Before you start to revise, make sure you know:

1. The type of exam.
2. How you will be assessed.
3. What material you need to review.
4. What lectures will be covered in the exam.
5. When and where it will take place.

Before you leave, make sure you have your...

- Water bottle
- Watch
- Calculator
- Extra pens and note paper
- Timetable
- Dress for confidence
- Toiletries
- Food

The week before...

- Review your exam timetable
- Practice explaining concepts aloud
- Make flashcards of details and weak points
- Focus on understanding the big ideas
- Start consistently using a revision method
- Join a revision group if you can
- Map your exam locations
- Identify your weaknesses
- Create your own revision guide
- Try different revision methods
- Choose your revision tools
- Choose a 'break time' activity
- Choose a 'warm-up' activity
- Set up your revision space
- Create a revision schedule
- Before you hit the books...

- Organise pens and papers to keep things tidy
- Turn off distractions or remove social apps
- Choose a calming music playlist
- Use noise-cancelling headphones
- Adjust lighting for easy reading
- Find a spot for a whiteboard or corkboard
- Set up your laptop in the centre of focus
- Grab a comfy chair with back support
- Get a desk or table

T I P :

Assessing how you apply and communicate your medical knowledge to the care of patients

OSCEs: Objective Structured Clinical Examinations

To hone your skills...

- Practice listening and responding to feedback
- Practice asking open-ended questions and responding
- Practice visual acuity and visual field examinations
- Practice doing physical examinations of different body parts
- Conduct a full respiratory or cardiovascular examination in under 8 minutes
- Find a peer to act as a mock examiner
- Assess how much time you'll be given at each station
- Find out what tasks you'll have to do at each station
- Determine how many stations you'll have to visit
- Check that your exam conditions are suitable

Written essays

- Try summarising long journals and reports
- Practice using correct grammar rules
- Revise English

Multiple choice

- It's important to know the answers to the questions you'll be asked.
- When the questions get tough.

On the day...

- Get in the habit of taking quality notes in lectures and use them to revise
- Start practicing conducting examinations at least 2 weeks before your exam date.
- Review your exam timetable
- Practice explaining concepts aloud
- Make flashcards of details and weak points
- Focus on understanding the big ideas
- Start consistently using a revision method
- Join a revision group if you can
- Map your exam locations
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T I P :

The ultimate exam checklist for your medical school exams

The exam season can feel intimidating, but it doesn't have to be. If you stick to your handy BMA exam checklist, you're sure to feel confident and ready to smash each and every exam you'll face in medical school.

For more revision tips and tricks, get the OSCE guide or explore more.