

THINGS I WISH I KNEW AS AN MS3



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ADVICE FROM UPPER-TERM STUDENTS

Change the way you manage your time- Learn to study in smaller chunks as you find them throughout your day rather than long, uninterrupted blocks of time which you simply won't have. Being more efficient with your time is key since you'll spend full days in the hospital. Read and do questions every night if possible and try to get a good night's sleep. It will probably feel as if there are more responsibilities to juggle, but if you plan ahead it is manageable.

Learn to adapt- One of the most challenging tasks might be adjusting to the culture of every clerkship. Learn the lingo and how to mesh with each new set of people. This can go a long way.

Think about your goals- If you have a specialty you're interested in get involved by making connections with the leadership. Also consider participating in research.

Take responsibility for your learning- Compared to years 1 and 2 when there are LOs and assigned prereading, year 3 might feel more independent. You'll find your resources on your own and must determine what information is most important. Studying for the floors might not be the same as what you'll see on your exam. Doing Uworld questions can help you monitor your progress. You might also use ACE rounds as a benchmark for what you're expected to know. Feedback from residents and attendings is useful so be sure to ask for specific feedback when possible on ways to improve. Make it a point complete the NBME practice shelf exams, too!

Soak it in! Learn as much as you can from your patients and your team. Reading about your patients and being engaged in the rotation are important. Immerse yourself and try to have fun. It can be difficult year as you're in it, but it is worth it!

Preparing for exams in year 3

Start studying as early as you can in each rotation. Two core resources are Online MedEd and UWorld. For clinical skills exams consider First Aid for Step 2 CS and Aquifer Clips Cases for practice cases. Case Files is useful to supplement clinical cases you might see in the hospital. Be sure of the requirements for the communications portion, too.

Here are a few clerkship specific resources recommended by upper-term students to supplement your preparation.

Medicine

- Step up to Medicine

Neuro

- Blueprint
- "big neuro review packet" from online
- Pretest

OBGYN

- Blueprint
- Bullets from ACOG guidelines
- Uwise (online quizzes that some clerkship directors suggest).

Pediatrics

- BRS
- Pretest

Psychiatry

- First Aid for Psychiatry Clerkship

Surgery

- Case Files
- Pastana
- Surgical recall before each case

Interested in more tips? Stop in or make an appointment with the Office of Academic Success! SOMAcademicSuccess@Hofstra.edu