OAS Workshop: How do I study and manage my time?!

Advice from a former Zucker student

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General
Trouble fitting it all in a day?

TRY THIS!
Trouble concentrating?

TRY THIS!
• Spaced repetition! (the basis of our spiral curriculum!)

• Use the weekly essays as a formative assessment – test yourself! Use your incorrect answers to help you go back and review material to fill in knowledge gaps
Try to consolidate your PEARLS research onto one sheet of paper the morning OF or the night BEFORE session.
Structure
PREWORK
PREWORK
PREWORK
PREWORK
Make it fun!
Large Group Sessions
PREWORK
PREWORK
PREWORK
PREWORK
“Study smarter, not harder”
Resources:

https://medicine.hofstra.edu/academic-success/
https://francescocirillo.com/products/the-pomodoro-technique#