

Study Strategy Troubleshooting Guide for Medical Students

- ☐ Have you tried at least two completely different study strategies?
- ☐ Are you using a study strategy recommended by a successfully matched medical student (not a peer)?
- ☐ Do you minimize distractions by using a social media-blocking app?
- ☐ Do you have a study group completely separate from your social circle?
- ☐ Do you pre-read before lecture?
- ☐ Do you practice active versus passive reading?
- ☐ Do you use a boards prep book (such as First Aid) to separate high-yield from low-yield?
- ☐ Do you separate things you need to understand from things you need to memorize?
- ☐ Do you have a resource for practice questions, and use it after every lecture?
- ☐ Do you have a self-quizzing system (such as a flash card program) that will ask you questions that you don't know and weed out questions that you know?
- ☐ Do you have a mnemonic system that you use consistently?
- ☐ Do you focus on the clinically relevant?
- ☐ Do you practice by teaching concepts to other medical students?
- ☐ Do you sleep enough, eat well, and exercise?
- ☐ Do you take health breaks after every hour of studying?