

Overview

Competitive Events guidelines:

<https://hosa.org/guidelines/>

- Look at “Health Science Events” section for red events
- Rely on this website for the most recent guidelines for your event

Each event will have:

1. Official HOSA guidelines (includes timing, test plan, official resources like books needed/websites)
2. Difficulty Levels for Study Time and Competition Difficulty (1 = Easy; 5 = Difficult)
3. Practice tests
4. Other study material (flashcards, Blookets, websites)
5. Tips from people who have taken the test

Resources for Red Events (general)

<https://mrhshosa.weebly.com/testing-resources.html>

<https://libgen.li/> → digital copies of textbooks (sketchy)

<https://drive.google.com/drive/folders/1GoC5ddPo7Y0L-bmssk-vOe3A2ipOUHUV> → folder w/ digital copies of the textbooks required for each red event (but may not be updated to current versions)

most information compiled from past competitors; credits to them for sharing their knowledge and resources

Behavioral Health

Official HOSA guidelines:

<https://hosa.org/wp-content/uploads/2026/08/BH-26-27.pdf>

Difficulty Levels

Study Time: 4/5

- Had to read the entire textbook and went through numerous pages of the websites
- Can be difficult if you cram, because it's hard to cram so much material in such a short amount of time

Competition Difficulty: 3.5/5

- Lots of random trivia tested (memorization is pretty important)
- Mostly mirrors the practice tests below, so it's not too difficult if you use those
- Again, difficult if you cram

Practice Tests:

[Practice Test 3](#)

[Practice Test 2](#)

[Practice Test 1](#)

[Another Practice Test](#)

NOTE: These practice tests are extremely accurate to actual exams; however, some answers are incorrect (especially in Practice Test 3) or not recent (ex. It tests about neuroleptic malignant syndrome which isn't in the guidelines), so double check with official resources for any questions that you think were made incorrectly

Other Study Material:

- [Google Drive folder](#) (includes digital copy of the textbook, annotated copy of the textbook, links to helpful webpages, and other notes)
- [Compilation](#) from other HOSA chapters
- [Thea.ai](#) generated practice questions for a brief review of each chapter (still good to read the whole book though)
- Quizlet [flashcards](#)
- More Quizlet [flashcards](#)
 - Flashcards are helpful for knowing terms; but test questions are more detailed and build upon these concepts instead of testing them directly

Tips:

- Ensure you are truly interested in psychology/behavioral health
- Exam often tests trivia (statistics, experiments)
 - Memorize major statistics about mental illnesses or substance use, such as their prevalence
- Study throughout the year; do not cram

- Create a studying schedule so you can read the entire textbook if possible (lots of little details tested) and go through as many webpages on the websites (NAMI and SAMHSA)
- Prioritize chapter 4 (brain regions), drugs section of chapter 6, and chapters 14-16
 - Previous test questions have included medication/treatments for diseases, some famous historical people, aggression, and diseases
- Make sure you study NAMI and SAMHSA websites as well

Biomedical Equipment Technician

Note: this is a relatively new event and there are very few verifiable resources

Official HOSA guidelines:

<https://hosa.org/wp-content/uploads/2026/08/BET-26-27.pdf>

Difficulty Levels

Study Time: 1/5

Competition Difficulty: 3/5

Practice Tests:

N/A

Other Study Material:

- <https://hosa-cbet.talentlms.com/plus/> (official resource)
 - Sign up for access to 2 courses
 - Courses require specific access that takes roughly a week to be approved
- Quizlet [flashcards](#)
- More Quizlet [flashcards](#)

Tips:

- Mostly common sense; easy if you've taken AP Physics (lots of concepts from that)
- Tests are very similar to the two official online courses (MET 100 and AAMI BMET 101)
 - The practice test at the end of the course have similar questions to the real test
- Anatomy & Physiology questions on the test are very basic
- Quizlets can help with review for basic concepts, but focus on the official resources
- Tests in the past had lots of terminology to do with circuits and electrical flow

Dental Terminology

Official HOSA guidelines:

<https://hosa.org/wp-content/uploads/2026/08/DT-26-27-.pdf>

Difficulty Levels

Study Time: 5/5

- Need to memorize a ton of terms

Competition Difficulty: 4/5

- Super different from things we learned in Honors Anatomy & Physiology/Healthcare Science 2
 - Not a 5 because you don't need conceptual understanding

Practice Tests:

[Practice Test](#)

Partial [Practice Test](#)

(may not reflect questions on the real exam)

Other Study Material:

- Quizlet [flashcards](#) from past competitor
 - Cumulative flashcards, but still study outside of this
- More Quizlet flashcards:
 - <https://quizlet.com/488039634/hosa-dental-terminology-practice-test-flash-cards/>
 - <https://quizlet.com/738666020/hosa-dental-terminology-flash-cards/>
 - <https://quizlet.com/893039867/hosa-dental-terminology-flash-cards/>
 - <https://quizlet.com/992698255/dental-terminology-practice-2025-hosa-curriculum-flash-cards/>
 - <https://quizlet.com/982824844/hosa-dental-terminology-2025-flash-cards/>
 - <https://quizlet.com/1128568771/hosa-dental-terminology-2026-chapters-1-5-flash-cards/>
- More [flashcards](#)
- [Resources](#) from other HOSA chapters (mostly still flashcards)
- [More resources](#) from other HOSA chapters

Tips:

- Quizlets are super helpful, do quizlets with all the terms and answer the quizzes at the end of each chapter
 - It's a term-based event, so review with active recall
- Make Quizlets for the terms in the chapter, and redo the Quizlet after a couple of hours to make sure you understand everything
- Leading up to the test, combine all the Quizlets and complete it

- Competition tested a lot of tooth anatomy/morphology, dental tools (matching desc of tool to the name or knowing what tool fits a certain scenario), different fields of dentistry
- Most questions come from the Kindle and Dofka textbook, and are usually exact definitions

Health Informatics

Note: this event is less competitive and there are very few verifiable resources

Official HOSA guidelines:

<https://hosa.org/wp-content/uploads/2026/08/HI-26-27-FINAL-1-2.pdf>

Difficulty Levels

Study Time: -/5

Competition Difficulty: -/5

Practice Tests:

[Practice test](#)

(may not reflect real questions on exam)

Other Study Material:

- Quick [review sheet](#)
- Quizlet flashcards:
 - <https://quizlet.com/cn/581652903/hosa-health-informatics-flash-cards/>
 - <https://quizlet.com/221666523/health-informatics-flash-cards/>
 - <https://quizlet.com/868752945/hosa-health-informatics-flash-cards/>

Tips:

N/A

Healthcare Administration

Note: this is a relatively new event and there are very few verifiable resources

Official HOSA guidelines:

<https://hosa.org/wp-content/uploads/2026/08/HCA-26-27-FINAL-1.pdf>

Difficulty Levels

Study Time: 1/5

- Relatively new event, people did not study that much and it was easy to make it to states

Competition Difficulty: 1/5

Practice Tests:

N/A

Other Study Material:

- Quizlet flashcards:
 - <https://quizlet.com/1111058491/healthcare-administration-hosa-test-flash-cards/>
 - <https://quizlet.com/ca/1017662980/hosa-healthcare-administration-and-professional-responsibilities-1-flash-cards/>
 - <https://quizlet.com/1132851358/hosa-health-care-administration-flashcards/>
 - <https://quizlet.com/ca/1017684651/hosa-healthcare-administration-and-professional-responsibilities-3-flash-cards/>
 - <https://quizlet.com/1160391944/healthcare-administration-flash-cards/>

Tips:

- Very detail-oriented, so read textbooks carefully
- Not too definition-based
- Identifying people who said certain quotes
- Specific scenarios regarding hospital noncompliance and which laws they fall under

Human Growth & Development

Official HOSA guidelines:

<https://hosa.org/wp-content/uploads/2026/08/HGD-26-27.pdf>

Difficulty Levels

Study Time: 4/5

- Time-consuming to skim through the textbooks

Competition Difficulty: 4/5

- Specific details that you must memorize

Practice Tests:

- Partial [practice test](#)
- [Practice test](#)

(may not reflect real test questions)

Other Study Material:

- Digital version of one of the [textbooks](#)
- [Google Drive folder](#) with notes from previous competitors
 - Includes [notes](#) that international competitor used as a last minute study material
- [Study resources](#) from other HOSA chapters
- Knowt [flashcards](#)
- Quizlet flashcards
 - <https://quizlet.com/1110335498/hosa-human-growth-development-flash-cards/?i=4jij76&x=1jqY>
 - <https://quizlet.com/65924318/hosa-human-growth-and-development-flash-cards/>
 - <https://quizlet.com/77977946/hosa-human-growth-and-development-flash-cards/>

Tips:

- Skim the book; many small details that can be included
 - Read the tables in every chapter
- Wide range of questions, yet also getting more specific
 - Specific questions about what time (months, years, etc) something may develop
- Definitely have a lot of good grasp of foundational concepts, but also memorize a lot of little details and even statistics
 - Ex. In the textbook by Kato, there is a table in the late childhood chapter talking about the common fears of each age group, and there was a question on it in the international competition
- Focus on concepts like Old Age, Pregnancy/Infancy, Stages/Theories, Government Health & Nursing

- Focus more on the MCQ portion of the test, as the short answers are only used as tiebreakers
 - Many international placers did not answer or finish the short response questions

Medical Law & Ethics

Official HOSA guidelines:

<https://hosa.org/wp-content/uploads/2026/08/MLE-26-27.pdf>

Difficulty Levels

Study Time: 3/5

- Lots of info to remember, but might be slightly easier compared to other events

Competition Difficulty: 3.5/5

- May depend on the grade you take it in (ex. Could be more difficult for freshmen)

Practice Tests:

- [Practice Test](#) from another chapter
- [Examzify](#) Practice Test (may not reflect real questions on test)

Other Study Material:

- Quizlet flashcards
 - <https://quizlet.com/566146431/hosa-medical-law-and-ethics-everything-flash-cards/>
 - <https://quizlet.com/253093465/hosa-medical-law-and-ethics-test-flash-cards/>
- Knowt [flashcards](#)
- Resources from other chapters
 - <https://rmhshosa.weebly.com/medical-law-and-ethics.html>
 - <https://wyliehighhosa.weebly.com/medical-law-and-ethics.html>

Tips:

- Focus on main topics given the guidelines and case-based scenarios
 - Go deeper than just memorizing definitions
- Use Quizlets for reviews; also look at the book and look at the materials
- More laws than ethics

Medical Math

Official HOSA guidelines:

<https://hosa.org/wp-content/uploads/2026/08/MM-26-27-FINAL.docx-2.pdf>

Difficulty Levels

Study Time: 3.5/5

- Mostly memorizing conversions and doing practice problems

Competition Difficulty: 4.5/5

- Need to know lots of conversions and how to do questions quickly

Practice Tests:

- [Practice test](#)

Other Study Material:

- [Nurseslabs](#) for drug dosage problems
- [DosageHelp](#)
- [YouTube channel](#) with some practice questions
- [Quizlet flashcards](#) for conversions
- [Resources](#) from other chapters

Tips:

- Focus on dosage calculations, conversions, concentrations/dilutions, standard deviation and body surface area (BSA)
- Use charts for multi-step dimensional analysis and conversions
- Stats portion can be difficult
- Questions might be overly complex and lengthy (multiple paragraphs long)
- Do questions as fast as possible, as there might be a time crunch

Medical Reading

Official HOSA guidelines:

<https://hosa.org/wp-content/uploads/2026/08/MR-26-27.pdf>

- Ensure this is updated to the year you are taking the event, as the book list changes every year

Difficulty Levels

Study Time: 3/5

- Mostly spent on reading the books and understanding major themes

Competition Difficulty: 2.5/5

- Pretty straightforward MCQ questions

Practice Tests:

N/A, book list changes every year

Other Study Material:

N/A, book list changes every year

Tips:

- Write and study summaries of the books you read
- Tested major themes and terminologies taken from each book as opposed to small details

Medical Spelling

Official HOSA guidelines:

<https://hosa.org/wp-content/uploads/2026/08/MS-26-27-FINAL-1.pdf>

- Note: This event format differs from the other red events, as this event has a Round 2 similar to a spelling bee

Difficulty Levels

Study Time: 4/5

Competition Difficulty: 3.5/5

- Difficulty at SLC was around a 3; difficulty increased at ILC

Practice Tests:

N/A

Other Study Material:

- Quizlets (they all work, as long as you expose yourself to as many terms as possible):
 - <https://quizlet.com/44633739/hosa-medical-spelling-words-1-100-alternate-flash-cards/>
 - <https://quizlet.com/21213068/hosa-medical-spelling-words-201-300-flash-cards/>
 - <https://quizlet.com/115884309/flashcards?funnelUUID=42f50ccb-f0f3-486a-9e9e-a02831c7c0c0>
 - <https://quizlet.com/34484112/medical-spelling-hosa-flash-cards/>
 - <https://quizlet.com/1123709640/hosa-medical-spelling-2024-knox-flash-cards/>
 - <https://quizlet.com/363611244/hosa-medical-spelling-difficult-flash-cards/>
 - <https://quizlet.com/706743894/hosa-medical-spelling-extra-study-list-2-flash-cards/>
- [Resources](#) from other chapters

Tips:

- Difficulty ramps up very quickly
 - Words in each round might be significantly harder than the previous with easy exceptions
- Focus on roots, prefixes, suffixes → allows you to make an educated guess
 - Question would be the definition of the word or the word used in a sentence, and the multiple choice would be various spellings of the same word
 - Sometimes the answer is obvious; other times the spellings differ by one letter
- Study definitions
 - Use quizlets or run through medical terminology textbooks to get exposed to as many terms as possible
- Practice reciting words: people may mistakenly say letters with similar sounds
- Online test (for regional qualifiers) and SLC test had very similar questions; do not forget the regional tests completely

- Make use of judges at spelldown: ask them to repeat the word and ask for definition
 - Ask different judges because people may pronounce things differently
- No theme to words → may have easy and difficult words to keep people on their toes

Medical Terminology

Note: very popular and competitive event

Official HOSA guidelines:

<https://hosa.org/wp-content/uploads/2026/08/MT-26-27.pdf>

- MCQ questions and tiebreaker questions (trivia + asking you to create a word based on its description or parsing what a term means)

Difficulty Levels

Study Time: 4/5

- Lots of memorization involved, which might make it easier for some and more difficult for others
 - Takes significant effort especially with words that you don't commonly use in everyday life

Competition Difficulty: 3.5/5

- Again, lots of memorization, but can be helped if you use the textbook (questions are straightforward if you know your stuff)

Practice Tests:

- YouTube video with supposed [practice test](#)
 - A little easier than the actual test
- [Practice Test](#) (may not reflect real test)

Other Study Material:

- [Blooket](#) with Med Term word parts
- [YouTube video](#) with practice questions
- Quizlet flashcards
 - <https://quizlet.com/332161879/hosa-medical-terminology-practice-flash-cards/>
 - <https://quizlet.com/user/GregoryDeCanio/folders/medical-terminology?i=4w1ktx&x=1xqY> (folder)
 - <https://quizlet.com/user/EmiriTran/folders/hosa-medical-terminology?i=4w1ktx&x=1xqY> (folder)
- [Matching game](#) with word parts

Tips:

- Start early and study consistently
- Actually use & prioritize the textbook
 - Very hefty; go over vocab terms from each chapter and only do in-depth reading if struggling with certain terms
- Definitely memorize word roots, suffixes, & prefixes
- See words in context
 - Associate words in diff ways (ex. Describing a disease, making a diagnosis)

- Know how to string word parts together to make a medical term (parsing is helpful), or how to identify parts of the word to know the meaning
 - Also know layman counterparts (ex. Borborygmus for stomach growling)
- Also be familiar with diseases that might not be broken up easily by prefixes or suffixes
- Be able to identify the correct disease/condition with context from the question
- Do practice questions at the end of each chapter and the final test at the end of the book

Nutrition

Official HOSA guidelines:

<https://hosa.org/wp-content/uploads/2026/08/Nut-26-27.pdf>

Difficulty Levels

Study Time: 4/5

- Might take some time to go through the textbooks and memorize nutrients

Competition Difficulty: 3.5/5

- Isn't too difficult of an event as long as you memorize a lot of information

Practice Tests:

- [Examzify](#) practice test
- [Practice test](#)

(may not reflect real test questions)

Other Study Material:

- Quizlet flashcards
 - <https://quizlet.com/21119431/hosa-nutrition-flash-cards/>
 - <https://quizlet.com/157591201/hosa-nutrition-practice-questions-flash-cards/?funnelUUID=95025b4e-4cea-49ae-b83f-04ee0f4203ed>
 - <https://quizlet.com/868969287/nutrition-hosa-2024-test-flashcards/?funnelUID=9143d678-4081-4653-bb74-07f72071ddde>
 - <https://quizlet.com/315167643/hosa-nutrition-flash-cards/?funnelUUID=92cb0204-a637-4358-a4b7-8f646d2ee4bd>
- [Flashcards](#)
- [Resources](#) from other chapters
- [More resources](#) from other chapters

Tips:

- Exam will test things involving the purpose of a vitamin/mineral, what happens if you don't have enough of a certain nutrient in your diet, how much of a nutrient you need in a day, and RDAs of the micronutrients
- Previous exams have tested a lot on pregnancy nutrients and the difference between B vitamins
- Study both textbooks very well and make flashcards/use Quizlets

Pathophysiology

Official HOSA guidelines:

<https://hosa.org/wp-content/uploads/2026/08/Patho-26-27-FINAL-1.pdf>

Difficulty Levels

Study Time: 5/5

- Must know the anatomy of each system and common diseases found in each system

Competition Difficulty: 5/5

- Each body system + disease in the system was fair game; asks about extremely niche diseases in each system
- Good for people who are really into healthcare, as it helps with understanding anatomy & physiology

Practice Tests:

- [Examzify](#) practice test

Other Study Material:

- General Quizlet Folder:
<https://quizlet.com/user/srackovan/folders/hosa-pathophysiology-knowledge-test>
- [Resources](#) from other chapters

Other resources provided by previous competitor:

1. General terminology:

<https://quizlet.com/433388953/hosa-pathophysiology-disease-process-and-terminology-flash-cards/>

2. Integumentary system:

<https://quizlet.com/985887725/hosa-pathophysiology-integumentary-system-flash-cards/>,
<https://quizlet.com/93425639/pathophysiology-integumentary-system-skin-disorders-flash-cards/>

3. Muscular system:

<https://quizlet.com/1191632848/musculoskeletal-system-disorders-flash-cards/>,
<https://quizlet.com/74233330/hosa-pathophysiology-musculoskeletal-flash-cards/>

4. Circulatory/Lymphatic:

<https://quizlet.com/74233343/hosa-pathophysiology-circulatoryblood-vessels-lymphatic-flash-cards/?funnelUUID=ae2e86d3-60ca-4a71-b209-e5f20265a110>,
<https://quizlet.com/1100569939/circulatory-system-pathology-heart-vessels-and-diseases-flash-cards/>, <https://quizlet.com/1184996910/lymphatic-system-pathology-flash-cards/>

5. Respiratory:

<https://quizlet.com/74233360/hosa-pathophysiology-respiratory-flash-cards/?funnelUUID=c3dd4c1a-c958-4297-9c68-c0b92a4adb89>,
<https://quizlet.com/1190810226/respiratory-system-pathology-flash-cards/>

6. Digestive:

<https://quizlet.com/74233415/hosa-pathophysiology-digestive-system-flash-cards/?funnelUUID=78217e10-ba08-42cb-9131-6cc9d5508db1>,

<https://quizlet.com/98255389/digestive-system-pathology-flash-cards/>

7. Endocrine:

<https://quizlet.com/74233390/hosa-pathophysiology-endocrine-flash-cards/?funnelUUID=16cebf04-76f0-4235-a5c7-3bb04bacce8c>,

<https://quizlet.com/1136590643/endocrine-system-pathology-flash-cards/>

8. Nervous:

<https://quizlet.com/74233436/hosa-pathophysiology-nervous-system-with-sense-flash-cards/?funnelUUID=cb85d161-b480-4f6b-bac3-34c57f64793d>,

<https://quizlet.com/771579936/nervous-system-anatomy-and-physiology-flash-cards/>

9. Reproductive:

<https://quizlet.com/74233402/hosa-pathophysiology-reproductive-flash-cards/?funnelUUID=a108c865-5ea9-4e74-a67c-caf5bcab99d6>,

<https://quizlet.com/1101002107/reproductive-system-pathology-flash-cards/>

10. Urinary:

<https://quizlet.com/74233451/hosa-pathophysiology-urinary-system-flash-cards/?funnelUID=9c95869e-5c5f-49bb-9da8-56990112be52>,

<https://quizlet.com/794035444/urinary-system-anatomy-flash-cards/>

11. Mental Disorders:

<https://quizlet.com/923273648/hosa-pathophysiology-mental-disorders-flash-cards/>

Note: Definitely study outside of these Quizlets, but pathophysiology is very general so these Quizlets should give you some general knowledge

Tips:

- Use Quizlets
 - Pathophysiology covers almost every organ system → must learn all the terms
 - Create Quizlets for the organ systems' anatomy and common diseases associated with it
 - Active recall
- Book is dense, but likely helpful, as well as the ICEV course
- Don't focus on a specific system, because all systems are fair game
 - Know the general anatomy of each system and common diseases
 - Test is super niche on questions about different diseases
 - One RCE test was really focused on the urinary system, but it may change
- Do not rely on school healthcare courses because they won't help you much with this event

Pharmacology

Official HOSA guidelines:

<https://hosa.org/wp-content/uploads/2026/08/Pharm-26-27.pdf>

Difficulty Levels

Study Time: 3/5

- Mostly involved memorization; content is not hard to understand
- Slight difficulty when knowing drug names and what they do

Competition Difficulty: 3.5/5

- Again, slightly difficult to memorize all the drugs and their applications

Practice Tests:

- [Examzify](#) practice test

Other Study Material:

- <https://hosapharmacologyassessment.examzify.com/multiplechoice>
- <https://quizlet.com/315168968/hosa-pharmacology-flash-cards/>
- <https://www.testprepreview.com/modules/pharmacology1.htm>
- https://mn.gov/boards/assets/prescription%20abbreviations_tcm21-26882.pdf
- <https://quizlet.com/272816068/pharmacology-exam-1-multiple-choice-flash-cards/>
- <https://quizlet.com/938478407/hosa-pharmacology-latest-exam-2024-2025-actual-exam-200-questions-and-correct-detailed-answers-already-graded-a-flash-cards/>
- <https://quizlet.com/315168939/hosa-pharmacology-flash-cards/>
- [Resources](#) from other chapters

Tips (from previous competitors):

- A LOT of material to study, be ready to spend a bunch of time on this exam
 - Know a little bit of everything from each topic
- I feel like common knowledge from taking medicine really helped out
- Really focus on and memorize the Moini book (especially units 1-3) for the test, and if you're pressed for time, look at Moini's unit 4.
 - The drug interaction questions are very much like here's this drug, what does it do, what interactions does it have, what's an adverse effect it's commonly associated with
 - Know all your acts! The medical ethics portion is self explanatory for the most part, but I would definitely recommend looking over it and knowing the legal terms
 - Use practice questions at the end of each chapter to test your knowledge
- 3 yr Pharma Competitor: I personally use these flashcards I have that list out scenarios related to a particular drug class and ask/answer questions regarding side effects, drug interactions, contraindications, etc. Drugs in the same class will usually have similar effects/mechanisms of action, so I try to group them together instead of studying each

one individually. Understanding how the drugs work will make it easier to make educated guesses on how they interact. Drugs.com is good for looking up drug interactions too. There's also a number of videos on YouTube that cover those topics specifically (make sure you're looking into NCLEX prep/nursing). I always have a tough time with the diseases, but I will note that the tests are usually pretty similar to each other, so if you saw a particular disease come up on your state test (rheumatoid arthritis is a common one, I've found) then try studying that in particular and related diseases. Thyroid disorders also tend to be a big one, as well as other chronic pain conditions. Cardiac disorders too, but it doesn't tend to get super specific with those

- Very specific questions for some parts
- Know different applications of drugs (ex. Oral, IV, suspension)
- There was this random question that was like i'm putting two eye drugs, i put one at 505p, when do i put the second one which is an ointment

World Health & Disparities

Official HOSA guidelines:

<https://hosa.org/wp-content/uploads/2026/08/WHD-26-27.pdf>

- *Ensure this is updated to the year you're taking the event, as the articles you read may differ

Difficulty Levels

Study Time: 4/5

- Requires lots of time to go through the textbooks and memorize everything

Competition Difficulty: 3.5/5

- Should be fine as long as you are able to memorize the textbook

Practice Tests:

- [Practice test](#)

(may not reflect actual test questions)

Other Study Material:

- Quizlet flashcards
 - <https://quizlet.com/978993288/hosa-world-health-disparities-flash-cards/>

Tips:

- Study (memorize) the whole textbook, as they ask specific questions
 - Understand specific studies that people did (but you don't necessarily need to know the names of the people)
 - Try to memorize specific studies, especially of charts or graphs
- The official guidelines provide a date as to when the content was posted (ex. September 1st), so it's better to focus on content published before then
- Focus on the book first, as it makes up roughly 50% of the test, then the WHO fact sheet