

Student Recommendations  
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CCC provides a great opportunity to study. I found that I had a fair amount of free time, even after clinic. My day would often consist of clinic, 1-3 hours of studying, brief exercise, and then relaxing until bed.

Studying is almost all self-driven during 3<sup>rd</sup> year. I found it more difficult to sit down for hours on end, but instead I had to use small blocks of free time in the hospital or clinic. I downloaded UWorld on my phone and kept a book in my bag so that I could do questions or read during downtime (time between patients during CCC, after seeing my patients but before rounding in the hospital). Furthermore, the content we focus on is different. In the first two years, the focus is on basic science and pathophysiology. In 3<sup>rd</sup> year, the focus is on narrowing a differential diagnosis (signs and symptoms of disease and choosing which test to run next) and treatment. Completing UWorld questions soon after beginning CCC allowed me to shift my thinking early in the year.

During CCC, I finished one pass of the Internal Medicine UWorld questions (~1350 questions), as well as about 100 pediatrics and obstetrics-gynecology questions each during CCC. I aimed to complete 20 questions each day (took about 1.5 - 2 hours), but tried to complete 30-40 each day of the weekend. Obviously, there were days in which this wasn't possible, but I tried to stick to this schedule. I annotated all IM questions in [Step-Up to Medicine](#). I also tried to read one case from [Case Files Family Medicine](#) each day. Finally, I read about topics that I saw in the clinic that day or that I thought I might encounter in the OR or specialty sessions. I've listed below the resources (in addition to UWorld) that I used during each rotation.

I set goals for myself each week so that I would follow-through and stay on schedule. It was very easy to believe that I had plenty of time and could study later (like next week, or next month). However, I believe that neglecting studies during CCC creates an uphill battle during the other (very short) rotations.

After CCC, I found that I had a decent background understanding for my other rotations. I took time to study over winter break for my first rotation (Surgery). I completed all of the UWorld questions and read through NMS before beginning the rotation. During Internal Medicine, I aimed to complete all of my incorrect questions from CCC in addition to other readings. I completed the respective UWorld sections during each of my rotations, which is easy to complete if you aim for 20 questions per day (difficult on some rotations during the week – I would often catch up on the weekends), in addition to reading chapters from review sources or textbooks.

Using this strategy, I was able to honor all of my shelf exams.

Additional resources used during rotations:

- CCC
  - Step-Up To Medicine
  - Case Files: Family Medicine
  - [AAFP Board Review](#)
- Surgery
  - [Surgery: A Case Based Clinical Review](#)
  - [NMS Surgery Casebook](#)
- IM
  - Step Up to Medicine
  - [Case Files: Internal Medicine](#)
- Pediatrics:
  - Nelson Essentials of Pediatrics (One of the online textbooks for the course)
- Psych:
  - [First Aid for the Psychiatry Clerkship](#)
- Ob/Gyn:
  - [Blueprints Obstetrics and Gynecology](#)
  - UWise Question Bank

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