

# Exam Preparation Strategies

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What worked for me

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Mistakes I made early

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How I changed my approach

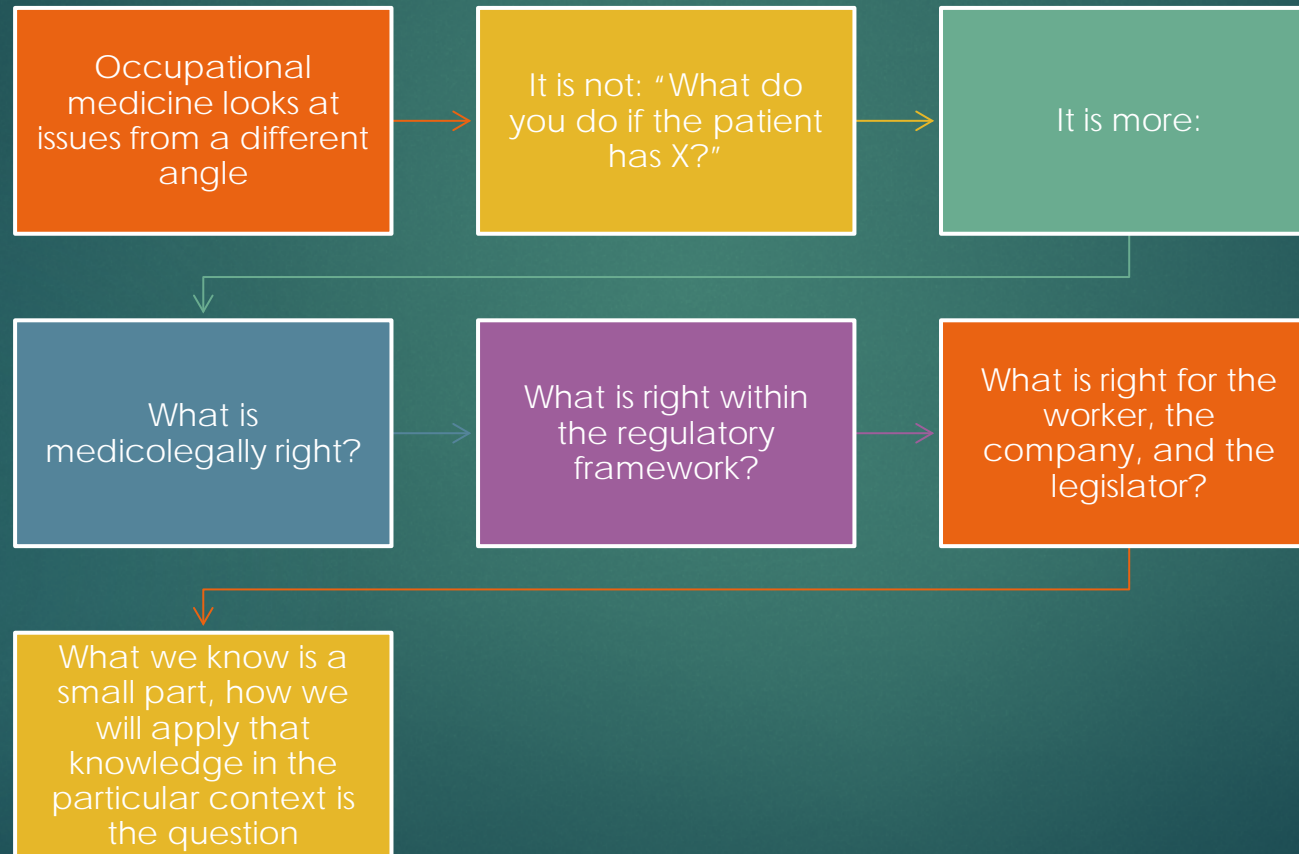
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And how not to psychologically  
collapse after seeing the  
curriculum

# Know the Devil

What we are going to cover is vast	Medicine	Rules and regulations
Environment	Chemistry	Medico-legal principles
A bit of physics	Work environment	That revered hierarchy of controls!

# Occupational Medicine Is Different



# Before Studying, Look at the Questions

- ▶ Before studying one word:
- ▶ look at the sample questions on the RACP website
- ▶ Think about how a questions are designed



# Study Through the Question Lens

- ▶ When studying:
  - ▶ Silica
  - ▶ Q fever
  - ▶ Occupational exposure
- ▶ How can they design a question from this?
- ▶ What angle are they likely testing?



# Train Your dragon

Guidelines

Sample  
questions

References

Research  
papers

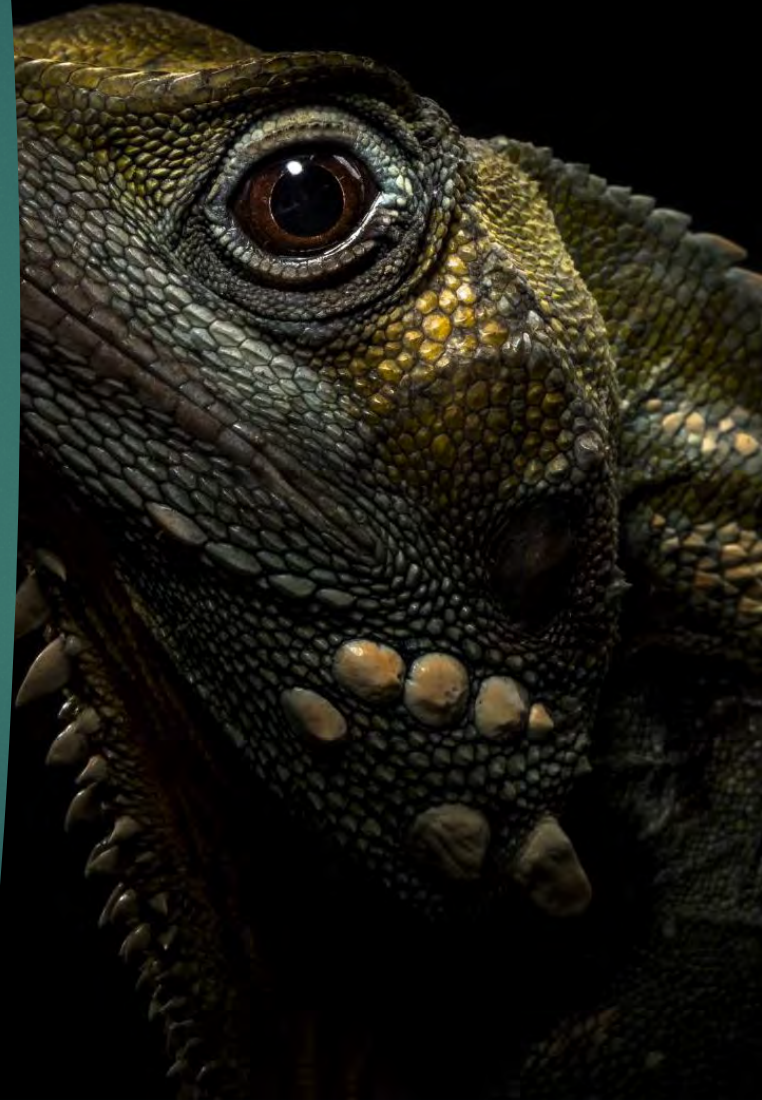
restrict its  
liberty

No  
unsupported  
deductions

Everything  
needed a  
credible  
reference

# Feed your dragon

- ▶ Ask for questions
- ▶ Mature it along the way
- ▶ Correct weak answers
- ▶ Refine prompts
- ▶ Gradually align it with the exam style





# Epidemiology Is a devil like no other

- ▶ You probably won't like it
- ▶ But once you get the hang of it:
- ▶ You realise why it is there
- ▶ And why it is so important
- ▶ The basic epidemiology from diploma level is not enough
  - ▶ Examples:
  - ▶ Attributable risk
  - ▶ Population attributable risk
  - ▶ Confidence intervals
  - ▶ Incidence and prevalence

# Master the Core Subjects



MASTER THE MAJOR  
SUBJECTS



THEY PROVIDE THE  
FOUNDATION OF THE  
EXAM



GUARANTEE A  
STRONG BASE IN YOUR  
MARK



CORE CONCEPTS  
MUST BECOME  
AUTOMATIC



IN THE EXAM YOU DO  
NOT HAVE TIME TO  
FORM SENTENCES

# Practice the Mechanics Too

- ▶ Practice handwriting
- ▶ Practice writing under time pressure
- ▶ Get a good pen

