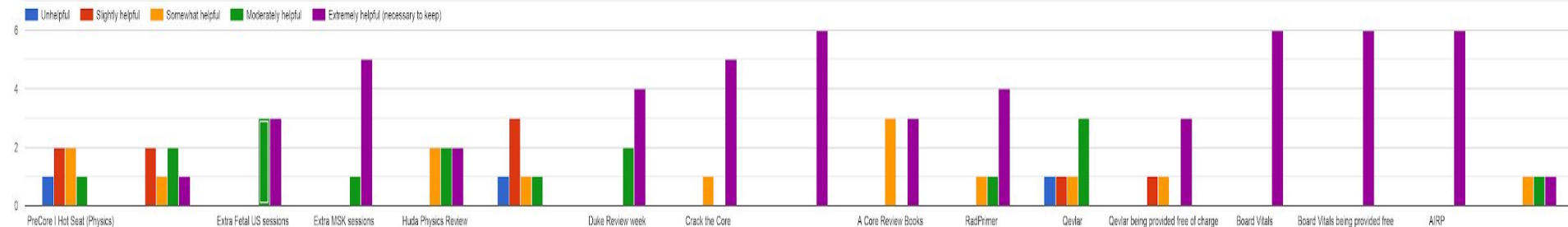


2019 Post Core Survey



15% dust

Please rate the following Core Initiative prep resources:



Most helpful: AIRP, Board Vitals, Duke review week, CtC, extra MSK/Neuro/fetal sessions

Moderately helpful: A Core Review Books, Radprimer

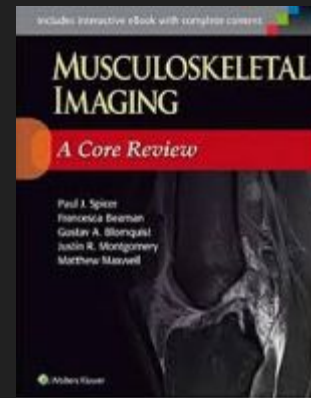
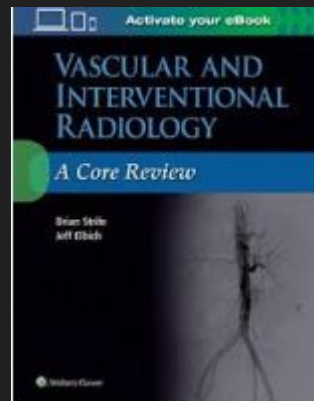
Lowest scoring: UNC physics curriculum and Hot Seat

Question Banks (best first)

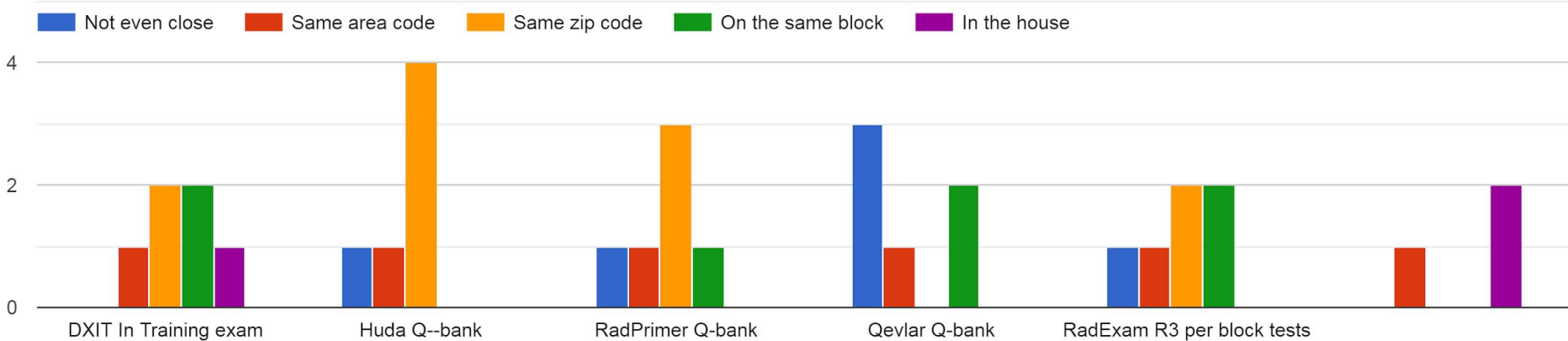
1. Board Vitals
2. A Core Review Series
3. Radprimer
4. Qevlar (worst)

2018

1. Qevlar
5. Boardvitals
6. Radprimer



Please rate how each of these sources measure up with regard to question structure and rigor against the actual Core Exam



Study Calendar

How helpful was it to have a study calendar?

6 responses

Decent

Yes.

Very

I think it helped me loosely stay on track and give me daily goals to meet before the day ends

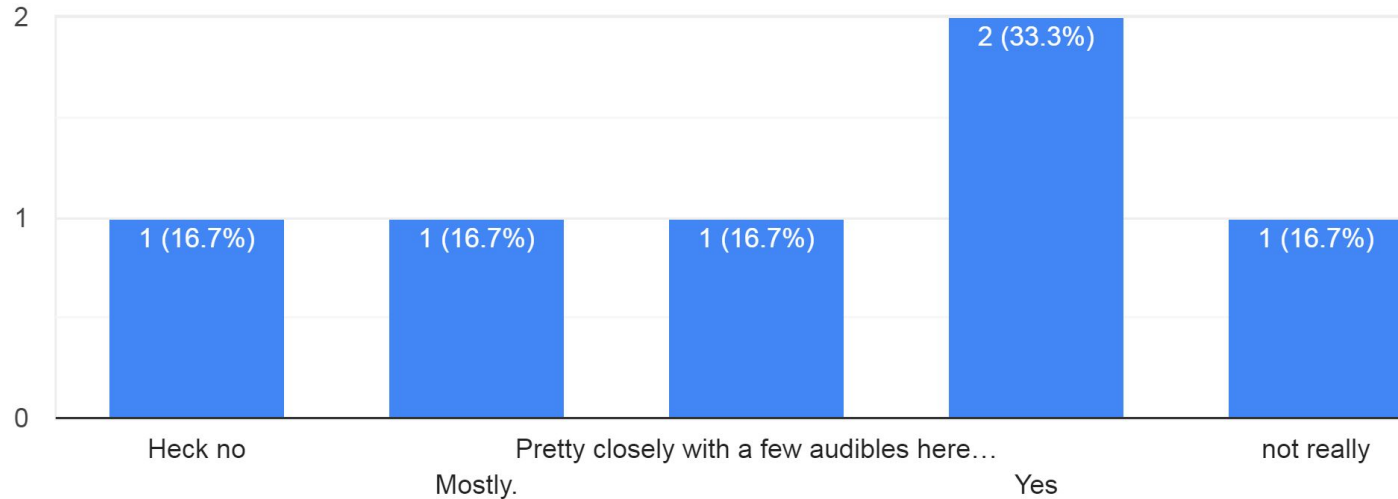
Semi-helpful to make initial plan and look at periodically

ok, better just to have list of to-dos

Study Calendar

Were you able to follow along with your study calendar?

6 responses



Study Schedule

Variable, but overall we thought it was useful for these reasons:

- Creating a plan/outline beforehand and trying to plot a timeline
- Accounting for lighter rotations
- Stay on trajectory/keep on track
- Figure out weaknesses, making sure everything is covered
- Set goals and define absolutely necessary tasks
- Reduces anxiety (crossing off boxes feels good)

Study Schedule

With that said:

- No one AT ALL followed the schedule exactly
- Most made modifications as time went on, some significant
- Flexibility is important: Revisit weak areas, change goals and timelines

See rads.web for example study schedules from 2018 and 2019.

Faculty Proctors

How helpful was it to have faculty proctors (Drs. Jordan and E Lee) checking in? Are they needed?

6 responses

Don't need faculty proctors.

Maybe for some. Plus minus for me.

Not very

We had a proctor?

Slightly helpful

Somewhat helpful.

Free text:

Rapid review hot seats were great (more cases shown, the better) - exception was physics, it wasn't done well.

Extra review sessions by Troy, Bacchus, Zamora, Ellie Lee, and Handy were fantastic. I really enjoyed Ben Mervak's style of core review. Having attendings switch focus to more cases during their lectures will definitely benefit future classes.

Crack the Core is a must (vol 1 and 2, war machine, case companion, and videos)! Exam didn't really have all those syndromes or zebras he mentioned but it serves as the foundation.

Physics, Nucs, and NIS felt like the most difficult subjects.

AIRP was money! Best radiology lectures.

Duke Review was great for rapid review and identifying weaknesses to focus on.

Free text

Additional resources that were useful:

-A Core Review book series was fantastic - it supplemented the pictures that weren't in Crack the Core. Highly recommend for future classes.

-Radiology Core: Physics (Premium Edition) application - excellent physics resource.

-Neuroradiology: Key differential diagnosis and clinical questions - excellent supplement (HSL website).

-Neuroradiology companion (5th edition) by Zamora and Castillo - excellent supplement (HSL website).

-Core Radiology: A visual approach to diagnostic imaging (HSL website) - great overall resource throughout residency.

-Top 3 differentials in Radiology: A Case Review (2nd edition) was pretty good (HSL website).

-Top Score for the Radiology Boards: Q&A for the Core and Certifying Exams - good resource if looking for more (HSL website).

-should consider an additional qbank instead of QEVLAR. Board vitals is great. I hear face the core is ok. Def need more than one qbank. But the style of questions isn't helpful qevlar.

From what I did if core review series, they are good for fund of knowledge.

Time to study and qbanks are the most helpful for CORE.

Board Vitals is the single best resource. period.

Free text:

Q banks – Qevlar is a joke and not even close to exam type questions. It should be scrapped entirely with money going to other banks/resources. Boardvitals was probably the closest to the real exam and should be kept as free to residents.

Resources – WAY too much stock in Crack the Core. I read each book about 4-5 times through, wish I read them twice. Diagnosis questions made up about 80% of the exam (could be off but thats what it felt like), so looking at pictures and knowing dx down cold will get you far. Single best resource is probably the Case Review Series books on each section, so I would use dept money to buy those and you guys can all use the same login as we did.

Physics -- CtC is really good and should know the material in and out. That said, alot that was asked was not on there. Our in house curriculum is poor. Hopefully the new curriculum this year will be stellar, I am jealous of your opportunity. Huda is an amazing teacher and it was a great experience, but as people have noted before the questions are only vaguely similar to the test.

Don't study obscure syndromes, waste of time. therefore, QEVLAR too in the weeds. Review common simple things before exam, you may not remember those simple things you learned three months ago and thought you knew for the test.

Free text (2018):

1. Core test writers look for holes in the primary study resources.
 - a. Make notes of weak areas to bolster knowledge longitudinally throughout your studies
2. Did tons of questions, only NIS questions were representative of boards.
 - a. Put “way too much stock in Lionheart” but still recommends CtC
3. More cardiac and cross sectional MSK than expected
 - a. Breast tomo was unexpected, should be incorporated more into UNC curriculum
4. Tons of nucs trivia
5. Test was harder than anticipated and particularly harder than the ABR practice test
 - a. Very frustrated made a lot of mistakes, but would not have done any better with any more time to study
 - b. Should have respected cardiac more

Free text (2018):

6. Read as much as you can, broader experience = better performance
 - a. Physics and nucs are heavily tested
 - b. ABR NIS guide is essential, ~20 questions straight from that document
 - c. RSNA modules were best resource for learning baseline physics. Read different sources to appreciate variable perspective in how physics questions may be asked
 - d. Use case review books for weak areas
 - e. If you use flashcards, start making them early
 - f. Study on fall rotations as if you are studying for core

Free text (2018):

7. Start learning physics early, use RSNA modules prior to physics hot seats. Read CtC warmachine as review (though also good resource to learn physics).
 - a. Did boardvitals as tests one month out (Qevlar longitudinally through the year)
 - b. Read CtC 3 times, watched all the videos
 - c. “Very few zebras on the test”
8. Create an image library of pathologies in CtC for review
 - a. Flashcards are essential
 - b. Rock the Boards, Boardvitals and additional physics and NIS qbanks all helpful
 - c. RSNA modules best way to learn physics

Free text (2018):

9. Rad Primer BASIC (not intermediate), QEVLAR, Boardvitals are a must. HeadNeckBrainSpine Cases were great for Neuro and a quick Review. Crack the Core Books, Case Book, and War Machine are a MUST DO and you can pass the test if you know CTC and War Machine cover to cover. Have to look up pictures of everything though.
 - a. Review breast MRI and tomo
 - b. Case review books are outdated. Try “Core Review” series, which seem to be written more for the multiple choice exam
 - c. Qbanks are probably better resource than case review books

Free text (2018):

10. “Core Review” for nucs was helpful, the whole series is probably good
 - a. Cardiac was hard
 - b. Possible to go overboard on Qbanks, however, using more than 1 is helpful
 - c. Boardvitals has more detailed answers
 - d. Wide variability in test question difficulty, In service is pretty similar
 - e. Huda questions helpful to learn material and emphasize teaching points but not similar to Core

Advice from Chiefs:

-- Begin physics early

-- Calisi physics (free online Qbank is excellent the week before) and Radiology Core App on phone (green)



-- Mettler NM is important

-- NIS acutely before the test is a MUST

-- Take the practice exam on ABR website (familiarize format, very similar Q's)

-- Know bread and butter Dx in all imaging modalities, stone cold

-- Very few 2nd/3rd order questions, obscure Dx and syndromes

-- People will recommend tons of resources. Don't feel obligated to do them all. Find what you like early on and stick to it.

-- This year is about you passing the Core. Don't feel guilty putting your needs (and that of your R3 colleagues) first. No one will congratulate you for having stayed late every day to help read off the MSK plain film list if you fail. Passing this exam is your #1 goal this year.



Be diligent and don't underestimate the test. You want to go into the test feeling confident you did your best leading up to that point.

You guys are awesome and will do great!

We are always around for anything.

-- JJH