

MEDICAL EDUCATION · FOR MBBS STUDENTS

# MBBS Study Framework

## *The First Two Years*

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A Dr. Priyamvada Goel educational resource — for residents, students, and curious patients.

Five years is shorter than it sounds. A framework for studying in a way that compounds — so the second year builds on the first, instead of competing with it.

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## Read in the order you will reason

- Textbooks are written in subject order. The body works in physiological systems.
- When you study a topic, integrate anatomy, physiology, and biochemistry of that system together. The brain remembers what it can connect.

## A weekly cadence

- Lectures (input).
- Reading the same topic in a primary textbook (depth).
- Active recall: closed-book summary in your own words (encoding).
- Spaced revision the following week (retention).
- Rest. Sleep is part of the cadence, not optional.

## Spaced repetition without the gimmicks

- You do not need an app. You need a calendar and the discipline to revisit topics at day 1, day 7, day 30.
- If you use Anki, write your own cards. The act of writing the card IS the learning.

## Reading recommendations

- Choose one primary text per subject and stay with it for the year.
- Add reference texts only when the primary text fails you on a specific topic.
- Avoid collecting books. The student with three half-read textbooks loses to the student with one fully-read textbook.

## Notes you will actually re-read

- Aim for ugly and useful. Bullet points beat paragraphs. Diagrams beat both.
- Re-read your own notes within 48 hours of writing them. If you cannot understand them then, no one will.