

## **THE 3 MUST HAVE INGREDIENTS FOR BOARD SUCCESS**

Passing the pediatric boards is challenging, but it's far from magic. In this article I'm going to introduce you to the 3 main areas you must focus on to pass the boards.

I still remember the stress I felt when facing the boards for the first time years ago. I had frustrations with the various study resources I used because of "information overwhelm," but this was no different than studying for the very challenging USMLE Step 1. Unfortunately, I failed. But, the following year I increased my score dramatically and the American Board of Pediatrics (ABP) even asked me to start writing question for them.



That's why I make it my mission now to offer the support that I wish I had back then. By focusing on 3 key areas, you can avoid the pitfalls that I and others have faced. My goal is to be a stepping stone rather than a roadblock by offering resources and support that is grounded in both personal experience and real member results.

**Let's start with a few results from members I'm proud to have helped. They share specific overwhelming emotions which come through time and time again...**

### **RELIEF**

*Point-blank you guys are awesome! I passed with the score of 197 (20 points improvement from my last attempt 2022). This is my 8th attempt and my last chance. I was planning to leave clinical work altogether if I failed this time but God sent you and your team! I was VIP bundle member (first time ever using PBR this year). I did everything Ashish mentioned in his sessions and trust it was enough... the miracle happened when we checked the result at 4AM on 12/05. It was a huge weight lifting off my shoulder, I felt my life starts to return to normal after 7 long years under this stress. My deepest gratitude to you and PBR team!*

*Dr. Chuong Dang*

*VIP Bundle Member*

*7 Prior Failed Attempts! YES... 7 PRIOR FAILED ATTEMPTS!!!*

*20-Point Increase!*

*Board-Certified Pediatrician*

## GRATITUDE

***On my 5th attempt, I finally passed!** I used PBR last year but didn't follow all of Ashish's recommendations. This year was my last year to take the exam before I lost my eligibility, so I listened again and followed ALL his recommendations... I attended the Live test-taking strategies course TWICE THIS YEAR!... **On exam day, answering questions using Ashish's test-taking strategies techniques was robotic.** I even heard his voice in my head sometimes when I was answering questions "the answer choice must satisfy the ask!". It has been a long journey but all the hard work paid off. **I am very thankful to Ashish for his guidance, encouragement, and tough love.** He challenged me to think outside the box and was brutally honest with me on my areas of weakness. It was exactly what I needed to finally pass this test... I am now a board-certified Pediatrician. The PBR method works!*

*Dr. Jeanne Velasco  
Board Certified Pediatrician  
VIP Bundle Member (ATTENDED THE LIVE COURSE TWICE IN 1 YEAR!)  
Deep Dive Call Member  
4 Prior Failed Attempts  
20-Point Increase on her FIFTH Attempt!  
Board-Certified Pediatrician*

## CELEBRATION

***The WHOLE ENTIRE WORLD CRAIG!! My whole entire academic medical career was on the line...** I went to one of the best residences in the country... I was SHOCKED when I saw my score of 157 the first time. Beyond devastated. I brought PBR... I followed his plan down to the letter and went through my PBR book 10 times! I got to the test and felt like this time I knew almost every answer! It felt like I was cheating a little bit! **This stuff WORKS! I've never kissed a man on the lips but ASHISH MAY BE THE FIRST!** I'm so thankful for all PBR has done. My family and I are forever grateful for all he has done to help me finally pass this damn test! Excuse my French!... **Can't wait to see him at the AAP CONFERENCE where I can give him a BEAR HUG!***

*Dr. Dontal Johnson  
VIP Bundle Member  
2 Prior Failed Attempts  
30-Point Increase!  
Board-Certified Pediatrician*

### **AND WHAT DO I LEARN FROM THIS FEEDBACK?**

1. I love what I do!
2. I have the good fortune to help change the lives of pediatricians.
3. With the right tools and roadmap, any pediatrician can pass the boards.
4. There is a “hard way,” and there’s the “PBR way.”

### **WHAT SHOULD YOU LEARN FROM THESE STORIES**

Failure takes a major toll personally and professionally. This is a tough exam, but understanding how to prepare for it is not. Using a system that has helped the highest-risk pediatricians pass is guaranteed to help you pass.

### **THE 3 PILLARS TO PASSING THE PEDIATRIC BOARDS**

I’ve learned through my own struggles, and from the experiences of thousands of pediatricians, that to avoid the missteps that others have made you must conquer 3 main areas of focus in order to pass the exam. Below, I’m going to introduce these concepts to you. In other PBR areas (articles, the introduction to my book, webinars, etc.) I’ll expand on each of the concepts and give you more concrete strategies to conquer them.

## **CONTENT**

### **Condensing resources to avoid overload**

## **TECHNIQUE**

### **Mastering question analysis and processing**

## **COMMITMENT**

### **Creating effective study habits and sustaining them**

I'll expand on each area, along with the tailored solutions PBR provides.

Whether you're a first-timer or facing your last attempt after multiple failures, my resources equip members by shoring up their weaknesses across these pillars.

Let the anxiety go - with proper guidance, **YOU CAN PASS**. Stay confident by working with Team PBR and the members' only community to explore your obstacles and use my framework to overcome them.

Now, let's explore those 3 areas in greater depth...

## #1 - CONTENT

The content you study is the foundation for passing boards. I learned this the hard way early on. I tried using multiple resources which led to information overload and exam failure.

That's why at PBR, we focus on one trusted study guide to “simplify the complex.” I ensure that our Core Study Guide, Q&A Book, video course, and audio course comprehensively cover the key pediatric topics and clinical scenarios you will encounter.

This consolidated approach works. Our pass rates among first-time test takers is estimated at 99% because we equip them to information that is most frequently tested. No filler, no fluff. More is NOT better, and “information overwhelm” is a recipe for disaster. That’s why even repeat test-takers who use PBR have gone on to pass the boards with scores **above the national average**.

We refine our content every single year based on adjustments to the ABP content outline and post-exam member feedback. This enables you to study smart, not just hard.

You simply need to focus on **ONE TRUSTED PRIMARY STUDY SYSTEM** and follow the blueprint from start to finish based on your specific risk category.



*“I was excited when taking the exam and saw that over 90% of the exam material was covered in the PBR. I felt very confident leaving the exam and was very pleased when I got my results.”*

*Dr. J. Texidor, MD*

## #2 - TECHNIQUE

“TECHNIQUE” refers to **test-taking skills**. Of the 3 ingredients, it’s by far the easiest one to tackle. For intelligent clinicians struggling with “standardized” tests, this is usually the problem.

This skill comes naturally for some. For others, there’s usually something “broken” in the approach towards answering board-style questions. But here’s the good news; you can quickly learn and implement better test-taking skills that can boost your scores by as much as 20% without even working harder to master the content. If you don’t believe me, read an article focusing on [3 techniques you can implement immediately to increase your board scores today](#).



Non-U.S. trained pediatricians (aka International Medical Graduates) should pay extra attention to this pillar. Many are trained differently and lack US-style testing skills despite clinical competence. US-trained doctors also often miss critical technique nuances.

The concept is simple. Treating ARTIFICIAL PATIENTS requires a different skillset for an ARTIFICIAL TEST ENVIRONMENT as compared to treating a REAL PATIENT in the REAL WORLD. The results can be catastrophic and include:

- Challenges with pacing
- Failing by a few points
- Test-taking anxiety
- Decreased self esteem
- Loss of a job

My own poor test-taking technique resulted in pacing issues the first time I took the exam. I was forced to randomly guess on 5-7 **EASY**, 2-liner questions hidden at the very end of a block.

If you are someone has failed any medical board exam, you must seek expert guidance to fix your “broken” technique through a structured program. After that, use TONS of questions for practice and reinforcement.

That's where [PBR's Test-Taking Strategy Courses](#) come in. PBR's customized test prep develops sound technique for any risk level. We offer an online course for those who are low-risk test-takers to help them build a foundation. For moderate/high-risk takers, the [Live Test-Taking Strategies & Deep Study Course](#) targets plateaus and drives breakthroughs.

*"This pass means EVERYTHING to me and my family. I have probably spent over 1000 hours studying or more... spending so much time away from my family has been so brutal! I'm am sooooo excited to have a year with no studying and go on vacation and spend time with family! I did a one on one call with Ashish and attended the live test taking strategies and had the VIP package and it was AMAZING. Going all in helped and I could not have done it without team PBR and Ashish!"*

*Dr. Destiny Harrell-Washington  
VIP Bundle Member  
3 Prior Failed Attempts  
22-Point Increase!*

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*"I passed! My score increased to 213 from 176 last year! I couldn't have done it without you. You guys are the best! Thank you a million times!!!"*

*Dr. Avanti Gupte  
VIP Bunble Member  
Previously Failed  
37-Point Increase!*

TECHNIQUE is something all test-takers should focus on. PBR's test-taking strategy courses will make an eye-opening difference. Don't believe me? [Click here now and read about 3 great techniques you can start to implement TODAY.](#)

### #3 – COMMITMENT

“COMMITMENT” refers to your ability to maximize your efforts through “Deep Study.” Those who fail the boards often know that they didn’t put as much effort in as they perhaps should.

*“My first attempt at the boards I used MedS\*\*\*\* and honestly didn’t study as much as I should have.”*

*- Dr. Tarheel, MD (Went on to pass using the PBR system)*



The solution is to begin early, following a structured study plan, rely on one comprehensive resource, and commit to that resource. I’ve even provided specifics on constructing a pediatric board study plan in my article, "[Need a Pediatric Board Study Plan?](#)"

Some of the key questions to consider include:

- Am I studying at the right time of the day?
- Should I study EVERY day?
- How should I prioritize my studies, my personal life, and my professional life during this time?
- Do I have to sacrifice time with my family and my job?
- Is income sacrificed a cost or an investment towards my longer-term goals?

Answer these questions correctly, and you’ll be miles ahead of 90% of the pediatricians who fail the boards (over 2000 every year!).

## PASSING THE PEDIATRIC BOARDS

The overwhelming sense of joy and peace of mind that come with passing the pediatric boards is almost immeasurable. You regain time with your family, take vacations without guilt, and fears of potential consequences of failing the boards disappear.

## This PBR Member Puts It Much Better Than I Ever Would...



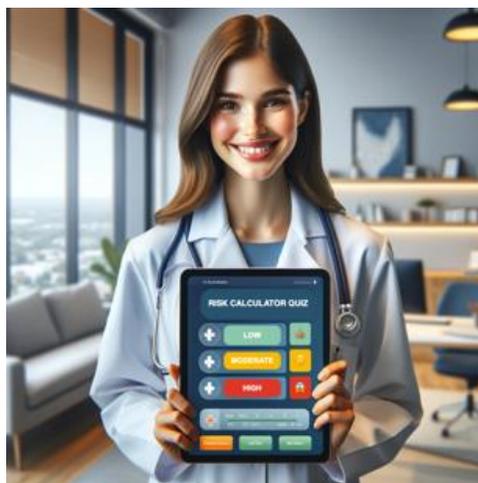
*“Woke up in tears this morning because I could not believe it. Felt to good to be true. All that time away from my family and so and the thought of doing it again made me sick. Thought about the depression could not get out of when I met you. You have no idea what I went through last year. I am SOOOOOOOOOO thankful I came across PBR. Beside the material, just having people to talk to who had gone through what I had made the biggest difference.*”

*The way you personally replied to all my questions made me feel like I really had someone to turn too. I will owe you for the rest of my life and am grateful for fate and god for you coming into my life.”*

*Forever grateful,  
Ulka*

*Dr. Ulka Shah  
Previously Failed  
Board-Certified Pediatrician*

And that, in a nutshell, is what passing the pediatric boards will mean to you. You can get your life back. You can move forward, and I guarantee you will never look back. Click the image below and get started now by understanding your personal risk profile for passing, or failing, the pediatric boards. Knowledge is power, you CAN do this!



Best,  
Ashish & Team PBR  
CEO & Author at Pediatrics Board Review Inc.