

psm study material

psm study material is an essential resource for students and professionals preparing for exams and advancing their knowledge in Preventive and Social Medicine (PSM). Whether you're a medical undergraduate, postgraduate, or a healthcare practitioner, having access to comprehensive, well-structured PSM study material is crucial for mastering key concepts, understanding epidemiology, and excelling in competitive exams like NEET PG, AIIMS, and other entrance tests. This article explores the best sources and formats of PSM study material, effective study strategies, important topics, and tips for exam preparation. You'll discover recommended books, digital resources, and proven methods to enhance learning outcomes. The guide also addresses frequently asked questions about PSM study material, helping you make informed choices and maximize your study efficiency.

- Comprehensive Overview of PSM Study Material
- Essential Books and Resources for PSM
- Digital Platforms and Online Resources for PSM Study
- Key Topics Covered in PSM Study Material
- Effective Study Strategies for PSM Preparation
- Tips for Success in PSM Exams
- Frequently Asked Questions about PSM Study Material

Comprehensive Overview of PSM Study Material

Preventive and Social Medicine (PSM) plays a foundational role in medical education, focusing on public health, epidemiology, and community medicine. Quality PSM study material encompasses textbooks, notes, lecture slides, and practice questions designed to build a strong understanding of disease prevention, health promotion, and the organization of health services. These resources are tailored to address the academic needs of undergraduate MBBS students, postgraduates in community medicine, and candidates preparing for competitive medical exams. By integrating theoretical concepts with practical case studies, PSM study material enhances analytical skills and clinical reasoning, ensuring learners are well-equipped for both academic assessments and real-world healthcare scenarios.

Importance of Structured Study Material

Well-organized PSM study material simplifies complex topics, allowing students to grasp epidemiological methods, biostatistics, and national health programs efficiently.

Structured content aids in systematic learning, minimizing gaps in understanding and facilitating retention of key facts required for examinations and professional practice.

Types of PSM Study Material

- Textbooks and Reference Books
- Handwritten and Digital Notes
- Question Banks and Practice Papers
- Lecture Slides and Presentations
- Online Modules and Interactive Platforms

Essential Books and Resources for PSM

Selecting the right books and resources is vital for comprehensive PSM preparation. Reliable textbooks provide detailed coverage of all topics, while concise guides and question banks help in quick revision and practice. The following resources are widely recommended for their accuracy and relevance.

Recommended Textbooks for PSM

- Park's Textbook of Preventive and Social Medicine
- Suryakantha's Community Medicine
- Mahajan & Gupta Textbook of Preventive and Social Medicine
- Review Books by Vivek Jain and Dr. S. Arora

Supplementary Study Resources

In addition to textbooks, supplementary materials such as exam-oriented notes, previous years' question papers, flowcharts, and tables are invaluable for revision. These resources condense information into easily digestible formats, facilitating quick recall during exams.

Question Banks and MCQs

Practice with question banks and multiple-choice questions (MCQs) helps students test

their knowledge and familiarize themselves with exam patterns. These resources often include explanations and references, aiding conceptual understanding and time management.

Digital Platforms and Online Resources for PSM Study

The digital transformation in education has expanded access to high-quality PSM study material. Online platforms offer interactive modules, e-books, video lectures, and discussion forums tailored to diverse learning needs. These resources provide flexibility and convenience, enabling learners to study anytime, anywhere.

Online Courses and Video Lectures

- Pre-recorded and live lectures by experienced faculty
- Conceptual videos on epidemiology, biostatistics, and health programs
- Animated case studies for enhanced understanding

Mobile Apps for PSM Study

Mobile applications provide access to flashcards, quizzes, and topic-wise summaries, making daily revision more efficient. Many apps offer features like progress tracking and peer comparison to motivate consistent study habits.

Interactive Platforms and Forums

Discussion forums and online communities support collaborative learning, enabling students to clarify doubts, exchange notes, and share exam tips. Interactive platforms also host regular mock tests and webinars for continuous assessment.

Key Topics Covered in PSM Study Material

PSM study material encompasses a wide spectrum of topics, reflecting the multidisciplinary nature of community medicine. Mastery of these subjects is crucial for both theoretical exams and practical applications in healthcare settings.

Major Areas in Preventive and Social Medicine

- Epidemiology and Disease Surveillance
- Biostatistics and Data Interpretation
- Environmental Health and Sanitation
- Nutrition and Health Education
- National Health Programs and Policies
- Immunization and Communicable Diseases
- Occupational Health and Safety
- Maternal and Child Health
- Healthcare Delivery Systems

Exam-Focused Topics

Certain topics frequently appear in competitive exams and require special attention, such as epidemiological study designs, screening tests, statistical tests, vaccination schedules, and recent updates in health policies and programs.

Effective Study Strategies for PSM Preparation

Success in PSM demands a strategic approach to studying, leveraging a blend of comprehensive reading, active revision, and consistent practice. Implementing effective study strategies ensures optimal retention and application of concepts.

Time Management and Study Planning

- Set clear study goals and timelines for each topic
- Divide syllabus into manageable sections for daily review
- Allocate time for revision and practice tests

Active Learning Techniques

Engage in summarizing notes, creating flowcharts, and participating in group discussions to reinforce understanding. Teaching peers or explaining concepts aloud can further strengthen retention and problem-solving skills.

Utilizing Mock Tests and Previous Papers

Regular practice with mock tests helps identify strengths and areas for improvement. Reviewing previous years' questions familiarizes students with exam patterns and frequently tested concepts in PSM.

Tips for Success in PSM Exams

Achieving high scores in PSM exams requires not only thorough preparation but also strategic exam techniques. Effective utilization of study material, coupled with smart revision, can boost confidence and performance.

Revision and Quick Recall Methods

- Use flashcards for important definitions and key facts
- Revise tables, charts, and diagrams regularly
- Practice writing short notes for rapid recall

Exam-Day Strategies

Stay calm and focused during the exam. Read questions carefully, manage time efficiently, and attempt easier questions first to build momentum. Ensure clarity in answers, especially for descriptive sections.

Staying Updated with Latest Developments

Keep abreast of updates in national health programs, recent research, and changes in medical guidelines. Incorporate current information into your study material for enhanced relevance in exams and practice.

Frequently Asked Questions about PSM Study Material

Choosing and utilizing the right PSM study material can be challenging for many students. Here are answers to common queries that can guide you in your preparation.

Q: What are the most recommended books for PSM preparation?

A: The most widely recommended books for PSM are Park's Textbook of Preventive and Social Medicine, Suryakantha's Community Medicine, and Mahajan & Gupta's Textbook. Review books and exam guides by Vivek Jain and Dr. S. Arora are also popular for quick revision.

Q: How can I effectively use PSM study material for NEET PG preparation?

A: Start with standard textbooks to build concepts, then move to concise notes and question banks for revision. Regularly practice MCQs and analyze previous years' papers to identify frequently asked topics and improve exam readiness.

Q: Are digital platforms reliable for PSM study?

A: Yes, digital platforms like online courses, video lectures, and mobile apps offer interactive and up-to-date content. These resources provide flexibility and additional support, especially for visual and auditory learners.

Q: What topics in PSM should I focus on for competitive exams?

A: Key topics include epidemiology, biostatistics, national health programs, immunization schedules, communicable diseases, and recent policy updates. Emphasis on frequently repeated questions and conceptual clarity is vital.

Q: How often should I revise PSM study material?

A: Revision should be regular—ideally weekly for major topics and daily for quick facts, tables, and charts. Frequent revision aids retention and boosts confidence before exams.

Q: Can I rely solely on notes for PSM exams?

A: While notes are excellent for revision, it is important to first study from comprehensive

textbooks to develop a strong foundation. Use notes for quick recall and last-minute preparation.

Q: What is the best way to memorize statistics and formulas in PSM?

A: Create flashcards for important formulas and statistics. Practice applying these in mock tests and use mnemonics or visual aids for better memory retention.

Q: How do I stay updated with recent changes in PSM syllabus?

A: Follow updates from medical education boards, participate in workshops, and utilize online platforms that regularly update study material with recent developments.

Q: Are previous year question papers important for PSM preparation?

A: Yes, solving previous year papers helps understand the exam pattern, frequently asked questions, and time management. It also provides insight into important topics and improves answer-writing skills.

Q: Is group study beneficial for PSM?

A: Group study can be beneficial for discussing complex topics, sharing resources, and clarifying doubts. Collaborative learning enhances understanding and exposes students to diverse perspectives.

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PSM Study Material: Your Ultimate Guide to Passing the Professional Scrum Master (PSM) Certification

Are you ready to elevate your Scrum expertise and become a certified Professional Scrum Master? Passing the PSM certification exam is a significant achievement, opening doors to exciting career opportunities and validating your understanding of Scrum principles and practices. But where do you start? The sheer volume of PSM study material available can be overwhelming. This comprehensive guide will cut through the noise, providing you with the best resources and strategies to help you ace the PSM exam and confidently navigate the world of Scrum. We'll explore effective study techniques, recommended study materials, and tips for maximizing your learning experience. Let's dive in!

Understanding the PSM Certification and its Value

Before we delve into the study material, it's crucial to understand what the PSM certification signifies. Offered by Scrum.org, the PSM I (and subsequent levels) validates your practical understanding of the Scrum Guide and your ability to apply Scrum principles in real-world scenarios. It's not just about rote memorization; it's about demonstrating a deep grasp of Scrum's values, principles, and practices. Holding a PSM certification demonstrates professionalism, commitment to Scrum, and a dedication to continuous improvement – all highly valuable assets in today's agile-driven market.

Essential PSM Study Material: A Curated List

Choosing the right PSM study material is paramount to your success. Avoid scattered, unreliable resources; focus on quality and relevance. Here's a curated list of essential resources:

1. **The Scrum Guide:** This is your bible. The Scrum Guide, available free on Scrum.org, is the definitive source of truth on Scrum. Master its contents completely. Understand the roles, events, artifacts, and values—inside and out.
2. **Scrum.org Official PSM I Assessment:** This isn't strictly "study material," but it's crucial. Take the official Scrum.org PSM I open assessment repeatedly. Each attempt will highlight your strengths and weaknesses, guiding your focused study efforts. Don't see this as a test; see it as a valuable learning tool.
3. **Official Scrum.org Training Courses:** While not mandatory, attending an official Scrum.org PSM training course significantly increases your chances of success. These courses provide expert instruction, practical exercises, and a supportive learning environment. The interaction with experienced Scrum practitioners is invaluable.
4. **PSM I Sample Exams and Practice Tests:** Numerous websites and platforms offer PSM I practice tests. Use these to test your understanding and identify areas needing further attention. Focus on understanding why you get answers correct or incorrect, not just the raw score.
5. **Online Scrum Communities and Forums:** Engaging with the Scrum community through forums, online groups, and social media can provide valuable insights, tips, and support from experienced PSMs. Asking questions and sharing your learning journey can enhance your understanding and

build a valuable network.

6. Books on Scrum: While the Scrum Guide is your primary source, supplementing it with well-regarded books on Scrum can provide alternative explanations and perspectives, deepening your understanding. Look for books focused on practical application and real-world scenarios.

Effective Study Techniques for PSM Success

Simply reading through the Scrum Guide isn't enough. Effective study requires a strategic approach. Here are some proven techniques:

1. **Active Recall:** Instead of passively rereading material, actively test your knowledge. Use flashcards, create mind maps, or explain concepts aloud to solidify your understanding.
2. **Spaced Repetition:** Review the material at increasing intervals. This strengthens memory retention and reinforces learning over time.
3. **Focus on Understanding, Not Memorization:** The PSM exam tests your understanding of Scrum principles and their application, not your ability to memorize definitions. Focus on grasping the underlying concepts and how they interrelate.
4. **Simulated Exam Environment:** Practice taking the exam under timed conditions to simulate the actual test environment. This helps manage test anxiety and improve your time management skills.
5. **Seek Feedback and Learn from Mistakes:** Don't be afraid to ask for help. Discuss challenging concepts with others and learn from your mistakes in practice exams.

Beyond the Books: Practical Application of Scrum

The best way to truly master Scrum is to apply it in a real-world setting. If possible, participate in a Scrum project, even in a smaller capacity. Observing and participating in daily Scrum meetings, sprint planning, reviews, and retrospectives provides invaluable practical experience that complements your study material.

Conclusion

Passing the PSM I exam requires dedication, effective study strategies, and a focus on genuine understanding. By utilizing the recommended study material and employing effective study techniques, you significantly increase your chances of success. Remember, the journey is as

important as the destination. Embrace the learning process, actively participate in the Scrum community, and celebrate your achievement when you earn your PSM I certification. This certification is a stepping stone to a rewarding career in the exciting world of Agile.

FAQs

1. How long does it take to prepare for the PSM I exam? The required preparation time varies depending on your prior Scrum knowledge and learning style. However, dedicated study over several weeks is generally recommended.
2. Can I use notes during the PSM I exam? No, the PSM I exam is a closed-book assessment.
3. What happens if I fail the PSM I exam? You can retake the exam after a waiting period. Scrum.org provides resources to help you improve your performance on subsequent attempts.
4. Is the PSM I exam difficult? The exam challenges your understanding of Scrum principles and their practical application. Thorough preparation and a focus on understanding, not memorization, are key to success.
5. Are there any free PSM study resources available? Yes, the Scrum Guide itself is freely available online, and many online communities offer free discussion forums and shared learning resources. However, supplementing these with paid resources like official courses and practice tests can significantly enhance your preparation.

psm study material: Scrum Narrative and PSM Exam Guide Mohammed Musthafa Soukath Ali, 2015 Scrum continues to prove as an effective newer way of working. This new way is rapidly making into many organizations, in particular the software development divisions due to the transformation results it delivers. The authentic source to know about Scrum and the approved body of knowledge on Scrum is The Scrum Guide authored by Jeff Sutherland and Ken Schwaber. The 16 page guide is too dense to absorb without context and too theoretical without correlations. This book reveals Scrum Guide content with a lot of context and correlations. The first part of the book is for the Executives, narrating Scrum in a lightweight and engaging fashion. While many books on Scrum position Scrum as a collection of roles and practices, this book introduces Scrum's transformation roots that bring in a newer way of working, with far-reaching effects. The second part is a coaching section for the Professionals getting into Scrum, getting into finer aspects of Scrum required for professionals working on the ground. It walks through the stages of Scrum Journey from Starting, Executing, and then Closing. Unlike many books that limit to the mechanics of Scrum, this book addresses plenty of practical questions including business management, team and task management, product engineering, etc such that this understanding enhances job skills on the top of the Scrum theory. The entire book is an all-in-one guidance book for PSM 1 Aspirants, preparing for the most meritorious certificate of all that certify Scrum - Professional Scrum Master (PSM 1). PSM 1 is a high quality Scrum certificate administered by Scrum.org, that is guided by Ken Schwaber, one of the original two authors of Scrum. Unlike many other Scrum certificates, PSM is not a vanity means to claim Scrum knowledge, but a rigorous assessment of the knowledge in original Scrum. Its fee is nominal @\$150. Once acquired, it does not require renewal. Though there are multiple scattered materials available, there is no comprehensive guidance for PSM assessment preparation. This

book is a one-stop source including guidance on understanding, enrollment, preparation, practicing, and getting the certificate. The book augments the Scrum Narrative with exam preparation tips, quick tests and a full blown assessment like a real assessment. It provides 250+ PSM 1 assessment related questions to practice. What is unique about this book? Sticks to Authentic Version of Scrum: There are many sources available that teach Scrum and provide training material for PSM. It is common for them to provide a muddled version of Scrum associating it with Activities, artifacts, and sub-techniques not prescribed or endorsed by Scrum framework and interchange and incorrect representation of Scrum terms. Such sources may add confusion and cloud your attempt to understand Scrum. Also, such an understanding will make one loose the points by incorrect answers in PSM assessment. This book articulates the original unpolluted Scrum framework as defined in its authentic source, the Scrum Guide. Wherever, there are exceptions/additional pointers with respect to Scrum Guide, they are highlighted by DE-TOUR tag. Anchors the learning firmly using Active Learning technique: This book will help you dig the deeper meaning behind the Scrum by means of active learning. Active Learning used in this book refers to - Not just passive reading of the content, but taking frequent pauses during the reading, looking at a question about what was read, and then thinking, analyzing, and inferring the subject through answering that question. The questions make you think about the granular interpretations behind every statement of Scrum Guide. These granular interpretations are usually not...

psm study material: PSM(R) 1 Full Exam Certification Georgio Daccache, 2019-07-15 This PSM(R) book aims to aid the participants to fully understand what Scrum is and how it works. PSM stands for Professional Scrum Master, a certification for the professionals who intend to work in an Agile Scrum environment. It is also valuable for people who are already working in Agile environment and try to find solution to their current process problems. Taking such certification validates your knowledge depth about Scrum and equips you with an authenticated admittance. Preparation for this exam can be easy, but you have to know what to focus on. Here we provide you with a full preparation to Pass your Exam from the 1st Try. This book helps participants to inculcate a profound understanding of servant leadership, through which they can act as Scrum Master and PASS their PSM Exam from the 1st Try, Using the latest Questions and detailed Explanation. Prepare for the Assessment The assessment is difficu

psm study material: The Professional Scrum Master Guide Fred Heath, 2021-07-16 Go from absolute beginner to passing your exam the first time with this comprehensive guide. Filled with real-world illustrations, this book has been revised to align with the most recent Scrum standards, empowering you to become a Scrum Expert! Key Features Go from absolute beginner to exam-ready with detailed explorations of Scrum use-cases Understand the different applications of agile concepts, and how to best apply them to your business Discover expert tips and work with real-world examples to pass the certification exam the first time Book Description This book demonstrates the real-world applications of Scrum in a variety of scenarios, all with practical examples. You'll understand why the structure of your Scrum team matters, and how to create and manage sprint and product backlogs. Each chapter concludes with relevance to the exam, reinforcing what you've learned as you work through the book and making sure you have an edge when it comes to earning your certificate. The statements made and opinions expressed herein belong exclusively to Packt Publishing Ltd and are not shared by or represent the viewpoint of Scrum.org. This training does not constitute an endorsement of any product, service or point of view. Scrum.org makes no representations, warranties or assurances of any kind, express or implied, as to the completeness, accuracy, reliability, suitability, availability or currency of the content contained in this presentation or any material related to this presentation. In no event shall Scrum.org, its agents, officers, employees, licensees or affiliates be liable for any damages whatsoever (including, without limitation, damages for loss of profits, business information, or loss of information) arising out of the information or statements contained in the training. Any reliance you place on such content is strictly at your own risk. What you will learn Get to grips with Agile development and Scrum from the ground up Understand the roles and responsibilities within the Scrum team Discover how to conduct

Scrum events and create Scrum artifacts Explore real-world scenarios and use cases for Scrum in action Develop an in-depth understanding of how to run a successful sprint to deliver results quickly Be fully prepared and able to pass your exam the first time Who this book is for Assuming no prior knowledge of Scrum, this book is for professionals who want to build a strong foundation in Scrum practices with the intention of passing the certification exam. If you're a product owner or project manager looking to stay relevant in an agile world, this book is essential to helping you become a Scrum expert.

psm study material: Scrum Insights for Practitioners Hiren Doshi, 2016-11-16 Hiren Doshi, Scrum.org Professional Scrum Trainer & Coach in his book, Scrum Insights for Practitioners: The Scrum Guide Companion helps the practitioners master the Scrum framework by gaining in-depth practical insights and helps answer questions like: What are some common myths, mysteries, and misconceptions of Scrum? The Scrum Guide recommends three to nine members in a Development Team, but we have fifteen members. Is this Scrum? Can you share some tactics to do effective Sprint Planning, Daily Scrum, Sprint Review, Sprint Retrospective, and Product Backlog Refinement? My designation is development manager. Does this mean I have no role in Scrum? How is Scrum Empirical? Can Scrum Master and Product Owner be the same person? We don't have a Scrum Master. Are we still practicing Scrum? What does Self-Organization really mean? How does Scrum embrace the four values and twelve principles of the Agile Manifesto? Please share a case study on Scrum based product development? Recommendations for the book from the Scrum champions Take advantage of Hiren's vast experience and avoid making the common errors people make as they begin their journey. This book contains a wealth of practical information that will be useful to readers as they work to implement the basic theory found in The Scrum Guide-Steve Porter, team member, Scrum.org In his book Scrum Insights for Practitioners, Hiren has extended the core rules of The Scrum Guide with practices he has found useful. Hiren answers questions regarding Scrum that potentially remain unanswered even after one reads The Scrum Guide. Hiren dismantles common misconceptions about Scrum, regardless of the source of such misconceptions. Hiren elaborates on basic information provided in The Scrum Guide, as well as on the principles underlying Scrum-Gunther Verheyen, Author of Scrum - A Pocket Guide, a Smart Travel Companion Hiren Doshi has written a fine companion to The Scrum Guide, filling in some of the intentional gaps left in the Scrum framework. Using this companion along with The Scrum Guide will undoubtedly improve the outlook for those teams that internalize its teachings.-Charles Bradley, ScrumCrazy.com This book will help you understand the nuances of Scrum. It takes a very practical approach toward implementing Scrum without compromising on its values and principles. A useful and handy reference for Scrum practitioners!-Gopinath R, Agile coach and practitioner

psm study material: Mastering Professional Scrum Stephanie Ockerman, Simon Reindl, 2019-09-11 "Our job as Scrum professionals is to continually improve our ability to use Scrum to deliver products and services that help customers achieve valuable outcomes. This book will help you to improve your ability to apply Scrum." -From the Foreword by Ken Schwaber, co-author of Scrum Mastering Professional Scrum is for anyone who wants to deliver increased value by using Scrum more effectively. Leading Scrum practitioners Stephanie Ockerman and Simon Reindl draw on years of Scrum training and coaching to help you return to first principles and apply Scrum with the professionalism required to achieve its transformative potential. The authors aim to help you focus on proven Scrum approaches for improving quality, getting and using fast feedback, and becoming more adaptable, instead of "going through the motions" and settling for only modest improvements. Whether you're a Scrum Master, Development Team member, or Product Owner, you'll find practical advice for facing challenges with transparency and courage, overcoming a wide array of common challenges, and continually improving your Scrum practice. Realistically assess your current Scrum practice, and identify areas for improvement Recognize what a great Scrum Team looks like and get there Focus on "Done"-not "sort-of-Done" or "almost-Done" Measure and optimize the value delivered by every Product Increment Improve the way you plan, develop, and grow Clear away wider organizational impediments to agility and professionalism Overcome

common misconceptions that stand in the way of progress Register your book for convenient access to downloads, updates, and/or corrections as they become available. See inside book for details.

psm study material: Scrum - A Pocket Guide Gunther Verheyen, 2013-10-01 This pocket guide is the one book to read for everyone who wants to learn about Scrum. The book covers all roles, rules and the main principles underpinning Scrum, and is based on the Scrum Guide Edition 2013. A broader context to this fundamental description of Scrum is given by describing the past and the future of Scrum. The author, Gunther Verheyen, has created a concise, yet complete and passionate reference about Scrum. The book demonstrates his core view that Scrum is about a journey, a journey of discovery and fun. He designed the book to be a helpful guide on that journey. Ken Schwaber, Scrum co-creator says that this book currently is the best available description of Scrum around. The book combines some rare characteristics: • It describes Scrum in its entirety, yet places it in a broader context (of past and future). • The author focuses on the subject, Scrum, in a way that it truly supports the reader. The book has a language and style in line with the philosophy of Scrum. • The book shows the playfulness of Scrum. David Starr and Ralph Jocham, Professional Scrum trainers and early agile adopters, say that this is the ultimate book to be advised as follow-up book to the students they teach Scrum to and to teams and managers of organizations that they coach Scrum to.

psm study material: Scrum - A Pocket Guide - 2nd edition Gunther Verheyen, 2019-01-31 This pocket guide to Scrum is the one book for everyone who wants to learn or re-learn about Scrum. The book describes the framework as it was designed and intended, with a strong focus on the purpose to the rules and adding an historical perspective to Scrum and the Agile movement. Several elements that were described in the first edition of Scrum - A Pocket Guide (2013) were later added to the official Scrum Guide. The most noticeable ones are the Scrum Values (2016) and the description of the 3 questions of the Daily Scrum as a good, yet optional practice (2017). As the balance of society keeps shifting from industrial labor to digital work, complexity and unpredictability keep increasing. The need for agility through Scrum increases equally, in and beyond software and product development. This 2nd edition of Scrum - A Pocket Guide offers the clarity and insights on Scrum that many organizations need, today and in the foreseeable future. Scrum - A Pocket Guide is an extraordinarily competent book. It flows with insight, understanding, and perception. This should be the de facto standard handout for all looking for a complete, yet clear overview of Scrum without being bothered by irrelevancies. (Ken Schwaber, Scrum co-creator) The author, Gunther Verheyen, is a seasoned Scrum practitioner (2003). Throughout his standing career as a consultant, Gunther has employed Scrum in diverse circumstances. He was partner to Ken Schwaber and Director of the Professional Scrum series at Scrum.org. He is the founder of Ullizee-Inc and engages with people and organizations as an independent Scrum Caretaker.

psm study material: The Definitive Guide to PSM I and PSPO I Moritz Knueppel, 2020-12-11 If you want to pass both the Professional Scrum Master(TM) I exam and the Professional Scrum Product Owner(TM) exam on your first try, this is the only book you will need to read! In only 50 pages, you will learn all that is necessary to understand Scrum, the Scrum Master position, the Product Owner position and to pass both exams. Rather than explaining Scrum through lengthy anecdotes, this book boils down the wisdom of Scrum into short, compact statements that are clear and easy to understand. It guides you through the key knowledge of the 2020 Scrum Guide and provides you with questions that allow you to check your understanding and prepare you for your real exams. Author Moritz Knueppel has been working as a Scrum Master and Agile Coach for several years, as an employee and a freelancer, in start-ups and 10,000 employee corporations. Over the past years, he has delivered hundreds of hours of Scrum training sessions and has taught and coached people for every level of the PSM exams. He is one of only a handful of people in the world to have completed every single Scrum.org certification, including PSM III and PSPO III.

psm study material: Agile Certification Study Guide Dan Tousignant, 2014-12-29 This is a self-study guide with over 300 practice questions to help you prepare for both Scrum.org's Professional Scrum Master certification exam (PSM I) and the Project Management Institute's Agile

Certified Practitioner exam (PMI-ACP). The first 80 questions are focused on Scrum which will prepare you for both the Professional Scrum Master certification (PSM I) from Scrum.org and the Agile Certified Practitioner exam (PMI-ACP) from PMI.org. The remaining questions will prepare you for the PMI-ACP exam. In addition, there is a comprehensive Agile glossary and web resources listing to provide you with additional background when studying for either exam. If you are interested in our online practice exams, please visit Cape Project Management, Inc. on the web or contact us at info@bostonagiletraining.com.

psm study material: *Software in 30 Days* Ken Schwaber, Jeff Sutherland, 2012-03-21 A radical approach to getting IT projects done faster and cheaper than anyone thinks possible *Software in 30 Days* summarizes the Agile and Scrum software development method, which allows creation of game-changing software, in just 30 days. Projects that use it are three times more successful than those that don't. *Software in 30 Days* is for the business manager, the entrepreneur, the product development manager, or IT manager who wants to develop software better and faster than they now believe possible. Learn how this unorthodox process works, how to get started, and how to succeed. Control risk, manage projects, and have your people succeed with simple but profound shifts in the thinking. The authors explain powerful concepts such as the art of the possible, bottom-up intelligence, and why it's good to fail early—all with no risk greater than thirty days. The productivity gain vs traditional waterfall methods has been over 100% on many projects. Author Ken Schwaber is a co-founder of the Agile software movement, and co-creator, with Jeff Sutherland, of the Scrum technique for building software in 30 days. Coauthor Jeff Sutherland was co-signer of the Agile Manifesto, which marked the start of the Agile movement. *Software in 30 Days* is a must-read for all managers and business owners who use software in their organizations or in their products and want to stop the cycle of slow, expensive software development. Programmers will want to buy copies for their managers and their customers so they will know how to collaborate to get the best work possible.

psm study material: Scrum Fundamentals for Scrum Alliance (R) Scrum Master (R) Certification Feroz Khan, 2015-06-24 This guide book provides a single, comprehensive source of information on how to pass the Certified Scrum Master (R) Assessment of Scrum Alliance (R). This information includes relevant details on the Certification/Assessment, a strategy to prepare for and take the assessment, and finally, adequate study material for the assessment itself. The only purpose of this book is to provide a focused approach to help achieve the audience's focused objective: attain Scrum Master Credential at the minimum cost and time. It does not seek to provide an adequate background on Agile methodologies, or a complete description of Scrum principles and practices. The focus is on providing just as much information as is required; just in time. At present, there are two popular organizations providing different types and levels of role-based Scrum credentials: Scrum Alliance (R), and Scrum.org. The CSM (R) credential of Scrum Alliance is the most popular Scrum Master credential today, but acceptance of the PSM credentials (of Scrum.org) is rapidly growing. This book covers CSM (R) requirements in detail, while giving an adequate exposure to the PSM credential/assessment as well. This book is part of a series, aimed at providing enough information and knowledge to pass the CSM (R) and/or PSM I Assessments. This book series has been developed primarily from my own experience, taking into account what was most important while preparing for the assessments, as well as while actually taking the assessments. A continual endeavor will be made to enhance the coverage and effectiveness of the content. While this book series is aimed at those interested in Scrum Master Certification, it will be useful for other certification aspirants - Product Owners, Developers - since it provides quite an extensive coverage of Scrum Fundamentals, common to these roles.

psm study material: *Mastering Practicals Community Medicine* Poornima Tiwari, 2019-07-12 *Mastering practicals: community medicine* is designed to help students prepare for practical examinations.

psm study material: *The Professional Scrum Product Owner* Mohammed Musthafa Soukath Ali, 2017-06-10 The brain of a Scrum Team is the Product Owner. Product Owners maximize the value of

the product and optimize the work of the Development Team. It is essential for the professionals playing this role to standardize their knowledge of product ownership and benchmark their learning. This book is a clear and concise guide to those preparing for Scrum.org Professional Scrum Product Owner 1 (PSPO 1) assessment certification. The book covers the thorough scope of assessment areas and provides more than 120 practice questions.

psm study material: A Scrum Book Jeff Sutherland, James O. Coplien, 2019-08-16 Building a successful product usually involves teams of people, and many choose the Scrum approach to aid in creating products that deliver the highest possible value. Implementing Scrum gives teams a collection of powerful ideas they can assemble to fit their needs and meet their goals. The ninety-four patterns contained within are elaborated nuggets of insight into Scrum™'s building blocks, how they work, and how to use them. They offer novices a roadmap for starting from scratch, yet they help intermediate practitioners fine-tune or fortify their Scrum implementations. Experienced practitioners can use the patterns and supporting explanations to get a better understanding of how the parts of Scrum complement each other to solve common problems in product development. The patterns are written in the well-known Alexandrian form, whose roots in architecture and design have enjoyed broad application in the software world. The form organizes each pattern so you can navigate directly to organizational design tradeoffs or jump to the solution or rationale that makes the solution work. The patterns flow together naturally through the context sections at their beginning and end. Learn everything you need to know to master and implement Scrum one step at a time—the agile way.

psm study material: Agile Scrum Crash Course Umer W., 2020-05-31 A Step by Step Guide to Agile Project Management, Scrum, and the PSM 1 Scrum Master Certification Agile Scrum Crash Course is a quick and complete guide on all you need to know to learn the essentials of Agile Project Management and Scrum. It will also help you prepare for the Professional Scrum Master Certification, PSM 1 and pass on your first attempt. Written in simple language with easy to understand examples, it has been especially written for beginners. No matter what your industry background is, you will be able to quickly learn the fundamentals of Agile and Scrum and start using them on your projects. Complete Overview of Agile project management and Scrum Pass the PSM 1, Scrum Master Certification on your first try Learn Agile Values and the Agile manifesto The Difference between Waterfall and Agile Project Management What is a Sprint - A Step by Step Walkthrough Learn the concepts of the Official Scrum Guide in simple language Learn about Scrum Roles, Scrum Events, and Scrum Artifacts Scrum Roles - Product Owner, Scrum Master, Development Team Scrum Events - Sprint Planning, Daily Scrum, Sprint Retrospective, Sprint Review Scrum Artifacts - Product Backlog, Sprint Backlog, Increment And more - User stories, Story Points, Definition of Done

psm study material: The Professional Product Owner Don McGreal, Ralph Jocham, 2018-06-04 The Professional Product Owner's Guide to Maximizing Value with Scrum "This book presents a method of communicating our desires, cogently, coherently, and with a minimum of fuss and bother." —Ken Schwaber, Chairman & Founder, Scrum.org The role of the Product Owner is more crucial than ever. But it's about much more than mechanics: it's about taking accountability and refocusing on value as the primary objective of all you do. In The Professional Product Owner, two leading experts in successful Scrum product ownership show exactly how to do this. You'll learn how to identify where value can be found, measure it, and maximize it throughout your entire product lifecycle. Drawing on their combined 40+ years of experience in using agile and Scrum in product management, Don McGreal and Ralph Jocham guide you through all facets of envisioning, emerging, and maturing a product using the Scrum framework. McGreal and Jocham discuss strategy, showing how to connect Vision, Value, and Validation in ROI-focused agile product management. They lay out Scrum best-practices for managing complexity and continuously delivering value, and they define the concrete practices and tools you can use to manage Product Backlogs and release plans, all with the goal of making you a more successful Product Owner. Throughout, the authors share revealing personal experiences that illuminate obstacles to success

and show how they can be overcome. Define success from the “outside in,” using external customer-driven measurements to guide development and maximize value. Bring empowerment and entrepreneurship to the Product Owner’s role, and align everyone behind a shared business model. Use Evidence-Based Management (EBMgt) to invest in the right places, make smarter decisions, and reduce risk. Effectively apply Scrum’s Product Owner role, artifacts, and events. Populate and manage Product Backlogs, and use just-in-time specifications. Plan and manage releases, improve transparency, and reduce technical debt. Scale your product, not your Scrum. Use Scrum to inject autonomy, mastery, and purpose into your product team’s work. Whatever your role in product management or agile development, this guide will help you deliver products that offer more value, more rapidly, and more often. Register your book for convenient access to downloads, updates, and/or corrections as they become available. See inside book for details.

psm study material: The Nexus Framework for Scaling Scrum Kurt Bittner, Patricia Kong, Eric Naiburg, Dave West, 2017-12-04. Improve and Accelerate Software Delivery for Large, Distributed, Complex Projects. The Nexus Framework is the simplest, most effective approach to applying Scrum at scale across multiple teams, sites, and time zones. Created by Scrum.org—the pioneering Scrum training and certification organization founded by Scrum co-creator Ken Schwaber—Nexus draws on decades of experience to address the unique challenges teams face in coming together, sharing work, and managing and minimizing dependencies. The Nexus™ Framework for Scaling Scrum is a concise book that shows how Nexus helps teams to deliver a complex, multi-platform, software-based product in short, frequent cycles, without sacrificing consistency or quality, and without adding unnecessary complexity or straying from Scrum’s core principles. Using an extended case study, the authors illustrate how Nexus helps teams solve common scaling challenges like reducing cross-team dependencies, preserving team self-organization and transparency, and ensuring accountability. Understand the challenges of delivering working, integrated product increments with multiple teams, and how Nexus addresses them. Form a Nexus around a new or existing product and learn how that Nexus sets goals and plans its work. Run Sprints within a Nexus, provide transparency into progress, conduct effective Nexus Sprint reviews, and use Nexus Sprint Retrospectives to continuously improve. Overcome the distributed team collaboration challenges.

psm study material: **Come from Away** Genevieve Graham, 2018-04-24. From the bestselling author of *Tides of Honour* and *Promises to Keep* comes a poignant novel about a young couple caught on opposite sides of the Second World War. In the fall of 1939, Grace Baker’s three brothers, sharp and proud in their uniforms, board Canadian ships headed for a faraway war. Grace stays behind, tending to the homefront and the general store that helps keep her small Nova Scotian community running. The war, everyone says, will be over before it starts. But three years later, the fighting rages on and rumours swirl about “wolf packs” of German U-Boats lurking in the deep waters along the shores of East Jeddore, a stone’s throw from Grace’s window. As the harsh realities of war come closer to home, Grace buries herself in her work at the store. Then, one day, a handsome stranger ventures into the store. He claims to be a trapper come from away, and as Grace gets to know him, she becomes enamoured by his gentle smile and thoughtful ways. But after several weeks, she discovers that Rudi, her mysterious visitor, is not the lonely outsider he appears to be. He is someone else entirely—someone not to be trusted. When a shocking truth about her family forces Grace to question everything she has so strongly believed, she realizes that she and Rudi have more in common than she had thought. And if Grace is to have a chance at love, she must not only choose a side, but take a stand. *Come from Away* is a mesmerizing story of love, shifting allegiances, and second chances, set against the tumultuous years of the Second World War.

psm study material: **Scrum Done Right** Troels Jakobsen, 2019-08-12. Scrum Done Right is a Scrum manual and hand-book for Scrum Masters. Every step, artefact and ceremony of the process are explained in details and helps you to understand the lean agile mindset. Scrum Done Right has been created with input from several scrum masters and agile coaches to give you the help you need to run scrum the right way. Use it as a compendium or a go-to guide when implementing and improving agile methods in your organization. Scrum Done Right is also a great study guide to assist

you when taking your Scrum Master Certification (PSM, SMAC or similar) .

psm study material: Psm II Sidharth Bathia, 2020-03

psm study material: Scrum - A Pocket Guide - 3rd edition Gunther Verheyen, 2021-01-01

This pocket guide to Scrum is the one book for everyone who wants to learn or re-learn about Scrum. The book describes the framework as it was designed and intended, with a strong focus on the purpose to the rules and adding an historical perspective to Scrum and the Agile movement. As the balance of society keeps shifting from industrial labor to digital work, complexity and unpredictability keep increasing. The need for agility through Scrum increases equally, in and beyond software and product development. This 3rd edition of Scrum - A Pocket Guide, while introducing some changes in terminology, more than ever offers the clarity and insights on Scrum that many organizations need, more than ever. It will help people and their organizations properly shape their Scrum, regardless of their domain or business. Scrum - A Pocket Guide is an extraordinarily competent book. It flows with insight, understanding, and perception. This should be the de facto standard handout for all looking for a complete, yet clear overview of Scrum without being bothered by irrelevancies. (Ken Schwaber, Scrum co-creator) The author, Gunther Verheyen, is a seasoned Scrum practitioner (2003). He has been employing Scrum since 2003. He was partner to Ken Schwaber and Director of the Professional Scrum series at Scrum.org. He is the founder of Ullizee-Inc and engages with people and organizations as an independent Scrum Caretaker on a journey of humanizing the workplace with Scrum.

psm study material: Guidelines for Implementing Process Safety Management CCPS

(Center for Chemical Process Safety), 2016-06-30 The 2nd edition provides an update of information since the publication of the first edition including best practices for managing process safety developed by industry as well as incorporate the additional process safety elements. In addition the book includes a focus on maintaining and improving a Process Safety Management (PSM) System. This 2nd edition also provides how to information to determine process safety performance status, implement one or more new elements into an existing PSM system, maintain or improve an existing PSM system, and manage future process safety performance.

psm study material: PARKS TEXTBOOK OF PREVENTIVE AND SOCIAL MEDICINE. K.

PARK, 2023

psm study material: Scrum Mastery Geoff Watts, 2021-09 The basics of being a ScrumMaster

are fairly straightforward: At face value all a ScrumMaster needs to do is facilitate the Scrum process and remove impediments. But being a great ScrumMaster, one who truly embodies the principles of servant-leadership and helps nurture a high-performing team, is much harder and more elusive. In this second edition of his groundbreaking book, Geoff shares an updated collection of stories and practical guidance, drawn from twenty years of coaching Scrum teams that will guide you on your path to greatness. In this book you will learn: The skills and characteristics of great ScrumMasters How to generate, maintain and increase engagement from the team How to increase the effectiveness of the Scrum meetings, such as retrospectives and daily scrums. How to foster a more creative and collaborative team How to increase the performance of the team How to know when you are a successful ScrumMaster Scrum Mastery is for practicing ScrumMasters who want to develop themselves into a great servant-leader capable of taking their teams beyond simple process compliance. Mike Cohn, in his foreword for the book, said: Most books rehash well-trodden territory and I don't finish them any wiser. I am positive I will be referring back to this book for many years Roman Pichler said: I am thoroughly impressed with how comprehensive and well-written the book is. It will be indispensable for many people

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heads, whether they know it or not. The most successful organizations over time are the best led. While this has always been true, today escalating global complexity puts leadership effectiveness at a premium. Mastering Leadership involves developing the effectiveness of leaders—individually and collectively—and turning that leadership into a competitive advantage. This comprehensive roadmap for optimal leadership features: Breakthrough research that connects increased leadership effectiveness with enhanced business performance The first fully integrated Universal Model of Leadership—one that integrates the best theory and research in the fields of Leadership and Organizational Development over the last half century A free, online self-assessment of your leadership, using the Leadership Circle Profile, visibly outlining how you are currently leading and how to develop even greater effectiveness The five stages in the evolution of leadership—Egocentric, Reactive, Creative, Integral, and Unitive—along with the organizational structures and cultures that develop at each of these stages Six leadership practices for evolving your leadership capability at a faster pace A map of your optimal path to greater leadership effectiveness Case stories that facilitate pragmatic application of this Leadership Development System to your particular situation This timeless, authoritative text provides a systemic approach for developing your senior leaders and the leadership system of your organization. It does not recommend quick fixes, but argues that real development requires a strategic, long-term, and integrated approach in order to forge more effective leaders and enhanced business performance. Mastering Leadership offers a developmental pathway to bring forth the highest and best use of yourself, your life, and your leadership. By more meaningfully deploying all of who you are every day, individually and collectively, you will achieve a leadership legacy consistent with your highest aspirations.

psm study material: Scrum Guidebook: Scrum Study Guide Dan Rawsthorne, Jan Beaver, A. J. Biddles, Doug Shimp, 2019-04-19 Agile concepts have been used for decades (if not centuries) in complexity theory, war theory, project management, sociology, and most sciences. Agile practices show us how to think about and manage the work required for solving complicated and complex problems. The Scrum Guide says Scrum is for solving complex adaptive problems. In the last 25 years or so, agile concepts have become popular in software development, and there are several pathways you could take in order to be agile. One of these pathways is Scrum, the most popular agile software process in the world. This study guide has two purposes. The first is to help you pass the Certified Scrum Master test. The second is to give you a deeper understanding of Scrum so that you can begin to apply it successfully to your real world needs.

psm study material: PMP Project Management Professional All-in-One Exam Guide Joseph Phillips, 2021-09-24 Complete coverage of all objectives in the 2020 release of the PMP exam—fully aligned with the PMBOK Guide®, Sixth Edition This comprehensive resource offers complete coverage of all the material included on the Project Management Professional exam. You'll find learning objectives at the beginning of each chapter, exam tips, practice exam questions, and in-depth explanations. Written by a leading project management consultant and trainer, PMP Project Management Professional All-in-One Exam Guide will help you pass the exam with ease and will also serve as an essential on-the-job reference. Covers all exam topics, including: People Processes Business Environment Agile Best Practices Knowledge Areas Online content includes: Practice exams—test yourself by PMP exam domain or take a complete exam Video training from the author Worksheets for Float, Earned Value, Time Value of Money Printable PMP memory card

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ground you with the conceptual framework and vocabulary of Liberating Structures. It contrasts Liberating Structures with conventional methods and shows the benefits of using them to transform the way people collaborate, learn, and discover solutions together. Part Two: Getting Started and Beyond offers guidelines for experimenting in a wide range of applications from small group interactions to system-wide initiatives: meetings, projects, problem solving, change initiatives, product launches, strategy development, etc. Part Three: Stories from the Field illustrates the endless possibilities Liberating Structures offer with stories from users around the world, in all types of organizations -- from healthcare to academic to military to global business enterprises, from judicial and legislative environments to R&D. Part Four: The Field Guide for Including, Engaging, and Unleashing Everyone describes how to use each of the 33 Liberating Structures with step-by-step explanations of what to do and what to expect. Discover today what Liberating Structures can do for you, without expensive investments, complicated training, or difficult restructuring. Liberate everyone's contributions -- all it takes is the determination to experiment.

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psm study material: Construction Extension to the PMBOK® Guide Project Management Institute, 2016-10-01 A Guide to the Project Management Body of Knowledge (PMBOK® Guide) provides generalized project management guidance applicable to most projects most of the time. In order to apply this generalized guidance to construction projects, the Project Management Institute has developed the Construction Extension to the PMBOK® Guide. This Construction Extension provides construction-specific guidance for the project management practitioner for each of the PMBOK® Guide Knowledge Areas, as well as guidance in these additional areas not found in the PMBOK® Guide: * All project resources, rather than just human resources * Project health, safety, security, and environmental management * Project financial management, in addition to cost * Management of claims in construction This edition of the Construction Extension also follows a new structure, discussing the principles in each of the Knowledge Areas rather than discussing the individual processes. This approach broadens the applicability of the Construction Extension by increasing the focus on the "what" and "why" of construction project management. This Construction Extension also includes discussion of emerging trends and developments in the construction industry that affect the application of project management to construction projects.

psm study material: Guidelines for Auditing Process Safety Management Systems American Institute of Chemical Engineers. Center for Chemical Process Safety, 1992-11-15 A variety of approaches are given so the reader can select the methodology best suited. It discusses the fundamental skills, techniques, and tools of auditing, and the characteristics of a good process safety management system. And, since information needed for review in the audit may be scattered or undocumented, it offers suggestions on what to look for and where. Whether your company is large or small, whether you are experienced with auditing or just developing a system, consistent use of the techniques presented can significantly improve your audit and your process safety management.

psm study material: Coaching Agile Teams Lyssa Adkins, 2010-05-18 The Provocative and Practical Guide to Coaching Agile Teams As an agile coach, you can help project teams become outstanding at agile, creating products that make them proud and helping organizations reap the

powerful benefits of teams that deliver both innovation and excellence. More and more frequently, ScrumMasters and project managers are being asked to coach agile teams. But it's a challenging role. It requires new skills—as well as a subtle understanding of when to step in and when to step back. Migrating from “command and control” to agile coaching requires a whole new mind-set. In *Coaching Agile Teams*, Lyssa Adkins gives agile coaches the insights they need to adopt this new mind-set and to guide teams to extraordinary performance in a re-energized work environment. You'll gain a deep view into the role of the agile coach, discover what works and what doesn't, and learn how to adapt powerful skills from many allied disciplines, including the fields of professional coaching and mentoring. Coverage includes Understanding what it takes to be a great agile coach Mastering all of the agile coach's roles: teacher, mentor, problem solver, conflict navigator, and performance coach Creating an environment where self-organized, high-performance teams can emerge Coaching teams past cooperation and into full collaboration Evolving your leadership style as your team grows and changes Staying actively engaged without dominating your team and stunting its growth Recognizing failure, recovery, and success modes in your coaching Getting the most out of your own personal agile coaching journey Whether you're an agile coach, leader, trainer, mentor, facilitator, ScrumMaster, project manager, product owner, or team member, this book will help you become skilled at helping others become truly great. What could possibly be more rewarding?

psm study material: The Professional ScrumMaster's Handbook Stacia Viscardi, 2013-04-19 Focusing on the ScrumMaster role and responsibilities, this book presents solutions and ideas for common problems, improving the overall methodology of a ScrumMaster's approach. The Professional ScrumMaster's Handbook is for anybody who wishes to be a true ScrumMaster as the role was originally intended - a fearless, professional, change facilitator. This book extends your working knowledge of Scrum to explore other avenues and ways of thinking to help teams and organizations reach their full potential.

psm study material: Becoming A Great Scrum Master Anusha Hewage, 2019-12-06 About a decade ago, most people, especially those not involved in IT, knew nothing about Agile. However, fast-forward ten years, and almost all organizations and enterprises know a bit about Agile. The agile transformation has in fact begun in most organizations, but others are unsure about where and how to start. Most people who have experience with Agile agree on one particular thing: it is a better way of working. The scrum master plays a significant role in Agile transformation by helping the team work the Agile way, ensuring that the team is well organized and that each member is always serving the greater good of the team and helping the team overcome challenges. A Scrum Master is a teacher, leader, and a change agent, capable of building a team that can govern its own affairs and ultimately making the team capable of operating without the scrum master's intervention. However, not all scrum masters take delight in these roles, instead considering their designation a way of moving up the ladder. Then there are those who desire to be heroes via the role, while others maintain the vision of becoming a scrum master, perhaps inspired by another scrum master, for the inspirational goodwill that the role may offer. Situations abound where managers pick any available person to become a scrum master. I have seen some people succeed in this job and seen others grow weary and run out of the zeal it takes to continue. I have also seen some really thrive while others get exhausted, de-motivated, and eager to just run away. There is more to becoming a good scrum master than zeal, focus, and motivation. Becoming a good scrum master goes beyond being determined, inspired, and excited to succeed. It requires soft skills and leadership plus a solid understanding of Agile, its principles, and practices. A good scrum master has the courage and will to learn despite challenges. The path can prove challenging, bumpy, and uneasy, but a good scrum master maintains courage and the will to learn. This book acts as a guide toward acquiring the necessary knowledge and the requisite skill set to succeed as scrum master. I have been privileged to coach and train several scrum masters, executives, product owners, and teams in different countries and industries, so I offer here real-life experiences. In fact, most of the scenarios explained in this book are actual cases, but I have changed the names of individuals and

organizations in order to protect anonymity.

psm study material: Stigma Erving Goffman, 2009-11-24 From the author of *The Presentation of Self in Everyday Life*, *Stigma* analyzes a person's feelings about himself and his relationship to people whom society calls "normal." *Stigma* is an illuminating excursion into the situation of persons who are unable to conform to standards that society calls normal. Disqualified from full social acceptance, they are stigmatized individuals. Physically deformed people, ex-mental patients, drug addicts, prostitutes, or those ostracized for other reasons must constantly strive to adjust to their precarious social identities. Their image of themselves must daily confront and be affronted by the image which others reflect back to them. Drawing extensively on autobiographies and case studies, sociologist Erving Goffman analyzes the stigmatized person's feelings about himself and his relationship to "normals." He explores the variety of strategies stigmatized individuals employ to deal with the rejection of others, and the complex sorts of information about themselves they project. In *Stigma* the interplay of alternatives the stigmatized individual must face every day is brilliantly examined by one of America's leading social analysts.

psm study material: Community Medicine: Practical Manual - E-book Rajkumar Patil, 2018-01-29 Reflecting author's experience as a teacher, guide and examiner this book is primarily for the MBBS students to face the practical examination and viva; however, it is also useful for the students pursuing MD/DNB (Community Medicine), MPH, DPH and other relevant disciplines. - The book is designed with many figures and tables for easy understanding. - Practical part of the book includes spotters with coloured figures, exercises with solutions and clinicosocial case with details of specific cases. Additionally, chapters such as dietary assessment, family study proforma and visits to various centres are included. - Viva part includes important sample theory viva questions with answers. - This book is provided with online content which includes additional practical and viva questions, answers to practice exercises, links to health programmes and useful websites, and images in community medicine. Topics such as OSCE/OSPE, food adulteration and tips for PowerPoint presentation are also included in the online content.

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psm study material: Counselling for Maternal and Newborn Health Care World Health Organization, 2010 The main aim of this practical Handbook is to strengthen counselling and communication skills of skilled attendants (SAs) and other health providers, helping them to

effectively discuss with women, families and communities the key issues surrounding pregnancy, childbirth, postpartum, postnatal and post-abortion care. Counselling for Maternal and Newborn Health Care is divided into three main sections. Part 1 is an introduction which describes the aims and objectives and the general layout of the Handbook. Part 2 describes the counselling process and outlines the six key steps to effective counselling. It explores the counselling context and factors that influence this context including the socio-economic, gender, and cultural environment. A series of guiding principles is introduced and specific counselling skills are outlined. Part 3 focuses on different maternal and newborn health topics, including general care in the home during pregnancy; birth and emergency planning; danger signs in pregnancy; post-abortion care; support during labor; postnatal care of the mother and newborn; family planning counselling; breastfeeding; women with HIV/AIDS; death and bereavement; women and violence; linking with the community. Each Session contains specific aims and objectives, clearly outlining the skills that will be developed and corresponding learning outcomes. Practical activities have been designed to encourage reflection, provoke discussions, build skills and ensure the local relevance of information. There is a review at the end of each session to ensure the SAs have understood the key points before they progress to subsequent sessions.

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