

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

## Advice from a former Zucker student

Katie Romeo, MD

Emergency Medicine Attending SSUH

Director OAS, Zucker SOM



General

Trouble fitting it all in a day?

**TRY THIS!**



Trouble concentrating?

**TRY THIS!**

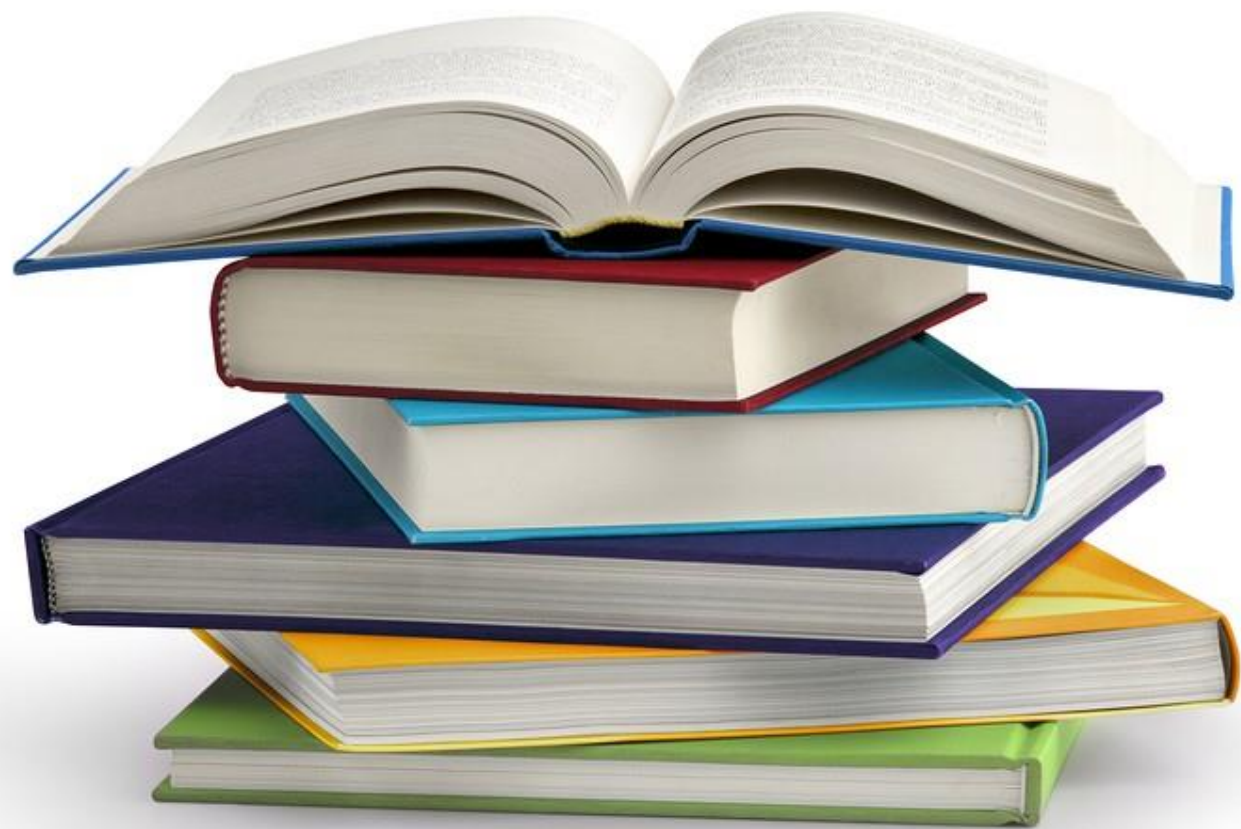


- Spaced repetition! (the basis of our spiral curriculum!)
- Use the weekly essays as a formative assessment – test yourself! Use your incorrect answers to help you go back and review material to fill in knowledge gaps

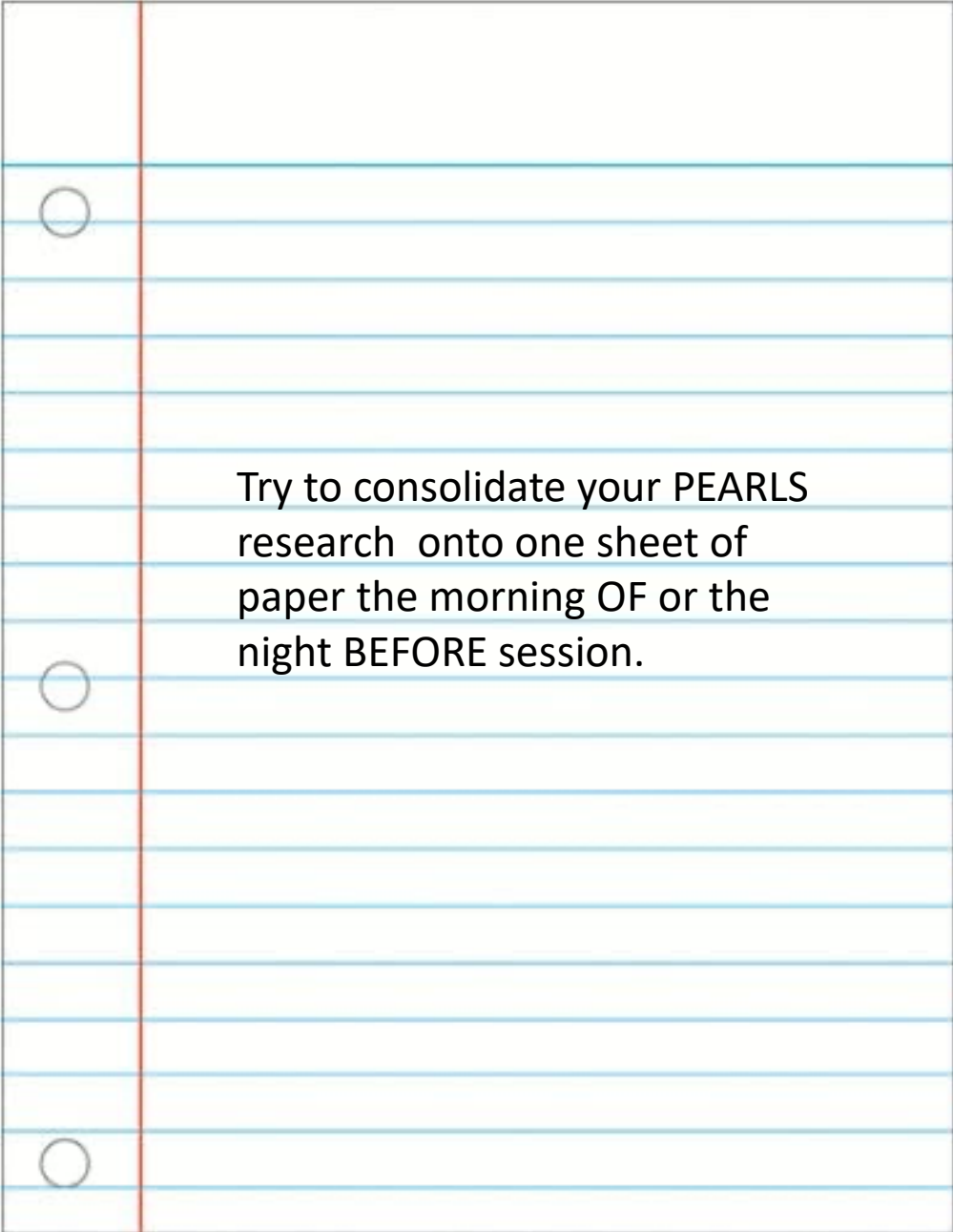


PEARLS









Try to consolidate your PEARLS  
research onto one sheet of  
paper the morning OF or the  
night BEFORE session.



# Structure

PREWORK

PREWORK

PREWORK

PREWORK

FRANK H. NETTER, MD



# ATLAS OF HUMAN ANATOMY

6th EDITION

*F. Netter  
M.D.*

ANNIVERSARY  
25  
EDITION

ELSEVIER  
S.A.M.S.

[www.studentconsult.com](http://www.studentconsult.com)

# Make it fun!



The background features a light blue gradient with several thick, expressive black brushstrokes. These strokes are oriented vertically and diagonally, creating a sense of movement and depth. The central text is contained within a white rectangular area.

# 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#>