

# Time Management & Study Skills: Premed Edition

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# How to Study: Active Learning

- During Class - PRE-READ for this to work
  - Type or Repeat (in your mind) the main concepts as they come up
    - Do NOT look at slides/answer as you recall topics
- Making Study Guides/Reviewing Notes
  - Make them as concise as possible and try to ***keep it all in one place***
  - Quiz yourself as you go - do NOT copy notes verbatim

# How to Study: Active Learning

- Turn whatever medium you use more active by QUIZZING yourself along the way
  - While reading the textbook
  - While reviewing the lecture before class
  - For chem/phys: do extra practice problems from back of book on topics you learned in class --- these Qs become your study guide
- Try to think what the professor would quiz on

**MENTAL QUIZZING ALL DAY EVERYDAY!**

# Example

- Combine Lecture, textbook, study questions, videos into one place

- For chem/physics classes it would be practice problems

- Review EVERY DAY

- ☐ 30 min daily

- ☐ Spaced Repetition

| Location    | Topic/Question  | Explanation  |
|-------------|---|--|
| Lec2/FA 356 | Intussusception<br>- What ages is it common in?<br>- What does imaging show?<br>- What are 2 lead points? | Seen in children with peak ages of 3 - 6 months old<br><br>- Children have <b>intermittent bouts of crying</b> followed by periods of rest and pain relief<br>- Ileocecal telescoping is most commonly seen → infarction of bowel due to ischemia<br>- Currant jelly <b>stools - bloody</b><br>- Air fluid levels on <b>XRAY</b><br>- Common in the ileocecal junction |

Failure to pass meconium

Hirschsprung disease

Meconium Ileus  
cystic Fibrosis (AR)

adenovirus




# Create Associations

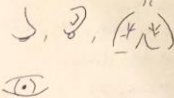
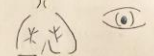

- Creates a safety net - the “no fail method”
  - Pictures & stories

Embed these within your concise study guides

# Handwritten Study Guides?

- Great in certain circumstances
  - Compare and contrast things you tend to forget or confuse
  - Structure it as questions & be concise
  - Especially great for classes like chemistry, physics, or math classes

 ANCA Vasculitis Negative Immunofluorescence

| Granulomatosis w/ Polyangitis (Wegener's)  | Microscopic Polyangitis  | Eosinophilic Granulomatosis w/ Polyangitis (Churg-Strauss)  |
|--|--|---|
| <ul style="list-style-type: none"><li>• cANCA (PR3)</li><li>• URI, nasal bridge collapse, hemoptysis, cavitation, ENT involved, Renal (RBC casts)</li><li>lung alveolar hemorrhage</li></ul>  | <ul style="list-style-type: none"><li>• pANCA - MPO</li><li>• Lung, alveolar hemorrhage, peripheral neuropathy, occasional eye stuff</li><li>• No ears, nose, throat</li><li>• NO granulomas</li><li>• Necrotizing arteritis</li></ul>  | <ul style="list-style-type: none"><li>• pANCA - MPO</li><li>• Asthma, heart failure, GI, kidney, sinusitis, eosinophilia in lungs</li><li>wheezes</li><li>Eosinophilia, ↑ IgE</li><li>• hypersensitivity to an allergic stimulus (drugs)</li><li>• same path as PAN but w/ eosinophilia</li></ul>  |

• T cell mediated  
• Necrotizing granulomas of

# Finals Week

✿ Create a Priority List

Push Through It.

Reminders

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---------|-----------|----------|--------|----------|--------|
|        |         |           |          |        |          |        |

Available on etsy @ plan.study.succeed

Exam List

|  |  |
|--|--|
| <u>Test 1:</u><br># of Qs - _____<br>Current Class Grade: _____<br>Priority # _____<br><hr/> <hr/> <hr/> | <u>Test 4:</u><br># of Qs - _____<br>Current Class Grade: _____<br>Priority # _____<br><hr/> <hr/> <hr/> |
| <u>Test 2:</u><br># of Qs - _____<br>Current Class Grade: _____<br>Priority # _____<br><hr/> <hr/> <hr/> | <u>Test 5:</u><br># of Qs - _____<br>Current Class Grade: _____<br>Priority # _____<br><hr/> <hr/> <hr/> |
| <u>Test 3:</u><br># of Qs - _____<br>Current Class Grade: _____<br>Priority # _____<br><hr/> <hr/> <hr/> | <u>Test 6:</u><br># of Qs - _____<br>Current Class Grade: _____<br>Priority # _____<br><hr/> <hr/> <hr/> |

Topics I CANT Ignore

Projects

SAMPLE


GrowthMindset.com



# MCAT/Standardized Exam Strategies

Day 1: Make a plan

- Resources: Khan academy, sketchy, kaplan, princeton review, podcasts
- Question banks: AAMC, Uworld
- Daily Schedule
- 3 months of Dedicated time minimum

|   |  |  |
|---|--|--|
| <p><b>Question Bank Tracking</b></p> <p><b>Question Bank #1:</b></p> <p>(A) Total # of Qs =</p> <p>(B) Days 'til Test =</p> <p>❖ Divide A/B = # of Qs per day</p> <p><i>Example</i></p> <p><b>Question Bank #2:</b></p> <p>(A) Total # of Qs =</p> <p>(B) Days 'til Test =</p> <p>❖ Divide A/B = # of Qs per day</p> <p><b>Question Bank #3:</b></p> <p>(A) Total # of Qs =</p> <p>(B) Days 'til Test =</p> <p>❖ Divide A/B = # of Qs per day</p> | <p><b>I CAN DO THIS.</b></p> <p><i>The Big Day – Test Date:</i></p> <p>_____</p> <p><u>Study Resources List</u></p> <p><b>Resource #1:</b></p> <p>✍ Plan:</p> <p><i>Available on etsy @</i></p> <p><b>Resource #2:</b></p> <p>✍ Plan:</p> <p><i>plan.study.succeed</i></p> <p><b>Resource #3:</b></p> <p>✍ Plan:</p> <p><b>Resource #4:</b></p> <p>✍ Plan:</p> <p><b>Resource #5:</b></p> <p>✍ Plan:</p> | <p><u>Goal Score:</u></p> <p>_____</p> <p><u>Practice Test Tracking</u></p> <p><b>Test #1 date:</b></p> <p>❖ SCORE:</p> <p><b>Test #2 date:</b></p> <p>❖ SCORE:</p> <p><b>Test #3 date:</b></p> <p>❖ SCORE:</p> <p><b>Test #4 date:</b></p> <p>❖ SCORE:</p> <p><b>Test #5 date:</b></p> <p>❖ SCORE:</p> <p><u>Notes</u></p> <p></p> <p><small>© Curran Lee Dutton</small></p> |
|---|--|--|

# MCAT/Standardized Exam Strategies

- ☰ Daily Schedule Examples
- Dedicated Period

| Resource         | Plan  | 6/17                         | 6/18                   | 6/19                    | 6/20                      | 6/21                                 | 6/22             | 6/23                | 6/24   | 6/25  | 6/26   | 6/27   |
|------------------|---|------------------------------|------------------------|-------------------------|---------------------------|--------------------------------------|------------------|---------------------|--|---|--|--|
| First Aid        | Read 5 pages/day for the next 10 months → 2x through book                 | 344, 345, 346, 483, 511, 512 | 338, 525, 87, 478, 484 | 348, 349, 350, 342, 517 | 510, 488, 489, 491, 492   | 164, 167, 542, 543                   | 490              | 92, 93, 94, 87, 348 | 90, 89, 88, 406, 497   | (481, 483, 61, 483)   | 493, 494, 481, 533, 532  | 243, 283, 561  |
| Sketchy pdfs     | 159 pages - 2 pages/day → 3 times through                                 | x                            | Pg 2-5 bacteria        | 6, 7 bacteria           | Toxoplasma gondii 2 pages | herpes virus 1 & 2                   | histoplasma      | blastomycosis       | paracoccidiosis  | Picornas overview and Polio virus   | Rhino & Coxsackie  | (entamoeba histolytica)                                |
| Kaplan Q bank    | 2098 Qs - 10 Qs a day → go through all 1.5 times                          | x                            | 12 Q's Path Endo       | 15 microbio - all       | 10 microbio               | 9 microbio new & 10 incorrect review | 10 biochem - all | biochem             | 8 biochem  | 10 biochem - all Q types, 6 Endo Physio incorrect a long time ago                               | 6 Endocrine Path incorrect, 10 biochem - all   | 10 immunology  |
| USMLE-RX Q bank  | 2059 Qs - 10 Qs a day → go through all 1.5 times                          | x                            | 10 Q's Endocrine       | 10 microbio             | 10 microbio               | 10 micro                             | 15 micro         | Micro 13 incorrect  | 15 micro   | 10 micro  | 10 micro, 5 biochem  | 15 micro   |
| Pathoma          | Watch based on topics in class. 4 pgs a day. 2 video a day - Winter break |                              |                        |                         |                           |                                      |                  |                     |  |   |  |  |
| Self-made tables | Review 30 minutes before bed every day                                    | x                            | x                      | x                       | x                         | x                                    | x                | x                   | x  | x   | x  | x  |
| Class            |   | x                            | x                      | x                       | x                         | x                                    | pharm quiz       | x                   | neuro lab, review blood supply ACA, MCA, PCA, review Spinal tracts | nuclei for neuro, review incorrect endo, pharm review, watch neuroscience and doctoring lecture | how to present an oral presentation, set up nice clothes for thursday, look up weakness differential, review yesterday usmie rx micro test | review Neuroscience table, finish up 2nd pharm lecture |

|                                |  |            |
|--------------------------------|--|------------|
| 7:00 am - 9:00 am study        |  | 2 hr       |
| 9:00 am - 10:30 am break       |  |            |
| 10:30 am - 12:30 pm study      |  | 2 hr       |
| 12:30 pm - 2:00 pm break       |  |            |
| 2:00 pm - 4:00 pm study        |  | 2 hr       |
| 4:00 pm - 5:30 pm break        |  |            |
| 5:30 pm - 7:30 pm study        |  | 2 hr       |
| 7:30 pm - 9:00 pm break        |  |            |
| 9:00 pm - 9:30 pm study tables |  | 0.5 hr     |
| Self made decks                |  |            |
| Sleep by 11:00 pm              |  | 8.5 hr/day |

# MCAT/Standardized Exam Strategies

## Practice Questions:

- Focus on one thing at a time; take your time
  1. Understanding the concepts
    - Correct AND incorrect answers
  2. Process of elimination
  3. Speed - build over time (1.5 min)
    - Create a goal time limit
  4. Endurance

## Use questions filter to your advantage

- Always spend more time on topics you struggle with
- Daily at least 10 redo Qs
- Question sets should only be as long as you can have time to review
  - Add mistakes to study table

# MCAT/Standardized Exam Strategies

- **Process of Elimination** – Practice this slowly first
  - If you do not know an answer to a question
  - Before you give a random guess give it your best shot
  - Get faster the more you practice, learn to trust your gut
  - Guides your content review as you come back to review questions
- #1 Take a deep breathe and calm down
- × #2 During a real test - select a quick, gut answer and mark question for later
- × #3 Look at the choices and see which ones you can be certain are inherently false or unrelated
- × #4 Do not get distracted by the always and nevers unless you are SUPER SURE
- × #5 When all hope is lost, choose the longest answer choice - go with your gut
- Do NOT keep flip flopping answers if you really aren't sure

# MCAT/Standardized Exam Strategies

## Practice Exams:

- ☰ Stick to your master plan dates
- ☰ Taking more exams does NOT mean better scores → burnout

- ☰ The last 2 exams you take will let you know if you are ready
- ☰ Do NOT schedule a practice test close to your exam date to avoid being too tired

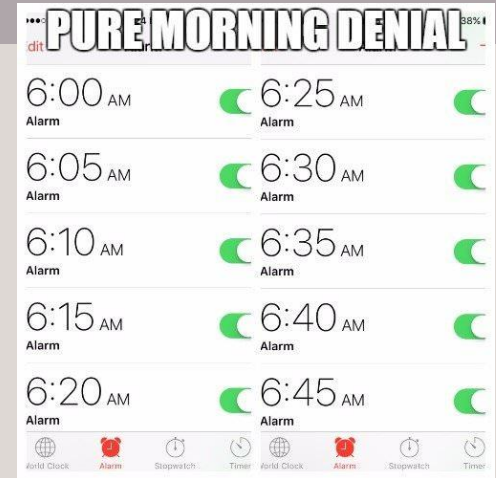
# MCAT/Standardized Exam Strategies

On Test Day & During Timed Practice Questions:

- Do NOT stop to overthink difficult questions – Mark them and MOVE ON
- Only highlight a couple words per paragraph – main idea
- CARS
  - Don't underestimate identifying question type
    - Focus on this first
    - Foundations of comprehension, reasoning outside the text, reasoning within the text

# Plan for Wellness

- 1-2 days off a week
- Schedule things you enjoy doing into your calendar
  - This doesn't have to be yoga
- Meditation/Exam Ritual to decrease anxiety
  - Cognitive offloading: pack lunch, bag, ID, paperwork, outfit
- Get 8 hours of sleep
- Say NO to overcommitting, not friends
  - Don't join that 3<sup>rd</sup> club in the same year
  - If you are balancing a lot at home and extracurriculars
    - Don't take 18 units, protect that GPA
  - Pick activities that fit with your passion/niche



Questions?

**Contact Info:**

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