

OSCE Weekly Study Plan

TARGET

- Learn about 48 cases in-depth. (With one case each day).
- Watch TG videos. (Or you can even listen to them while doing other chores).
- Watch Evans article video. (Or you can even listen to them while doing other chores).
- Watch special CV classes videos. (Or you can even listen to them while doing other chores).
- Practise the role-plays with yourself in the mirror. (to understand body language)
- 3 hours each day for OSCEs.
- At one stage you will finish with your TG videos, start repeating them again.
- Attend live sessions and listen to those recorded sessions.

Key points in this learning process:

- Identify areas needing improvement.
- Engage in critical thinking exercises.
- Reflect on the progress and adjust learning strategies.
- Reflect on the journey and applaud yourself.

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WEEK 1 Blue Set	
Day 1	<ul style="list-style-type: none"> • Blue set -1 case. Go into the details of it. • Listen to class - 1 hour. • Read through the case. Have a detailed understanding with the links. • Also watch one therapeutic guideline video.
Day 2	<ul style="list-style-type: none"> • Blue set -2 case. Go into the details of it. • Listen to class - 1 hour. • Read through the case. Have a detailed understanding with the links. • Also watch one therapeutic guideline video.
Day 3	<ul style="list-style-type: none"> • Blue set -3 case. Go into the details of it. • Listen to class - 1 hour. • Read through the case. Have a detailed understanding with the links. • Also watch one therapeutic guideline video.
Day 4	<ul style="list-style-type: none"> • Blue set - 4 case. Go into the details of it. • Listen to class - 1 hour. • Read through the case. Have a detailed understanding with the links. • Also watch one therapeutic guideline video.
Day 5	<ul style="list-style-type: none"> • Blue set -5 case. Go into the details of it. • Listen to class - 1 hour. • Read through the case. Have a detailed understanding with the links. • Also watch one therapeutic guideline video.
Day 6	<ul style="list-style-type: none"> • Blue set -6 case. Go into the details of it. • Listen to class - 1 hour. • Read through the case. Have a detailed understanding with the links. • Also watch one therapeutic guideline video.
Day 7	<ul style="list-style-type: none"> • Watch one special CV class video. • Watch one therapeutic guideline video. • Reflect on what you've learned. • Take time for yourself and relax. • Take time to do more technical skills tasks.

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WEEK 2 Yellow Set	
Day 1	<ul style="list-style-type: none"> • Yellow set -1 case. Go into the details of it. • Listen to class - 1 hour. • Read through the case. Have a detailed understanding with the links. • Also watch one therapeutic guideline video.
Day 2	<ul style="list-style-type: none"> • Yellow set -2 case. Go into the details of it. • Listen to class - 1 hour. • Read through the case. Have a detailed understanding with the links. • Also watch one therapeutic guideline video.
Day 3	<ul style="list-style-type: none"> • Yellow set -3 case. Go into the details of it. • Listen to class - 1 hour. • Read through the case. Have a detailed understanding with the links. • Also watch one therapeutic guideline video.
Day 4	<ul style="list-style-type: none"> • Yellow set - 4 case. Go into the details of it. • Listen to class - 1 hour. • Read through the case. Have a detailed understanding with the links. • Also watch one therapeutic guideline video.
Day 5	<ul style="list-style-type: none"> • Yellow set -5 case. Go into the details of it. • Listen to class - 1 hour. • Read through the case. Have a detailed understanding with the links. • Also watch one therapeutic guideline video.
Day 6	<ul style="list-style-type: none"> • Yellow set -6 case. Go into the details of it. • Listen to class - 1 hour. • Read through the case. Have a detailed understanding with the links. • Also watch one therapeutic guideline video.
Day 7	<ul style="list-style-type: none"> • Watch one special CV class video. • Watch one therapeutic guideline video. • Reflect on what you've learned. • Take time for yourself and relax. • Take time to do more technical skills tasks.

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WEEK 3 Gold Set	
Day 1	<ul style="list-style-type: none"> • Gold set -1 case. Go into the details of it. • Listen to class - 1 hour. • Read through the case. Have a detailed understanding with the links. • Also watch one therapeutic guideline video.
Day 2	<ul style="list-style-type: none"> • Gold set -2 case. Go into the details of it. • Listen to class - 1 hour. • Read through the case. Have a detailed understanding with the links. • Also watch one therapeutic guideline video.
Day 3	<ul style="list-style-type: none"> • Gold set -3 case. Go into the details of it. • Listen to class - 1 hour. • Read through the case. Have a detailed understanding with the links. • Also watch one therapeutic guideline video.
Day 4	<ul style="list-style-type: none"> • Gold set - 4 case. Go into the details of it. • Listen to class - 1 hour. • Read through the case. Have a detailed understanding with the links. • Also watch one therapeutic guideline video.
Day 5	<ul style="list-style-type: none"> • Gold set -5 case. Go into the details of it. • Listen to class - 1 hour. • Read through the case. Have a detailed understanding with the links. • Also watch one therapeutic guideline video.
Day 6	<ul style="list-style-type: none"> • Gold set -6 case. Go into the details of it. • Listen to class - 1 hour. • Read through the case. Have a detailed understanding with the links. • Also watch one therapeutic guideline video.
Day 7	<ul style="list-style-type: none"> • Watch one special CV class video. • Watch one therapeutic guideline video. • Reflect on what you've learned. • Take time for yourself and relax. • Take time to do more technical skills tasks.

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WEEK 4 Green Set	
Day 1	<ul style="list-style-type: none"> • Green set -1 case. Go into the details of it. • Listen to class - 1 hour. • Read through the case. Have a detailed understanding with the links. • Also watch one therapeutic guideline video.
Day 2	<ul style="list-style-type: none"> • Green set -2 case. Go into the details of it. • Listen to class - 1 hour. • Read through the case. Have a detailed understanding with the links. • Also watch one therapeutic guideline video.
Day 3	<ul style="list-style-type: none"> • Green set -3 case. Go into the details of it. • Listen to class - 1 hour. • Read through the case. Have a detailed understanding with the links. • Also watch one therapeutic guideline video.
Day 4	<ul style="list-style-type: none"> • Green set - 4 case. Go into the details of it. • Listen to class - 1 hour. • Read through the case. Have a detailed understanding with the links. • Also watch one therapeutic guideline video.
Day 5	<ul style="list-style-type: none"> • Green set -5 case. Go into the details of it. • Listen to class - 1 hour. • Read through the case. Have a detailed understanding with the links. • Also watch one therapeutic guideline video.
Day 6	<ul style="list-style-type: none"> • Green set -6 case. Go into the details of it. • Listen to class - 1 hour. • Read through the case. Have a detailed understanding with the links. • Also watch one therapeutic guideline video.
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WEEK 5 Red Set	
Day 1	<ul style="list-style-type: none"> • Red set -1 case. Go into the details of it. • Listen to class - 1 hour. • Read through the case. Have a detailed understanding with the links. • Also watch one therapeutic guideline video.
Day 2	<ul style="list-style-type: none"> • Red set -2 case. Go into the details of it. • Listen to class - 1 hour. • Read through the case. Have a detailed understanding with the links. • Also watch one therapeutic guideline video.
Day 3	<ul style="list-style-type: none"> • Red set -3 case. Go into the details of it. • Listen to class - 1 hour. • Read through the case. Have a detailed understanding with the links. • Also watch one therapeutic guideline video.
Day 4	<ul style="list-style-type: none"> • Red set - 4 case. Go into the details of it. • Listen to class - 1 hour. • Read through the case. Have a detailed understanding with the links. • Also watch one therapeutic guideline video.
Day 5	<ul style="list-style-type: none"> • Red set -5 case. Go into the details of it. • Listen to class - 1 hour. • Read through the case. Have a detailed understanding with the links. • Also watch one therapeutic guideline video.
Day 6	<ul style="list-style-type: none"> • Red set -6 case. Go into the details of it. • Listen to class - 1 hour. • Read through the case. Have a detailed understanding with the links. • Also watch one therapeutic guideline video.
Day 7	<ul style="list-style-type: none"> • Watch one special CV class video. • Watch one therapeutic guideline video. • Reflect on what you've learned. • Take time for yourself and relax. • Take time to do more technical skills tasks.

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WEEK 6 Orange Set	
Day 1	<ul style="list-style-type: none"> • Orange set -1 case. Go into the details of it. • Listen to class - 1 hour. • Read through the case. Have a detailed understanding with the links. • Also watch one therapeutic guideline video.
Day 2	<ul style="list-style-type: none"> • Orange set -2 case. Go into the details of it. • Listen to class - 1 hour. • Read through the case. Have a detailed understanding with the links. • Also watch one therapeutic guideline video.
Day 3	<ul style="list-style-type: none"> • Orange set -3 case. Go into the details of it. • Listen to class - 1 hour. • Read through the case. Have a detailed understanding with the links. • Also watch one therapeutic guideline video.
Day 4	<ul style="list-style-type: none"> • Orange set - 4 case. Go into the details of it. • Listen to class - 1 hour. • Read through the case. Have a detailed understanding with the links. • Also watch one therapeutic guideline video.
Day 5	<ul style="list-style-type: none"> • Orange set -5 case. Go into the details of it. • Listen to class - 1 hour. • Read through the case. Have a detailed understanding with the links. • Also watch one therapeutic guideline video.
Day 6	<ul style="list-style-type: none"> • Orange set -6 case. Go into the details of it. • Listen to class - 1 hour. • Read through the case. Have a detailed understanding with the links. • Also watch one therapeutic guideline video.
Day 7	<ul style="list-style-type: none"> • Watch one special CV class video. • Watch one therapeutic guideline video. • Reflect on what you've learned. • Take time for yourself and relax. • Take time to do more technical skills tasks.

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WEEK 7 Pink Set	
Day 1	<ul style="list-style-type: none"> • Pink set -1 case. Go into the details of it. • Listen to class - 1 hour. • Read through the case. Have a detailed understanding with the links. • Also watch one therapeutic guideline video.
Day 2	<ul style="list-style-type: none"> • Pink set -2 case. Go into the details of it. • Listen to class - 1 hour. • Read through the case. Have a detailed understanding with the links. • Also watch one therapeutic guideline video.
Day 3	<ul style="list-style-type: none"> • Pink set -3 case. Go into the details of it. • Listen to class - 1 hour. • Read through the case. Have a detailed understanding with the links. • Also watch one therapeutic guideline video.
Day 4	<ul style="list-style-type: none"> • Pink set - 4 case. Go into the details of it. • Listen to class - 1 hour. • Read through the case. Have a detailed understanding with the links. • Also watch one therapeutic guideline video.
Day 5	<ul style="list-style-type: none"> • Pink set -5 case. Go into the details of it. • Listen to class - 1 hour. • Read through the case. Have a detailed understanding with the links. • Also watch one therapeutic guideline video.
Day 6	<ul style="list-style-type: none"> • Pink set -6 case. Go into the details of it. • Listen to class - 1 hour. • Read through the case. Have a detailed understanding with the links. • Also watch one therapeutic guideline video.
Day 7	<ul style="list-style-type: none"> • Watch one special CV class video. • Watch one therapeutic guideline video. • Reflect on what you've learned. • Take time for yourself and relax. • Take time to do more technical skills tasks.

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WEEK 8 Silver Set	
Day 1	<ul style="list-style-type: none"> • Silver set -1 case. Go into the details of it. • Listen to class - 1 hour. • Read through the case. Have a detailed understanding with the links. • Also watch one therapeutic guideline video.
Day 2	<ul style="list-style-type: none"> • Silver set -2 case. Go into the details of it. • Listen to class - 1 hour. • Read through the case. Have a detailed understanding with the links. • Also watch one therapeutic guideline video.
Day 3	<ul style="list-style-type: none"> • Silver set -3 case. Go into the details of it. • Listen to class - 1 hour. • Read through the case. Have a detailed understanding with the links. • Also watch one therapeutic guideline video.
Day 4	<ul style="list-style-type: none"> • Silver set - 4 case. Go into the details of it. • Listen to class - 1 hour. • Read through the case. Have a detailed understanding with the links. • Also watch one therapeutic guideline video.
Day 5	<ul style="list-style-type: none"> • Silver set -5 case. Go into the details of it. • Listen to class - 1 hour. • Read through the case. Have a detailed understanding with the links. • Also watch one therapeutic guideline video.
Day 6	<ul style="list-style-type: none"> • Silver set -6 case. Go into the details of it. • Listen to class - 1 hour. • Read through the case. Have a detailed understanding with the links. • Also watch one therapeutic guideline video.
Day 7	<ul style="list-style-type: none"> • Watch one special CV class video. • Watch one therapeutic guideline video. • Reflect on what you've learned. • Take time for yourself and relax. • Take time to do more technical skills tasks.