



Board Exam Revision Plan

Optimized for clarity and readability

Introduction

This intensive 3-day revision plan is designed to help you efficiently review key concepts and maximize your preparedness for the board exam. The strategy focuses on spaced repetition, active recall, and targeted practice to ensure you retain information effectively and build confidence. Remember to adjust the timings based on your personal study style and energy levels.

Day 1: Foundational Knowledge & Core Concepts

Morning (9:00 AM - 12:00 PM)

- **Review Major Systems/Topics:** Dedicate this time to high-yield subjects. Focus on understanding the core principles and essential details.
- **Active Recall:** After reviewing each section, try to recall the information without looking at your notes. Use flashcards or blank paper.
- **Identify Weak Areas:** Make a note of any topics you struggle to recall or understand.

Afternoon (1:00 PM - 5:00 PM)

- **Practice Questions (Topic-Specific):** Work through practice questions related to the morning's topics. Focus on understanding *why* the correct answer is right and the distractors are wrong.
- **Review Explanations:** Thoroughly read the explanations for both correct and incorrect answers.
- **Targeted Review:** Revisit any weak areas identified earlier, using concise summaries or diagrams.

Evening (7:00 PM - 9:00 PM)

- **Review Day's Weaknesses:** Briefly go over the topics you marked as challenging during the day.
- **Quick Scan of Next Day's Topics:** Familiarize yourself with the subjects for Day 2 to prime your mind.

Day 2: Application & Integration

Morning (9:00 AM - 12:00 PM)

- **Review Less Dense Topics:** Cover subjects that require more application and integration rather than rote memorization.
- **Case Studies/Scenarios:** Work through realistic case studies or clinical scenarios to practice applying your knowledge.
- **Connect Concepts:** Actively try to link different topics and systems together.

Afternoon (1:00 PM - 5:00 PM)

- **Mixed Practice Questions:** Tackle a broader set of practice questions that combine topics from Day 1 and Day 2.
- **Simulate Exam Conditions:** If possible, use a timed practice test to get accustomed to the exam pressure.
- **Analyze Performance:** Focus on patterns in your errors. Are you consistently misunderstanding a certain type of question?

Evening (7:00 PM - 9:00 PM)

- **Review Key Formulas/Algorithms:** If applicable, review essential formulas, diagnostic algorithms, or treatment pathways.
- **Light Review of Day 3 Topics:** Briefly skim the main areas for the final day.

Day 3: Consolidation & Final Review

Morning (9:00 AM - 12:00 PM)

- **Focus on High-Yield & Weakest Areas:** Dedicate this time to the most critical topics and the areas you found most challenging throughout the previous days.
- **Review Mnemonics & Summaries:** Go through any personal notes, mnemonics, or summary sheets you've created.
- **Rapid Fire Recall:** Quiz yourself quickly on key facts and definitions.

Afternoon (1:00 PM - 4:00 PM)

- **Final Practice Test (Optional):** Consider taking one last, full-length practice exam under timed conditions.
- **Review Test Errors:** Critically analyze any mistakes made on the final practice test.
- **Quick Scan of All Topics:** Do a final, high-level scan of all major subject areas.

Late Afternoon/Evening (4:00 PM onwards)

- **Relax and Unwind:** Avoid intense studying. Focus on relaxation techniques, light activity, and ensuring you get adequate rest.
- **Prepare Essentials:** Pack your bag, confirm exam location and time, and lay out your clothes for the exam day.

General Tips for Success

- **Stay Hydrated and Nourished:** Drink plenty of water and eat balanced meals to maintain energy levels.
- **Take Regular Breaks:** Short, frequent breaks (e.g., 5-10 minutes every hour) can prevent burnout and improve focus.
- **Minimize Distractions:** Find a quiet study environment and turn off notifications on your phone and computer.
- **Prioritize Sleep:** Aim for 7-9 hours of quality sleep each night. Sleep is crucial for memory consolidation.
- **Positive Mindset:** Believe in your preparation. A positive attitude can significantly impact your performance.

Conclusion

This structured approach will help you consolidate your knowledge and approach the board exam with confidence. Consistency and active engagement with the material are key. Good luck!

