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 qualifying for and passing the CDM Credentialing Exam, activating your credential within one year of passing the exam, and completing the required 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 what’s on the exam. Review the five content areas of the exam blueprint and take advantage of exam preparation material that ANFP makes available.

3. Understand the Type of Exam Questions
The CDM Credentialing Exam is a nationally-recognized exam that tests not only recall of information but also requires analytical thinking. The CDM Self-Assessment Exam is a practice test that also provides rationale for correct answers.

4. Ask Questions
Ask questions of your instructors, program director, and 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 completed the exam.

5. Sit for the Exam
Sitting for the exam shortly after graduating a training program is ideal for retention of information. Plus, it reduces extra study preparation time. To sit for the exam, you must submit an exam application and payment for CBDM review and approval.

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 also a great local resource. 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 the competencies you need to develop and complete continuing education in those areas to develop yourself professionally. These types of learning activities are also a way to meet CBDM recertification requirements.

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!