

Name: _____

Exam Date: _____

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none">Block off time to study.Secure and organize your resources.Access and familiarize yourself with a quality qbank.Work on your weaker areas by reading (with active learning strategies) and working targeted (subject-focused) qbank questions.Challenge yourself to combine one or two active learning strategies to enhance your approach to studying.Implement strategic approaches to questions (Read the lead-in, scan the question options, read the vignette carefully, identify significant details, anticipate the answer, re-read the lead-in, rule-in your answer, and rule-out wrong answers.)Schedule time to review notes, work incorrects, and catch-up.							
<p>Take or create a practice test this week to help you identify weaker/stronger areas to inform your study plan. Either take a practice test or create a set of 2 – 3 randomized qbank blocks. <i>IMPORTANT: The day or two before your practice test, do a set or block of randomized qbank questions to revisit all topics tested.</i></p> <ul style="list-style-type: none">Consider your “practice exam” results in light of what you have reviewed and what you have yet to review.If weaknesses have not improved, identify which areas need more review. Then “attack” them by reviewing different resources and creating targeted qbanks for review.If strengths have fallen, it could be because you haven’t reviewed them recently.If persistent weaknesses have not improved, you will need to deepen your content knowledge base. Consider using a different text or resource, reviewing answer explanations, or revisiting your study approach and strategies.Review your thought process and refine your test-taking strategy to reduce and eliminate mistakes.							
<ul style="list-style-type: none">Try to schedule time to read or refresh content prior to the day you will be studying (ideally, read before you go to sleep).Have study resources readily available to use during down time (review images /scans, review a screen shot of a table, do questions on your phone, review flashcards, etc.)Weekly, schedule time to review your notes.Weekly, schedule time to work randomized questions, timed (1 block on current topics studied and 2 or 3 blocks on all topics).Combine exercise with study by listening to audio lectures or books on tape, while walking or running.Maintain wellness (sleep!)Create a study group and work questions together.If you find yourself recognizing qbank questions, begin to ask yourself for each distractor, “What would need to change in the body of this question for this answer option to be right instead of wrong?” Alternatively, create concept maps of the answer options. Brainstorm and diagram what you know about each answer option.							
<ul style="list-style-type: none">Schedule some catch-up time to work incorrects or revisit challenging topics this week.Isolate challenging topics by creating small, 10- question banks and work those questions. Review and annotate challenging content from these questions in your notes.Develop some flashcards or review notes to continue to strengthen retention of challenging areas.							
<ul style="list-style-type: none">Revisit associations, formulas, statistics, adverse effects of medications, uncommon features of common diseases, and common features of uncommon diseases.Carefully examine photos, x-rays, and other images in practice qbank questions.Work to approach vignettes strategically by making diagnosis considering best treatment or next steps, and identifying risk factors, etc.Explain challenging concepts to others, annotate and/or add details to notes.Avoid overreliance on videos (balance with reading and active learning strategies).Remember to allocate time to work incorrects and review notes.Refresh all topics with randomized questions (2 – 3 blocks weekly).							
<p>Take or create a practice test this week to help you identify weaker/stronger areas for your Comprehensive Review Period. <i>IMPORTANT: The day or two before your practice test, do a set or block of randomized qbank questions.</i></p> <ul style="list-style-type: none">Practice effective test-taking strategies.Be mindful of your thoughts, pacing, and approach to each question.Carefully and strategically read and respond to each question.							
<p>Comprehensive Review Period (7 – 10 days prior to exam)</p> <ul style="list-style-type: none">Divide all of the topics within those days (spending more time on weaker areas). Try to combine study of similar or interrelated topics, if possible.Attack weaker areas first by reading your central text (combined with active learning such as note taking, talking aloud, drawing or diagraming, elaborating) <i>and</i> working qbank questions focused on a particular content area.Then, spend time completing randomized qbank questions on all areas. Revisit content in your central text to refresh your knowledge (don’t reread everything).				<i>If possible, take a study break the night before.</i>	<i>In-Training Exam?</i>		<i>Celebrate!</i> 