

My Study Strategy for Medical School at UCalgary

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1 Resources I Use

Conflict of interest declaration: I use these resources because I find them helpful, not because I am paid to do so. I am not affiliated with any of these resources. I am collaborating with Toronto Notes editors to create AI-generated practice questions.

Table 1: Resources I use in order of frequency (from top to bottom).

Qbanks	Videos	Books	Apps
Ankihub		First Aid for the USMLE Step 1	Anki
UWorld	Sketchy	First Aid for the USMLE Step 2	perplexity.ai*
AMBOSS	Osmosis	Netter's Clinical Anatomy	Complete Anatomy
		Toronto Notes	

*perplexity.ai is a GPT-powered tool that provides sources with its answers.

2 My Study Strategy

2.1 Learning New Concepts

1. Sketchy: great for memorizing lots of things at once using method of loci (memory palace)
 - If Sketchy video not available, I watch the UME podcast
2. Do the practice Sketchy questions (~10 questions per topic)
3. Review lecture slides for anything missing from Sketchy
4. Anki
 - Unsuspend relevant Anki cards from the AnKing deck (contains cards for USMLE Step 1 and 2 content)
 - Create missing cards from lecture slides
 - *Note:* I do ~120 new cards/day, ~1000 total cards/day (takes just under 2 hours)
5. Read relevant sections in First Aid

2.2 Consolidation

ANKI!!!, then I review Toronto Notes for a quick summary followed by practice questions:

- UWorld and AMBOSS have tons of practice questions; AMBOSS has an Anki plugin that gives you cards based on your learned Anki cards. Toronto Notes have fantastic summaries of diseases relevant to UCalgary and MCCQE exams.
- Any time there is something I don't understand, I ask perplexity.ai a question

2.3 Anatomy

- Osmosis videos and UME anatomy note package
- Add Anki cards based on Osmosis and UME anatomy note package; add relevant images from Netter's Anatomy
- Review 3D anatomy with Complete Anatomy

2.4 Exam Prep

- Brain dump onto paper comparing against MANIC notes, then review anything I missed