



# Serious Senior SURFing: Gearing Up for the Pediatric Boards

Session 1: August 1, 2014



# Session Outline

- Welcome! Thanks for coming!!!
- Overview/Goals of this Mini-Series
- Study Planning and Resources
  
- Let's Practice!



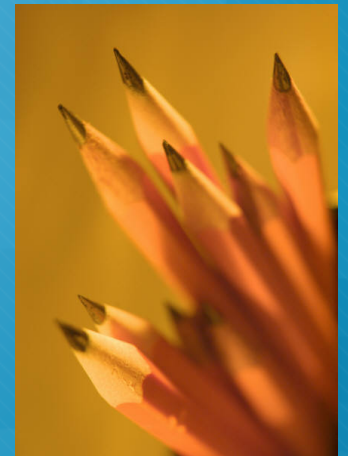
# The Countdown Begins...

Your Pediatric Boards (GPCE) is in early October.

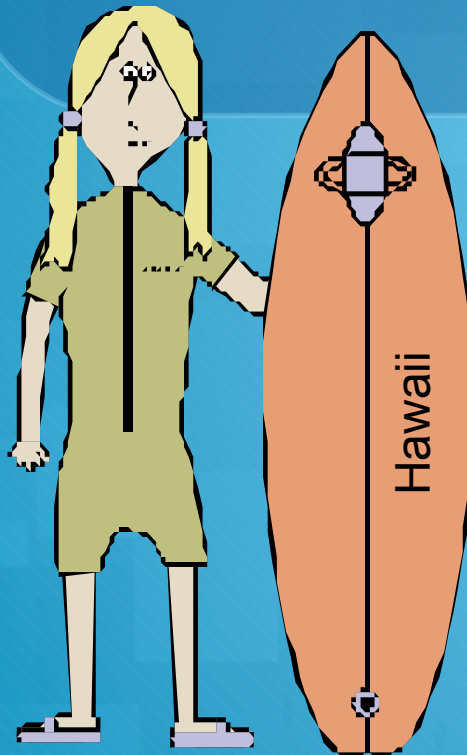
You still have plenty of time...

How will you prepare???

What is your study plan?



# Pillars of the SURFboards Program: Strategic Unified Regimen For passing “the boards”



Alicia

**Serious Senior Surfing (SSS)**  
End game sessions!!

**The ABP Outline/Content Specifications**  
(be sure your reading and review habits align with these)

**REP/SURFboards PREP**  
Three years of board prep review with class

**Didactic Conferences**

**See lots of patients: read about them**





## The Facts:

# Pass Rates for First Time Test-Takers

- In the past five years, between 76-86% (mean 79.8%) of all first time test takers passed the General Pediatrics Certifying Examination (GPCE = “the boards”).

[https://www.abp.org/abpwebsite/stats/abp\\_esic.pdf](https://www.abp.org/abpwebsite/stats/abp_esic.pdf)

- Good news: UH grads have a great record in the last few years!

# Serious SURFing: the nitty

- Next sessions will have assigned readings from Pediatrics in Review prior to session; high yield points reviewed in light of content specifications for that topic
- Individual timed PREP “quiz” at start of each session, relevant to topics for that week; answers later discussed with small group
- Also: Effective Study Planning, Picture Practical Sessions, Last Minute List, Helpful Study Tips, and much more!





# What do I need to “Seriously SURF”?



- A good attitude and an open mind
- A commitment to making board study a priority!
- Access to archives of Pediatrics in Review (you all should have this through [www.pedialink.org](http://www.pedialink.org))
- Your lucky pencil 😊

# Successful Study Planning





# Congratulations!! You've Made it This Far!!

- By this point in your life, you have sat for at least six standardized tests or so...and you have taken innumerable other subject tests throughout school, college and medical school. **YOU ARE A TEST MASTER.** 
- Until residency, you learned to survive and thrive under the pressure of regular deadlines during which you were expected to regurgitate material to demonstrate your knowledge. 
- Now as you are finishing your residency career, you have probably realized that the rigors of a testing schedule to keep you on track with the steady acquisition and retention of new information has no longer been structured for you. Now, it's your turn!!!



# Study Strategizing Secrets

- Unfortunately, there is no magical formula!
- You don't have time to read Nelson's cover to cover (again).
- There are quite a few study aids out there, which can get overwhelming.
- But, if you think early about getting yourself organized and plan your "study attack," you **WILL** be successful!





# A Few of My Favorite Things

- Highly recommended study aids:
  - **5 year cycle of PREP Content Specifications with Pediatrics in Review/PREP questions**
  - Zitelli Atlas of Pediatric Physical Diagnosis
  - Smith's Recognizable Patterns of Human Malformation
  - Color Textbook of Pediatric Dermatology
  - Laughing Your Way to Passing the Pediatric Boards
  - The Cleveland Clinic Intensive Review of Pediatrics
  - Med Study series

# Successful SURFing Strategy

- **Content Specifications are KEY**
  - If you use them as a study guide, nothing should be a “surprise”: board questions are written directly from these (it is literally a blueprint for the exam)
  - It really helps studying in small “bites”—less overwhelming
  - ABP website: “General Pediatrics Content Outline” under Gen Peds Exam Info = skeleton specs
  - PREP CD has Content Specification Guide in .pdf form that includes an article and/or PREP question reference that addresses EACH POINT
    - Print it out, binder style! Or use it on your iPad!





# Specifics of the Specs

- Outline of all Board Relevant Topics
  - Using ABP website ([www.abp.org](http://www.abp.org)), note the percentage of questions from that topic on the exam to understand the weight of the subject (updated each year)
    - i.e. Growth and Developmental Milestones: 5%
    - Infectious Diseases: 4.5%
    - Metabolic Disorders: 1.5%



# Read to Succeed

- Each content spec references either the PIR article or the corresponding PREP question that addresses that bit o' knowledge.
- A helpful starting point...look elsewhere if needed!
- The good news: you have already done a lot of reading and direct patient care during residency!





# The Weakest Link

- Start to identify your weak areas...
  - As scored on your ITE from year to year
  - Those rotations that you dreaded
  - If you open the content specs for a topic and it seems to be written in a foreign language
  - Diagnoses you may not see frequently in Hawaii
- If unchecked, you will be guilty of studying what you \*like\* to study!



# Map it Out

- Looking at the Content Outline:
  - Consider your strong and weak areas
  - the % of questions on the test in that subject
  - Your time from now until October
  - How you study the best
  - Assign time accordingly—you will have to definitely adjust this schedule as you see how things go
  - Plan to not learn any new information in the last 1-2 weeks (be a lean, mean question & picture review machine)



## Sample Personal Study Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mock Study Schedule		June 25 Moving	Cards	27 Cards	28 Cards	29 Cards
30	1 July	2	3	4	5	6
50 questions 2010	<u>Devo</u>	<u>Devo</u>	<u>Devo</u>	<u>Devo</u>	<u>Devo</u>	<u>day off</u>
7	8	9	10	11	12	13
50 questions 2010	<u>Nephro</u>	<u>Nephro</u>	<u>Nephro</u>	<u>Nephro</u>	Prevent	Prevent



# Practice makes perfect...

- Your test taking skills will improve with many practice questions. (Goal = 5 years of PREP!)
  - Read the question carefully, highlight key points
  - Cover up the answers and try to reason an answer first
  - Eliminate obvious wrong answers to narrow focus
  - If an answer seems obscure, usually not correct
  - “Always” and “never” answers usually not correct
  - Try not to overthink questions...keep in mind boards is testing the general pediatrician, not the subspecialist!





# Time yourself!

- As exam day gets closer, plan in sessions where you are timing yourself taking a significant number of questions in a row
- The exam has 330-350 multiple choice questions
- You must train both your mind and your body to handle this!!
- An average of 1:00 to 1:30 per question is usually a good estimate



# Let's get started!

- Picture Practical #1 is posted around the room





# Thank you!! See you next time!!

- I will email you all a syllabus, and a dropbox link
- There is some pre-reading for next time
- Make your personal study calendar!
- I welcome suggestions for topics you want to review as a group...