



ADVICE FROM FORMER YEAR 1 STUDENTS

1. Use block and lecture objectives as guidelines to learning
2. Use PCL cases as a guideline for studying
 - Know why you order the tests you are ordering
 - Go through pertinent positive finding that confirm your diagnosis
 - Know pertinent negative findings that eliminate other differentials
3. When reviewing the day's materials, glance over the notes to get an idea of the content and then read the assigned chapters in the texts. Review the notes once more in greater detail, using the knowledge from the texts to fill in the gaps.
 - This helps in changing focus from trying to *memorize* everything to *understanding* the "big picture"
4. Make notes or notecards to look back at later in the block
5. Stay up to date on going through the lectures and work to integrate knowledge between lectures
6. Don't get bogged down in too much information. I study mainly from my notes from lecture but if I feel as though I'm just memorizing facts I will use other resources to obtain more information on the topic. This helps me fully understanding why things are happening.
7. The biggest thing is don't be afraid to contact faculty members. It is much easier to contact them and clarify a question you have then to spend hours researching your question. This does not mean to not try to find information on your own first.
8. During weeks 7 and 8 review notecards and the ones that you know well enough to answer on case can be eliminated from your stack.
9. You can purchase test books from Guyton and Hall (amongst others) or use ExamMaster (SMHS library) to test knowledge on material taught up to that point (start in weeks 3 or 4). Continue to use the questions for the remainder of the block and even redo the test in order to make sure the information was retained (400-500 questions prior to test week).
 - Some students use practice test questions more than reviewing the lecture notes
10. Repetition is key!!!