



X-Ray Lady's Tried and True Study Tips

Your goal is to pass! You should study as much as you can, but remember: **it doesn't have to be perfect to pass.** You can miss a few here and there, so don't pressure yourself too much!



What Makes a Good Studier?

Develop a **plan**...

- Know information on the study guide
- Do all clinical hours
- Apply to take the examination
- Schedule the examination

Know your **problems**. Which ones do you have when you study?

- Bad time management
- Lack of motivation
- Misguidance
- Laziness
- Procrastination

Know your **learning style**. Use some of the suggestions from the Learning Styles handout!

Create **qualities** that make you a good self-learner!

Good self-learners...

- take initiative
- are comfortable with independence
- are persistent
- accept responsibility
- see problems as challenges, not obstacles
- are capable of self-discipline
- have a strong desire to learn or



change

- are self-confident
- can use basic study skills
- organize their time
- set a good pace for learning
- are goal-oriented and develop a plan
- enjoy learning—make it fun!

Get Motivated!

Why do you want this? Not what results do you want, but **WHY do you want it?** For example:

- Do you want to do work that is more meaningful? You want to feel more fulfilled and happy.
- Do you want to get a higher paying job? You want to be more respected and influential.
- Do you want to build a change you want to see in the world? You want to feel you are making a difference.

Why do you do life every day? Find a picture to represent it. You are doing this for **THAT** reason.

Take Care of Yourself

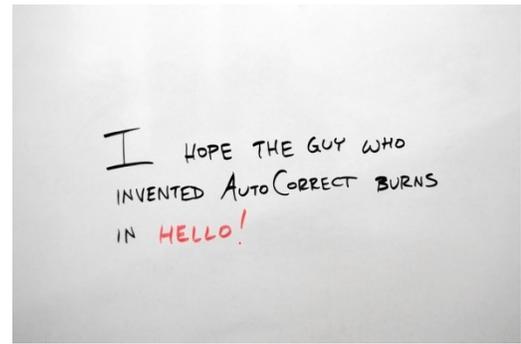
- **Snacks** can help—popcorn, pretzels, etc. Some studies show that a combination of sweet and salty foods (like my favorite, chocolate covered pretzels!) or peppermints help studying. Make sure that they are on the healthier side or you don't have too much!

- **Make sure to sleep**—if you are tired, go to bed instead of staying up late at night. Try to get up early and study before your day starts.

- **Drink water and eat well** (good quality food vs the amount of food)

Time Management Toolbox

- Don't wait!
- Take the test outline and divide the number of topics by the number of days you have to study to make sure everything is covered
- Pick a place to study—a dedicated spot at home, the library, or coffee shop. You should feel comfortable and be without distractions.
- Block out time each day for specific tasks—if it's hard to find time, either let some things go or break time into small chunks. Set smaller tasks for each time chunk rather than having a vague goal. For example, rather than "study for x-ray test," use your 1 hour time chunk to review anatomy of the skull and common positions.
- Treat your study time as if you were actually at school
- Set an alarm on your phone
- Use a planner and mark important dates, or use a digital calendar
- Make to do lists of what you need to have done that day, week, and month
- Take short study breaks—study for an hour, then take a 15-minute break. Get away from your study space.
- Do not cram—start early and review often
- Review your game plan—if it's not helping you, make changes. Make sure you are not trying to do too much at once, or your game plan may not be flexible. You do not need to trash it, just adjust it.
- Set goals and use rewards—you can watch the latest episode of your favorite show when you can list all the steps in taking an AP and PA chest projection.
- Be patient—it may take some time to figure out what works for you and your life



Leverage Technology, but Don't Rely on It!

Find some online review courses or use supplementary materials that may come with your textbooks—practice exams, review questions, additional images or videos.

Use apps...

- Radiology apps to review information on the go
 - iRadTech, RADiDOC, k-Space Odyssey (MR), Navi Radiography
- Flashcard apps like Quizlet (lets you use images or sounds) or Flashcards to create and review flashcards
- Productivity timer/apps to block internet, social media, etc. (Cold Turkey, StudyBreak Procrastination aid, Freedom, Forest, Offtime, BreakFree, Be Focused Pro, Productivity Challenge). Use Screen Time on Apple phones, turn off Wi-Fi and cellular, turn on Do Not Disturb.
- Note taking apps like Evernote to take notes and have them with you wherever you are
- Scheduling apps like iStudiezPro or Google Calendar (my favorite)
- Productivity apps like Todoist (my personal favorite) or Wunderlist for a to do/task list
- Simplemind to make mind maps
- Streaks, Productive, or Loop to track study habits... the goal is to not miss a day, and these apps make it more competitive!



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Feedback or questions? Reach us at xrayladyce@gmail.com.