**Appendix 1**

**Board Preparation Recommendations**

(Sample from University of Wisconsin)

**Pediatric Board Preparation**

**BOARD PREP STARTS NOW!**

Whether you are a PL1, PL2, or PL3, there are simple things you can do each month to help prepare yourself for boards. We recommend the following advice for everyone: 1) read *Pediatrics in Review* in full when it comes out each month, 2) do the last 3 years’ PREP questions related to your current rotation each month (if you use the CD or do them on-line, you can select the specialty of questions you would like to do), and 3) read the section of a boards review book related to your current rotation each month. These three things can be accomplish with only a few hours dedicated to this each week.

We have listed some of the commonly used Board Preparation materials along with some comments about each. Certainly, you don’t need to use everything (and there is no way you’d want to). The key is to have a core study plan and stick to it. You should go over your ITE results on a regular basis, so you can focus more intently on those areas where you have had difficulty. We also recommend reviewing your plans and progress regularly with your mentor.

For PL3s, we recommend everyone read the *Peds in Review*, do at least three of the four most recent sets of PREP questions (or do the questions online at [www.pedialink.org](http://www.pedialink.org)), and look at the key sections in Zitelli and/or Smith's. As you approach the Boards, you want to be getting about 70-75% of the questions correct. Optimally, this should be done once during residency and once during final board preparation (in the 3-4 months before the exam), anticipating 15-20 hours per week prep over 4-6 weeks. It’s also recommended that you specifically look at issues related to nutrition and development.

**Content Specifications and PREP Study Guide**

* Many residents don’t even know that they have this book – it comes as part of your PREP binder each year.
* This content comes right from the Board and specifies the areas that the questions come from. PREP also links them to recent articles in *Peds in Review* and recent PREP questions so you can focus your reading and studying even more.
* You should make an attempt to work through this book at least once during residency (targeted to the rotations you do) and once more before Boards.

***Pediatrics in Review***

* Supposedly if a resident just reads all of these over a three-year period, then they will be able to correctly answer 70-80% of the board questions. It is possible to read all of these with a few weeks of dedicated time.
* Read these throughout residency!

**PREP Questions**

* These are available on CD, paper, and can be accessed through the Pedialink site (so you can work on them when you have down time). Also, be sure to review the images.
* Consider reviewing 4-5 years’ worth of questions addressing a specific area during your elective months on an ongoing basis.
* You should get 70-75% of the questions right as you approach the Boards.
* The ABP publishes the content specifications online at [www.abp.org](http://www.abp.org). They also provide these to the AAP and they are part of the materials that come each year with PREP. These content specifications are where the exam comes from!

**MedStudy for Pediatrics**

* These are gaining popularity among the studiers who like paragraph formats for studying rather than the “sentence” format that “Laughing Your Way…” tends to offer.
* Residents should read the appropriate chapters during rotations throughout residency.

**Laughing Your Way to Passing the Boards**

* Great high-yield facts in an easy to read format.
* Many of our residents use this.
* Residents should read the appropriate chapters during rotations throughout residency.

**Board Review Courses**

* Usefulness depends on how you like to learn.
* They can be a boost just before boards, but cannot be a substitute for your own studying.
* Courses offered include the University of Michigan Course (in September), UCLA review course on DVD, The Cleveland Clinic Foundation, a course in New Orleans - sponsored by Louisiana State University, DC Children’s, and MedStudy review course on DVD.

**Picture Books**

* The picture section on the Boards is consistent over time (bone pix, syndromes, rashes) and look a lot like certain sections in Zitelli.
* Also review Smith’s Patterns of Human Malformation.