

THE OSCE METHOD™

A FREE GUIDE TO ACING YOUR OSCES



✨ ✨ **Our gift to you** ✨ ✨



osce toolbox

INTRODUCTION

Most students revise for OSCEs the wrong way - overloading on facts, panicking last minute, and hoping it all clicks on the day.

But OSCEs are a **performance**, not just a test of knowledge.

PLAN → PRACTICE → EXAM

The **OSCE Method™** is a strategic framework to help you prepare **confidently, effectively, and calmly.**

THE PLAN



1. Gather Key Information

- Get all the official university info about your OSCE: practice scenarios, station breakdowns, timing, and format.
- Set up a document or Notion page to log:
 - **Number** of stations
 - Station **types** and what you'll be expected to do
 - **Timing** (per station, reading time)
 - Exam **dates**

2. Ask Around

Talk to older students about:

1. What came up in **previous years**
2. Any **tips** they have overall, and for each station

3. Create Your Game Plan

Make a checklist of:

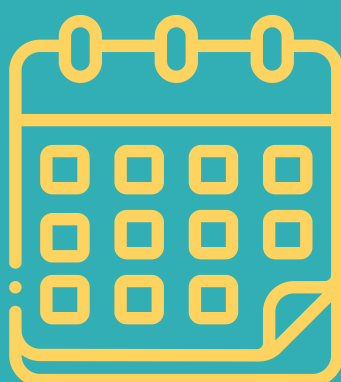
- **Knowledge:** What do you need to learn?
- **Practice:** What skills do you need to rehearse?
- **Resources:** Where can you get help? (e.g., OSCE Toolbox)



4. Build Your Timetable

Create a timetable working from your exam dates, backwards, leaving time for:

- **Knowledge** review
- **Group practice** (at least weekly)
- **Mock** circuits (2 weeks before exams)



THE PRACTICE

Practice Smart

Form an OSCE practice group.

Your group should contain 3 roles:



Student



Actor



Examiner

Each role gives a unique insight:

- Actor: Learn what feels natural and clear to patients
- Examiner: Spot what's working and what's not

Use OSCE Toolbox videos to practice examining others and self-evaluate!

Station-By-Station Strategy

As you work through each station type:

- Use OSCE Toolbox info capsules to build your **knowledge** base for the content that might come up
- Use OSCE Toolbox scenarios to **practice**.
- Develop your **structure** and write it down.
- Record **tricky points** or facts to remember, that you can look over just before the exam.

Example structure

- ☐ Introduce yourself
- ☐ Ask about symptoms, including red flags
- ☐ Ask about past medical history
- ☐ Ask about drug history
- ☐ Confirm allergies
- ☐ Provide and explain diagnosis
- ☐ Provide advice, including self-care
- ☐ Recommend product/ Refer
- ☐ Answer relevant questions
- ☐ Close the consultation appropriately

**NEED MORE HELP? WE CREATED OSCE TOOLBOX TO HELP
YOU FEEL CONFIDENT, COMPETENT AND CAREER-READY.**

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