

OnlyMedPrep

QBank Learning Quick-Start Guide

A guided approach to turning practice questions into lasting mastery.

What Is the OnlyMedPrep Approach?

OnlyMedPrep combines system-based learning with a clinical question bank designed to help students identify what they do not know, focus on the concepts they miss, and build mastery through structured review. The goal is not simply to answer more questions. The goal is to learn from each question and strengthen the concepts that need more work.

How to Use the QBank

- **Choose a system.** Begin with the medical system you are studying and complete questions focused on that system.
- **Practice.** Work through clinical questions and understand why the correct answer is correct and why the alternatives are incorrect.
- **Identify the gap.** When you miss a question or recognize a concept you do not fully understand, identify the underlying concept that needs attention.
- **Add it to your Butterfly List.** Save the concept so you can return to it instead of simply moving on to the next question.
- **Master the concept.** Use the 5 Steps to Master the Concept framework to work through the weak area in a structured way.
- **Apply it again.** Return to practice and apply the concept in another clinical context.

The Butterfly List

The Butterfly List is your personal collection of concepts that need additional attention. When a question reveals a gap in your knowledge, you can capture that concept and return to it later. Over time, the Butterfly List becomes a personalized map of the concepts you need to strengthen.

5 Steps to Master the Concept

When you miss a question, the goal is not to memorize the answer. The 5 Steps to Master the Concept framework helps you work through the underlying concept so you can recognize it, understand it, distinguish it from related concepts, and apply it to a new clinical situation.

The Learning Cycle

Practice → Identify → Butterfly → Master → Apply → Repeat

Each question becomes an opportunity to identify a weakness, work on the underlying concept, and return to practice with a stronger understanding.

System-Based Learning

OnlyMedPrep organizes learning around major medical systems so students can connect foundational science with clinical medicine. Within a system, students can connect physiology, anatomy, pathology, diagnosis, treatment, and clinical reasoning rather than studying isolated facts.

High-Yield Medical Systems

Cardiology, Pulmonary, Renal, Endocrinology, Gastroenterology, Neurology, Hematology/Oncology, Infectious Disease, Rheumatology, Musculoskeletal, Dermatology, Reproductive, Pediatrics, and Psychiatry/Behavioral Science.

From Question to Mastery

A missed question is not the end of the learning process. It is a signal that a concept needs more attention. OnlyMedPrep is designed to help you move from the question to the underlying concept, from the concept to structured mastery, and from mastery back to clinical application.

Your Progress

Use your performance to identify systems and concepts that require additional practice. Review your Butterfly List regularly and continue working through concepts until you can apply them confidently in new clinical scenarios.

Quick Start

- **Choose the system you are studying.**
- **Complete a focused QBank set.**
- **Review every incorrect answer.**
- **Identify the concept behind each mistake.**
- **Add important weak concepts to your Butterfly List.**
- **Use the 5 Steps to Master the Concept.**
- **Return to practice and apply the concept again.**
- **Continue until the concept becomes a strength.**

The Goal

The goal of OnlyMedPrep is not simply to help you complete a question bank. It is to help you turn the questions you answer—and especially the questions you miss—into a structured process for learning, applying, and mastering medicine.