NPTE: Making a Study Schedule

1. Rank how you feel in each subject on scale of 1-4 with 1 being a stronger subject area and 4 being a weaker subject area. Then, total up the rank column. See example below.

Subject Area	Rank
Cardio & Pulmonary Systems (11.5%)	4
Musculoskeletal System (18%)	2
Neuro & Nervous Systems (17%)	3
Integ System (7%)	2
Other Systems (7%)	3
Equipment & Devices/Therapeutic Modalities (11%)	1
Safety & Professional Roles/Teaching & Learning/Research (19.5%)	3
	Total: 18

2. Next, begin prepping your study schedule to calculate the total number of days available to study. To do this, please refer to these steps as well as to the example calendar below:

   a. Take 1 full day off (or 2 half days) each week. Go ahead and mark that day off on your calendar for each week.
   b. A Review & Memorization (R&M) day should also be scheduled each week. Go ahead and mark this day on your calendar for each week.
   c. It's recommended that a Practice Test be taken at the beginning of your studies and another one 7-10 days before your actual test date. Choose the days you would prefer to take these and put them on your calendar. If additional Practice Tests are desired put those on your calendar too.
   d. Schedule the 2-3 days before your actual test date for pure Review & Memorization days to go over all the material you've been studying leading up to the exam.
   e. The day before your test, that morning it's recommended that you do 3-4 hours of reviewing things that you know, that you know, that you know. Then, that afternoon take off and do something unrelated to your test.
   f. Count each BLANK day/box that you have and this will be the total number of days to study since everything else has already been scheduled.

3. Looking at the example study schedule, this student has 20 days to study. Take the number of days and divide by the total rank (20/18 = 1.11). Multiply each individual rank by 1.11 to get the number of days to spend on each subject based on how it was ranked (be sure to round answers). Add the days up to see that they match the number of days you have to study.

Subject Area	Rank	Days to Study
Cardio & Pulmonary Systems (11.5%)	4	4 x 1.11 = 4.44 **(4 days)**
Musculoskeletal System (18%)	2	2 x 1.11 = 2.22 **(2 days)**
Neuro & Nervous Systems (17%)	3	3 x 1.11 = 3.33 **(3.5 days)**
Integ System (7%)	2	2 x 1.11 = 2.22 **(2 days)**
Other Systems (7%)	3	3 x 1.11 = 3.33 **(3.5 days)**
Equipment & Devices/Therapeutic Modalities (11%)	1	1 x 1.11 = 1.11 **(1.5 days)**
Safety & Professional Roles/Teaching & Learning/Research (19.5%)	3	3 x 1.11 = 3.33 **(3.5 days)**

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Example Daily Schedules:

8:00 – 8:30am	25 Practice Questions
8:30 – 9:30am	Rev. Practice Questions
9:30 – 12:00pm	Book Review
12:00 – 1:00pm	Lunch/Break
1:00 – 3:00pm	Book Review
3:00 – 3:30pm	25 Practice Questions
3:30 – 4:30pm	Rev. Practice Questions
4:30 – 5:30pm	Rev. Daily Question Logs

8:00 – 10:00am	Book Review
10:00 – 11:00am	50 Practice Questions
11:00 – 12:30pm	Review Practice Questions
12:30 – 1:30pm	Lunch/Break
1:30 – 2:30pm	Book Review
2:30 – 3:30pm	50 Practice Questions
3:30 – 5:00pm	Review Practice Questions
5:00 – 5:30pm	Rev. Daily Question Logs

Setting a Pace:

1. Using the information from our example study schedule, we know:
   - The number of days we'll be studying each subject
   - The number of hours each day we'll be using our resource(s) to study that subject
2. Count the number of pages per subject in each resource.
   - (Ex. Neuro is about 60 pages in the O'Sullivan Review Book)
3. Take the number of days we'll be studying each subject and divide by the number of pages in the subject.
   - (Ex. 3.5 days of Neuro would be about 17 pages each day)
4. Take the number of hours we'll be doing Book Review each day and divide by the number of pages that we should be doing each day.
   - (Ex. 3 hours of Book Review in a day would equate to reading about 5.5 pages/hour in O'Sullivan to get through the information)