



Valid Through 2020

The key to passing any multiple choice exam is knowing exactly what will be covered. As such, *quality* is much more important than quantity when it comes to studying. While the WELL exam intends to give relatively equal weight to the various Concepts found within the WELL Building Standard, there are several topics covered on the exam that tend to trip people up.

As you work your way through our [GreenStep Study Guide](#), begin completing the study matrices below relating to: filters, contaminants, light and acoustics. The process of completing each matrix will help the information 'stick' and will ultimately give you a simplified, easy to use study tool covering the many questions you'll encounter on these topics.

Once you've completed all four matrices, take our [practice exams](#) on BuildingGreen.com to see how well you know the relevant material.

Study Matrix 1: Filters/Treatment & corresponding Contaminants

Many of the toughest questions on the exam come from the Air and Water Concepts and relate to contaminants & corresponding treatment methods. The first two matrices may take you a while to complete, but they will be invaluable with helping you keep track of these key concepts.

To the right of each filter and/or treatment method, list all of the various contaminants that are mitigated within both the Air and Water Concepts. We've given you a head start for Carbon Filters below.

Carbon Filters & Activated Carbon Filters – VOCs, PCBs, etc.

Ultra Violet -

MERV Filters -

Photocatalytic Oxydation -

Reverse Osmosis -

Kinetic Degradation Fluxion -



Study Matrix 2: Chemical/Particle & corresponding Feature

To the right of each contaminant given, list all of the Features within the Air Concept that relate.

Formaldehyde -

VOCs -

Carbon Monoxide -

PM (particle count) -

Ozone -

Radon -

Asbestos -

Lead -

PCBs -

Mercury -

Carbon Dioxide -

PFCs -

Phthalates -



Study Matrix 3: Biology of Eyes & Circadian Rhythm

This study matrix is more of a fill-in-the-blank exercise. It has proven to be very useful with organizing the key terms & concepts relating to Light & Circadian Rhythm. Once you complete the exercise, be sure to memorize all of the information before taking the exam.

Rods - Facilitate _____ vision and vision in _____ lighting conditions with peak sensitivity to _____ light which is associated with a wavelength of _____.

Cones - Facilitate _____ vision and _____. They are located on the _____ and have a peak sensitivity to _____ light, which is associated with a wavelength of _____.

ipRGCs - Are (ipRGCs) are the eyes' _____ and are critical to _____ and demonstrate peak sensitivity to _____ light which has a wavelength of _____.

Suprachiasmatic nucleus - The main _____ that acts as

Zeitgebers - External cues that align physiological functions to the _____ cycle.

_____ is the most important zeitgeber, keeping the body's _____

synchronized in a process known as _____.



Study Matrix 4: Acoustics

The Comfort Concept includes several different acronyms relating to acoustic characteristics of different surfaces and/or room types. It can be easy to get them all mixed up. For the exam, you should memorize the numerical thresholds & limits relating to acoustics (column 4). Complete the following table and use it as a study resource for this key section.

<u>Acronym</u>	<u>Stands for / Definition</u>	<u>Addressed by Feature(s) #</u>	<u>Numerical Thresholds /Limits</u>
----------------	--------------------------------	----------------------------------	-------------------------------------

NRC –

NC –

RT60 –

STC –

Bonus: Which two Features address **dBA** levels and which room types relate if any (offices, conference rooms, training rooms, etc)?

Using the matrices above, complete our [GreenStep Practice Exams](#) to test how well you know the material.

