ABO-NCLE EXAM PREP RECOMMENDATIONS

Studying for the American Board of Opticianry (ABO) and National Contact Lens Examiners (NCLE) certification examination? The California Paraoptometric Section (CPS) has received several inquiries for study prep materials. While CPS does not endorse, sell, or guarantee success with any particular materials, we would like to share some resources that may help supplement your on-the-job training.

First of all, when you request an exam registration packet from ABO/NCLE, they will provide you with several brochures from organizations that offer study materials. Contact them at mail@abo-ncle.org or 800-296-1379.

- The National Academy of Opticianry offers ABO and NCLE materials on their Web site, www.NAO.org, look under the product catalog menu, “exam preparation.” Contact info@nao.org or 800-229-4828.


- The CPS Resource Library, a CPS member benefit, has a selection of textbooks for loan. See some of the suggested titles for exam preparation at www.cpsection.org or contact the CPS librarian at paraoptometricsection@coavision.org.

Organize a review group. If more than one staff person in your office is taking the exam, consider forming a study group. CPS offers an in-service training guide and worksheet that you can adapt for your purposes. For your copy, contact paraoptometric@cpsection.org.

Getting these materials is honestly the easy part of passing the examination. Once the studying is done make sure you have a hands-on grasp of the information. Ask colleagues or doctors to show you how to use older equipment, since most of what we work with today is automated. Make sure you understand all there is to know about prisms and practice with them so the information sinks in. Practice calculations with prescriptions and have them verified. Use a study group if you know of others that are also preparing to take the exams. Get a good night’s sleep and good luck!