

# **CDI Planner**



This planner belongs to: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

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# Welcome to Your CDI Planner

This planner contains weekly tasks, journal prompts, affirmations, and additional resources to support you as you prepare for the Certified in Disease Intervention (CDI) exam.

Time management is a part of what makes exam preparation successful. Here are couple of things to keep in mind as you develop a study plan that will work best for you.

Study Session Time: It's not about how long you study, but how well you use your time! In fact, long study sessions can lead to a lack of concentration and retention. For example, if you have three hours to study during the week, consider breaking that time into 2 or more shorter study sessions.

Overall Preparation Time: Spacing out your study time over weeks and months will support learning and retention. This works because having time between study sessions allows you to 'forget' the information. This may sound strange, but forgetting is beneficial to remembering long-term. Every time you forget something, your brain must work harder to remember or relearn it. This repetition and practice of forgetting and remembering improves your understanding and retention of information. The CDI Planner is set up to support content review over a 6-month period but some people may need more or less time to feel prepared for the CDI exam.

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# **Vision Board**

A vision board is a fun, creative activity that you can use to help manifest your goals. Vision boards often include a collage of pictures, words, and symbols that represent how you see your life in the future. Use magazines, stickers, and art supplies to create a vision board you can use for encouragement while preparing for the CDI exam.

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# **Creating Your Study Environment**

Creating a study environment that supports your learning needs will help you as you prepare to take the CDI exam. Below are some prompts to help you envision your ideal study environment:

At what time of day do you feel most focused and able to concentrate?

Is it easier for you to read/study online or read/study on paper?

If you are studying online, how will you manage potential distractions with other websites? (e.g. Stay Focused, Leech Block, etc.)

What do you want to do with your phone during study time to minimize distractions?

Does listening to music help you? If so, what type?

Does silence help you? If so, do you have noise cancelling headphones or a space that is quiet for you to study?

What other distractions do you need to consider? (Think about pets, kids, housemates, etc.)

Describe your ideal study environment (Include information from your answers above)

What materials do you need to study and how are you going to organize them? (e.g. notecards, pens, notebooks, laptop, etc.)

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# **CDI** Resources

### **UniversiDI** Resources

Your hub for information and study materials to help you prepare for the Certified in Disease Intervention (CDI) exam. This site includes:

**CDI Study Planning Resources** 

**CDI Study Guide** 

**CDI Exam Flashcards** 

**CDI Practice Tests** 

**Links to Certification and Recertification** Information

**Continuing Education Resources** including a free training library mapped to CDI exam domains!

## **SCAN HERE**



thisisdiseaseintervention.org/universidi

## National Board of Public Health Examiners (NBPHE)

NBPHE is the CDI certification provider. This site includes:

**CDI Exam Information** 

**CDI Candidate Handbook** 

Live CDI Exam Review Sessions (dates vary)

**CDI Exam Registration** 

**CDI Eligibility Criteria** 

### **SCAN HERE**



nbphe.org/certified-in-disease-intervention

## Complete your 6-Month Plan

## Week 1 Tasks:

Use the template below to fill in dates and design a study plan that works best for you.

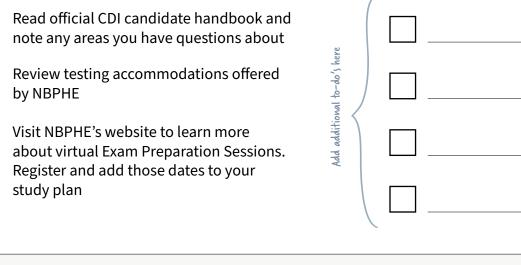
Week	Торіс	Dates
1	Complete your 6-Month CDI Study Plan	
2	CDI Overview	
3	CDI Practice Exam #1	
4	Content Review: Domain 1 - Planning and Case Analysis	
5	Flash Card Review: Domain 1 - Planning and Case Analysis	
6	Content Review: Domain 2 - Interviewing and Case Management	
7	Flash Card Review: Domain 2 - Interviewing and Case Management	
8	Flash Card Review: Domains 1 & 2	
9	Content Review: Domain 3 - Field Services and Outreach	
10	Flash Card Review: Domain 3 - Field Services and Outreach	
11	CDI Practice Exam #2	
12	Catch Up Week	
13	Content Review: Domain 4 - Surveillance and Data Collection	
14	Flash Card Review: Domain 4 - Surveillance and Data Collection	
15	Flash Card Review: Domains 3 & 4	
16	Content Review: Domain 5 - Collaboration	
17	Flash Card Review: Domain 5 - Collaboration	
18	Content Review: Domain 6 - Outbreak Response and Emergency Preparedness	
19	Flash Card Review: Domain 6 - Outbreak Response and Emergency Preparedness	
20	Flash Card Review: Domains 5 & 6	
21	Cumulative Flash Card Review: Domains 1 - 6	
22	Review Test-Taking Strategies & Logistics/Catch Up Week!	
23	Final Review Week	
24	Exam Week	

Monday _/_	Tuesday _/_
Time(s):	Time(s):
Location(s):	Location(s):
Thursday _/_	Friday/_
Time(s):	Time(s):
Location(s):	Location(s):
Notes	
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Why is obtaining the CDI certification important to me, personally and professionally?


## **CDI Overview**

### Week 2 Tasks:



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Saturday _/_	Notes	
Time(s): Location(s):		

What study methods have worked best for me in the past, and how can I apply them now?


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### WEEKLY AFFIRMATION I don't need to be perfect to be effective.

## **CDI Practice Exam #1**

### Week 3 Tasks:

Take a CDI practice exam and review your
results. Complete reflection questions:

- Are you surprised by your overall score?
- How did this practice exam affect your confidence related to the CDI exam? Positively or negatively?
- What specific questions or topics do you feel will require more review?
- What specific questions or topics did you feel most confident answering?
- After taking the practice exam, are there any accommodations you would like to request?

Sunday _/_	Monday/	Tuesday _/_
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Saturday _/_	Notes	
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JOURNAL PROMPT	
Who in my life supports me in obtaining the CDI, and how can I involve them in my journey?	
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## Content Reivew Domain 1: Planning and Case Analysis

Week 4 Tasks:			Table
Read this chapter in the CDI study guide	Sunday _/_	Monday _/_	Tuesday _/_
Complete additional trainings on this topic, as needed			
Take notes on any specific areas that			
require learning/review			
	Time(s):            Location(s):	Time(s): Location(s):	Time(s): Location(s):
Notes		Thursday	Friday _/_
NOLES	Wednesday _/_	Thursday _/_	
	Time(s): Location(s):	Time(s): Location(s):	Time(s): Location(s):
	Saturday _/_	Notes	
	Time(s):		
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How do I typically respond to setbacks or difficult practice questions, and how can I reframe these moments as growth opportunities?

## Flash Card Review Domain 1: Planning and Case Analysis

Week 5 Tasks:			
Review flash cards for Domain 1	Sunday _/_	Monday _/_	Tuesday _/_
Mark/set aside any that require review			
	Time(s): Location(s):	Time(s): Location(s):	Time(s): Location(s):
Notes	Wednesday _/_	Thursday _/_	Friday _/_
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	Saturday _/_	Notes	
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What fears or anxieties do I have about this exam, and where might they stem from?


## **Content Review Domain 2: Interviewing and Case** Management

Read this chapter in the CDI study guide Complete additional trainings on this topic, as needed Take notes on any specific areas that require learning/review	Add additional to-do's here
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Location(s):	Location(s):	Location(s):
Saturday _/_	Notes	
Time(s):		
Location(s):		)

I've made it a quarter of the way through the study planner! How will I celebrate my success? Is there anything I need or want to change about my approach to studying?


## Flash Card Review Domain 2: Interviewing and Case Management

### Week 7 Tasks:

Mark/set aside any that require review	Add additional to-do's here
otes	

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Location(s):	Location(s):	Location(s):
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Location(s):	Location(s):	Location(s):
Saturday _/_	Notes	
Time(s): Location(s):		

What past accomplishment(s) can I reflect on to remind myself that I'm capable of overcoming		
hard things?		
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# Flash Card Review Domains 1 & 2

## Week 8 Tasks:



Review flash cards for Domains 1 & 2

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Add additional to-do's here	

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Saturday _/_	Notes	
Time(s): Location(s):		

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JOURNAL PROMPT	
What does self-compassion look like for me during exam prep?	
what does self-compassion look like for the during examplep:	

### **Content Review**

## **Domain 3: Field Services and Outreach**

## Week 9 Tasks:

<ul> <li>Complete additional trainings on this topic, as needed</li> <li>Take notes on any specific areas that require learning/review</li> </ul>	Add additional to-do's here
Notes	

Sunday _/_	Monday _/_	Tuesday/
Time(s): Location(s):	Time(s): Location(s):	Time(s): Location(s):
Wednesday _/_	Thursday _/_	Friday/
Time(s): Location(s):	Time(s): Location(s):	Time(s): Location(s):
Saturday _/	Notes	
Location(s):		

JOURNAL PROMPT		
What strengths do I bring into this preparation process that I can rely on?		

### Flash Card Review

## **Domain 3: Field Services and Outreach**

## Week 10 Tasks:



Review flash cards for Domain 3

Mark/set aside any that require review

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Sunday _/_		Tuesday _/_
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Saturday _/_	Notes	
Time(s): Location(s):		,

What time of day do I feel most focused, and how can I protect that time for studying?


## CDI Practice Exam #2

## Week 11 Tasks:

Complete CDI practice exam #2 and make note of any questions or topics that require further review

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Add additional to-do's here	
Add addition	


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Sunday _/_	Monday _/_	Tuesday/_
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Wednesday _/_	Thursday _/_	Friday/_
Time(s): Location(s):	Time(s): Location(s):	Time(s): Location(s):
Saturday       _/	Notes	

How can I reach out to a mentor, coworker, or study group to support my CDI preparation?




## Catch Up Week

### Week 12 Tasks:



Use this time to catch up on work from the previous weeks, reviewing notes and flash cards

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al to-do's he		
Add additional to-do's here		

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Saturday _/_	Notes	
Time(s): Location(s):		

I've made it halfway through the planner! How will I celebrate my success? Is there anything I need or want to change about my approach to studying?


# Content Review Domain 4: Surveillance and Data Collection

Week 13 Tasks:	<b>Cuedo</b>	Manday	Tuesday
Read this chapter in the CDI study guide	Sunday _/_	Monday _/_	Tuesday _/_
Complete additional trainings on this topic, as needed Take notes on any specific areas that require learning/review			
	Time(s):	Time(s):	Time(s):
	Location(s):	Location(s):	Location(s):
Notes	Wednesday _/_	Thursday _/_	Friday _/_
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	Time(s):	Time(s):	Time(s):
	Location(s):	Location(s):	Location(s):
	Saturday _/_	Notes	
	······		
C. M.	Time(s): Location(s):		

JOURNAL PROMPT	
How am I balancing productivity and rest during this season of preparation?	

# Flash Card Review Domain 4: Surveillance and Data Collection

Week 14 Tasks:			
Review flash cards for Domain 4	Sunday _/_	Monday _/_	Tuesday _/_
Mark/set aside any that require review			
	Time(s): Location(s):	Time(s): Location(s):	Time(s): Location(s):
Notes	Wednesday _/_	Thursday _/_	Friday _/_
	Time(s): Location(s):	Time(s): Location(s):	Time(s): Location(s):
	Saturday _/_	Notes	
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What specific topic or skill do I find most challenging so far, and how can I break it down into manageable parts?


## WEEK 15 Flash Card Review Domains 3 & 4

## Week 15 Tasks:



Review flash cards for Domains 3 & 4

Mark/set aside any that require review

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Sunday _/_	Monday/_	Tuesday/_
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Wednesday _/_	Thursday/_	Friday _/_
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Saturday _/_	Notes	
Time(s): Location(s):		

What boundaries do I need to set (with myself or others) to protect my time and energy during my exam preparation?


## **Content Review**

## **Domain 5: Collaboration**

## Week 16 Tasks:

Complete additional trainings on this topic, as needed Take notes on any specific areas that require learning/review	Add additional to-do's here
lotes	

Sunday _/_	Monday/	Tuesday/_
Time(s): Location(s):	Time(s): Location(s):	Time(s): Location(s):
Wednesday _/_	Thursday _/_	Friday/_
Time(s): Location(s):	Time(s): Location(s):	Time(s): Location(s):
Saturday _/_	Notes	
Time(s): Location(s):		

What negative self-talk shows up when I feel overwhelmed, and what affirmations can I use to		
counter it?		

## Flash Card Review

## **Domain 5: Collaboration**

#### Week 17 Tasks:



Review flash cards for Domain 5

Mark/set aside any that require review

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al to-do's he		
Add additional to-do's here		


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Wednesday _/_	Thursday _/_	Friday/_
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Saturday _/_	Notes	
Time(s): Location(s):		

Who or what inspires me to succeed in obtaining the CDI, and how can I stay connected to that source of motivation?

#### WEEK **18**

#### **Content Review**

# Domain 6: Outbreak Response and Emergency Preparedness

#### Week 18 Tasks:

<ul> <li>Read this chapter in the CDI study guide</li> <li>Complete additional trainings on this topic, as needed</li> <li>Take notes on any specific areas that require learning/review</li> </ul>	Add additional to-do's here
Notes	

Sunday _/_	Monday/	Tuesday _/_
Time(s): Location(s):	Time(s): Location(s):	Time(s): Location(s):
Wednesday _/_	Thursday _/_	Friday/_
Time(s): Location(s):	Time(s): Location(s):	Time(s): Location(s):
Saturday _/_	Notes	
Time(s): Location(s):		

I've made it three quarters of the way through the study planner! How will I celebrate my success? Is there anything I need or want to change about my approach to studying?


#### WEEK **19**

#### Flash Card Review

# Domain 6: Outbreak Response and Emergency Preparedness

#### Week 19 Tasks:

Time(s):	Time(s): Location(s):
Wednesday _/_	Thursd
Time(s): Location(s):	Time(s): Location(s):
Saturday/	Notes
	Time(s):

## Weekly Agenda

\_/\_

Sunday

Monday _/_	Tuesday _/_
Time(s):	Time(s):
Location(s):	Location(s):
Thursday _/_	Friday _/_
Time(s):	Time(s):
Location(s):	Location(s):

#### 

JOURNAL PROMPT	
What's one small adjustment I can try this week to improve my study routine?	
what's one small adjustment real if y this week to improve my study routine.	

## WEEK 20 Flash Card Review Domains 5 & 6

### Week 20 Tasks:



Review flash cards for Domains 5 & 6

Mark/set aside any that require review

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al to-do's he	
Add additional to-do's here	

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Sunday _/_	Monday/_	Tuesday/_
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Wednesday _/_	Thursday _/_	Friday/_
Time(s): Location(s):	Time(s): Location(s):	Time(s): Location(s):
Saturday _/_	Notes	
Time(s): Location(s):		

How do I best recharge, and am I scheduling enough time to recover from mental fatigue?


## WEEK **21** Cumulative Flash Card Review Domains 1 - 6

Veek 21 Tasks:			
Review flash cards for Domains 1 through 6 Mark/set aside any that require review	Sunday _/	Monday _/	Tuesday _/
Add	Time(s): Location(s):	Time(s): Location(s):	Time(s): Location(s):
Notes	Wednesday _/_	Thursday _/_	Friday _/_
	Time(s): Location(s):	Time(s): Location(s):	Time(s): Location(s):
	Saturday       _/	Notes	

What does success mean to me in this context—beyond just passing the exam?


## WEEK **22**

# Review Test-Taking Strategies & Logistics/Catch Up Week

#### Week 22 Tasks:

Review resources on test-taking strategies

Use this time to review and catch up on work from the past several weeks

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Add additional to-do's here	
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Saturday _/_	Notes	
Time(s): Location(s):		

JOURNAL PROMPT		
What habits or routines can I implement this week to feel more organized and less stressed?		
what hubits of fournes can finglement this week to reet more of gamzed and tess stressed.		

WEEKLY AFFIRMATION I am a problem solver, and I can handle any challenges that come my way.



## **Final Review Week**

#### Week 23 Tasks:



Review notes from Domains 1 – 6

Review flash cards for Domains 1 – 6

Review notes from additional trainings

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to-do's he		
Add additional to-do's here		
Ad		


Sunday _/_	Monday/_	Tuesday/_
Time(s): Location(s):	Time(s): Location(s):	Time(s): Location(s):
Wednesday _/_	Thursday _/_	Friday/_
Time(s): Location(s):	Time(s): Location(s):	Time(s): Location(s):
Saturday _/	Notes	
Location(s):		

It's getting close! What strategies am I using to manage any stress/anxiety I may be feeling? Are the strategies I have been using in previous weeks working or do I need to try some new ones?




## Exam Week

#### Week 24 Tasks:

Review flash cards and notes, as needed	
Finalize exam logistics	val to-do's here
Create a sleep, hydration, and nutrition plan for exam day	Add additional
Review stress management techniques to use during exam	

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Sunday _/_	Monday _/_	Tuesday/_
Time(s):	Time(s):	Time(s):
Location(s):	Location(s):	Location(s):
Wednesday _/_	Thursday _/_	Friday/_
Time(s):	Time(s):	Time(s):
Location(s):	Location(s):	Location(s):
Saturday _/_	Notes	
Time(s): Location(s):		

If I imagine myself after passing the exam, what does my life look like? How do I feel?


**You did it!** You took your CDI exam after months of preparation. Regardless of your exam results, you should feel extremely proud of your accomplishment. Here are some journal prompts to support your reflection and closure.

How did I do on this exam? Did I get the result I had hoped for?

How did I feel going into this exam? Prepared? Unprepared? Nervous? How did these feelings affect the exam?

What strategies did I use to prepare for this exam? Are there other strategies I could try on future exams?

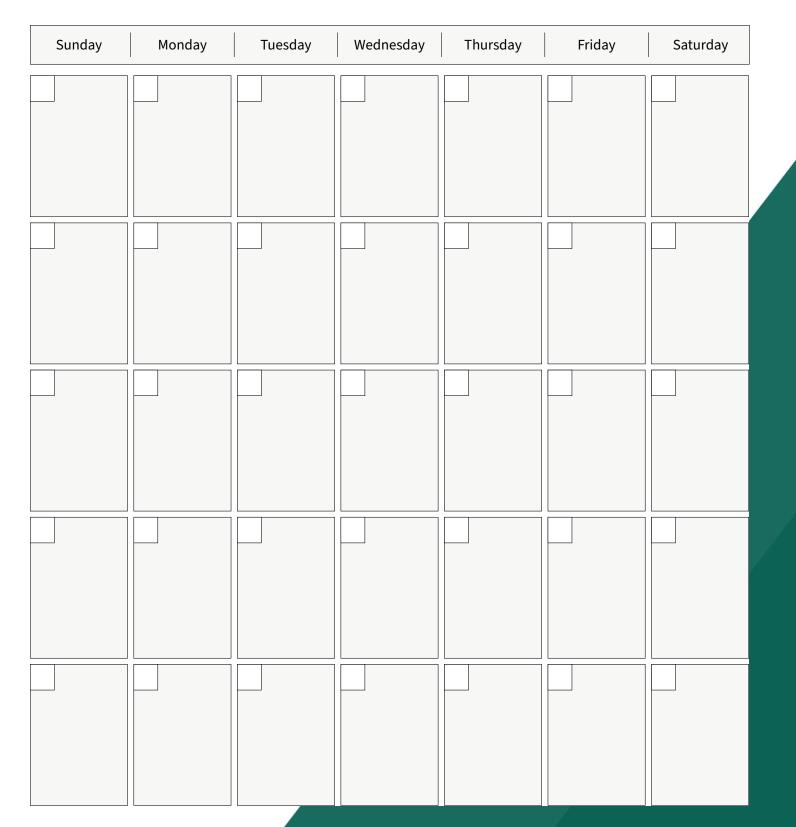
What are my next steps now that I have these results?

"You either walk inside your story and own it, or y Brené Brown, American academic and podcaster

"You either walk inside your story and own it, or you stand outside your story and hustle for your worthiness."

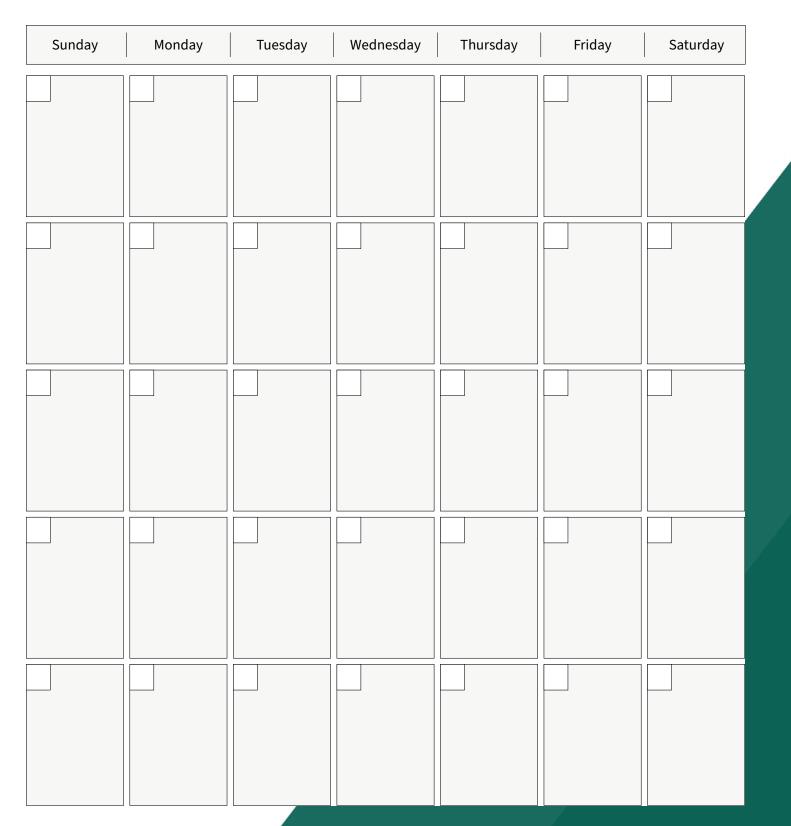
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

MONTH / YEAR



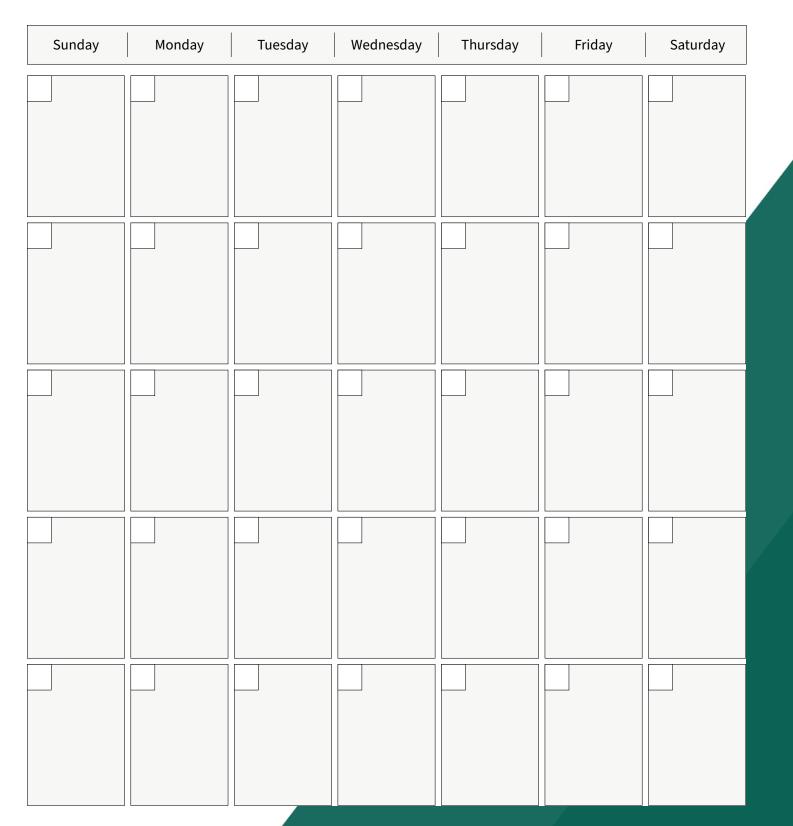
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

MONTH / YEAR



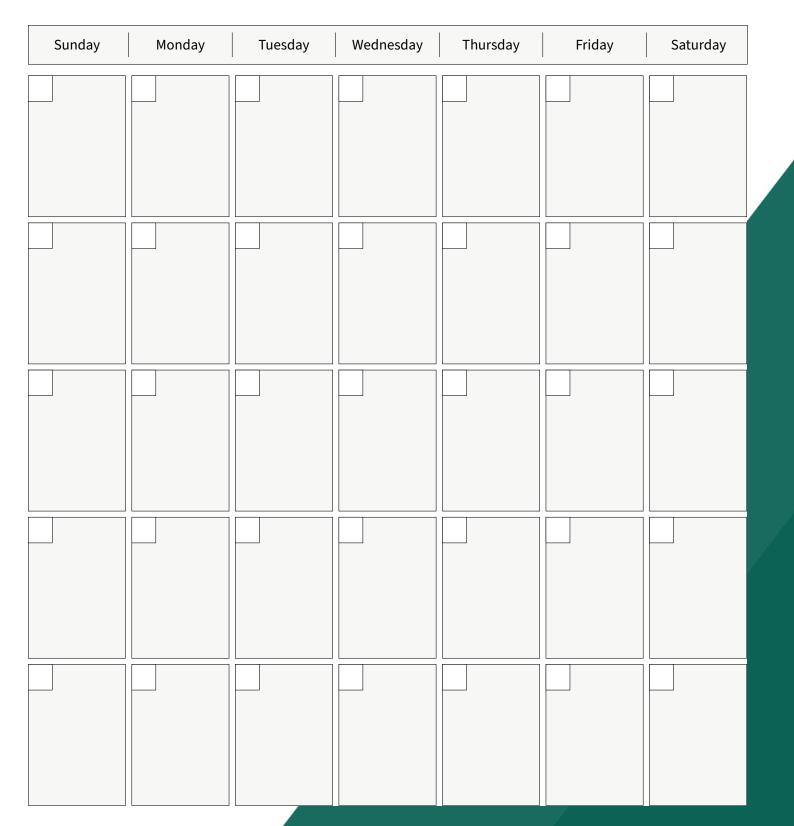
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

MONTH / YEAR



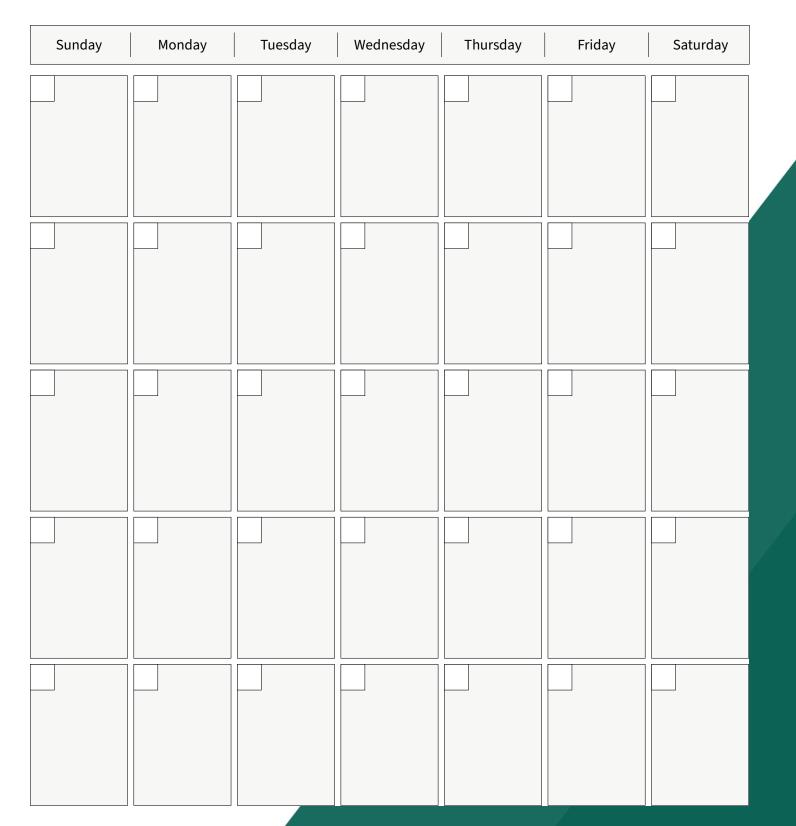
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

MONTH / YEAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

MONTH / YEAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

MONTH / YEAR

