

Office of Special Programs Study Strategy

(MCAT, DAT, Boards, Professional School)

7 steps:

1. **Preview:** Before class make sure that you preview the material. Read the 1st sentence of each paragraph and gain a big understanding. Grasp the “big picture.”
2. **Question:** Ask yourself questions; *how does it relate to what I already know?* Intertwine what you do know with the material.
3. **Read:** Make this an active process. Write notes, and put it in your own context; however, do not change the concept.
4. **Study:** Combine your own personal notes with the class notes. Bring these two entities together. This helps retain the material better.
5. **Test:** test yourself to see how well you have understood the material and to find any holes in your notes or reading or knowledge base.
6. **Review:** This is perhaps one of the most important steps that prevents cramming at the end. Every morning, review for approximately 20 minutes what was done the previous day and/or night, particularly the key concepts and major details. This will get the material stuck in the brain! Every day, review what you’ve done previously throughout the week. Therefore, by Friday, you would have reviewed Monday’s material so much!
7. **Teach:** This is a key concept as well that not only helps you retain information, but allows you to identify if, and how much, of the information you know.

5 Month Preparation Time:

1. **Months 1 & 2** – Spend this time reading the subject material with notes at least 3x.
2. **Month 3** – Start answering questions. This will inform you of what holes there are in your knowledge.
3. **Month 4** – Start studying the Answer questions to especially learn *THEIR* thought process.
4. **Month 5** – Take practice exams. Put yourself in the testing environment (i.e. use a computer, use a mouse, use scratch paper, use a pencil, test in a computer lab, if possible). Mimic the testing environment as best as possible. Make sure to REVIEW the test upon finishing and pay special attention to the questions that you missed.