



## Personalized Study Planner

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The OEBC exams are case-based examinations that reflect practice. Creating parallel plans for the Written Exam and the OSCE can be helpful, in addition to using the suggested case templates which are included in the [Additional OSCE Preparation Tools](#)).

Preparing for your optometry board examination can be a structured and manageable process with the right approach. The following is a recommended method and timeline to help you prepare effectively:

### **DATE: 6 Months Before the Exam**

**COMPLETED**

#### *Gather Study Materials*

Obtain the OEBC study guides, textbooks, and class notes.

#### *Understand the Blueprint*

Familiarize yourself with the exam blueprint to learn the topics and competencies covered. The Blueprint provides the proportion of materials covered and outlines the topics covered.

#### *Carefully read the patient interaction rubric (in the [OEBC Rubric Guide](#))*

Apply the eight items in your clinical work. Ask your supervisor to give you feedback. This element is measured in all 12 OSCE stations.

**OEBC TIP – Organize:** *Break down your study material into manageable sections and set weekly goals.*

### **4-5 Months Before the Exam**

#### *Start Studying*

Begin with the basics and gradually move to more complex topics. Dedicate specific hours each day to study.

#### *Develop practice cases.*

#### *Create/Join a Study Group*

Collaborate with peers to discuss complex topics, exam format, practice, and share resources.

### **3 Months Before the Exam**

#### *Create Practice Questions*

Start doing practice questions and case studies to test your knowledge.

#### *Simulate OSCE Scenarios*

Practise clinical skills with classmates or mentors to get comfortable with the OSCE format.

**DATE:**      **2 Months Before the Exam**

**COMPLETED**

*Review and Revise*

Focus on areas where you feel less confident. Use flashcards, summaries, and mnemonics to reinforce your memory.

*Create a practice exam for the OSCE*

Create a 12-station (full-length) practice exam. Do it under timed conditions to build stamina and get used to the exam format and timing. Include four technical stations to practice gonioscopy, tonometry (Perkins), retinoscopy, and BIO.

**1 Month Before the Exam – Final Review**

*Review everything*

Review the material again, focusing on weak areas.

*Take the Written Practice Exam*

Provided at no additional cost, automatic registration upon registering for the Written Exam. While the questions on the practice exam are representative of the ones you'll see on the Written Exam, they are not repeated on the Written Exam.

**OEBC TIP – Relaxation Techniques:** To stay calm, practice stress management techniques like deep breathing, meditation, or light exercise.

**Exam Week – Light Review**

Do a light review of critical concepts and avoid cramming

For the OSCE, re-read the insights provided by examiners in the study guide

Re-read the Candidate Guide

**OEBC TIP – Stay Calm:** Ensure you get plenty of rest and keep a healthy routine.

**Exam Day – Stay Calm**

**OEBC TIP – Stay Calm:** Trust your preparation. Follow all exam day instructions carefully.

OEBC has separated the written and OSCE components by at least three weeks.

OEBC assesses your cumulative performance. Failing one station does not mean that you fail the exam.

OEBC strives to ensure that candidates are well-prepared for their board exams. Please pass along your suggestions to strengthen this study planner to [exams@obec.ca](mailto:exams@obec.ca).