THE LCOM STUDENT WELLBEING OFFICE PRESENTS:

NAVIGATING STEP PREP
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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.
- **MEASURABLE**: 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).
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!
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

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)
need more? please reach out!

Dr. Lee Rosen
lee.rosen@med.uvm.edu
Director of Academic Achievement
Wellness & Academic Support/Planning, Referrals

Dr. Leigh Ann Holtermann
leigh.holterman@med.uvm.edu
Asst Director of Student Wellbeing
Wellness Support, Referrals, Coaching (goal setting & accountability)

Dr. Tim Moynihan
timothy.m.moynihan@med.uvm.edu
Director of Academic Achievement
Academic Support & Planning, Referrals, Peer Tutoring program

Dr. Karen George
karen.george@med.uvm.edu
Associate Dean for Students
Student issues including: Advising, exam delays, referrals

Dr. Katie Dolbec
katherine.dolbec@med.uvm.edu
Assistant Dean for Students
Student Achievement and Advising & Career Planning at VT campus

Dr. Ellen Kulaga
ellen.kulaga@med.uvm.edu
Assistant Dean for Students
Student matters at the CT campus