RIMS-CRMP®

RIMS-Certified Risk Management Professional

RIMS-CRMP Sample Study Plans

Twelve Plans Across Four Preparation Paths and Three Timelines

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These sample study plans are starting points, not prescriptions. Candidates arrive with different experiences, and the blueprint weighting means the same hour spent on different domains does not buy the same number of marks. Pick the plan that matches your timeline and your chosen path, then adjust it using your own self-assessment.

Nothing here requires a purchase. The first path in every timeline uses free resources only, and the substitutions section shows how to run any of the other plans the same way.

What You Are Preparing For

The RIMS-CRMP examination is a two-hour proctored exam of 120 multiple-choice questions, of which 100 are scored and 20 are unscored pretest items. Every question offers four options, only one of which is correct. Results are reported pass or fail.

The blueprint sets how many questions each domain contributes. Domains B and C together account for 60 percent of the exam, which is where most of your time belongs unless your self-assessment says otherwise.

Domain	Weight	Tasks
A. Analyzing the Organizational Model	15%	4
B. Designing Organizational Risk Strategies	30%	7
C. Implementing Risk Process	30%	6
D. Developing Organizational Risk Competency	10%	5
E. Supporting Decision Making	15%	3

Task E.3, Manage Decision-Support Tools, is new to the blueprint. It is the one part of the exam no candidate can have prepared for before, so treat it as new material whatever your experience level.

Three Steps Before Any Plan

Every plan below assumes you have done these first. They take an evening.

1. **Confirm eligibility and book the exam.** A booked date converts intention into a schedule. Everything below counts backward from it.
2. **Complete the Appendix A self-assessment in the study guide.** Rate each task, average by domain, then compare your score against the domain weight. A domain where you are weak and the weight is high is where you start.
3. **Take a practice test cold, before studying.** A diagnostic you score badly on is more useful than a comfortable one taken later. Record the result; you will compare against it.

Choosing a Path

Self-Study, Free Resources Only

Suits candidates who are experienced enough to pace themselves and who would rather spend their budget on the exam fee than on materials. The published study guide, the core lexicon, and the free practice test cover the blueprint, and the study guide carries 46 questions of its own with a full answer key. What this path gives up is repeat testing: you will run out of unseen questions before you run out of study time, so the same items come around again, and your later scores flatter you.

Self-Study with the Full Resource Kit

Suits candidates with substantial hands-on risk management experience who need to map what they already do onto the blueprint's vocabulary and task structure. It is the cheapest path and the most demanding of discipline, because nothing external paces you. The most common failure is reading widely and testing rarely.

On-Demand Course

Suits candidates who want structure without travel, or who are fitting preparation around unpredictable work. Modules pace the content for you and can be repeated. Build testing in deliberately; a course that feels complete when the last module is watched has not yet been converted into recall.

Exam Prep Workshop

Suits candidates who benefit from discussion, who want direct access to an instructor, or who are furthest from the material and need the map drawn for them. The workshop is intensive and covers all five domains, but two days will not by itself carry you to the exam. Plans on this path treat the workshop as the middle of the preparation, not the end.

A workshop or a course on its own, with no further purchases, is a complete path. Both bring their own material: the workshop includes the participant notebook and flash cards, and the course carries its own module assessments. Follow the plan for your path and apply the substitutions in the next section wherever it names a resource you have not bought.

Resources

Resource	Access	Best used for
Examination study guide	Free	Domain and task content, learning objectives, the Appendix A self-assessment
Core term lexicon	Free	The 24 published glossary terms; daily review in short sittings
30-question practice test	Free	A first diagnostic, and a quick retest near the end
60-question practice test	Paid	Mid-preparation checkpoint; long enough to show domain patterns
120-question practice test	Paid	Full-length timed rehearsal under exam conditions
Expanded lexicon	Paid	All five domains including E.3, with notes on how terms are tested
Flash cards	Paid	Spaced retrieval in short sittings; strongest for definitions and sequences

The practice tests carry more questions than their names suggest. Each contains a blueprint-weighted core of 30, 60, or 120 questions plus an appended set drawn from the published study guide questions and the glossary. Use the core for timed rehearsal and the appended set for review.

Running Any Plan on Free Resources Only

Buying a workshop or a course and nothing else is a reasonable decision, and so is buying nothing at all. Every plan below can be run that way. Where a plan names a paid resource, substitute as follows.

Where a plan says...	Use instead
60-question practice test	A second sitting of the free 50-question test, plus the 46 questions in the study guide's own Sample Exam Questions and Practice Questions sections.
120-question practice test	The free 50 questions and the study guide's 46 questions run back to back in one timed sitting. At 96 questions in 96 minutes, it is close enough to the real thing to be worth doing.
Expanded lexicon	The core lexicon, plus your own notes on any term the course or workshop raises that the core lexicon does not carry.
Flash cards	Write your own from the core lexicon. The study guide makes the case for this directly: writing by hand forces you to synthesize in a way that reading does not, so the making is itself the study.

Be honest with yourself about one thing. The free path holds roughly 96 unseen questions. A three- or six-month plan will exhaust them well before the exam, and a score on a test you have already seen measures memory of that test rather than readiness. When a retake score jumps, check whether you are recognizing the item rather than working it. Where the plans call for a final full-length rehearsal, that is the point at which the paid banks earn their money, because a fresh 120 is the only honest dress rehearsal.

One Month

Four weeks is enough only if you already work in risk management and the exam is confirming what you know. If the blueprint vocabulary is unfamiliar, extend the timeline rather than compress the plan. The defining constraint is that there is no room for a second pass, so weak domains must be identified in week one.

One Month | Free Resources Only

Phase	Focus	Resources	Checkpoint
Week 1	Diagnostic, then Domains A and B from the study guide. Work the sample questions at the end of each domain section.	Study guide, free 50-question test, core lexicon	Diagnostic recorded by domain
Week 2	Domain C, the heaviest single block, task by task against the risk process sequence.	Study guide, core lexicon	Can recite the risk process end to end
Week 3	Domains D and E, including E.3. Write your own cards for the weakest terms.	Study guide, core lexicon, hand-written cards	Cards written for every term you hesitate on
Week 4	Study guide practice questions, 46 of them, in one timed sitting. Review misses. Retake the free 50 late in the week.	Study guide questions, free 50	Every miss explained, not just corrected

One Month | Self-Study with the Full Kit

Phase	Focus	Resources	Checkpoint
Week 1	Diagnostic, then Domains A and B. Read the study guide sections and work the sample questions in each.	Study guide, 30-question test, core lexicon	Diagnostic score recorded by domain
Week 2	Domain C, the heaviest single block. Work through each of the six tasks against the risk process sequence.	Study guide, expanded lexicon, flash cards	Can recite the risk process end to end unprompted
Week 3	Domains D and E, including E.3. Return to your two weakest domains from the diagnostic.	Study guide, E.3 materials, flash cards	60-question test, compare against diagnostic
Week 4	Full-length timed rehearsal early in the week. Spend the rest reviewing wrong answers only. No new material.	120-question test, lexicons	Every miss explained, not just corrected

One Month | On-Demand Course

Phase	Focus	Resources	Checkpoint
Week 1	Diagnostic, then work the course modules for Domains A and B without pausing to perfect them.	Course, 30-question test	Diagnostic recorded; A and B modules complete
Week 2	Domain C modules. Pause after each task to answer the study guide questions for that task.	Course, study guide, flash cards	C modules complete with questions worked
Week 3	Domains D and E modules, including E.3. Revisit any module where the diagnostic showed a gap.	Course, expanded lexicon	60-question test
Week 4	Full-length timed rehearsal. Review misses against the relevant module rather than rewatching in full.	120-question test, course	Every miss traced to a module and re-tested

One Month | Exam Prep Workshop

Phase	Focus	Resources	Checkpoint
Week 1	Pre-work. Read the study guide end to end for orientation, not mastery. Take the diagnostic.	Study guide, 30-question test, core lexicon	Arrive at the workshop having read everything once
Week 2	Attend the workshop. Take notes on where your understanding differed from the instructor's framing.	Workshop, participant notebook	Workshop complete; gaps listed
Week 3	Consolidate. Work the domains flagged during the workshop and in your diagnostic.	Participant notebook, expanded lexicon, flash cards	60-question test
Week 4	Full-length timed rehearsal, then review misses. No new material in the final three days.	120-question test	Every miss explained

Three Months

The most common timeline, and the one that allows two passes over the content. The first pass builds coverage; the second builds recall. Spacing between them is what makes the second pass work, so resist the urge to close the gap.

Three Months | Free Resources Only

Phase	Focus	Resources	Checkpoint
Weeks 1–2	Orientation. Self-assessment and diagnostic, then read the study guide end to end without stopping to master anything.	Study guide, free 50-question test, core lexicon	Weak domains identified and ranked
Weeks 3–6	First pass, one domain at a time in blueprint order. Work each domain's sample questions as you close it.	Study guide, core lexicon	Each domain closed with its questions worked
Weeks 7–8	E.3 and consolidation. Build your own card set from the core lexicon and start daily review.	Study guide, core lexicon, hand-written cards	Card set complete; E.3 worked through
Weeks 9–11	Second pass, testing led. Study guide practice questions timed, then the free 50 again. Read only where a miss exposes a gap.	Study guide questions, free 50	Misses clustering in no single domain
Week 12	Full-length rehearsal: the free 50 and the study guide's 46 back to back under time. Review, then taper.	Free 50, study guide questions	96 questions in 96 minutes, then every miss explained

Three Months | Self-Study with the Full Kit

Phase	Focus	Resources	Checkpoint
Weeks 1–2	Orientation. Self-assessment, diagnostic, and a full read of the study guide without stopping to master anything.	Study guide, 30-question test, core lexicon	Weak domains identified and ranked
Weeks 3–6	First pass. One domain at a time in blue-print order, working the sample questions as you go.	Study guide, expanded lexicon	Each domain closed with its sample questions worked
Weeks 7–8	Consolidation. Return to the two domains your self-assessment ranked first. Begin daily flash card review.	Expanded lexicon, flash cards	60-question test, compared against diagnostic
Weeks 9–11	Second pass, testing led. Work question sets by domain and read only where a miss exposes a gap.	120-question bank by domain, flash cards	Consistent scores across all five domains
Week 12	Full-length timed rehearsal, then review. Taper in the final three days.	120-question test	Every miss explained

Three Months | On-Demand Course

Phase	Focus	Resources	Checkpoint
Weeks 1–2	Orientation. Self-assessment and diagnostic, then the course introduction and Domain A.	Course, study guide, 30-question test	Baseline recorded
Weeks 3–7	Work the course at roughly one domain per week, heavier on B and C. Answer the study guide questions for each task.	Course, study guide	All modules complete, questions worked
Weeks 8–9	Consolidation. Rewatch only the modules tied to your weakest tasks. Begin daily flash cards.	Course, flash cards, expanded lexicon	60-question test
Weeks 10–11	Testing-led review. Work question sets by domain; return to modules only where misses cluster.	120-question bank, course	Scores even across domains
Week 12	Full-length timed rehearsal, then review misses. Taper.	120-question test	Every miss explained

Three Months | Exam Prep Workshop

Phase	Focus	Resources	Checkpoint
Weeks 1–3	Pre-work. Self-assessment, diagnostic, and a full read of the study guide so the workshop lands on prepared ground.	Study guide, 30-question test, core lexicon	Read once end to end; questions listed for the instructor
Week 4	Attend the workshop. Capture the framings that differ from your own reading.	Workshop, participant notebook	Workshop complete
Weeks 5–8	First consolidation. Work through the participant notebook domain by domain while the sessions are fresh.	Participant notebook, expanded lexicon	60-question test
Weeks 9–11	Testing-led review. Question sets by domain, returning to workshop material where misses cluster.	120-question bank, flash cards	Scores even across domains
Week 12	Full-length timed rehearsal, then review. Taper.	120-question test	Every miss explained

Six Months

Six months suits candidates newer to formal risk management, those preparing around demanding workloads, or anyone who wants the material to settle rather than be held. The risk on this timeline is not difficulty but drift, so the plans build in monthly checkpoints that make slippage visible early.

Six Months | Free Resources Only

Phase	Focus	Resources	Checkpoint
Month 1	Orientation and Domain A. Self-assessment, diagnostic, and a full read of the study guide for shape.	Study guide, free 50-question test, core lexicon	Diagnostic recorded; domains ranked
Month 2	Domain B, all seven tasks. Appetite and tolerance vocabulary deserves its own week.	Study guide, core lexicon	Domain B questions worked
Month 3	Domain C, all six tasks, following the risk process in sequence.	Study guide, core lexicon	Domain C questions worked
Month 4	Domain D, then Domain E including E.3. Build your card set and start daily review.	Study guide, core lexicon, hand-written cards	All five domains covered once
Month 5	Second pass, testing led. Study guide practice questions under time; return to the text only where misses cluster.	Study guide questions, cards	No domain lagging the others
Month 6	Full-length rehearsal: the free 50 and the study guide's 46 back to back under time. Review across two weeks, then taper.	Free 50, study guide questions	Rehearsal complete; every miss explained

Six Months | Self-Study with the Full Kit

Phase	Focus	Resources	Checkpoint
Month 1	Orientation and Domain A. Self-assessment, diagnostic, and a full read of the study guide for shape.	Study guide, 30-question test, core lexicon	Diagnostic recorded; domains ranked
Month 2	Domain B, all seven tasks. Appetite and tolerance vocabulary deserves its own week.	Study guide, expanded lexicon	B sample questions worked
Month 3	Domain C, all six tasks, following the risk process in sequence.	Study guide, expanded lexicon, flash cards	60-question test; C scoring at or above average
Month 4	Domains D and E, including E.3. Begin daily flash card review and keep it running to exam day.	Study guide, E.3 materials, flash cards	All five domains covered once
Month 5	Second pass, testing led. Work question sets by domain and read only where misses expose gaps.	120-question bank by domain	No domain below your target score
Month 6	Two full-length timed rehearsals, two weeks apart. Review misses between them. Taper the final week.	120-question test	Two rehearsals complete; misses explained

Six Months | On-Demand Course

Phase	Focus	Resources	Checkpoint
Month 1	Orientation. Self-assessment, diagnostic, course introduction and Domain A modules.	Course, study guide, 30-question test	Baseline recorded
Months 2–3	Work the course at a sustainable pace, roughly two tasks a week, weighting B and C. Answer study guide questions per task.	Course, study guide	All modules complete
Month 4	Domains D and E consolidation, including E.3. Begin daily flash cards.	Course, flash cards, expanded lexicon	60-question test
Month 5	Testing-led review. Question sets by domain; rewatch only the modules where misses cluster.	120-question bank, course	Scores even across domains
Month 6	Two full-length timed rehearsals, two weeks apart, with review between. Taper the final week.	120-question test	Two rehearsals complete

Six Months | Exam Prep Workshop

Phase	Focus	Resources	Checkpoint
Months 1–2	Pre-work. Self-assessment, diagnostic, and a full read of the study guide. Work the sample questions in each domain.	Study guide, 30-question test, core lexicon	Read end to end; questions listed
Month 3	Attend the workshop. Capture where the instructor's framing differs from your reading.	Workshop, participant notebook	Workshop complete
Month 4	Consolidation while sessions are fresh. Work the participant notebook domain by domain.	Participant notebook, expanded lexicon	60-question test
Month 5	Testing-led review. Question sets by domain, returning to workshop material where misses cluster. Daily flash cards.	120-question bank, flash cards	No domain below target
Month 6	Two full-length timed rehearsals, two weeks apart, with review between. Taper the final week.	120-question test	Two rehearsals complete; misses explained

What Makes Any of These Work

The plans differ in pacing. What holds across all nine plans is how the time is used.

- **Test more than you read.** Recalling information after exposure builds retention better than rereading. A practice question answered badly teaches more than a page read comfortably.
- **Review misses, not scores.** A score tells you where you stand. The explanation behind a wrong answer tells you why, which is the part that changes the next attempt.
- **Spread the work.** Several short sittings across a week beat one long session. Three consecutive hours is rarely three hours of learning.
- **Study the weighting, not the interest.** It is natural to spend time where the material is enjoyable. Domains B and C carry 60 percent of the exam whether or not they appeal.
- **Read the stem twice.** Items ask for the BEST option, and some ask what MUST or MOST commonly happens rather than what can. Distractors are written to be plausible.
- **Stop adding material in the final days.** The last stretch is for consolidation and rest. Sleep converts what you have studied into what you can recall.

Examination format details are drawn from the RIMS-CRMP Examination Study Guide and Candidate Handbook.

Confirm current eligibility, scheduling, and policy requirements on the RIMS-CRMP website before planning.

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Rev. 9/2026