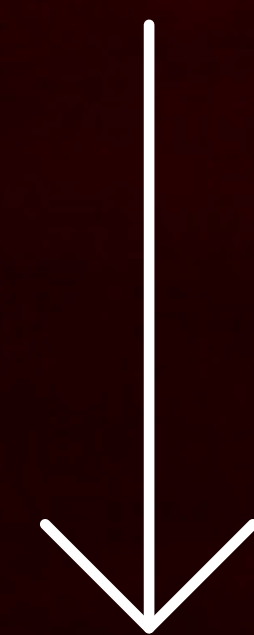


INTRODUCING



Vital Study Skills

HELPING STUDENTS BECOME DOCTORS



Students are required to learn a lot of information quickly in med school – at a pace and volume much higher than they experienced as undergraduates.

In addition, many struggle to adapt to a more self-directed style of learning.

If you're looking for proven, evidence-based strategies that can help, we'd like to introduce Vital Study Skills (VSS).



“More than 20 years ago,
we began working with
struggling med students.”

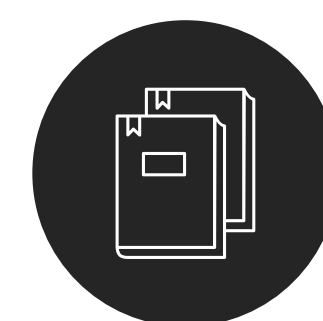
KATHLEEN STRAKER



We scoured the research, observed what set the best students apart, and tested a variety of learning strategies. Each one that made it into VSS had to work... and "at the speed of med school."

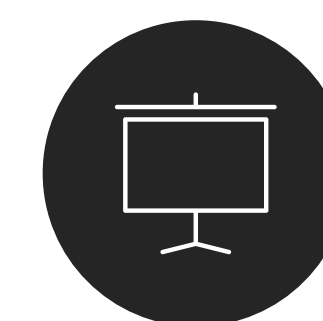
We first made the VSS system available in our book, *Study Without Stress*, written for med students. And the strategies continue to be refined as we work with students, and the advisors who support them.

Since the development of VSS, we've had the opportunity to work with thousands of students, and the advisors who support them, across a variety of health sciences professional programs.



15,608

BOOKS SOLD



249

WORKSHOPS



5,447

STUDENTS

Vital Study Skills provides students with a detailed, easy-to-follow system for mastering information in the med school curriculum.

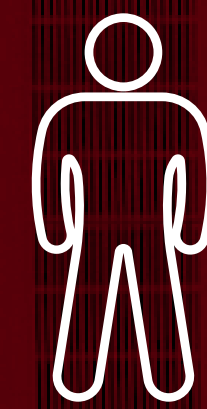
Students learn how to retain information for the long term, and retrieve it as needed for class discussions, exams, clinical application, and boards.

It is comprehensive, providing learning and support strategies across these three critical areas:



Time Management

How you spend your waking hours



Body Management

Getting proper sleep, nutrition, & exercise

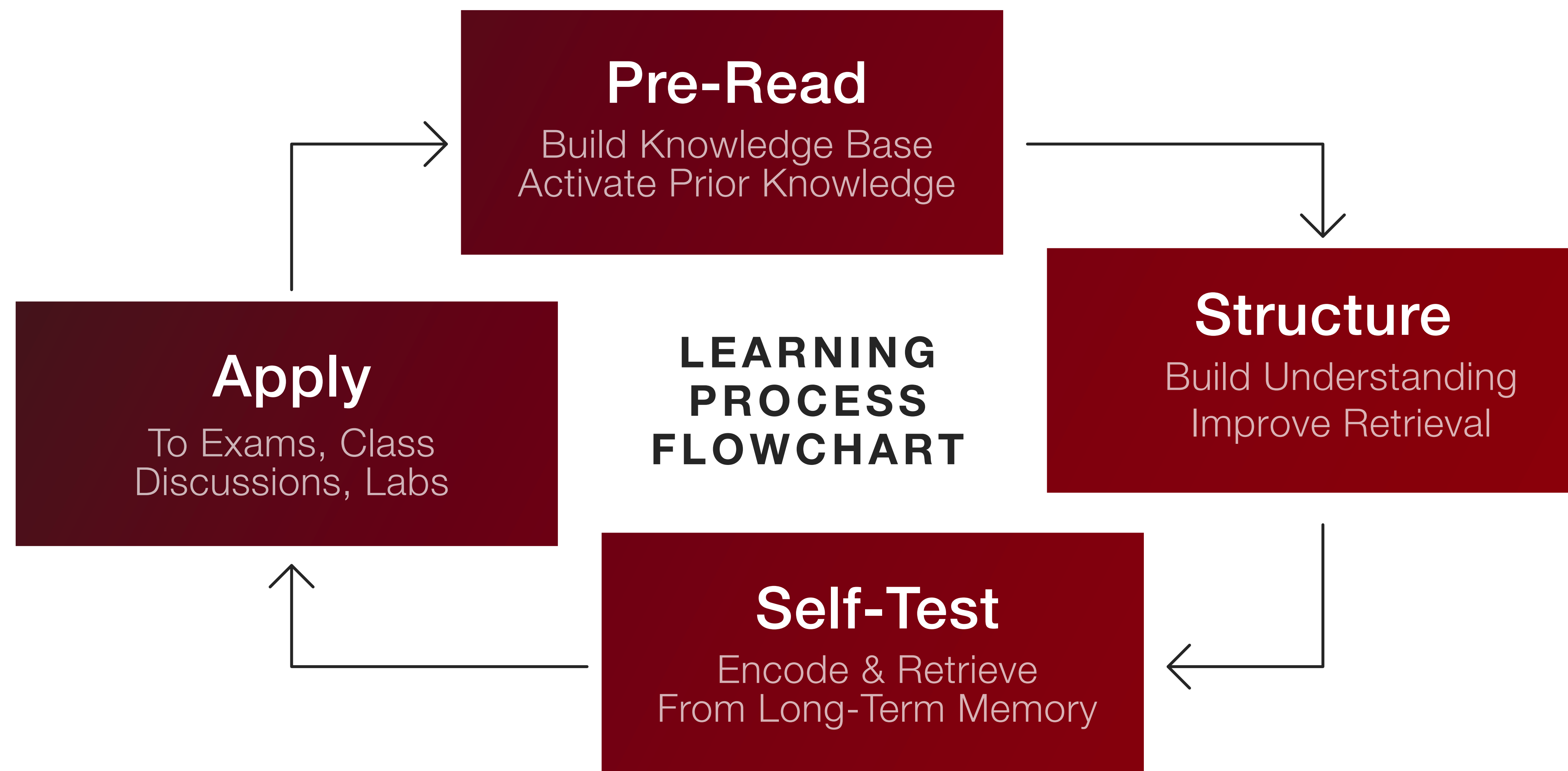


Mind Management

Learning focus, concentration, & self-talk

The VSS strategies ensure that students:

- Build weekly study plans so they can keep up.
- Get the most out of lectures and reading assignments.
- Create effective study notes.
- Utilize long-term memory and effective retrieval.
- Increase concentration.
- Improve motivation and self-talk.



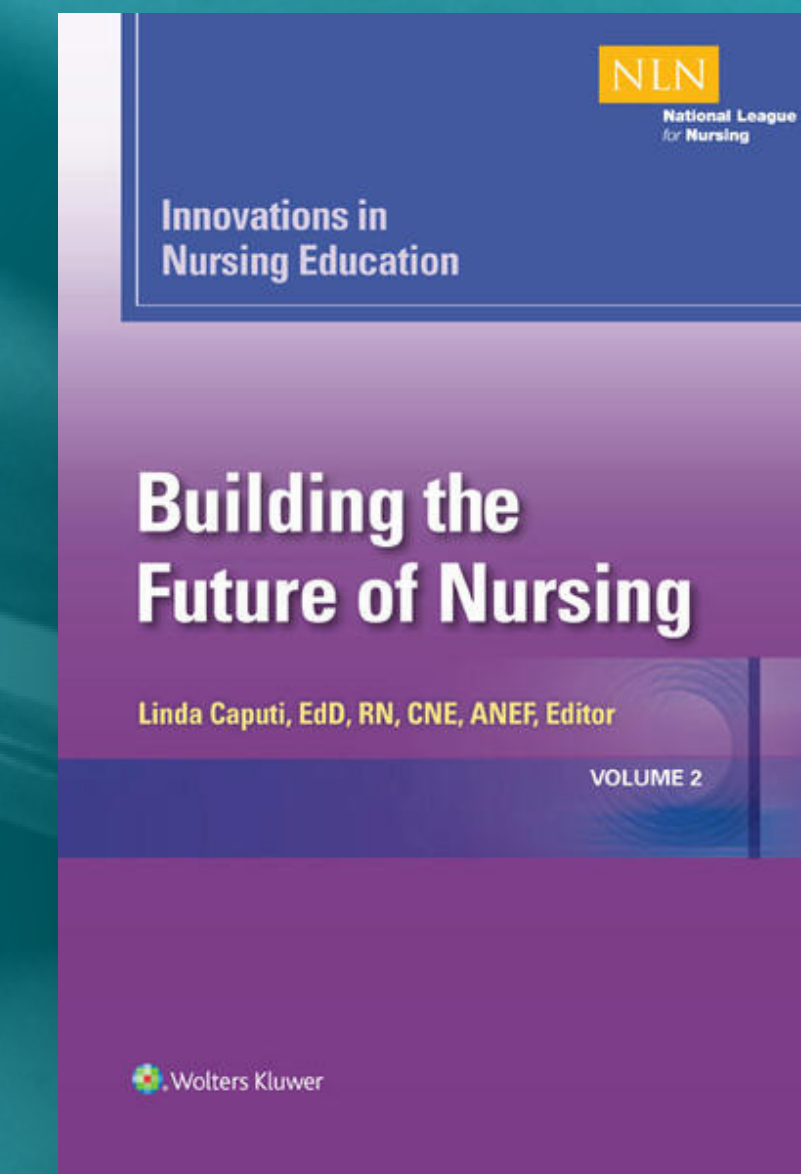
We've documented improvement in student outcomes across a variety of health sciences programs.

For instance, participants in a university pre-med program, with which we've worked since 2004, have a retention rate above **91%**, and accepted into medical school at **64%** – much higher than national and state averages – and acceptance into graduate programs at more than **80%**.

When similar training was offered for nursing students identified as “at-risk,” data showed that the rate of graduation of the nursing students who completed the program was **76%**, vs. 69% for the state average. In addition, **97%** of participants passed the National Counsel Licensure Examination (NCLEX-RN) on their first attempt.

Chapter 4 of *Innovations in Nursing Education: Building the Future of Nursing, Volume 2*, describes a variety of positive outcomes for an integrated study skills elective. The chapter can be ordered [here](#).

Results of other programs that have leveraged VSS strategies can be viewed [here](#) and [here](#).



VSS participants (including those at risk) regularly outperform their peers who do not participate – and become confident and successful.

They learn and apply effective learning and self-care strategies – and often coach other students in the same practices.

And their advisors are better able to support them – and make measurable contributions to their programs and institutions.

During VSS implementations, students learn and apply the new strategies – and selected advisors learn how to teach the VSS workshops, as well as leverage the methodology for coaching and advising.

This option is for organizations that want to bring the Vital Skills Workshop in-house as part of ongoing, holistic retention efforts.

Workshops

The VSS workshops build students' skills in the VSS strategies. This is not just conceptual training – it builds robust skills in each strategy and includes follow-up coaching to support application and habit formation.

The workshop is offered in two formats:

- **Two-day workshop:** The two days may be consecutive or one week apart. This option includes up to three follow-up sessions.
- **Six-week workshop:** Two-hour sessions meet once a week for six consecutive weeks. Students complete workshop assignments between sessions, which are debriefed in following sessions.

The workshops may be delivered in person or virtually.

Facilitator Certification

An in-depth **See One > Do One > Teach One** process is at the core of Facilitator Certification. This ensures facilitators can effectively implement the VSS strategies – including teaching, advising, and coaching.



* Examples of contributions to the methodology include the following:

- Video recordings demonstrating VSS strategies
- Refinement or expansion of strategies, or workshop materials
- Documentation of case studies

What People Are Saying

If you read their manual, and if you follow what they say, you will study better, study faster, recall more efficiently and learn more than you ever thought possible. I know. I was one of the many who saw a dramatic change. I found this course to be a turning point in my medical education and its techniques still serve me today in my professional career. To Jean and Kathy, I give my unending thanks. You saved me!



Kent R. Folsom, MD

Senior Partner, Harrisonburg Emergency Physicians

There are not words to express my appreciation. You gave me the tools I needed to study. As a matter of fact, I showed one of my classmates the chart I made for one of the topics and she created the same to study. You're awesome! Thank you a million times.



Debbie

Student

This book should be mandatory reading for anyone contemplating a professional health education curriculum.... I used this study system to survive medical school....

Even after residency, I have continued to refer back to the charts I made. I was excited to hear that Jean and Kathleen were publishing their study plan so that even more students could benefit from their guidance. The workbook format encourages the reader not only to read the book ... but also empowers the student to take personal control of their study system.



Laura McGuinn, MD

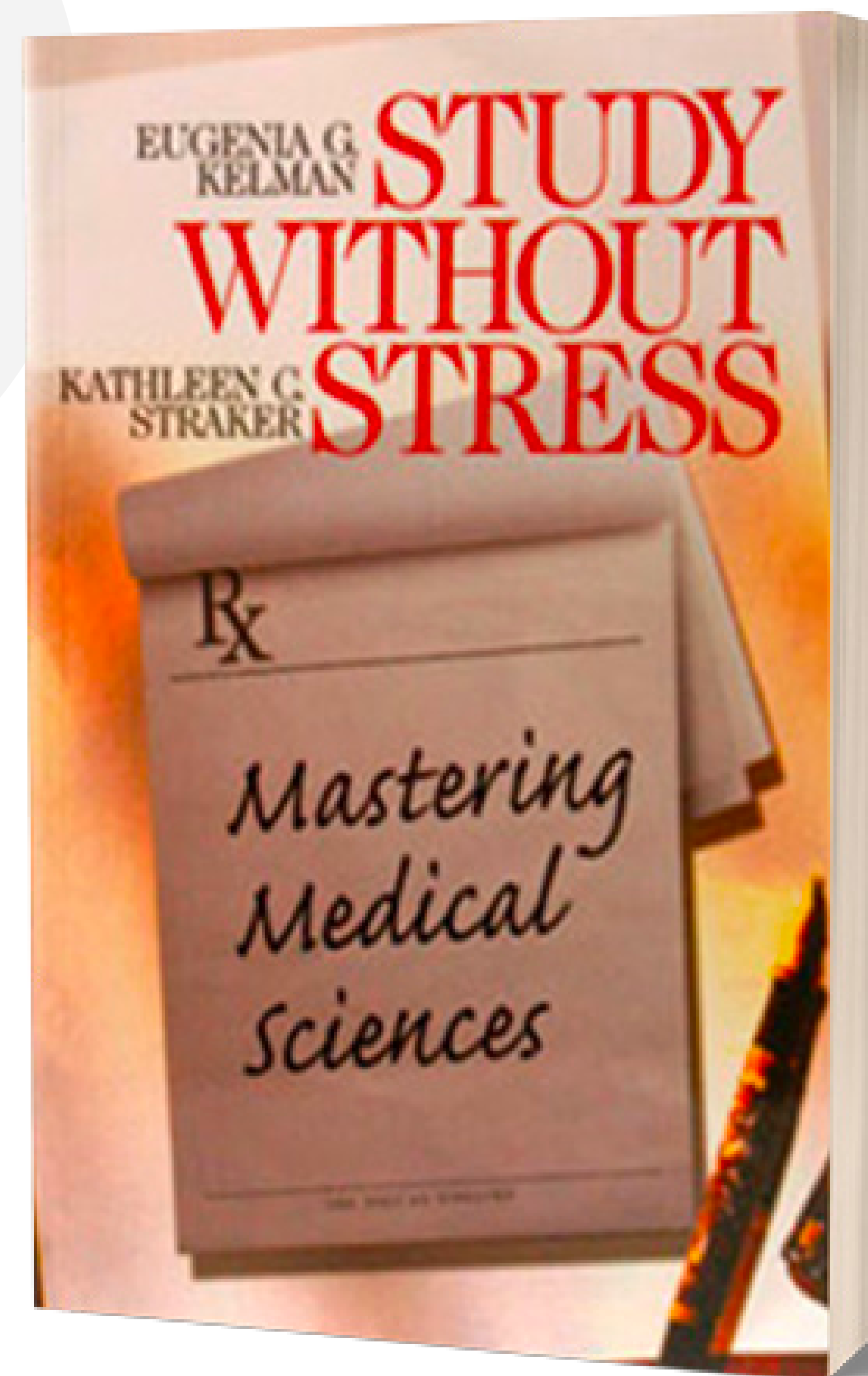
Children's Hospital of Austin

To learn more about Vital Study Skills, order your copy of *Study Without Stress* (or access one through inter-library loan).

BUYING OPTIONS

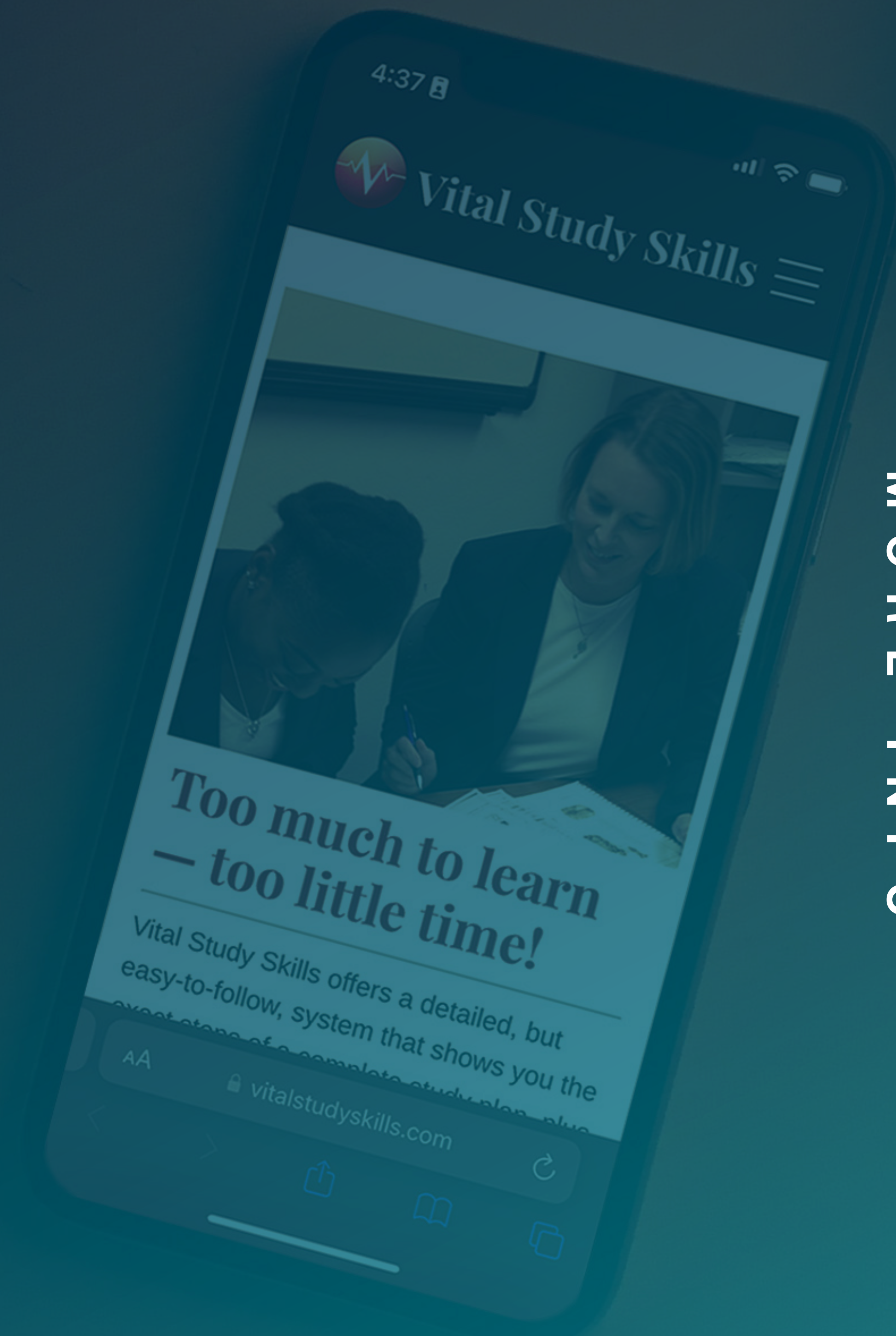
Amazon →

Sage Publications →



If you're not ready for a full implementation, many instructors have used our books as textbooks for academic success courses. They contain quizzes (self-assessments) for each strategy, lots of examples, and application worksheets.

Email us if you have questions or would like to schedule time to talk: info@vitalstudyskills.com.



MORE INFO