

# Supplemental Exam Tips

*From a former student who has been there. You are not alone!*

"Our greatest glory is not in never failing, but in rising every time we fail."

— Confucius

## Finish the year strong

- Focus on passing the remaining scheduled exams
- You will have lots of time to study in the summer (even if you are writing 2 exams)

## Make a schedule

- Make a list of all the lectures you have to get through and put them into a schedule
- The schedule will keep you organised, on track, and help you visualize what you need to do

## Focus on your weaknesses

- Exemplify will give you a breakdown of how you did in various sections (this can help direct your studying...and can prompt you to remember questions that could be recycled on the supplemental 😊 )

## It's not as bad as it seems!

- You have already learned and reviewed the material once!
- There is more time to study and less distractions (no prep for skilled clin/ tutorials/ procomp)

## Why was failing a good thing?

- You are going to know the content so much better now that you studied it again!
- This additional knowledge and comfort with the material will help you in clerkship!
- You will have the study strategies to pass future exams!

## A word on RIM

- Be open with your RIM supervisor, they should be understanding and encourage you to focus on the supplementals
- You will have lots of time after the supplementals to work on RIM

## Take care of yourself

- Treat studying like a 9-5 job, Monday-Friday
- Enjoy your evenings and weekends
- Eat and sleep well (sleep stories and meditation can help tame an anxious mind)
- Remember medicine is not your entire world, enjoy life outside of it too