

Personalized Learning Schedules: Create customized study schedules, adjusting time allocation based on challenging subjects. Modify schedules daily based on progress.

Example prompt: Prepare a schedule to review this book over 4 weeks.

Though both exciting and promising, pitfalls of using AI models for studying include the potential for outdated information or reliance on data that are not validated, resulting in a potential source of misinformation. AI can become unintentionally trained with human biases, and thus produce results that further reinforce or perpetuate potentially harmful biases. When using AI for personal studying, always validate information and maintain a critical eye when creating prompts.

AI is clearly a rapidly evolving study tool, however, how it can be best integrated with proven study methods remains to be seen. For the most recent updates on effectively leveraging AI in medical education, we encourage you to explore our blog at firstaidteam.com and scan a variety of student-centered discussion forums.

► TEST-TAKING STRATEGIES

► *Practice! Develop your test-taking skills and strategies well before the test date.*

Your test performance will be influenced by both your knowledge and your test-taking skills. You can strengthen your performance by considering each of these factors. Test-taking skills and strategies should be developed and perfected well in advance of the test date so that you can concentrate on the test itself. We suggest that you try the following strategies to see if they might work for you.

Pacing

You have seven hours to complete up to 280 questions. Note that each one-hour block contains up to 40 questions. This works out to approximately 90 seconds per question. We recommend following the “1 minute rule” to pace yourself. Spend no more than 1 minute on each question. If you are still unsure about the answer after this time, mark the question, make an educated guess, and move on. Following this rule, you should have approximately 20 minutes left after all questions are answered, which you can use to revisit all of your marked questions. Remember that some questions may be experimental and do not count for points (and reassure yourself that these experimental questions are the ones that are stumping you). In the past, pacing errors have been detrimental to the performance of even highly prepared examinees. The bottom line is to keep one eye on the clock at all times!

► *Time management is an important skill for exam success.*