

If you prefer to do slightly less ANKI, then you can do "targeted ANKI." This means you will start with your IM cards suspended. When you come across a question that is "fact based" you can "unsuspend" 1-2 ANKI cards for that question. This will make sure that you utilize the great aspects of ANKI without overloading yourself with hundreds or thousands of ANKI cards each day.

For this planner, we have recommended Online Med Ed Videos. While many of our students find these videos helpful, there are many other great options for shelf studying!

If you prefer to use another video series, plan out 2 to 3 videos per day ensuring that you leave about 2-3 weeks at the end to review topics that are difficult for you.

There are 2 options for ANKI. If you are one who LOVES ANKI and uses it all the time and wants to complete all ANKI questions, then follow the format below.

WEEK 1

		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		OFF	CARDIOLOGY				PULMONOLOGY	
DAY	OFF		50 new ANKI cards (1 hour)	50 new ANKI cards and 50 reviews	50 new ANKI cards and 50 reviews	50 new ANKI cards and 50 reviews	50 new ANKI cards and 50 reviews	OFF
EVENING	OFF		<ul style="list-style-type: none"> Cardiology Videos: Coronary, artery disease, acute coronary syndrome 20-40 UWorld Questions 	<ul style="list-style-type: none"> Cardiology Videos: heart failure, valvular disease, cardiomyopathy 20-40 UWorld Questions 	<ul style="list-style-type: none"> Cardiology Videos: pericardial disease, syncope, cholesterol, hypertension 20-40 UWorld Questions 	<ul style="list-style-type: none"> Cardiology Videos: ACLS rhythms, ACLS easy 20-40 UWorld Questions 	<ul style="list-style-type: none"> Pulmonology Videos: asthma, lung cancer, pleural effusion 20-40 UWorld Questions 	<ul style="list-style-type: none"> Pulmonology Videos: pulmonary embolism, COPD, ARDS, DPLD
		DAY 01	DAY 02	DAY 03	DAY 04	DAY 05	DAY 06	DAY 07

WEEK 2

		OFF	GI					
DAY	OFF		50 new ANKI cards and 50 reviews	50 new ANKI cards and 50 reviews	50 new ANKI cards and 50 reviews	50 new ANKI cards and 50 reviews	50 new ANKI cards and 50 reviews	40 UWorld Questions
EVENING	OFF		<ul style="list-style-type: none"> GI Videos: Gallbladder, esophagitis, esophagus 20-40 UWorld Questions 	<ul style="list-style-type: none"> GI Videos: GERD, peptic ulcer, misc gastric 20-40 UWorld Questions 	<ul style="list-style-type: none"> GI Videos: acute diarrhea, chronic diarrhea, malabsorption 20-40 UWorld Questions 	<ul style="list-style-type: none"> GI Videos: diverticula, colon ca, cirrhosis 20-40 UWorld Questions 	<ul style="list-style-type: none"> GI Videos: cirrhosis complications, GI bleed, pancreatitis 20-40 UWorld Questions 	<ul style="list-style-type: none"> GI Videos: IBD, Jaundice, viral hepatitis
		DAY 08	DAY 09	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14

When you first start your rotation, we recommend completing 20-30 targeted UWorld questions in the topic you are studying for that week. As you gain more knowledge, you can begin incorporating 10-20 mixed UWorld questions into your studying.

Wear compression socks —they'll keep your legs from getting tired and swollen, especially during those long days. Keep snacks handy and eat regularly, especially with early hours and long shifts. It'll help you stay energized and focused throughout your rotation.

Can do two weeks of targeted practice in cards, GI, pulm and crit care, renal, and ID if weaker foundation.

After working hard all day on your clinical rotation, it can be difficult to come home and study even longer. Adapt the schedule as necessary.

WEEK 3

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	GI					HEME / ONC	
DAY	40 UWorld Questions	50 new ANKI cards and 50 reviews	50 new ANKI cards and 50 reviews	50 new ANKI cards and 50 reviews	50 new ANKI cards and 50 reviews	50 new ANKI cards and 50 reviews	40 UWorld Questions
EVENING	OFF	Nephrology Videos: AKI, CKD, Sodium 30 UWorld Questions	Nephrology Videos: Calcium, potassium 30 UWorld Questions	Nephrology Videos: kidney stones, cysts and cancer 30 UWorld Questions	Nephrology Videos: acid base, acid base II 30 UWorld Questions	Heme Onc Videos: leukemia, lymphoma, plasma cell 30 UWorld Questions	Hematology Oncology (Heme/Onc) Videos: Anemia approach, macrocytic anemia, microcytic anemia, normocytic anemia
	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 21	DAY 22

WEEK 4

	PRACTICE	HEME / ONC	ID				PRACTICE
DAY	40 UWorld Questions	50 new ANKI cards and 50 reviews	50 new ANKI cards and 50 reviews	50 new ANKI cards and 50 reviews	50 new ANKI cards and 50 reviews	50 new ANKI cards and 50 reviews	OFF
EVENING	OFF	Heme Onc Videos: plasma cell, bleeding, thrombocytopenia, thrombophilia 30 UWorld Questions	ID Videos: antibiotic ladder, HIV, TB 30 UWorld Questions	ID Videos: sepsis, brain inflammation, skin infections 30 UWorld Questions	ID Videos: Pneumonia, UTI, genital ulcers 30 UWorld Questions	ID Videos: ear nose throat, infective endocarditis 30 UWorld Questions	NBME practice shelf & review
	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28	DAY 29

Being a medical student is tough—you want to help, but it can sometimes feel like you're in the way. Always offer to assist with tasks like moving the patient, getting supplies, or transporting them. Showing interest and being helpful in big and small ways will help you succeed in your clerkship.

Preparing for the internal medicine shelf exam requires mastering a broad range of topics, from cardiology to infectious diseases. Focus on high-yield resources like UWorld and Step Up to Medicine to solidify your clinical knowledge. Consistent review and practice questions are key to success.

As you begin taking NBME practice exams, make sure to carefully review your strengths and weaknesses. Use these weaknesses to target the questions you need to focus on as well as videos that you may want to review.

AMBOSS provides shelf exam-specific questions that are also high-yield and cover relevant IM topics, making it a great supplement if you're feeling overwhelmed.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

TARGET WEAKNESSES

<ul style="list-style-type: none"> 40 UWorld Questions 	<ul style="list-style-type: none"> 50 new ANKI cards and 50 reviews 	<ul style="list-style-type: none"> 50 new ANKI cards and 50 reviews 	<ul style="list-style-type: none"> 50 new ANKI cards and 50 reviews 	<ul style="list-style-type: none"> 50 new ANKI cards and 50 reviews 	<ul style="list-style-type: none"> 50 new ANKI cards and 50 reviews 	<ul style="list-style-type: none"> NBME 7
<ul style="list-style-type: none"> 40 UWorld Questions 	<ul style="list-style-type: none"> Videos for topics you struggle with 40-50 UWorld Questions 	<ul style="list-style-type: none"> Videos for topics you struggle with 40-50 UWorld Questions 	<ul style="list-style-type: none"> Videos for topics you struggle with 40-50 UWorld Questions 	<ul style="list-style-type: none"> Videos for topics you struggle with 40-50 UWorld Questions 	<ul style="list-style-type: none"> Videos for topics you struggle with 40-50 UWorld Questions 	<ul style="list-style-type: none"> NBME Practice shelf & review
DAY 44	DAY 45	DAY 46	DAY 47	DAY 48	DAY 49	DAY 50

TARGET WEAKNESSES

<ul style="list-style-type: none"> NBME 8 	<ul style="list-style-type: none"> Review Flash Cards 	<ul style="list-style-type: none"> Review Flash Cards 	<ul style="list-style-type: none"> Review Flash Cards 	<ul style="list-style-type: none"> High Yield Concepts
<ul style="list-style-type: none"> Review NBME 8 	<ul style="list-style-type: none"> Videos for topics you struggle with 40-50 UWorld Questions 	<ul style="list-style-type: none"> Videos for topics you struggle with 40-50 UWorld Questions 	<ul style="list-style-type: none"> Videos for topics you struggle with 40-50 UWorld Questions 	<ul style="list-style-type: none"> Videos for topics you struggle with 40-50 UWorld Questions
DAY 51	DAY 52	DAY 53	DAY 54	

EXAM DAY

WEEK 7

WEEK 8