

## PANCE Prep Plan

Using my EORs, PACKRAT, and End of Curriculum exam performance reports, I have identified areas of strength (Cardiology, Pulmonology, GI/Nutrition) and areas for improvement (Hematology, Infectious Diseases, HEENOT, and Dermatology). My study plan aligns with the **2025 PANCE Blueprint**, focusing on both **Medical Content Categories** and **Task Categories** such as Health Maintenance, Professional Practice.

I will utilize active recall techniques, gradually increasing the volume of practice questions, and simulate exam conditions to prepare for test pacing and endurance. To ensure thorough preparation, I'll modify the plan weekly based on progress and mock exam results.

### Study Techniques

- 1. Active Recall & Spaced Repetition:**
  - Read topics in PANCE Prep Pearls.
  - Practice questions from Rosh Review and UWorld.
  - Re-review missed points and take notes to reinforce learning.
- 2. Mock Exams:**
  - Weekly simulated exams of increasing length to build stamina.
  - Incorporate comprehensive exams with 150–200 questions on weekends.
- 3. Balanced Focus:**
  - Dedicate study time proportionally to Blueprint topic weight.
  - Cover Health Maintenance and Professional Practice alongside clinical topics.
- 4. Review Resources:**
  - PANCE Prep Pearls, Rosh Review, UWorld, Osmosis videos, and clinical guidelines.

**Week 1: December 24–30, 2024**

**Focus Areas:** Cardiology, Pulmonology, GI/Nutrition, Dermatology, and Blueprint "Task Categories."

Day	Topics	Tasks
Dec 24	Cardiology: IHD, CHF, Arrhythmias	60 Rosh questions; Review answers.
Dec 25	Pulmonology: Asthma, COPD, Pneumonia	60 Rosh questions; Osmosis for challenging topics.
Dec 26	GI/Nutrition: GERD, PUD, IBD	60 Rosh questions; Flashcards for pathophysiology.
Dec 27	Dermatology: Rashes, Skin Infections	60 Rosh questions; Review Health Maintenance tips.
Dec 28	Cardio & Pulm: Drugs & Clinical Pearls	150-question mixed mock exam (Cardio/Pulm).
Dec 29	GI/Derm: Task Category Review	Review Task Categories (e.g., Patient Safety).
Dec 30	Rest & Recap	Review flashcards and notes.

## Week 2: December 31–January 6, 2025

**Focus Areas:** Hematology, Infectious Diseases, HEENOT, MSK/Rheumatology, Health Maintenance.

Day	Topics	Tasks
Dec 31	Hematology: Anemias, Coagulopathies	60 Rosh questions; Create summary charts.
Jan 1	Infectious Diseases: TB, Cellulitis	60 Rosh questions; Review missed points.
Jan 2	HEENOT: Sinusitis, Otitis, Pharyngitis	60 Rosh questions; Task Category review.
Jan 3	MSK/Rheumatology: RA, Osteoarthritis	150-question mock exam; Review answers.
Jan 4	Hematology & HEENOT Review	Osmosis videos for missed concepts.
Jan 5	Infectious Diseases & MSK Pearls	Practice questions; Task Category revision.
Jan 6	Rest & Light Review	Flashcards for Hematology & HEENOT.



## Week 3: January 7–13, 2025

**Focus Areas:** Neurology, Psychiatry, GU/Renal, Pediatrics, Endocrinology.

Day	Topics	Tasks
Jan 7	Neurology: Stroke, Seizures	60 UWorld questions; Review answers.
Jan 8	Psychiatry, Endocrinology	Mixed topic mock exam (200 questions).
Jan 9	Pediatrics: Common Conditions	60 Rosh questions; Flashcards for GU topics.
Jan 10	Neurology Review	Create summary notes for key conditions.
Jan 11	Psychiatry/HEENOT Integration	Practice questions; Review missed concepts.
Jan 12	Mock Exam	300 questions; Simulate exam conditions.
Jan 13	Pediatrics/Endocrine Final Review	Review Health Maintenance strategies.

## Week 4: January 14–20, 2025

**Focus Areas:** Weak Areas, High-Yield Reviews, Task Categories.

Day	Topics	Tasks
Jan 14	Hematology & Infectious Diseases	150 mixed questions; Review notes.
Jan 15	Cardiology & Pulmonology	Flashcards; Create quick-reference charts.
Jan 16	HEENOT, GI/Nutrition	Review high-yield drugs and management.
Jan 17	Mock Exam	300 questions; Simulate exam conditions.
Jan 18	Rest & Light Review	Review flashcards and clinical guidelines.
Jan 19	Rest Day	Relax and reflect on progress.
Jan 20	High-Yield Topic Recap	Review Task Categories for Patient Safety.

**Week 5: January 21–27, 2025**

**Focus Areas:** Comprehensive Review and Exam Simulation.

Day	Topics	Tasks
Jan 21	Cardio, Pulm, GI/Nutrition	Simulated 150-question exam.
Jan 22	MSK/Rheumatology, GU/Renal	Practice questions; Review notes.
Jan 23	Full-Length Practice Test	300 questions with timed breaks.
Jan 24	Neurology, Psychiatry, Endocrinology	Flashcards and Osmosis for challenging concepts.
Jan 25	Pediatrics & Professional Practice	Practice patient safety scenarios.
Jan 26	Light Review	Mnemonics, charts, and final notes.
Jan 27	Rest Day	Prepare mentally and physically for the exam.

**Exam Day: January 28, 2025**