



Prescription for Success

Exam Master's
Study Skills Program for
Graduate Medical Education

Graduate-level Health Professions Challenge:

Many incoming students no longer have the study skills to succeed in Graduate Medical Education.

Graduate-level health professions students are expected to adapt quickly to the demands of rigorous coursework and fast-paced learning environments. However, even highly qualified students may not yet possess the study strategies, time-management skills, and self-directed learning habits needed to thrive in graduate health science education. The Student Success Program is designed to help students build these foundational skills early and support their success throughout the didactic and clinical phases of training.

PREPARING STUDENTS FOR LONG-TERM SUCCESS

Exam Master has partnered with Dr. Scott Massey, a leader in graduate medical education for more than 31 years, to deliver the Study Skills Program.

This comprehensive 11-module online course is designed to equip students with the essential academic strategies, study skills, and professional habits needed to succeed in a rigorous graduate-level program.

Through practical, learner-centered instruction, students develop effective approaches to time management, studying, test-taking, self-assessment, and independent learning while becoming more confident and self-directed learners.

STUDY SKILLS PROGRAM FEATURES












- **11 self-paced modules** designed to support graduate health science students from onboarding through graduation with essential academic and professional success skills.
- **Learner-centered, application-focused instruction** helps students strengthen time management, studying, test-taking, productivity, metacognition, and self-directed learning habits.
- **Interactive and applied learning activities** — including self-assessments, reflection exercises, goal setting, practice quizzes, and collaborative learning — promote active engagement and practical skill development.
- **Evidence-based academic success strategies** help students build confidence, resilience, critical thinking skills, and sustainable study habits for long-term success in graduate health science education.

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This info packet provides an overview of the Student Success Program, including the program structure, instructional approach, and key learning features designed to support graduate health science students throughout their academic journey.

Student Success Program Module Overview

The program is structured as a progressive series of self-paced modules that build foundational skills over time and encourage students to apply strategies directly within their coursework and clinical preparation. The instructional approach is learner-centered and application-focused, emphasizing active engagement, self-reflection, and practical skill development.

<p>In progress</p> <p>Module 1: Facilitating Success</p> <p>20 learning activities • 80% In progress</p> <p>Continue</p> 	<p>In progress</p> <p>Module 2: Time Management</p> <p>13 learning activities • 92% In progress</p> <p>Continue</p> 	<p>In progress</p> <p>Module 3: Reading Comprehension</p> <p>17 learning activities • 94% In progress</p> <p>Continue</p> 	<p>In progress</p> <p>Module 4: Learning Styles</p> <p>15 learning activities • 93% In progress</p> <p>Continue</p> 
<p>In progress</p> <p>Module 5: Enhancing Memory & Recall</p> <p>19 learning activities • 63% In progress</p> <p>Continue</p> 	<p>In progress</p> <p>Module 6: Metacognitive Strategies</p> <p>17 learning activities • 11% In progress</p> <p>Continue</p> 	<p>In progress</p> <p>Module 7: Maximizing Your Study Time</p> <p>19 learning activities • 52% In progress</p> <p>Continue</p> 	<p>In progress</p> <p>Module 8: How to Study PowerPoints</p> <p>13 learning activities • 61% In progress</p> <p>Continue</p> 
<p>In progress</p> <p>Module 9: Constructive Test Taking and Analysis</p> <p>30 learning activities • 3% In progress</p> <p>Continue</p> 	<p>Not started</p> <p>Module 10: Forming Study Groups</p> <p>13 learning activities</p> <p>Start course</p> 	<p>In progress</p> <p>Module 11: The Pomodoro Method</p> <p>20 learning activities • 55% In progress</p> <p>Continue</p> 	

Student Success Program Module Description

Module 1: Facilitating Success Skills

In this introductory module, the challenge of professional school is introduced. Essential skills for thriving and surviving are also presented. This module introduces the important concepts, such as effective study methods, the importance of balance, and the key important differences between undergraduate versus graduate education. The foundation learned in this module will be covered more comprehensively in upcoming modules.

Module 2: Time Management

In this module, the key important principles about managing your time will be discussed along with strategies for improvement. Time is dedicated to this concept because in my experience this is one of the most significant barriers to success among students. Reflections among many students who struggle academically are that this was a skill never learned during the undergraduate phase.

Module 3: Improving Reading Comprehension

Reading fluency is a pivotal skill to assimilate the vast amount of information required within the professional program. Many students enter graduate school, not having developed effective reading skills. In many cases, the reading of reference textbooks was not required during the undergraduate experience. The general literature suggests that most adults read around 200- 250 words per minute. The typical college student reads 300- 350 words per minute. A research study, which is available on the Research Gate provides similar information.

Module 4: Learning With Style

This module will present the importance of identifying your sensory learning style and thereby maximizing your intake of information. This module incorporates the use of the VARK which is a very short inventory to determine which of the sensory learning styles is most predominant within yourself. In my experience, many students have more than one predominant learning style, such as combinations of V= verbal, and A = auditory. This information will then be reinforced by incorporating the highest impact study methods to complement your learning style

Module 5: Enhancing Memory and Recall

Maximizing study methods that increase long-term memory retention is paramount for your academic success. This model discusses the mechanisms behind STM (short term memory) and long-term memory (LTM). This includes a review of basic neurological mechanisms involved with memory retention. Practical study tips for improving long-term memory retention are emphasized to enhance your efficiency and effectiveness when studying.

Module 6: Metacognitive Study Strategies

Metacognitive study strategies are frequently lacking in students who enter professional graduate programs. This may be because the undergraduate study process did not emphasize assimilation of information and integration. Now in professional school, you must be able to use the information to make important key decisions. You must be able to make connections with information already learned. This is necessary to be able to think critically and make decisions based on the knowledge you have gained. In my coaching experience with students, this is one of the most significant deficits resulting in academic difficulty. Applying some of the concepts in this module will help you gain important key skill sets to ensure your success.

Module 7: Maximizing Your Study Time

Professional programs will require the learning of a vast amount of information in a very short period of time. This means that the efficiency of learning will make the difference between success and failure. In this module, a powerful methodology of pre-skimming and post-skimming information is presented. In my experience as an advisor and coach, this is one of the most powerful methods to rapidly enhance the learning process. I've seen students move from failing a course to performing very strongly just by applying some of these methods. This method takes dedication and a methodological approach each day. By dedicating 5-10 minutes before and after each lecture you will rapidly decrease the amount of time required to learn the same information.

Module 8: How to Study PowerPoints

This tutorial provides some helpful techniques to maximize your learning from PowerPoint slides. Students often learn passively during class by listening to a PowerPoint slide presentation. Although not the most efficient study method, professional programs often use PowerPoint slides to deliver huge amounts of information in a short period of time. This results in challenges for the student who often

doesn't know how to process the information or connect it to a usable context. This module will help the student to approach power points in an efficient manner.

Module 9: Constructive Test Taking and Analysis

Poorly developed test-taking skills can be a significant barrier to academic success in a professional program. In my experience coaching students for many years. This is one of the most common challenges students face.

Module 10: Forming Study Groups

This brief tutorial introduces the student to a highly effective study methodology. The synergy of studying in groups is well represented in the research has demonstrated this is highly effective in enhancing student learning.

Module 11: The Pomodoro Method

The life of the professional student is one that is short on time, with many concurrent projects and deadlines. Time management is the biggest barrier. For a basic review, please see module two, time management techniques. By employing the Pomodoro method, you can carve out high-impact and highly efficient time frames for work. This can work for any setting, including business and education. This method can be particularly effective during the clinical phase of the program. When students are on rotations 40 hours per week and then have to study for the end-of-rotation exams. This takes discipline and highly efficient pockets of time. This method will greatly enhance your success.

For demo requests, implementation questions, or additional information about the Student Success Program, please contact the Exam Master team: info@exammaster.com