

We invite our graduates to join us for our NAPLEX activities.

[Please refer to our schedule of activities.](#)

Hampton has a special deal with RxPrep

- Click [here](#) for a description of RxPrep. We obtain discounts for our students.
- We also arrange for RxPrep to provide two live (webinar, in-person) sessions. Contact the School for more information.

How to study efficiently and effectively

- Please trust me. Considerable amounts of research support using these two techniques:
- Practice testing involves frequent pre- and post-testing of information as you review a specific area (e.g., a RxPrep chapter).
- Distributed practice involves spreading out the learning as opposed to “cram sessions”. Distributed practice also recommends the use of the [Cornell note-taking system](#).
- Early evidence with Hampton students supports this research. Mock-NAPLEX scores increased by an absolute 22% after following this approach. Approximately 90% of students following this approach have passed the NAPLEX.

Tip #1: Write and recite

The Benefits of No-Tech Note Taking

- Review one, and only one, RxPrep chapter prior to going to sleep
- Can take 2 nights for large chapters
- Wrote down everything you don't know, by HAND, on a note pad
- DO NOT USE A HIGHLIGHTER
- For those things that you don't know, write your own Q&A in the margins (Cornell note taking system)
- Ideally, find a partner to take turns asking questions for each chapter (write and recite).
Why? Verbally asking questions is a powerful way to learn the material.
- Once you finish all the RxPrep chapters put the book away
- Repeat the process but using your handwritten notes
- Wrote down everything you don't remember from your notes on a note pad
- This results in a smaller set of notes
- Do that one more time and end up with ~10 pages of things that you're not sure you remember
- Take the test and pass easily

Tip #2: RxPrep books contain more than you actually need

- If it's not in bold, *italics*, or underlined, then DO NOT WORRY ABOUT IT. That cuts down what you actually need to study by at least 75%.

Sit in on DDM courses

- If you would like to attend a particular DDM lecture topic, please contact the instructor to ensure there will be room. [Click here](#) for the Fall schedule of DDM topics.

Study Cards

- [Link to Quizlet "flashcards" for NAPLEX](#)
- [Check out Anki](#). It's a flashcard system that also schedules your learning for better retention.

Calculations

- Pick a question. Here's a link to a [Quiz 1_calculations_2017](#) assessment provided by Drs. Andrews and Parker.
- Use this approach
- Identify the units requested by the question
- Convert values in the question to those units (e.g., if they ask for an answer in grams, then convert the milligram values to grams)
- Calculate in steps, writing down each step as you go
- Be very NEAT
- Do a "sniff test" of your answer. Does it make any sense? I saw an answer on a test that indicated the patient should receive 66 LITERS of fluid every hour by IV infusion.
- Having problems with the question? Then try one of the videos on this YouTube channel: [Pharmaceutical Calculations](#)
- Try again

Biostatistics and pharmacoeconomics

- This [Biostatistics and pharmacoeconomics](#) PowerPoint includes a bit more than what I encountered on the NAPLEX examination.

Pharmacokinetics

- Take the quiz in RxPrep and identify your weak areas
- Watch one of the videos on this YouTube channel: [Pharmacokinetics](#)
- Write as you watch
- Try again