Your study plan, on one page

Where the marks are, a plan for four, eight or twelve weeks, every study week, and how to review a case.

Study aid, not legal advice. Last verified against the official sources linked below on 11 November 2026.

1 Where the marks are

- In CRPO's blueprint, Area 3 is **at least 25 to 30%** and Area 6 at least 10 to 15%: start there.

Blueprint area	At least
1. Make an initial assessment	10 to 15%
2. Establish a working relationship	10 to 15%
3. Therapeutic relationship	25 to 30%
4. Working towards change	5 to 10%
5. Manage separation and ending	5 to 10%
6. Professional practice	10 to 15%
7. Make use of supervision	3 to 5%

2 Every study week

- [ ] **Six to ten hours**. From the third week, at least two thirds of them on cases and their review.
- [ ] Review each case for **three times as long** as you took to work it.
- [ ] **One line** in your error log per mistake: case, section, what you did, the trap, what you will do instead.
- [ ] **Type your notes** as you work, as the exam's electronic notepad requires: no paper.

3 Pick your plan

Stage	4 weeks	8 weeks	12 weeks
Foundations	Week 1, a weekend: format, strategy, consent, confidentiality, records	Weeks 1 and 2: format, scoring, the competency profile, the standards	Weeks 1 and 2, as for eight
Cases by area	Week 2: Areas 3 and 6 first, then 1 and 2	Weeks 3 to 5: Areas 1 and 2, then 3, then 4 to 7	Weeks 3 to 8: two passes through the areas
Timed mocks	Week 3: one full mock, then error analysis	Weeks 6 and 7: two mocks, repair between	Weeks 9 to 11: three mocks, repair between
Taper	Week 4: repair, then one timed case a day	Week 8: one timed case a day, logistics	Week 12: as week 8

4 Review a case in seven steps

1. Before any rationale, write what each section was testing.
2. Read every rationale in weight order, +3 down to -3.
3. Each positive you missed: knowledge, pacing or hesitation?
4. Each negative you chose: name the trap.
5. Read the negatives you avoided: find the near misses.
6. Find the warmest response on a negative, the flattest on a positive.
7. Add one line to your error log.

5 Short on time, or in the last week

- **Drop the second mock** before the first.
- **Drop reading** before practice.
- **Never cut the review**: four cases reviewed properly beat twelve worked and skimmed.
- No new material in the last week. **No third mock** in the last three days, and **no cases the day before**: read your error log once, then stop.

Practice earns more than reading. Review earns more than practice.

Official source: Registration Examination Resource Manual (the test blueprint). Condensed from The Eight-Week Study Plan and How the Exam Works.
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