

THE LCOM STUDENT WELLBEING  
OFFICE PRESENTS:

# NAVIGATING STEP PREP

# CONTENTS

The background is a solid blue color. In the top right corner, there are three stylized leaves: one light orange, one light blue, and one light orange, all with small white dots. In the bottom right corner, there is a stylized rainbow with a dark blue border and a light blue center, also with small white dots.

1. WELLBEING DURING STEP PREP
2. GOAL SETTING
3. TIME MANAGEMENT
4. MAKING A PLAN



# WELLBEING

It's still important to prioritize your wellbeing during Step Prep!

It may seem difficult to set studying aside, but giving yourself time to recharge is really crucial. It will actually help you be more efficient!

Research suggests the following (among others) are related to higher wellbeing and focus:

**Social time with friends/family**

**Eating a good meal**

**Getting some good rest**

**Taking breaks**

**Exercise**

**Spending time outside**

Try some of these things a few times a week and it can make a big difference (even in 15-30 min!)

# INCREASING OUTPUT



**S.M.A.R.T.  
GOALS**



**TIME  
MANAGEMENT**



**PLANNING  
STRATEGIES**

# S.M.A.R.T. GOALS

**SPECIFIC**



Clearly articulate what you need to do, and don't be vague.  
Determine what, when, where, how

**MEASUREABLE**



Tangible and observable goals  
(# practice questions, hours, concepts)

**ACHIEVEABLE**



Set goals that are realistic  
(small, defined increments)

**RELEVANT**



What goals are most productive and important for you at the moment?

**TIME-LIMITED**



Set an endpoint, and review progress  
(daily or weekly)

# S.M.A.R.T GOAL EXAMPLES

**I am going to complete 15 practice questions on the cardiovascular system,  
plus reviewing my answers on  
Monday, Wednesday and Friday of this week,  
because this is an area where I know I have knowledge gaps.**

**I will take a 20-minute walk on  
Sunday, Tuesday, Thursday and Saturday at 11am for the next two weeks  
because I am more motivated to study when I take a break and see some sunlight**

**These incorporate all the aspects of a S.M.A.R.T. goal!**

# TIME MANAGEMENT

## ASSESS

### What is your current study time like?

- What time of day do you study?
- How many study sessions per day?
- How long does it take you to get started?
- What happens in your day before and after you study?
- Identify excuses you use often

## ADJUST

### Potential changes to consider

- Allot time - put it on your calendar and treat it like any important meeting
- Establish a routine (daily or weekly)
- Consistency is key!
- Focus: have coffee/tea or a snack, turn off phone/email, eliminate distractions

# MAKING A PLAN

## Make (SMART) goals

- Any action that is instrumental in preparing counts!
- Write your short and long-term goals down and then categorize them.
- Create a timeline, and work backwards for your study plan
- Set concrete goals for each session or week
- Could keep a chart or spreadsheet to monitor progress, or end each session with a memo – progress, where you left off, and what to do next.

## Accountability

Ideas: A study buddy, coaching (Dr. Holterman), phone reminders, put your study times in a calendar

## Do what works for YOU (not always the same as others)

## Rewards

Find a way to positively reinforce your hard work (a tasty treat, watching your favorite show, taking a nap or a walk)

**If possible, take breaks  
when feeling successful  
(positive framing)**

Plan



# NEED MORE? PLEASE REACH OUT!



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