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|  | ***Sample***  **3 MONTH**  **Study Plan** |

*(Disclaimer: Each candidate is different and may need less or more time to study for their exam.)*

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| **Week** | **Goals** | **Activity** |
| **1** | Determine Your Weaknesses  Create a Study Plan | * Review your exam’s content outline. * Determine what resources you will use to prepare for your exam, including choosing one textbook from your exam’s reference list to use as you prepare for the test. * Consider Taking a PNCB Exam Drill (just questions, no rationales). |
| **2** | Time to Study – Start Reviewing the Clinical Problems on The Content Outline | * Each exam has a different number of clinical categories or diagnoses. Divide the number of clinical categories by 4 weeks. * Continue reading your textbook chapters. |
| **3** | Review Additional Clinical Problems | * Review remaining clinical categories/diagnoses. * Continue reading your textbook chapters. |
| **4** | Review Additional Clinical Problems | * Review remaining clinical categories/diagnoses. * Continue reading your textbook chapters. |
| **5** | Review Additional Clinical Problems | * Review remaining clinical categories/diagnoses. * Continue reading your textbook chapters. |
| **6** | Understand your Knowledge Deficits | * Consider Retaking a PNCB Exam Drill. * Continue reading your textbook chapters. |
| **7** | Study and Practice Tests | * Consider taking a PNCB Practice Test (questions and rationales). For your first try, submit all answers. * Keep studying your textbooks and using your flash cards. |
| **8** | Study and Practice Tests | * If you completed a PNCB Practice Test, now is the time to retake the test, answering 6-7 questions daily. * Read and understand why the answer is correct and the distractor is not correct. * Continue reading your textbook chapters. |
| **9 - 12** | Review Your Knowledge | * Based on your exam's content outline, understand where you need to concentrate your studies. * Continue using all available tools. * Don’t forget to review the areas where you perform the strongest. * Continue reading your textbook chapters. |
| **Day Before Exam** | ***Rest, Relax, and Nourish your Body with Healthy Foods.*** | * Rest your brain. * Make time to relax physically and mentally before your exam. |