

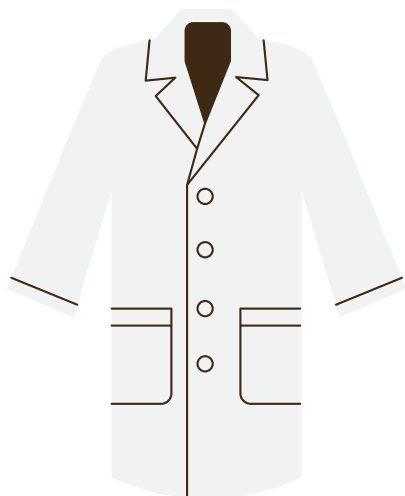
Bell Ringer Exam Tips & Tricks



BELLRINGER PREPARATION

ATTEND LAB!

- Going to anatomy lab is key!
- Focus on **clinically relevant** anatomy that overlaps with lecture content... do not miss highlighted **clinical vignettes!**
- A quick review after each lab is helpful.



AFTER HOURS...

- Go in after hours prior to the day of the exam and focus on bolded content.
- Schedule a one-on-one with an instructor if anatomy is new to you.



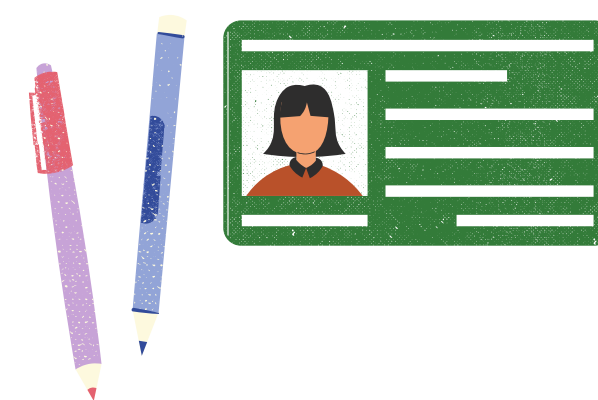
THE REVIEW SESSION IS A MUST

- We highly recommend focusing on the block review session, it is a high yield lecture and will cover important new content.
- Practice filling in the blanks on the diagnostic imaging part of the review.



KNOW WHAT TO EXPECT

- Read the instructions on Medsis beforehand!
- What to bring:
 - ONECARD
 - 2 pens



DURING THE BELLRINGER

CIRCLE YOUR FIRST STATION

- You may start at a station other than #1, so circle the station you start at.
- 90 seconds goes by quickly!



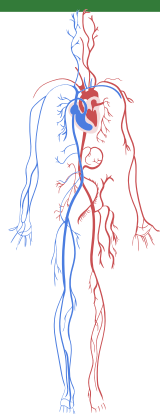
UNDERLINE KEY POINTS...

- Each question is different so **underline the key part** (i.e. pin letter, structure name, structure's blood supply, etc.)



ABBREVIATIONS ARE YOUR FRIENDS!

- You can write **a.** for artery, **v.** for vein and **n.** for nerve & **m.** for muscle.



LEFT AND RIGHT ARE IMPORTANT

- Make sure you identify between the left and right side especially for cardio and pulmonary. This is key for anything that's not bilateral.



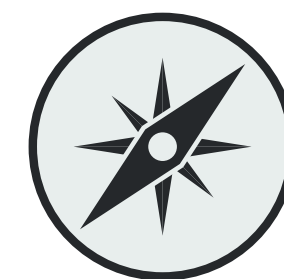
READ AHEAD ON PAPER...

- If you have extra time at a station start reading the next station's questions. Do not look at the next images or prosections, only read ahead.



ORIENT YOURSELF

- Take ~3 seconds to look at the prosection to see what you are looking at (i.e. the R anterior lower limb), then answer the question.



BEST GUESS IF YOU BLANK

- If you have no idea what the structure is, write down key information in the question portion of the exam sheet, then put your best guess. If you have spare time at the end return to it and decide on your final answer.



TAKE A DEEP BREATH AND RESET

- Every student will have an "IDK!" moment and that is okay! We all have a small panic at times; that's normal. Take a deep breath and reset as you move between stations.



YOU DID IT! BE PROUD

- Think about what worked and what didn't. The OAW & student success centre is always around to help.

