


THE DAVID KRAMP ITE LECTURE FOR KIDS WHO WANT TO DO WELL ON THE ITE AND DO OTHER STUFF GOOD TOO

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DISCLOSURES

- None



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ITE? MORE LIKE WHY-TE

THE JOB YOU GUYS DO




ITE




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OBJECTIVES- MORE TO LIFE THAN BEING REALLY REALLY RIDICULOUSLY GOOD AT TEST TAKING

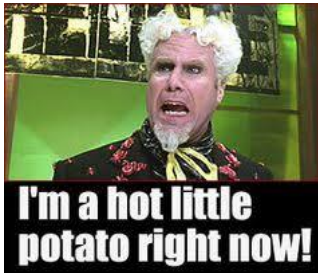
- Study tips and test prep
- Test strategies
- Practice quiz



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TEST DAY: NO PREP

- Actual visual representation of me being unprepared



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Do I know what I'm doing today?

THE PREP


- Training, learning models
- Wellness
- Routine



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TRAINING MODELS


- Strict routine/flexible routine
 - Studying + Video Games = ☹️
 - Studing alone in a library = ☺️
- Evening/morning
 - Hours per day
- Train how you fight model
 - Random Question Generator
 - Organ system directed learning
 - Tutor mode



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WELLNESS

- Food
- Rest
- Breaks
- Self confidence



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ROUTINE




- Questions per day?
- Questions per week?
- Questions before or after shifts?
- Questions on no shift days?

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TEST DAY

- Eat Well
- Sleep Well
- Be Well



Listen to your friend Billy Zane, he's a cool dude.

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ACTUAL TEST STRATEGIES

"SOME STRATEGIES MAY NOT APPLY, IGNORE WHAT DOESN'T WORK FOR YOU"

ADHD MODE

- Scan/ browse long questions
 - Be sure to reread after answering looking for what you may have missed
- Use flags and comment boxes
- Answer what you're super confident in quickly
 - Reread after, use flag for end review


GET OUT OF YOUR HEAD MODE

- Build confidence
 - Answer what you know, skip what you don't
- Remember some questions aren't scored
- Take a break after hard questions
- Cry before or after exam, but not during

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PRACTICE QUESTIONS-PROCESS OF ELIMINATION

- Derek Zoolander for the majority of the movie is
 - A. ~~an Architect~~
 - B. A model, idiot
 - C. Himself, so hot right now
 - D. A dude, playing a dude, disguised as another dude



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PRACTICE QUESTIONS- POE AND DOWNSTREAM THINKING

- Theoretically Glucagon works in beta blocker overdose by increasing intracellular concentration of which molecule?

- A. cAMP
- B. Gs ~~protein~~
- C. ~~C~~ ~~+~~
- D. ~~ad~~ ~~en~~ ~~ine~~



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PRACTICE QUESTIONS- THE UNNECESSARY WORDS

- An 80 year old single male who presents with a chief complaint of back pain. It all began when he was born. He denies any known medical history. His favorite color is yellow. He has six cats and two dogs, both Pomeranians. He denies any abdominal pain. He ate no omelet for breakfast this morning. He pumped a total of six times last week but will not tell you if it was over seven days or over a 24 hour period. He has chronic history incontinence and wears a diaper but does not report any changes. He denies any bowel incontinence. He took weekly flu. Temperature is 99.8 degrees F, and HR is 96. upon chart review the patient has multiple visits for pain seeking behavior. Labs reveal a CBF of 1.2, but are otherwise normal with a normal white count. Physical exam reveals 5/5 lower extremity strength. Healed back marks are appreciated between the patient's toes. He has no sensory deficit on physical exam. What the following pathology is this patient at higher risk for based on history and physical?

- A. cauda equina syndrome
- B. Spinal Epidural Abscess
- C. Neurosyphilis
- D. Aortic Dissection



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PRACTICE QUESTION- USE PRIOR QUESTIONS

- What is the name of the female reporter in Zoolander?

- A. Matilda Jones
- B. Matilda Jeffries
- C. Waltzing Matilda
- D. Julia Gulia



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YOUR PROGRAM DIRECTOR AFTER YOU CRUSH THE EXAM



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QUESTIONS OR TIPS TO SHARE

- Actual pic of you guys taking ITE and boards



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