

TIME MANAGEMENT IN MEDICAL SCHOOL



DONALD AND BARBARA
ZUCKER SCHOOL of MEDICINE
AT HOFSTRA/NORTHWELL

DID YOU KNOW:

Most students struggle with time management?

Volume and Pace

The volume of information you'll be expected to know and the pace at which you'll be learning it are going to be much larger and quicker than what you're probably used to. This is often a shock to new medical students.

Key points

Review and prepare every day.

Do a cumulative review of the week's content on the weekend.

If you get behind, stay current first, catching up little by little when you find open pockets of time.

Use a schedule to keep yourself accountable- be sure to schedule important things like sleep, meals, and free time. Also consider an Eisenhower Box for daily tasks.

Learn to identify high yield information.

Fit the task to the time you have- use a timer if needed. Practice will help you get better at this.

Be realistic- adjusting to the new demands of medical school can be tough. It might take a few weeks or even months to get the hang of your new schedule. Try to monitor what is working and what is not and be sure to modify accordingly.

Learn to say no.

The curve of forgetting and spaced learning

Findings suggest that when you are learning new information, in order to retain that information, you should try following a review timeline like this:

- 1st review: within 24 hours
- 2nd review: ~3-5 days/weekend
- 3rd review: ~2 weeks

Giving yourself multiple exposures to the material over spaced intervals has been proven in numerous studies to be the most effective way to learn. Some students use an app like [Anki](#) to do this. Avoid cramming!

Interested in more tips?

We have many resources and suggestions to help you with time management.

Make an appointment with the Office of Academic Success:
SomAcademicSuccess@Hofstra.edu

RESEARCH ON TIME MANAGEMENT AND THE SPACING EFFECT

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