

Because I still must complete a rotation in January 2023, my PANCE study plan is a bit different from the rest of my cohorts, as my test day is much further out. My plan begins with our board review course and goes to the scheduled date of my PANCE, March 4th. From the first day of our class, I have 11 weeks, including 5 in surgery to prepare.

From the day our review class ends through the end of the calendar year, I have divided my days to cover one system of content based on the NCCPA PANCE blueprint. These days will generally have the same structure, allotting time for reviewing the previous day's work, a morning study block, notebook review, exercise and lunch, an afternoon study block, dinner break, topic specific question bank, and wind down time. When doing questions, I will have a notebook and write down questions I got wrong, the correct answer, and why I got the question incorrect. Between all the question banks available, there are over 4,000 questions available to ensure I am not doing the same questions repeatedly. This practice helps identify things that need to be reviewed again the following day. While stamina is not something I have had an issue with on our long exams, setting up days to take large blocks of questions at the same rate as the PANCE will ensure that fatigue continues to not be an issue.

December Routine

- 7:00am: Wake up, shower, eat breakfast
- 8:30am – 10:00am: Morning session A
- 10:15am – 11:30am: Morning session B
- 11:35am – 12:00pm: Note book review
- 12:00pm – 1:25pm: Exercise/walk, lunch
- 1:30pm – 3:30pm: Afternoon session A
- 3:45pm – 5:45pm: Afternoon session B
- 5:45pm – 7:30pm: Dinner/break
- 7:30pm – 9:30pm: 75 questions in tutor mode
- 9:30pm – 10:00pm: Prepare for bed, prep next day's lunch
- 10:00pm – 11:00pm: Read something non-medical
- 11:00pm: Sleep

As I begin surgery in January, I must change my approach. From what I have heard from classmates, the rotation is 5 12-hour shifts, Monday-Friday. Because I plan on covering each section through the end of December, I plan to spend my nights after the rotation completing questions. For the first 3 weeks, I plan to complete 40 questions per night, that is 200 questions per week with time allotted to complete a longer exam and clinical component assignments on the weekends. Coming into the last two weeks of the rotation, my focus must shift towards completing questions tailored for the surgery EORE based on the PAEA blueprint. In addition to having question banks, I will also complete boost exams on Rosh and Hippo education to understand my weak areas ahead of the EORE.

Once the surgery rotation is complete, my shift will focus to doing large blocks of questions in one sitting and consistently reviewing weak spots to prepare for a York-made exam and finally, the PANCE. With 4 weeks between the end of my last rotation and the PANCE, I am scheduling to take two exams during each week with a third longer exam that weekend. One week before the PANCE, I will simulate the exam by working through 5 blocks and scheduling my breaks as I plan to on test day. Finally, the week of the exam will be all maintenance. Two exams and reviewed schedule to drive any final points home. The final 24-36 hours before the exam will be spent in recovery, resting, and mentally preparing for the exam.

December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Rotation	6 Rotation	7 Rotation	8 Rotation	9 Call Back Day	10
11	12 PANCE Review Class	13 PANCE Review Class	14 PANCE Review Class	15 PANCE Review Class	16 EENT (7%)	17 Endocrine (7%)
18 Dermatology (5%) Infectious Disease (6%)	19 Prior engagement	20 Hematology (5%) Psychiatry/Behavioral (6%)	21 Reproductive (7%)	22 Musculoskeletal (8%)	23 Pulmonary (10%)	24 ½ Day 150Q Exam Holiday
25 Holiday	26 Cardiovascular (13%)	27 Neurology (7%)	28 Genitourinary (5%)	29 Renal (5%)	30 GI (9%)	31 ½ Day 200Q Exam

January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Holiday	2 ½ Day Surgical recall	3 Rotation start date	4 Rotation 40Q - Cardio	5 Rotation 40Q – Pulm	6 Rotation 40Q – GI	7 Review Weak Areas 120Q Exam
8 120Q Exam Rosh/Kaplan	9 Rotation 40Q – MSK	10 Rotation 40Q – Endo	11 Rotation 40Q – EENT	12 Rotation 40Q – Neuro	13 Rotation 40Q – Reproductive	14 Review Weak Areas 120Q Exam
15 180Q Exam Rosh/Kaplan	16 Rotation 40Q - ID	17 Rotation 40Q – Psych	18 Rotation 40Q – Renal	19 Rotation 40Q – GU	20 Rotation 40Q - Heme	21 Review Weak Areas
22 120Q Surgery Boost Exam - Rosh	23 Rotation 40Q – Surgery EOR Blueprint	24 Rotation 40Q – Surgery EOR Blueprint	25 Rotation 40Q – Surgery EOR Blueprint	26 Rotation 40Q – Surgery EOR Blueprint	27 Rotation 40Q – Surgery EOR Blueprint	28 Review Weak Areas – Surgery EOR
29 120Q Surgery Boost Exam – Hippo	30 Rotation EOR Prep	31 Rotation EOR Prep				

February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Rotation EOR Prep	2 Rotation EOR Prep	3 Call back exam	4 Review EOR score report
5 180Q Exam	6 180Q Exam	7 Review Weak Areas	8 Review Weak Areas	9 York Exam	10 Off	11
12 120Q Exam	13 120Q Exam	14	15	16 120Q Exam	17	18 180Q Exam
19 120Q Exam	20 120Q Exam	21	22	23 120Q Exam	24	25 300Q Exam
26 180Q Exam	27 180Q Exam	28	March 1 180Q Exam	March 2 Final review of weak topics	March 3 OFF	March 4 PANCE