

# KEY POINTS ABOUT NPLEX I



## COMMITMENT

Don't underestimate the study time required. Consider 1 month of studying at least 20 hours/week the MINIMUM time commitment for this exam. Don't let a background in biomedical sciences lull you either - there's a lot of detail on this exam that you've probably forgotten!



## **NO CRAMMING**

Even if you've been successful at CCNM through cramming, NPLEx is a different beast. There is much more material on this exam. But consider creating a 2page study sheet of key but difficult-to-remember items to review the week before the exam so this info will be fresh.



# **PREP COURSES**

Prep courses are great for learning key concepts in new ways, but DON'T STOP THERE. No prep course teaches to the level of detail tested on NPLEx.



#### BE REALISTIC

NPLEx is an expensive exam. If you can reasonably foresee that you won't be ready for the exam, don't sign up for it. You don't need a trial run of this exam; you do need to put in the time and energy.



## **REST FOR NPLEX**

Be well-rested. Take the day before off. Don't be overstudied or fly back to town the day before. It's a long, rather grueling exam and you will need to be sharp for the whole day.



## NO DIAGNOSIS

Unlike NPLEx II, the diagnosis in any question on NPLEx I will be given to you. So study other things, like pathophysiology, symptoms, risk factors, etc.