

TIPS & TRICKS FOR OHIO PA STUDENTS

ADVICE DIRECTLY FROM CURRENT PA STUDENTS

This resource was intended to assist all PA students to help ease their stress and offer advice during the start of their didactic or clinical experience

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**Further Student
Resources
Available on
OAPA website:**

https://www.ohiopa.com/aws/OAPA/pt/sp/home_page

**This Resource was
designed thanks
to:**

SCSR's of all Ohio
PA Programs

- Make sure you make time for yourself whether it is exercise, reading something not medical related, walking a pet. Do a little EVERY day
- Try different way of studying. It took several different tries to figure out a studying method that worked for me. What you do may be completely different than someone else AND THAT'S OKAY! If studying alone isn't working, don't be afraid to ask to join a study group
- Create a study schedule and get a routine going. Habit always beats motivation.
- Regardless of the circumstances, be sure to get enough sleep, drink enough water, and eat enough food.
- Don't get discouraged. These classes are hard, but you're here for a reason. If you are struggling, don't be afraid to reach out for help, the professors are here to help you succeed. Rely on your friends, you are all on the same boat together.
- Be adaptable in your study methods! PA School is very different from undergraduate studies and even other master's programs
- Practice OSCE prep & physical exam skills with a group. This makes it fun and acts as an actual simulation
- Know how you study or the style you learn best. Once you get that down, you'll feel so much more organized.
- Your friends and family understand if you aren't available to them as much due to studying so don't feel pressured to say yes to everything
- Do not be afraid to use outside resources (aside from lecture slides and textbooks). You'll be surprised to learn how much you know/can apply to the real work from what you've learned in class.
- Get outside as much as possible. I went on walks during breaks and after class as much as I could, and it helped so much! Having the sun hit your face and being outside in nature can really change your mood and help deal with the stress of exams!
- I recommend finding one or two people to consistently study with. It can get overwhelming trying to study in large groups.
- Ask your instructors for clarification or help if you need it, that is what they are there for
- Try to push yourself to study actively rather than passively. Explain concepts out loud as if you're teaching someone else the content, quiz yourself with flashcards, and write down everything you can remember from a lecture without looking at notes.



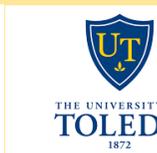
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