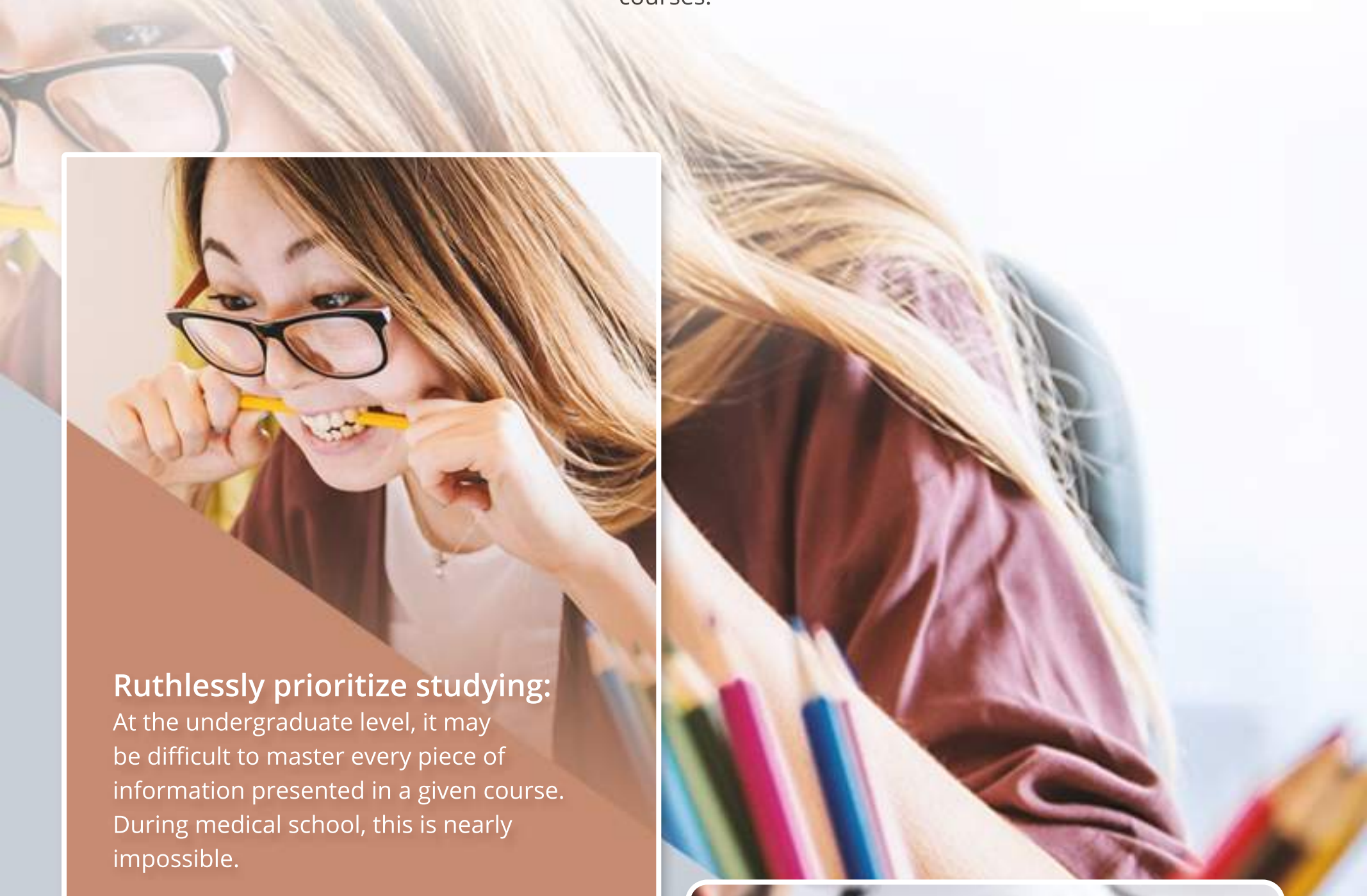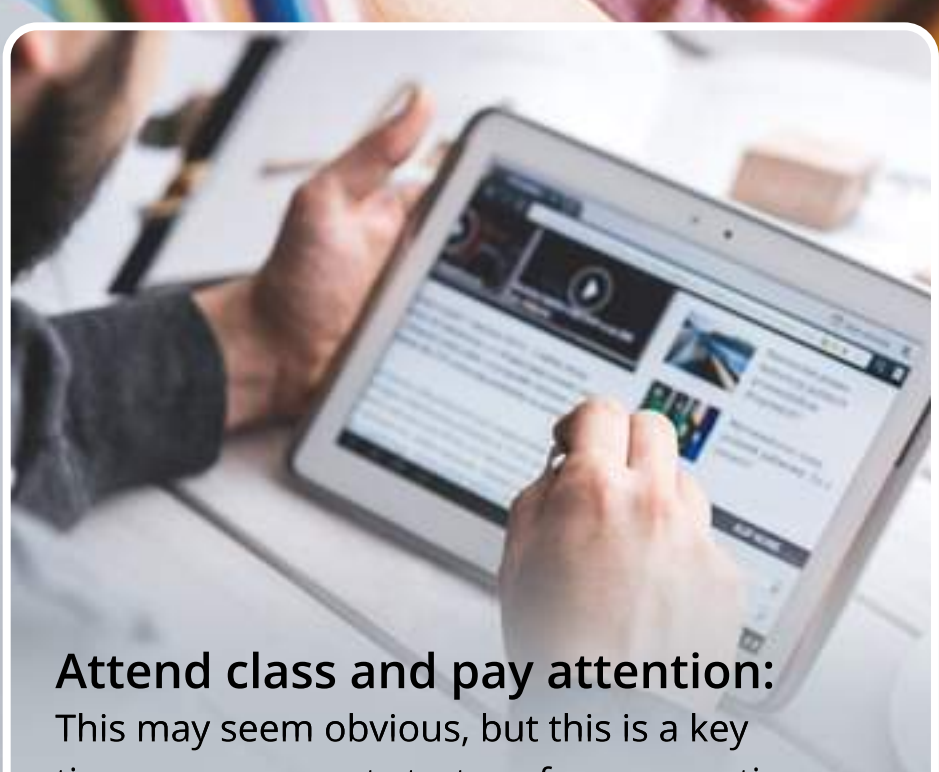# Time Management Tips
For Medical Students

In medical school, time is your most important – and rarest – commodity. The staggering volume of material covered in medical school is often referred to as "drinking through a fire hose" and represents a substantial increase from the amount of material presented in undergraduate courses.

Ruthlessly prioritize studying:

At the undergraduate level, it may be difficult to master every piece of information presented in a given course. During medical school, this is nearly impossible.
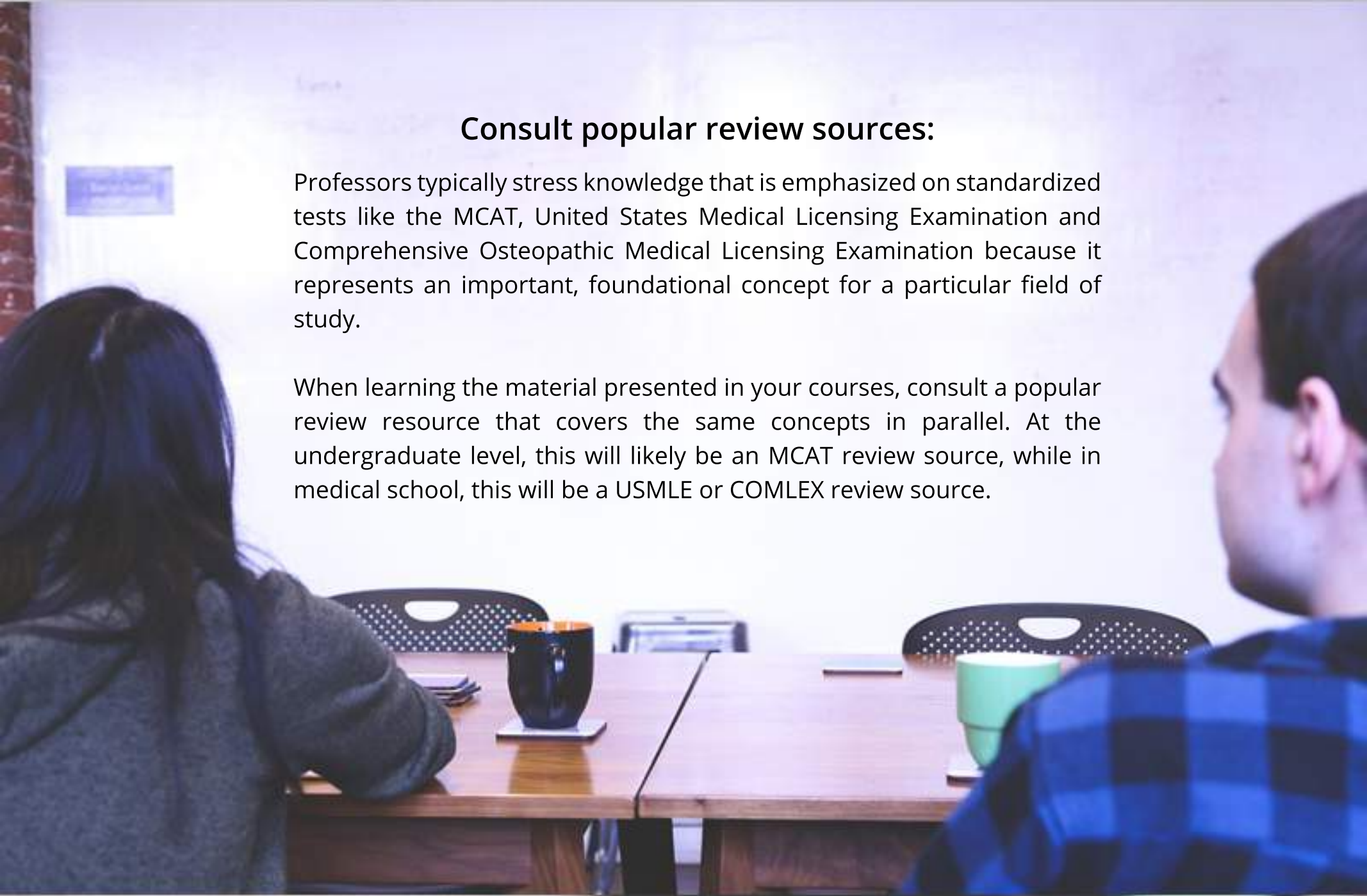
As such, it is essential to learn how to triage concepts based on your mastery as well as the relative importance of the material – or in medical school speak, "yield."

Attend class and pay attention:

This may seem obvious, but this is a key time-management strategy for prospective medical students. In both college and medical school, I had many peers who chose not to attend lectures, preferring to read from the professor's slide deck or handout.

Skipping class is even more tempting in medical school, since many schools offer lecture video streaming. With this approach, four hours of lecture can quickly turn into eight-plus hours of streaming video and annotating, since students tend to be less disciplined when streaming video.

Consult popular review sources:

Professors typically stress knowledge that is emphasized on standardized tests like the MCAT, United States Medical Licensing Examination and Comprehensive Osteopathic Medical Licensing Examination because it represents an important, foundational concept for a particular field of study.

When learning the material presented in your courses, consult a popular review resource that covers the same concepts in parallel. At the undergraduate level, this will likely be an MCAT review source, while in medical school, this will be a USMLE or COMLEX review source.

Adjust strategies before exams:

During your studies, follow these strategies. Then as time becomes increasingly precious in the days prior to an exam, stop studying other material and focus exclusively on material that you have annotated with characters, such as a star or diamond. During the final day before an exam, only study material with both characters, since this represents the content that has the highest likelihood of appearing on the exam.

Get a life

"When you get bogged down with stress, call someone who has nothing to do with medicine and talk about regular life," Lonowski suggests. "Give yourself a break every now and then. Do whatever you need to do to recharge."

Time management in medical school is a learning process, but UCLA and the school of medicine have a range of resources to help.

Source:
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www.usnews.com/education/blogs/medical-school-admissions-
doctor/articles/2017-08-15/time-management-strategies-for-prospective-medical-students
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