

O-BLAST FOR OFFICIALS

July 30, 2010

So here we are, just days from the next RPR and CRR certification test. (Sigh!) How nervous are we? How stressed are we? We know that we do this everyday in court, so why is this test so difficult to pass? I think we need to get "in the zone," as some reporters have talked about. One of my suggestions has been to remember to breathe. That may seem silly, but think about it. When we are stressed in court, when we have an expert witness talking too fast, don't we find a place inside ourselves that we just hunker down and write? We don't think, we just write. And we have to breathe!

Try this: When you're ready to start the test, whether it's the CRR or the RPR, and you hear those magic words, "Ready, begin," try to immediately focus on your breathing. Breathe in, breathe out, breathe in, breathe out. If you concentrate on that, maybe you can find your zone and just write without worrying about mistrokes, untranslates, conflicts, etc.

The Task Force also would like to hear from any of you about what it is you want to see as attachments. Are the brief form attachments helpful? Have they helped you? Are they annoying? Do you want more? The Task Force would love to hear from any reporters who have feedback so we know what else we can do to help everyone get certified, whether it's RPR or CRR. What types of things should we follow up on at our next district meetings? What would be helpful to you individually? This is all about this community of official court reporters here in Colorado and we want to do whatever we can to help all of us be successful.

I wish every one of you less test jitters at the test and more breathing. Good luck to each of you.