



MATE SEMINARS



Announcing the Fall 2026 Group & Health 101 Virtual Seminar

The cost of the seminar is \$1,200

Additional information is provided on the back of this sheet and at <https://mateseminars.com>

What the seminar offers

- ◇ Focused practice on exam-type questions, with an emphasis on math questions
- ◇ A large set of practice problems, including both original and exam problems from past FSA exams that apply to the current syllabus
- ◇ Instructor support for the entire exam season: he is available to discuss questions that arise before and after the seminar
- ◇ An explanation of how exams are graded
- ◇ Suggestions on successfully preparing for the exam and answering the different types of exam questions
- ◇ A review of the case study and syllabus readings
- ◇ Summary lists of past exam questions, indicating the source of the SOA's illustrative solution
- ◇ Non-math questions from past FSA exams: to illustrate how topics have been tested in the past and how those questions were worded
- ◇ The ability to rewatch the recorded seminar
- ◇ Computer based testing (CBT) specific strategies
- ◇ Math practice problem tables in spreadsheet format
- ◇ An illustrative spreadsheet that explains difficult math concepts and answers the math problems reviewed at the seminar
- ◇ Instant access to a pre-recorded version of this season's seminar
- ◇ Access to an archive of content for learning more about challenging topics

--- About the Instructor ---

DUSTIN CONRAD
FSA, MAAA, MS

Dustin has work experience in benefits consulting, commercial and government insurance, pricing, reserving, experimental design consulting, and teaching.

Dustin enjoys discussing how math and models combine to explain occurrences in our everyday world. He has earned a master's degree in the fields of Actuarial Science and Statistics. He is in his ninth year of teaching with MATE Seminars, and teaches all of our Group and Health exam prep seminars.

Please see the other side for the seminar registration form.

MATE Seminars GH-101 Registration Form

Name: _____

Phone number: _____

Company name: _____

Street address: _____

City: _____ State: _____ Zip: _____

E-mail: _____

Please check one of the following boxes:

☐ I have NOT ordered this season's MATE Seminars practice problem set. (This set is included as part of the seminar package, and we will ship it to you at the address you provided above.)

☐ I have ordered this season's MATE Seminars practice problem set.

Seminar schedule (Sept. 21—23):

Mon—Wed 8:00 am - 5:00 pm (MT)

Contact Dustin with any
registration questions

To register, send this registration form, with
check or money order for \$1,200 payable to:

MATE Seminars
2134 NE 7th Ave
Portland, OR 97212

*Please contact us for a discounted rate if your
employer does not pay for seminars or reimburse you
if you pass the exam.*

mateseminars.dc@gmail.com
<https://mateseminars.com>

Additional Study Materials

Study manuals and note cards are
available at <https://mateseminars.com>
and the Actuarial Bookstore

Virtual Seminar Information

Times are all based on Mountain Time Zone
(MT). You can also use the time in Denver,
Colorado as your guide.

Links will be emailed out one week beforehand.

Web chat to crowd source questions.

The presentation will be a combination of screen
sharing documents and working problems
together in spreadsheets.

A digital forum (Discord) will be available for use
before and after the seminar to ask questions.

Seminar materials are mailed prior to the event.

