0:00: Intro

1:30: Get yourself organised!

2:15: Take care of your health!

3:55: Using every minute! Learn on the job!

4:52: Resources available
- Applying through the Royal College - [https://www.rcpch.ac.uk/resources/theory-exams-mrcpch-dch-how-apply](https://www.rcpch.ac.uk/resources/theory-exams-mrcpch-dch-how-apply)
- Royal College Syllabus - [https://www.rcpch.ac.uk/resources/theory-exams-structure-syllabus](https://www.rcpch.ac.uk/resources/theory-exams-structure-syllabus)
- PasTest Question Bank - [https://www.pastest.com](https://www.pastest.com)
- OnExamination Question Bank - [https://www.onexamination.com/](https://www.onexamination.com/)
- 123doc Question Bank - [https://www.123doc.com](https://www.123doc.com)
- PassPaeds - [http://www.passpaeds.com](http://www.passpaeds.com)
- Google pics of rashes/syndromes/diagrams – Great even if you’re not a visual learner!
- More dermatology at [https://www.dermnetnz.org/](https://www.dermnetnz.org/)

7:27: Focus on weak areas
- We’re aiming our future theory revision podcasts specifically at these! Keep an eye out!

8:50: Exam question techniques
- Check your answers
- If you’re really not sure, and you’ve no way to narrow your answers down – probably any answer that has a degree of finality to it (e.g. “always…”, “all of the above…”) is wrong. Not guaranteed but worth a shot if all else is equal!
- Look for grammatical clues! These questions often get pulled from the bank before they’re used but every now and then, one slips through. Easy money!

12:15: What to do when struggling with exams
- Understanding what questions really mean
- Chatting to your registrars and consultants – You’d be surprised which ones have been in the same boat. Failing is easier to take when people you look up to have been there!
- Get some peer support – Mentors/friends/colleagues/professional support units
  - Professional Support Unit Wales (genuinely the nicest people in the world) [https://psu.walesdeanery.org/](https://psu.walesdeanery.org/)

16:47: Advice from around Wales
- Featuring Sophie Constadinou, Sian Williams, Tim Warlow, Bassam Al-Husseini and Camille Roberts
- Books they mentioned!

23:03: Outro

Other books trainees recommended!