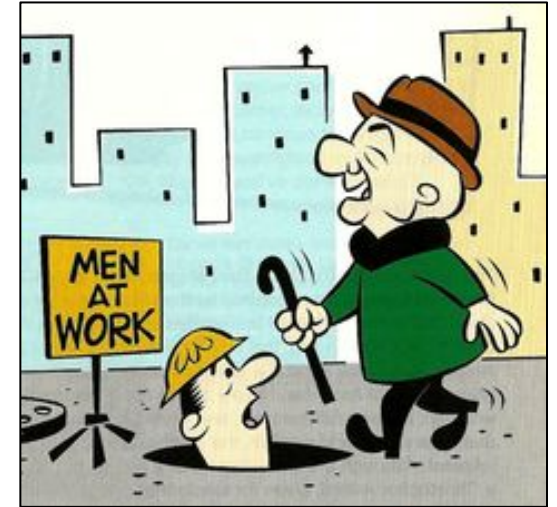


NBME Vignettes: Pearls, Pitfalls and Lessons Learned



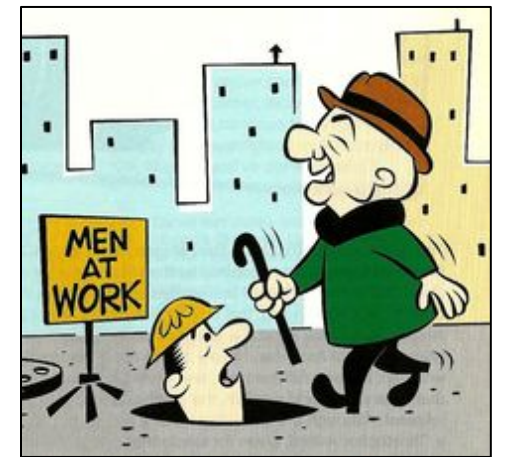
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Overview

General Principles

Question Stem

Question Options

*Q-bank Efficiency
(e.g. best practices)*

***Integration of
Content***

To the End

*Integration of
Content*

*Integration of
Content*

*Q-Banks are for **Learning**, Not Testing*

Questions and Education:

Problem-Based Learning

*Goal: Engage the Student in **Active Learning***

***Integration of
Content***

Learning:

- *Active* v *Passive* → *Retention*
- *Q-Banks* = ***Problem-based Learning***
- *Building your intellectual scaffolding*

***Integration of
Content***



Learning:

- *Active v Passive → Retention*
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***Integration of
Content***

Notes:

- *Culling and Refining → **Classic Associations** and **Key Language***
- ***Referencing** when in a jam (i.e. active learning) → **Wikipedia***
- *Closer to greatness than you realize*



Learning:

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Integration of Content

Reinforcing:

- *Benefits of **One Organ System***
- *Benefits of **One Subdivision***
- *Random Questions → **Chaos***
- *Maximizing Benefits of Your Notes*
- *Lecturing to Shakespeare*

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Question Stem:

- *Accept the Question-writer on their terms*
- ***All components are not the same***
- *The importance of **Language** over Content*

Learning:

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Negative Information:

- *Absence of findings matter*
- *Things they didn't tell you matter*



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- Time/Pace:**
- *Go Slow; **One Question at a Time***
 - *Maximizing value from your efforts*
 - *Kill the timer*

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NBME Vignettes: **Pearls, Pitfalls** and **Lessons Learned**



No Two Students Are Alike

NBME Vignettes: Pearls, Pitfalls and Lessons Learned

That sounds vaguely familiar...???



I haven't looked at Heme in a while...

No Two Students Are Alike

NBME Vignettes: Pearls, Pitfalls and Lessons Learned



Lessons Derive From Students Who Struggle
To Gain USMLE Step One Traction

NBME Vignettes: Pearls, Pitfalls and Lessons Learned



Lessons Derive From Students Who Struggle
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NBME Vignettes: Pearls, Pitfalls and Lessons Learned



Students Work Hard...They Need To Work Smart

NBME Vignettes: Pearls, Pitfalls and Lessons Learned

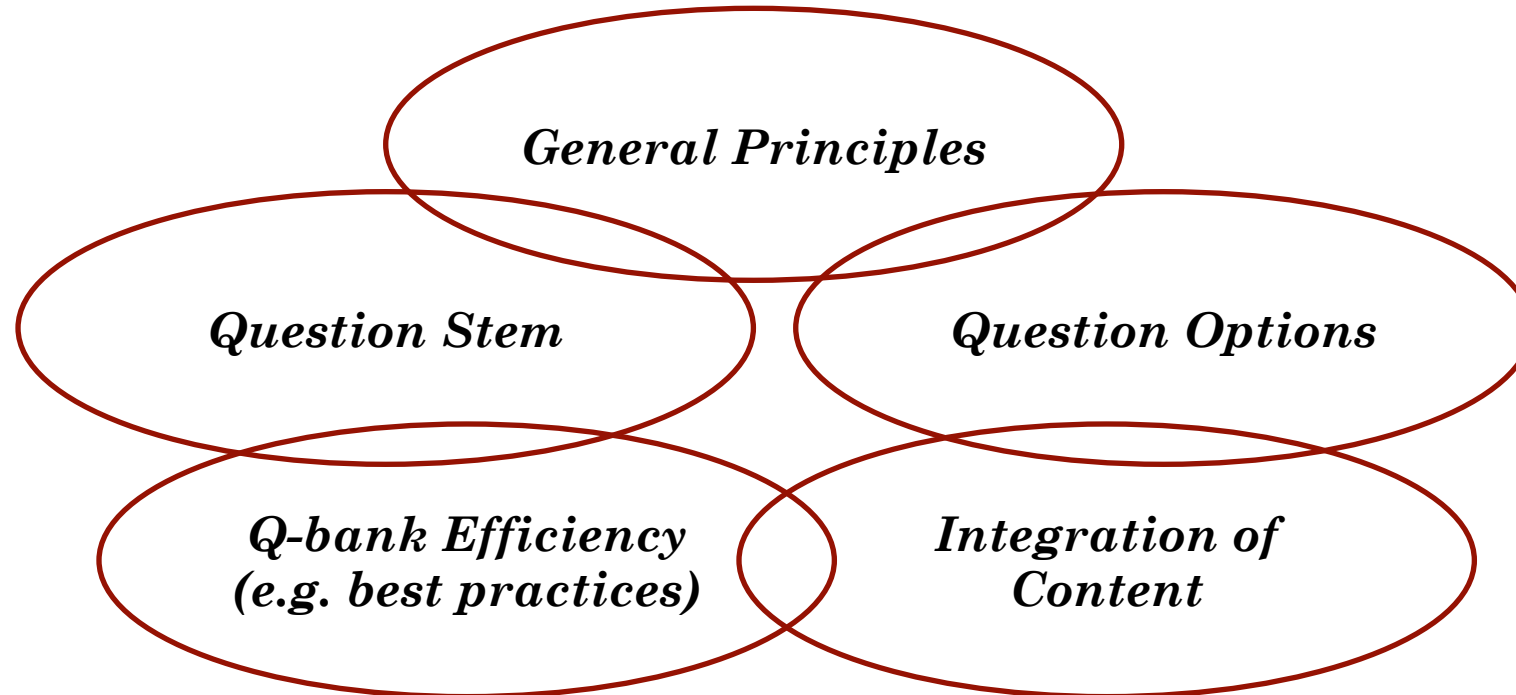
- **General Principles**

- No two students alike

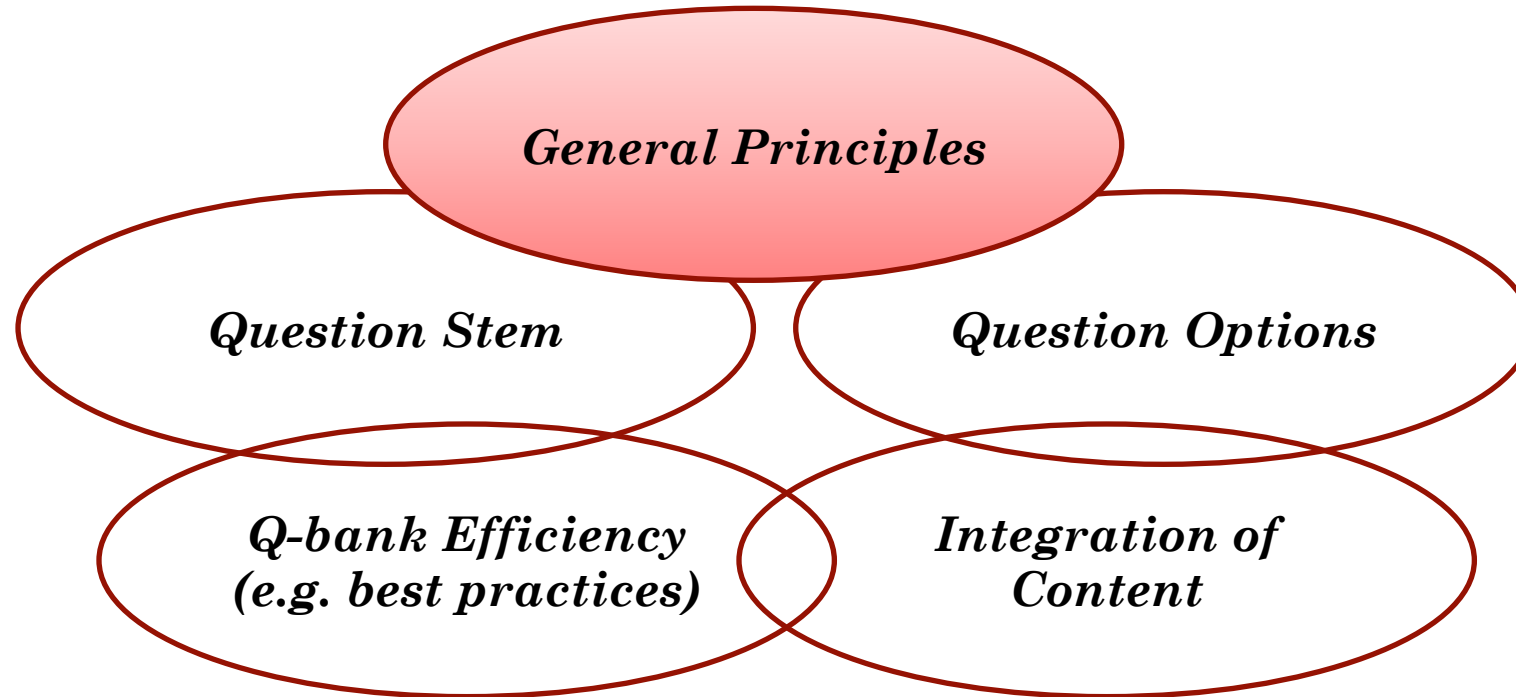
- *All students sin (but in unique and creative ways)*

- **Target audience:** those who struggle to gain Step One traction

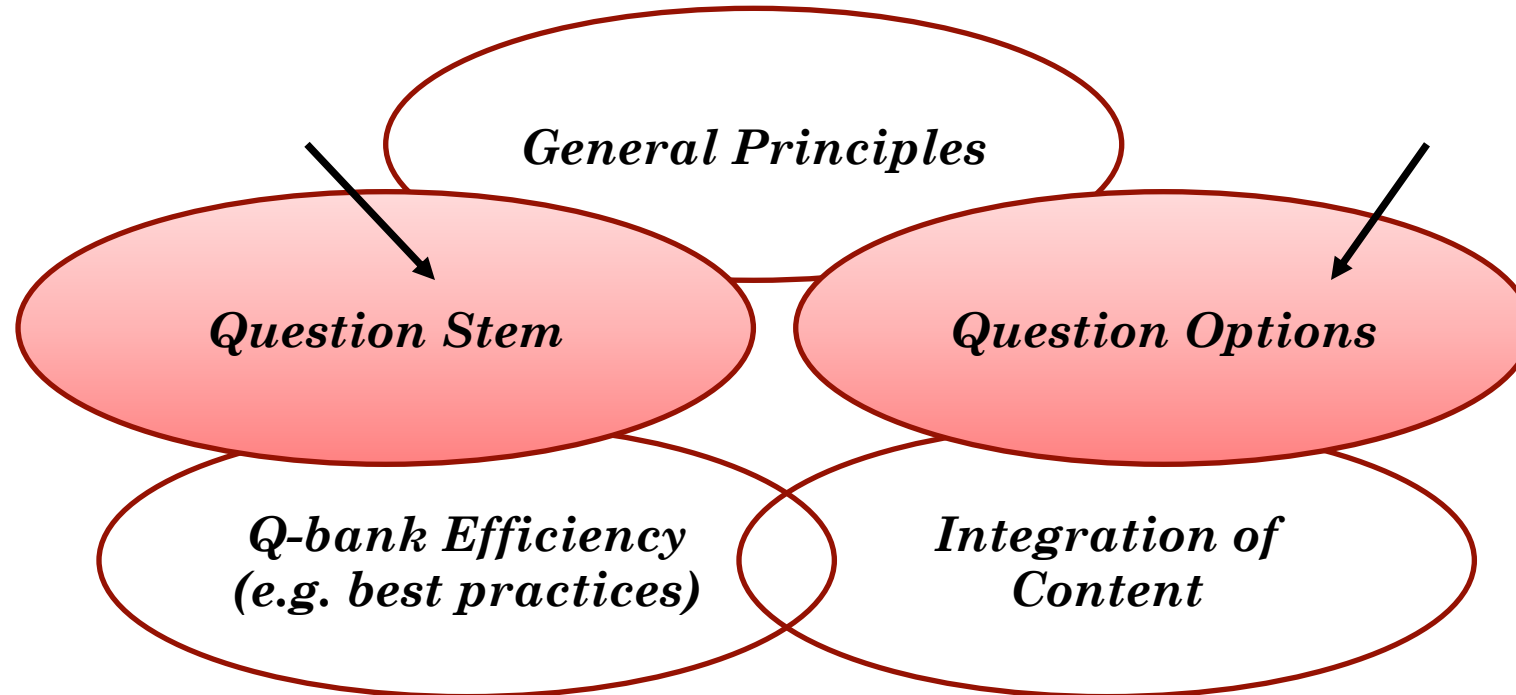
Overview



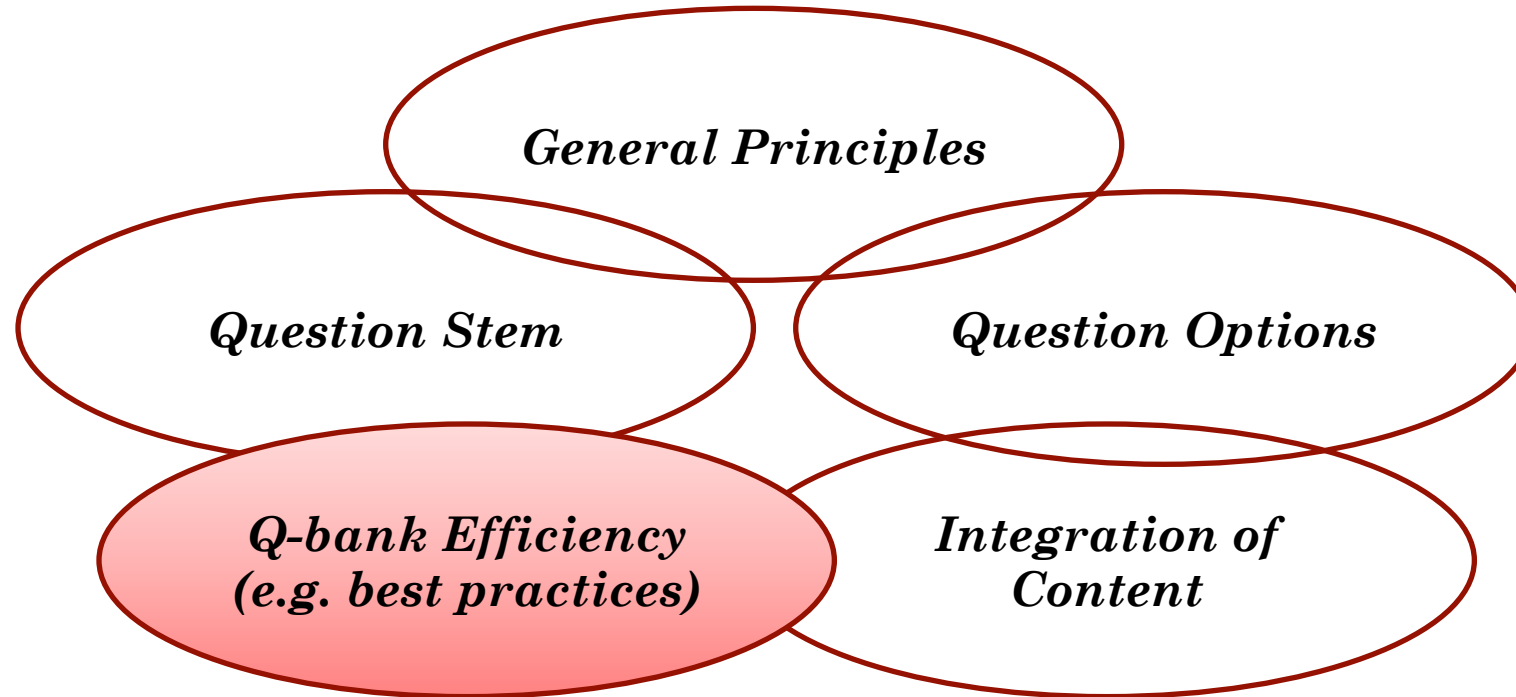
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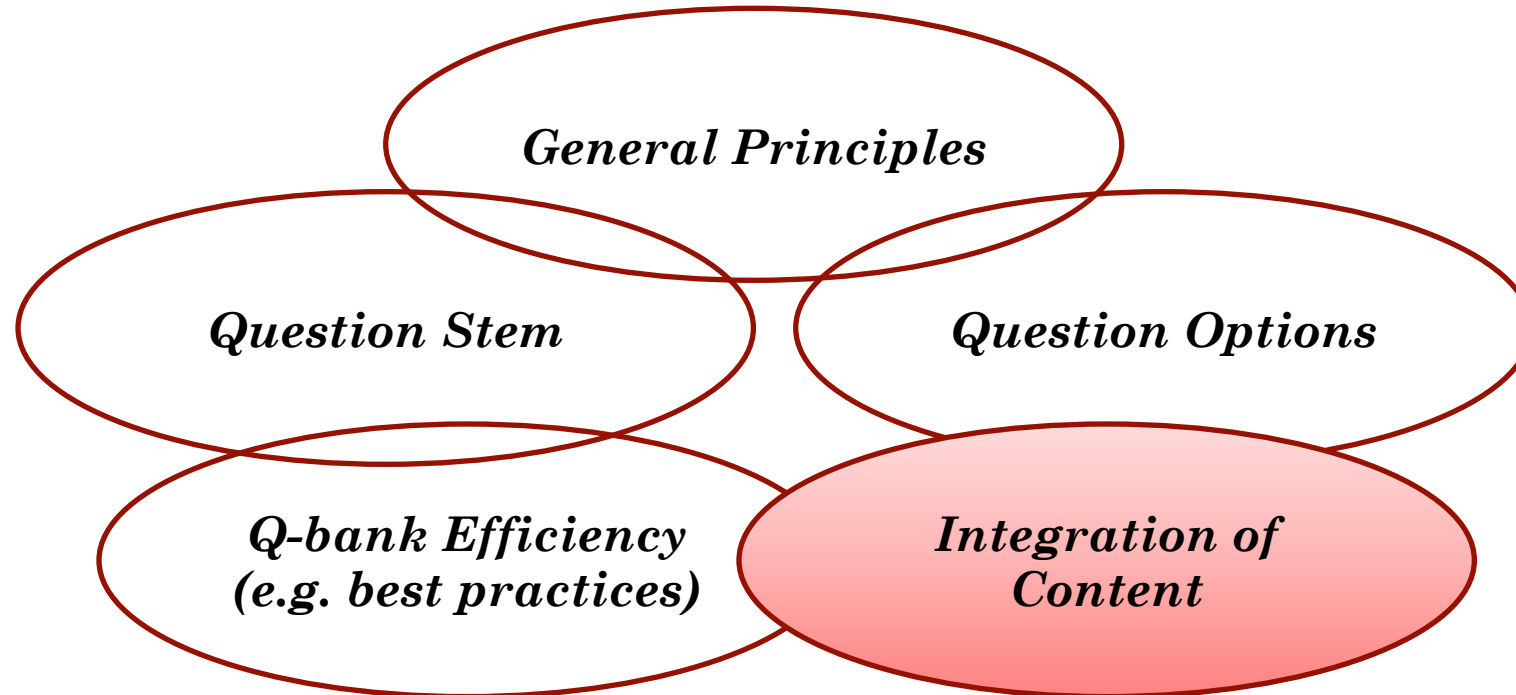
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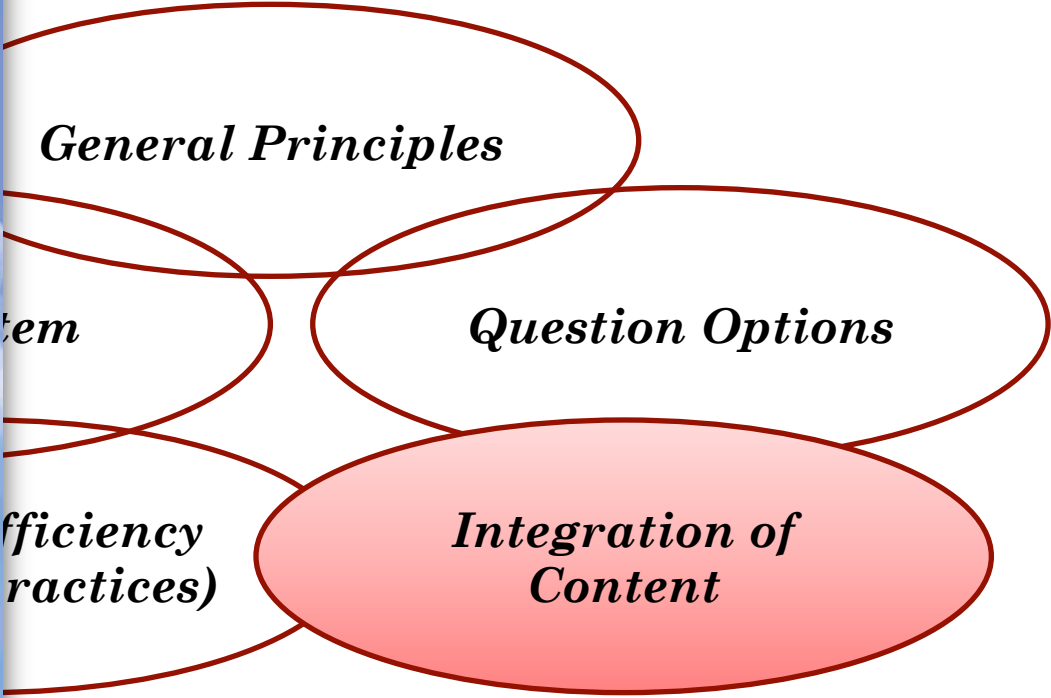
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Overview



Overview



NBME Vignettes: Pearls, Pitfalls and Lessons Learned

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- **These aren't the Ten Commandments**

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- *You need to develop good (Q-bank) habits*

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NBME Vignettes: Pearls, Pitfalls and Lessons Learned



*Your racetime is **not** determined on raceday...
it reflects the quality of all your training runs*

NBME Vignettes: Pearls, Pitfalls and Lessons Learned



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- **General Principles**
 - **I guess you had to be there...**
 - *Lecture principles are different than getting caught red-handed during a tutorial*
 - Goal: Integration of Information - translate notes into workable knowledge
 - Active versus Passive Learning
 - *Problem-based learning*
 - Long-term versus Working Memory



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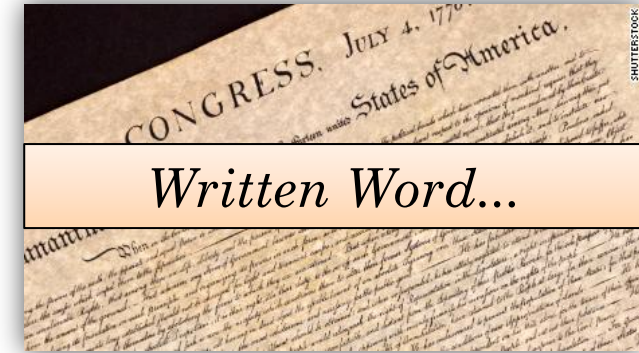


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NBME Vignettes: Pearls, Pitfalls and Lessons Learned

- **General Principles**

- **Time is Finite**

- *It is okay to make executive decisions*
 - *Obsessing over minutiae steals time from big-ticket items*

- Learning Resources

- *Too many*
 - *Primary References*

- ≠ Flashcards and First Aid

- Find the Joy in Disease Categories

- Build an Intellectual Scaffolding

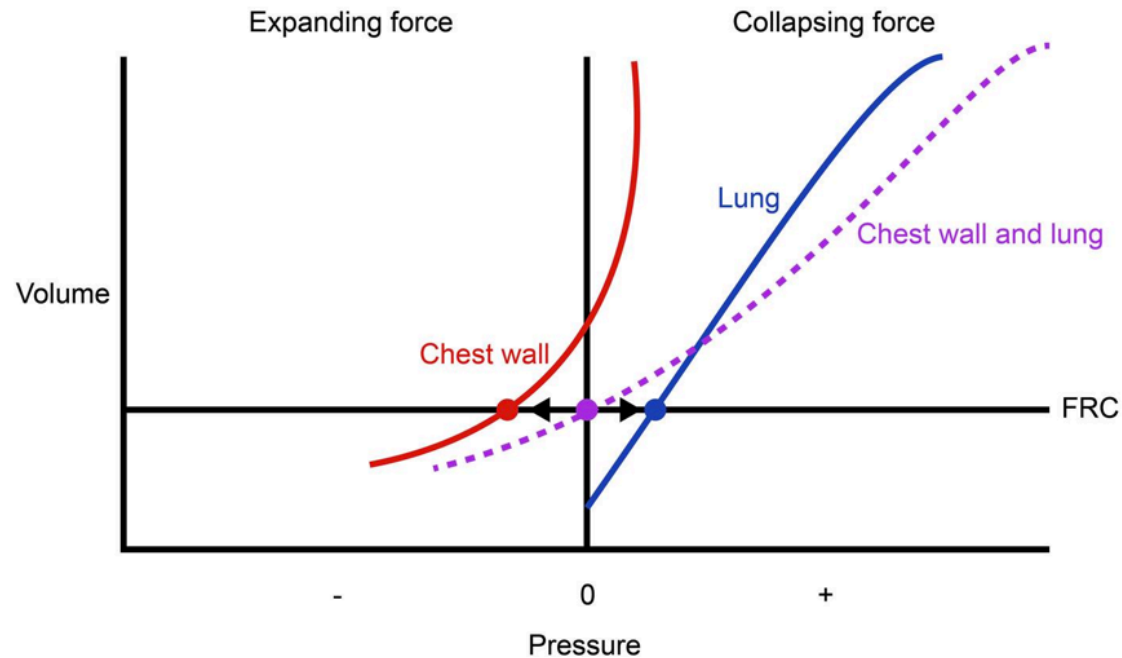


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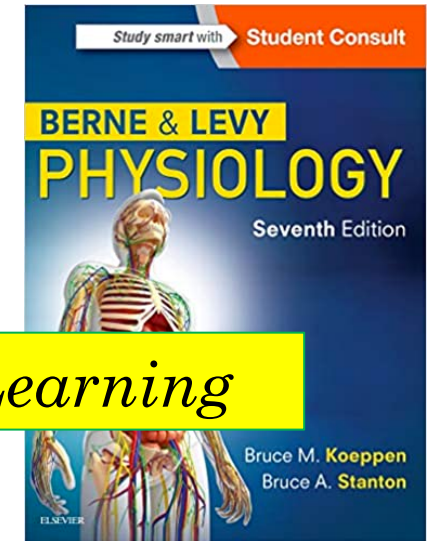
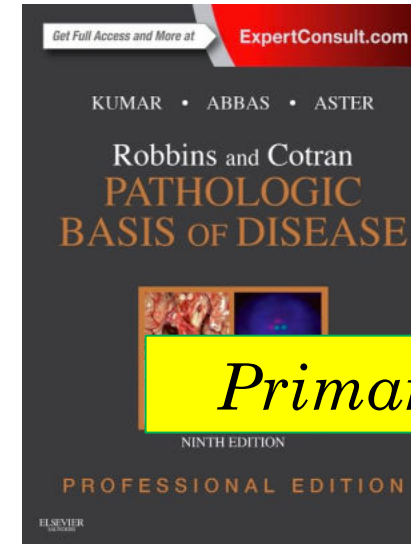
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Primary Learning

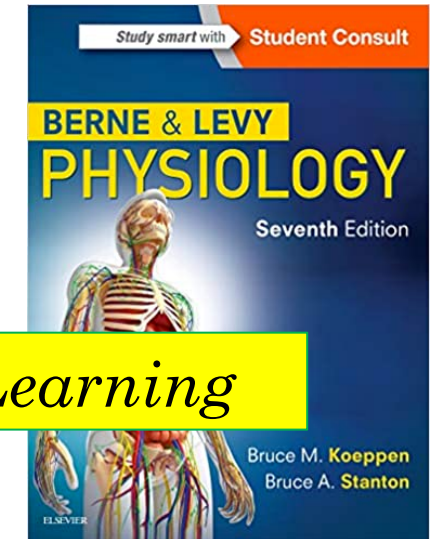
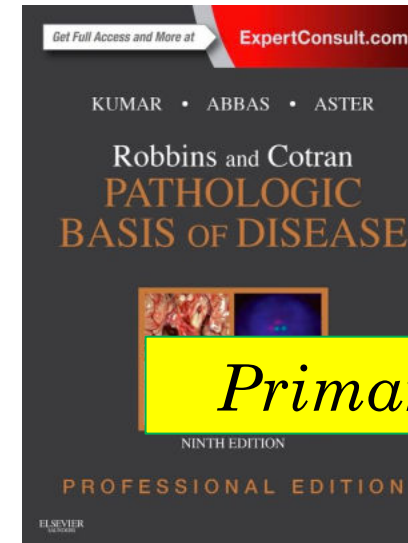


*Review of Previously
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*There is a time for review
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Primary Learning



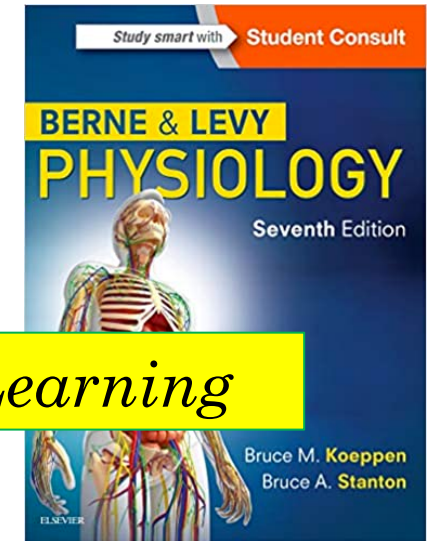
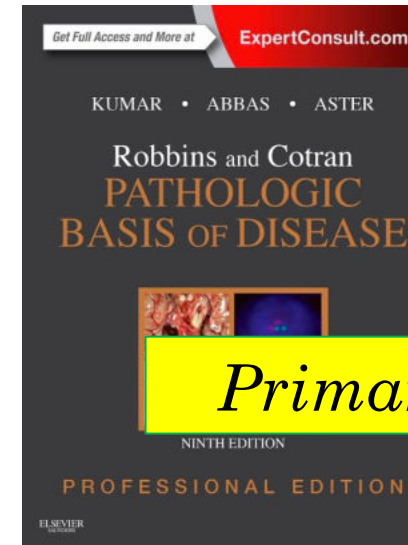
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*There is a time for review
and a time for primary learning...*

*...if you are struggling with an organ system or
isolated topic, go back to the primary resource*



*Review of Previously
Learned Material*



NBME Vignettes: Pearls, Pitfalls and Lessons Learned

- **General Principles**
 - Discover the Joy of **Disease Categories**
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Glomerulopathies

Nephritic

1. *IgA*
2. *PSGN*
3. *GPA*
4. *anti-GBM*



Nephrotic

1. *Minimal Change*
2. *FSGS*
3. *Membranous*

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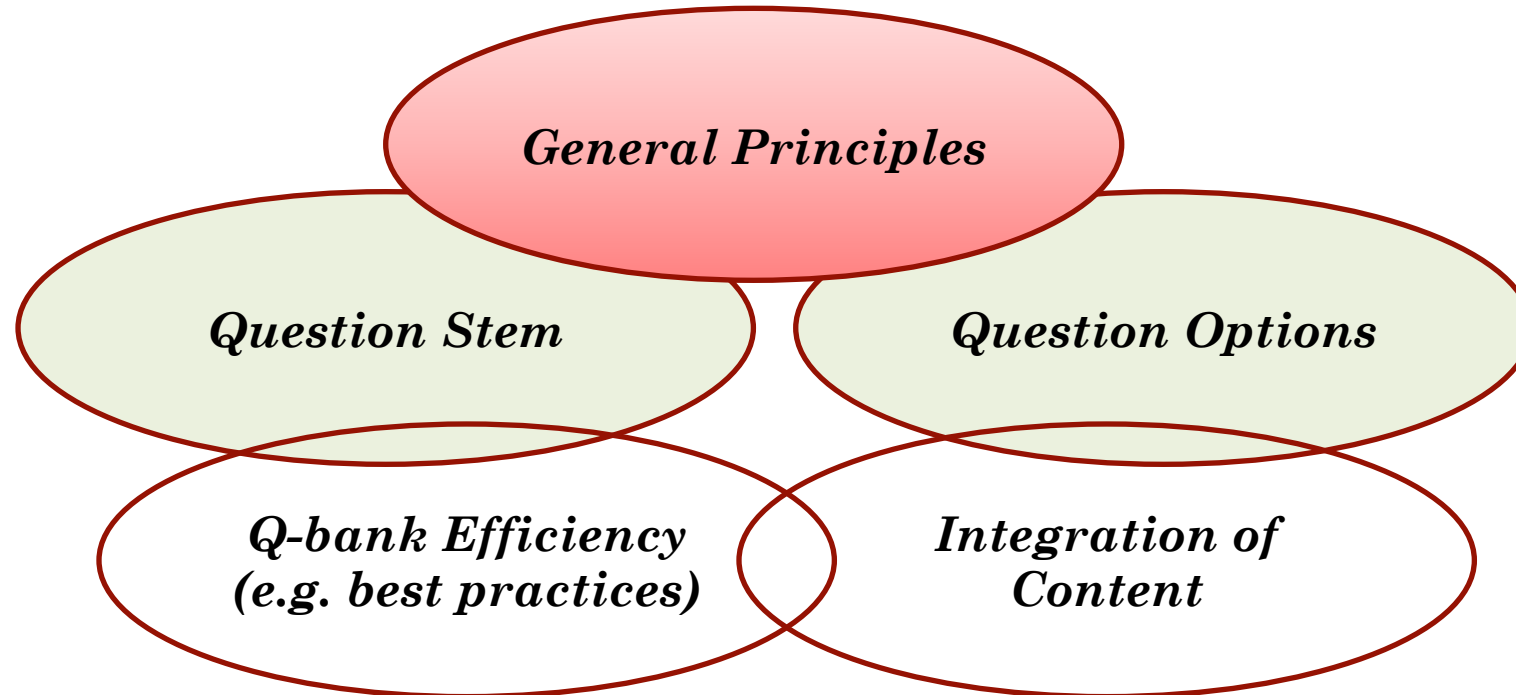
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