5, 6.2 and 6.6)
- NFPA 1035: Fire and Life Safety Educator I and Youth Firesetter Intervention Specialist
- NFPA 1033: Basic Fire Investigator

Accredited Level Testing: The Academy's testing is accredited by two independent agencies, International Fire Service Accreditation Congress (IFSAC) and National Board on Fire Service Professional Qualifications (ProBoard). Anyone successfully completing an accredited exam and skill evaluation with the Academy will receive a certificate with an IFSAC seal and an application to receive a certificate with a ProBoard seal (cost of $17.50 paid by the student). With the exception of Fire Officer III, all accredited levels require a cognitive test as well as skills testing. This is based on required NFPA JPRs for the level being tested. All skills testing is completed within the accredited level course. Some cognitive test are End of Course (EOC) exams. These include Firefighter I and Firefighter II as examples. Other accredited levels have a non-accredited exam as the EOC test. For these levels, students may schedule to take the challenge exam in order to receive a certificate with

an IFSAC seal and the application for a ProBoard certificate. Fire Officer III is based on project assessment. Students must work in groups and participate in a final presentation covering all skills applicable to the Fire Officer III level.

The SCFA does not write its own accredited level test. These tests are created from test banks provided by the publisher of the textbook. Tests are either 50 or 100 questions. Subject Matter Experts and Academy staff select a test bank (100 or 200 questions) from a much larger number of questions. The questions are chosen based on accreditation requirements to correlate questions to the Job Performance Requirements (JPRs) in the NFPA level and their relevancy to the fire service.

Creating/Revising Courses

Accredited levels: The NFPA revises standards on a set cycle. Professional Qualifications (ProQuals) are generally revised every five years. Occasionally, the NFPA will short cycle a ProQual. Once the NFPA releases a new revision of a ProQual, the SCFA has two years to begin testing to the new edition.

Non Accredited Levels

- **National Fire Academy courses:** A number of courses offered by the SCFA are NFA courses. It provides the fire service around the country curriculum to be taught by non NFA instructors. These are called "handoff" courses. The NFA provides the curriculum and SCFA instructors teach the courses. Students complete an NFA application and receive a certificate from the NFA. The SCFA occasionally will add SC specific information to these courses, but we cannot remove information and the NFA updates the curriculum since they provide the materials and the certificate.
- **SCFA specific courses:** The Academy offers a number of courses created in-house. When possible, these materials are based on NFPA standards and professional qualifications. The Academy uses published textbooks or in-house manuals.

To create and review materials, Academy courses utilize Subject Matter Experts (SMEs). These course materials are previewed by current Academy instructors before they are piloted. After a pilot is complete and revisions are made, materials are reviewed and signed by the Curriculum Section Chief, Training Section Chief, the Accreditation Section staff when applicable and the Superintendent. Then the course is available for delivery.

Course development takes 18-24 months. It requires the creation of course materials, activities, skill and cognitive testing.

Certification Pathways

In the State of South Carolina, a fire chief certifies to what level an individual may operate within that particular fire department. The fire chief is the Authority Having Jurisdiction (AHJ) and determines the minimum training requirements for the department.

The levels listed below are based on NFPA Professional Qualifications. To be trained to the level of an NFPA standard, an individual must meet all NFPA requirements for the level.

The recommended courses are suggestions and are based on a review of several departments' promotional requirements. They are not all inclusive. Follow your department's requirements for additional courses.

Fire Fighter I

Required by NFPA
First Aid/CPR
NFPA 1001 Firefighter I
NFPA 1072 Haz-Mat Awareness
NFPA 1072 Haz-Mat Operations

Recommended
ICS 100
ICS 200
Building Construction Awareness
Traffic Incident Management

Fire Fighter II

FFI requirements plus:

Required by NFPA
NFPA 1001 Fire Fighter II
Auto Extrication

Recommended
Firefighter Survival
Rescuing Our Own (RIT)
Building Construction
Confined Space Awareness
EMT
ICS 300
ICS 400
Technical Rescuer
Wildland for Structural FFS
Wildland Urban Interface Structure Protection

Certification Pathways

Engineer/Driver Operator

FFI requirements plus:

Required by NFPA
NFPA 1002 Driver Operator
Emergency Vehicle Driver Operator
Pump Operations
Aerial
Mobile Water Supply

Recommended
Traffic Incident Management

Company Officer

FFII requirements plus:

Required by NFPA
NFPA 1041 Fire & Emergency Services Instructor
NFPA 1021 Fire Officer I
NFPA 1021 Fire Officer II

Recommended
NFPA 1035 Fire & Life Safety Educator
Incident Safety Officer
NFA Leadership Series
NFA STICO, PICO, DMCO
Improving Tactical Decision Making (online)
New Fire Chief (online)
Fireground Simulation

EMS Training

The South Carolina Fire Academy EMS Training Staff is committed to providing high quality education focused on fire department based Emergency Medical Services (EMS).

The EMS Education Program prepares students as entry level Emergency Medical Responder (EMR) and Emergency Medical Technician (EMT) healthcare professionals providing pre-hospital emergency care according to local protocols. The Program further offers continuing EMS education to ensure ongoing competencies in patient management, professional development, and leadership in a municipal based EMS system.

The Academy is a licensed EMT Training Institution through the SC Department of Health and Environmental Control (DHEC) Bureau of EMS. SC Code of Laws (44-61-30 (B)(4), 44-61-80 (B) and Code of Regulations (61-7 Section 900) grants DHEC authority for approving EMT Training Institutions, EMT courses (EMT, AEMT, and Paramedic), and certification of EMTs and EMT instructors (EMT, AEMT, and Paramedic). The Academy's EMR and EMT programs are state approved courses. They meet the current National Highway Traffic and Safety Administration EMS Education Standards and allow a student to test for National Registry of Emergency Medical Technicians (NREMT) certification (https://www.nremt.org/rwd/public).

Individuals who strive to operate as an EMT in South Carolina must accomplish four goals. These include:

- Completing an approved training program
- Passing the NREMT examination for the level of certification desired
- Possessing a current NREMT credential, and
- Obtaining South Carolina certification at their NREMT credentialed level (EMT, AEMT, NRP).

Information on SC EMS certification and reciprocity application process can be found at the SC DHEC News page https://www.scemsportal.org/.

The Academy is also an authorized American Safety & Health Institute and National Association of Emergency Medical Technicians training site offering various continuing education training programs (CPR, First Aid, Prehospital Trauma Life Support, etc.). Further, the EMS Section works in collaboration with other providers to offer innovative, dynamic, and high-quality programs that benefit the communities where students work and live. These programs include the Reducing Opioid Loss of Life (ROLL) education and Stop the Bleed™, a national campaign to build national resilience by better preparing the public to save lives through basic bleeding control measures.

Test Taking Tips

Knowing your preferred learning style is critical to properly studying. There are three types of learning styles—Tactile, Visual, and Auditory. We encourage you to take this short quiz to find your style:

http://www.educationplanner.org/students/self-assessments/learning-styles-quiz.shtml?%20event=results&A=10&V=5&T=5

Tactile (kinesthetic) Learning:

Tactile learners, also called kinesthetic learners, learn by doing and tend to have a secondary learning style. Some of the auditory and visual study tips may also help these learners retain information. Additional study tips include:

- Copy important notes repeatedly. Writing information repetitively help you learn the information.
- When memorizing material, pace or walk around the room as you recite the material aloud.
- Keep something flexible in your hand as you study (i.e. stress ball to squeeze/pen to tap a rhythm).
- Study in short intervals. Take breaks, get up, and move around.
- List examples in your notes of how you can apply what you're learning to your life.
- Physically practice concepts, if you can. For example, if you are studying communications, practice the verbal techniques you are studying with a partner. If you are taking a computer application course, use the software in addition to reading about how it works.
- Listen to music while studying.

Visual Learning:

Visual learners learn best by sight. Maps, diagrams, graphs, and other visual aids help these learners understand and retain ideas and concepts. Here are a few study strategies:

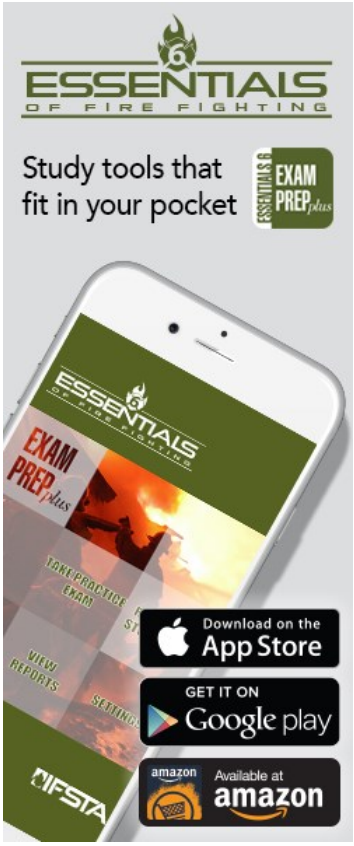
- Take thorough notes in class or while reading. Review them when preparing for a quiz/exam and use a highlighter to help you focus on important information.
- Create outlines for each textbook chapter you cover in class.
- Make color-coded flashcards for material you need to remember.
- Develop your own diagrams, flowcharts, maps, or timelines when appropriate. For example, you might create a timeline when preparing for a history exam or a flowchart to learn a scientific process.

Auditory Learning:

Auditory learners process information best by listening. These learners find it easiest to remember information they've heard on a recording or in class. Here are a few tips:

- Record your instructor's lectures, with permission. Replay it when you're studying. If you can't get permission, record yourself reciting your notes from class.
- Make flashcards to review aloud.
- Find a study partner or group so you can recite information you need to remember.
- Repeat information you've memorized aloud with your eyes closed.
- Eliminating visual distractions can help you focus on the information you are reciting.

Test Taking Tips



IFSTA ResourceOne

IFSTA and Jones & Bartlett provide online and mobile support for their textbooks.

IFSTA's provides support through Resource One. They have online and mobile support, free materials, and are fee-based. These include videos and practice test available through the website and apps for your phone.

Visit the link below or review your IFSTA book for more information.

https://moodle.ifsta.org

JONES & BARTLETT LEARNING
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NAVIGATE 2

Jones & Bartlett provides support through Navigate. Look for the Navigate card in the front of your Jones & Bartlett textbook for access information.

https://www2.jblearning.com/my-account/login

Test Taking Tips

Four Ways to Increase Self-Efficacy for Greater Achievement

http://reflectd.co/2014/01/20/self-efficacy-beliefs/

Performance accomplishments: The experience of mastery influences your perspective on your abilities. Successful experiences lead to greater feelings of self-efficacy. However, failing to deal with a task or challenge can also undermine and weaken self-efficacy (you've already passed some testing to get to this point).

- Completing practice tests gives you exposure to testing (on paper, through apps, or online).
- Get a friend or classmate to make a 100 question test.

Vicarious experience: Observing someone else perform a task or handle a situation can help you to perform the same task by imitation. If you succeed in performing a task, you are likely to think you will succeed as well, if the task is not too difficult. Observing people who are similar to yourself succeed will increase your beliefs that you can master a similar activity. This is what you've been doing as you learn skills.

- Watch videos of skills preformed properly
- Use your QR codes

Verbal persuasion: When other people encourage and convince you to perform a task, you tend to believe you are more capable of performing the task. Constructive feedback is important in maintaining a sense of efficacy as it may help overcome self-doubt.

- Support each other
- Ask for feedback from instructors

Physiological states: Moods, emotions, physical reactions, and stress levels may influence how you feel about your personal abilities. If you are nervous, you may begin to doubt and develop a weak sense of self-efficacy. If you are confident and feel no anxiety or nervousness at all, you may experience a sense of excitement that fosters a great sense of self-efficacy. It is the way people interpret and evaluate emotional states that is important for how they develop self-efficacy beliefs. For this reason, being able to diminish or control anxiety may have positive impact on self-efficacy beliefs. This is tough when you're nervous. Do deep breathing. Tell yourself as you exhale to relax. There are several apps and websites.

https://www.verywellmind.com/abdominal-breathing-2584115

Information on Locus of Control

Pay attention to how often you, or others around you, attribute your/their situations to things outside of their control. How often do you take responsibility? Remember it is a balancing act. You need to recognize what you can and cannot control.

http://changingminds.org/explanations/preferences/locus_control.htm