



## Analysis of Test Errors Worksheet and Strategies to Enhance Performance



### Content Knowledge

Align study with SLOs.

Seek to understand the big picture first, and then drill down on the details. Once you understand details, return to the big picture or clinical relevance.

Revisit primary text or use an alternative primary resource.

Consider varying approach from disease-based reading to symptom-based reading.

Study and learn foundational concepts or easier topics first. Then, add challenging subjects.

Create study notes or flashcards that include graphic organizers (tables, flow charts, pathways). Use these study tools to compare and contrast information.

When studying, ask yourself, Why? or How is this clinically significant? Link concepts to a patient case.

Draw out the framework (history/presentation, MOA, course/complications, diagnosis/treatment)

Self-assess using flashcards, quiz questions, qbanks to identify strengths or weaknesses. Prioritize study of weaker and/or heavier emphasized topics.



### Component of the Curriculum

Use this information to identify where you need to spend more time (e.g., attend class, review recommended reading, revisit case SLOs, etc.)

If you are struggling with case content, make sure to revisit SLOs and make your own study notes.

If your PBL/CBL team creates collective notes, be sure to revisit what others have contributed and restate in your own words. Add details or elaborate on group notes.

Review your iRAT or quiz performance to identify strengths and weaknesses.

To strengthen performance on CMED questions focus on SLOs.

To strengthen performance on NBME-style questions, use qbanks and an effective approach to reading, analyzing and answering questions.



### Approach to Questions

Create an effective structure or study schedule.

Create an effective habit by using questions as study tools.

Implement the S1M approach to reading, analyzing and answering questions.

Use the EASE approach (Examine, Associate, Summarize, Ensure) to reduce reading errors and "knee jerk" reactions.

Argue why right answer is the best and why the other distractors are wrong.

Review qbank educational content for right and wrong answers. Make notes or annotate content that requires further review. If needed, revisit primary text to add details to your notes on missed questions.

If you're losing motivation, backtrack and work a few easier questions (with an effective strategy), then return to working more challenging questions.

Schedule time to review notes, flashcards or annotations (actively).

Revisit use of qbanks. Focus study on specific subjects aligned with course content.

Once a week, mix or randomize topics presented in prior weeks to enhance retrieval and retention.



### Test-taking Strategies or Test Anxiety

Prepare for tests by incorporating effective study strategies.

Learn and practice strategies to reduce test or performance anxiety (e.g., visualization, reframing thoughts, breathing exercises)

Prior to tests or exams, simulate the testing environment. Create a block of questions and "test" in a similar environment. Time your practice test to practice pacing.

Prepare for tests by taking care of yourself (get a good night's sleep, eat healthy food, pack snacks).

Use a consistent approach to reading, analyzing and answering questions.

Use a "skipping strategy." Work each question, narrow your answers, and select the best option. Mark if not sure and move on. Let your subconscious work on the problem. If time permits, return to marked questions. Only change your answer if you have an epiphany and know the right answer or realize you made a mistake.



### Physical or Mental Health

Practice self-care.

Revisit your long-term goal to help keep you motivated and focused.

Then, focus on the most important thing you need to do NOW. Repeat.

Study challenging concepts when you are most alert and have the most energy (for most this may be in the morning or after exercise).

Take breaks during study blocks to walk, get fresh air, hydrate, etc.

Explore available support resources (e.g., your physician, OSA, Counseling Center, or others).



### Confidence

Self-assess your ability to accurately rate your confidence. Do you overestimate or underestimate your confidence? Can you trust your "gut?"

Make a plan to revisit questions where you were neutral or didn't know.

Monitor your confidence over time.