

Distance Learning Daily Study Schedule
For MD Program Learners
(Modify based on your needs and subject areas)

Time	Activity	Description
6 am	Wake Up	Eat Breakfast, make bed, get dressed for the day (<i>even if you are staying in – studying is work, so transition to work with your clothing</i>)
7 am	Morning exercise	Indoors on own: Yoga, Weights, Cardio Keeping social distance: Walk/Run outside
8am – 12pm	Academic Time	Watch recorded lectures from respected resource Complete practice questions (e.g. quizzes, eTextbook questions) to self-assess knowledge and understanding Read textbook/articles to fill in gaps found by doing practice questions Send questions about content to respected resource (e.g. professor, peer study group, etc) Pre-Step 1: Study with Step 1 resources Clerkship: Attend academic half-day webconference, use question banks to study for Step 2 CK, practice clinical encounters/reasoning with Step 2 CS review books and/or complete online virtual patients or other activities assigned by your institution. <i>Remember to get up and stretch/walk every hour</i>
12pm	Lunch	
12:30-4pm	Academic Time	Complete any assignments for tomorrow <i>Remember to get up and stretch/walk every hour</i>
4-5pm	Afternoon Wellness	Meditation Talk with friends (phone, webconference call, etc) With social distance: Walk/Run outside, Indoor yoga, weights, etc.
5-6 pm	Dinner	Eat, Watch TV, Read a book for personal enjoyment, etc.
6-9pm	Academic Time	Complete any assignments for tomorrow Join my study group online via webconference to get questions answered Check email for announcements
9-10pm	Unwinding Time	No electronics Read, listen to music, relaxation, etc
10 pm	Bedtime	

Note: Remember to use effective study strategies like interleaving and spaced testing to improve your long-term recall. See: <https://www.learningscientists.org/blog/2016/8/18-1>