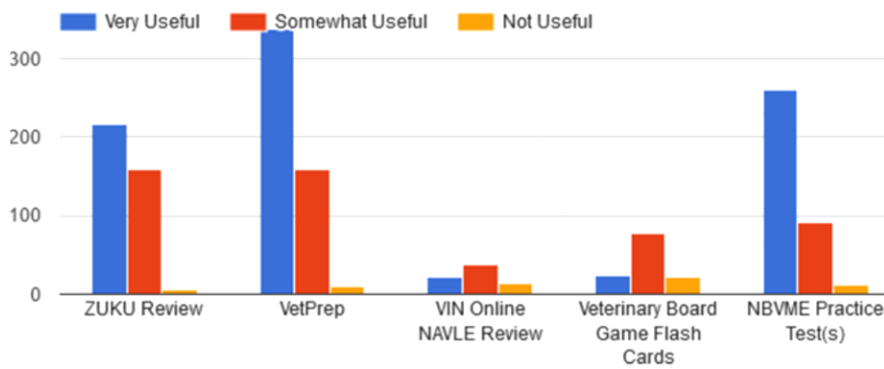




ADVICE FROM 4TH YEAR STUDENTS ON HOW BEST TO STUDY AND SUCCEED:

What should I use to study?



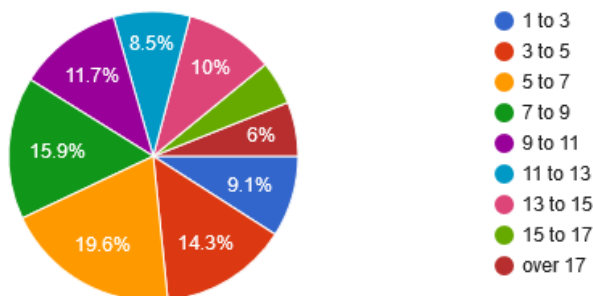
~ZUKU Review and Vet Prep were the most commonly recommended online digital media resource, including the daily online question review

~The Merck Manual was book most commonly used

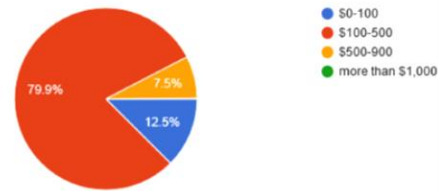
How long should I study?

How many hours per week did you study?

761 responses



How much did you spend on preparation/study materials
761 responses

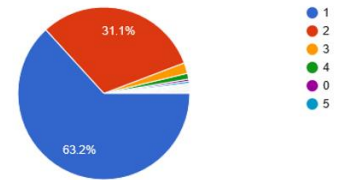


How much should I pay for study materials?

You don't need to break the bank studying for boards! 79.9% of students spent between \$100 and \$500 for study materials or test prep materials and 12.5% of students only spent a maximum of \$100.

How many review services did you use?

747 responses



Should I use multiple review services?

Most students (63.2%) used one review service and recommended sticking with just one. Trying to use too many resources can be cumbersome and cause information overload requiring more organization instead of basic focus.

When should I start studying?

31.7% of students **started studying** in August, 20.9% **started studying** in February

39.7% of students **recommended starting to study** in August, 17.3% recommended July

Additional Advice

- Take practice exams!
- Start studying early enough to give yourself time as clinics pick up but don't get too fatigued
- Study during clinic down time so you can still have free time at home to destress from both studying and clinics
- Everyone studies differently so focus on what works best for you
- The NAVLE isn't a representation of how great of a doctor you will be-there's so much to know and all you have to do is pass-you have your whole life to learn medicine!

Day of the Test

- You'll feel terrible-everyone does; but it's just another test
- RELAX AND BREATHE AND BELIEVE IN YOURSELF
- Take breaks and pace yourself
- Eat well and bring food
- If you're planning to wear ear plugs, practice with them in!

Congratulations on reaching this milestone & best of luck in your studies!
