

# The 10 Question Strategy

Make your revision smarter — not just harder. A structured 12-week programme taking you from March to the exam room with confidence.

STRATEGY STARTS  
23 March 2026

FINAL WEEK  
9 June 2026

EXAM DATE  
16 June 2026

TOTAL WEEKS  
12 Weeks

HOW IT WORKS

## The 10 Question Strategy

10

Questions minimum per week, scaled to your readiness

×3

High-priority clinical topics revisited every 4 weeks

×2

Core clinical topics revisited every 6 weeks

×1

Focused topics covered once in the first 5 weeks

Σ

Calculations integrated weekly — common fails in weeks 11 & 12

Rick delivers your weekly performance report automatically

TOPIC CATEGORY KEY

Repeats every 4 weeks

Repeats every 6 weeks

Covered once (Weeks 1–5)

Law, Governance & Regulation

Calculations (weekly topic)

Calculations: Common Fails

Extended Matching Questions focus

WEEK-BY-WEEK SCHEDULE

## Your 12-Week Revision Map

Week 123 Mar

Cardiovascular4w

Gastro-intestinal6w

Skin\*

Dose & dosage regimenscalc

10–30 Qs

Week 230 Mar

Central Nervous System4w

Respiratory6w

Eye\*

Concentrationscalc

10–30 Qs

Week 36 Apr

Endocrine4w

Musculoskeletal6w

Ear, Nose & Throat\*

Dilutionscalc

Extended MCQ focusEMQ

10–30 Qs

Week 413 Apr

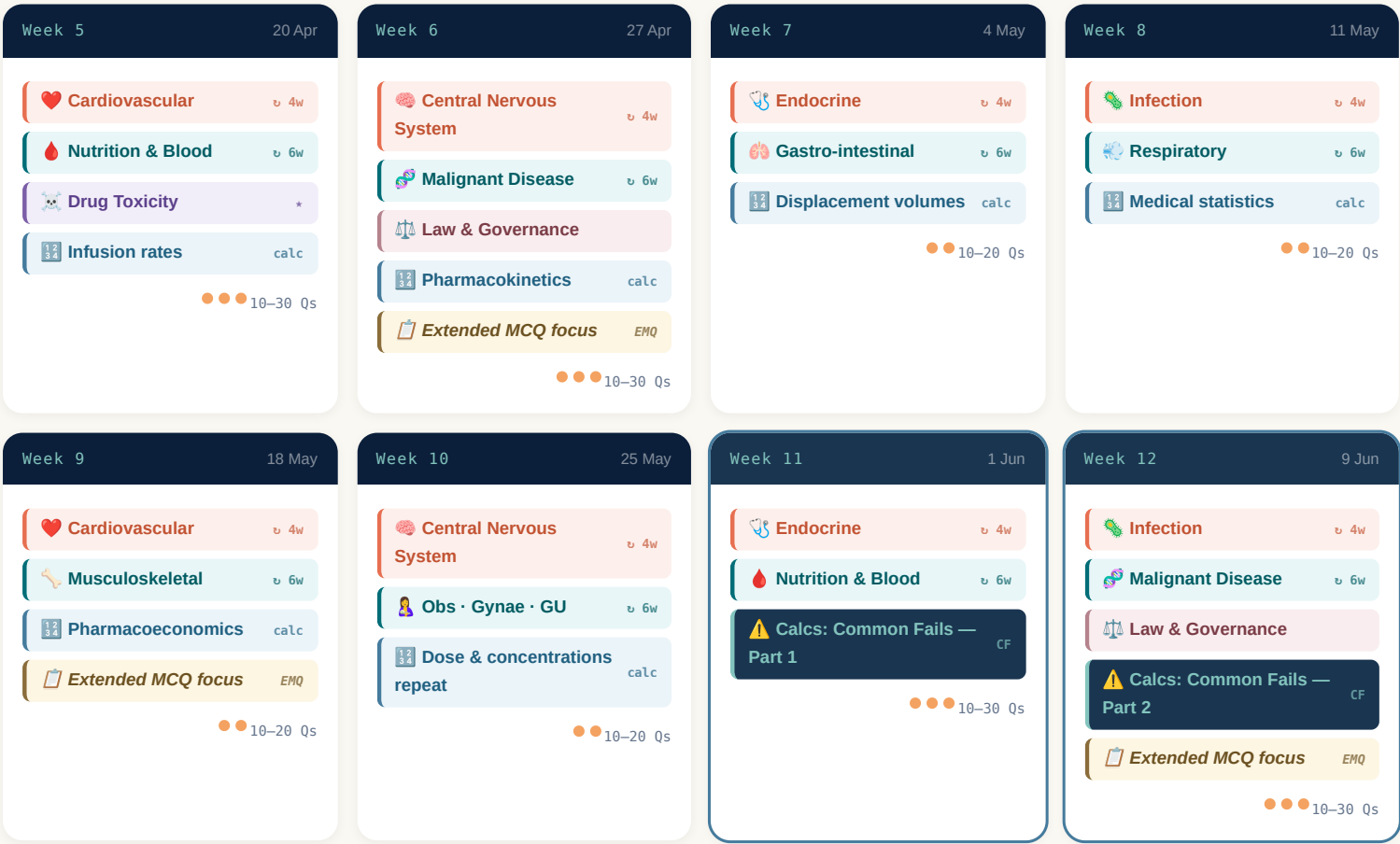
Infection4w

Obs · Gynae · GU6w

Vaccines\*

Quantities to supplycalc

10–30 Qs



LOOPING TOPICS AT A GLANCE

# Which topics repeat — and when

Each category has a deliberate revisit rhythm designed around exam prevalence and patient safety priority.

🔄 EVERY 4 WEEKS (×3 TOTAL)

|                          |                      |
|--------------------------|----------------------|
| 📄 Cardiovascular         | <input type="text"/> |
| 📄 Central Nervous System | <input type="text"/> |
| 📄 Endocrine              | <input type="text"/> |
| 📄 Infection              | <input type="text"/> |

Highest exam prevalence & patient safety priority. You will see these 3 times.

🔄 EVERY 6 WEEKS (×2 TOTAL)

|                     |                      |
|---------------------|----------------------|
| 📄 Gastro-intestinal | <input type="text"/> |
| 📄 Respiratory       | <input type="text"/> |
| 📄 Musculoskeletal   | <input type="text"/> |
| 📄 Obs · Gynae · GU  | <input type="text"/> |
| 📄 Nutrition & Blood | <input type="text"/> |
| 📄 Malignant Disease | <input type="text"/> |

Core clinical areas revisited once mid-way through the plan.

★ COVERED ONCE (WEEKS 1–5)

|                      |                      |
|----------------------|----------------------|
| 📄 Skin               | <input type="text"/> |
| 📄 Eye                | <input type="text"/> |
| 📄 Ear, Nose & Throat | <input type="text"/> |
| 📄 Vaccines           | <input type="text"/> |
| 📄 Drug Toxicity      | <input type="text"/> |

Lower prevalence areas — covered thoroughly once early in the plan.



MEET THE TEAM

## Introducing Rick — Your Performance Analyst

Rick is our in-house Computer Analyst. Not a pharmacist — and proudly so. Rick's job is to crunch the numbers on every question you attempt, track your performance across all 15 therapeutic areas and every calculation type, flag your weak spots before they become exam-day surprises, and deliver the kind of cold, clear data that helps you revise with precision. Rick doesn't know what metformin is — but he knows exactly how many times you've got it wrong, and which week it went sideways. Every Monday, Rick reports. No flattery. No spin. Just the numbers.

WEEK 1 NEWSLETTER LAUNCH • 23 MARCH 2026

## Your Launch Newsletter Is Coming

The 10 Question Strategy kicks off with a dedicated launch newsletter dropping on 23 March 2026 — the same day the plan begins. This is your official welcome to the programme, and it contains everything you need to hit the ground running.

Subscribers will receive the following in the Week 1 newsletter:

- ✦ The full 12-week schedule in a printable, at-a-glance format — pin it up, keep it handy
- ✦ Week 1 topic brief: Cardiovascular, Gastro-intestinal, Skin and the first calculation set — Dose & Dosage Regimens
- ✦ A full introduction to Rick and how his performance reports work
- ✦ Instructions on how to log your question attempts so Rick can begin tracking from day one
- ✦ A primer on the registration exam structure — Part 1 calculations and Part 2 clinical scenarios explained
- ✦ A note from the director on why this approach works and how to use the strategy at every stage of readiness

Not yet subscribed? Make sure you are signed up before 23 March to receive the launch edition in your inbox.

NEWSLETTER • STRATEGY

Published 23 March 2026

# Get Ready to Make Your Revision Smarter — Introducing the 10 Question Strategy

From today, 23 March 2026, we are launching a structured 12-week programme to take you all the way to the week before the registration exam on 16 June. It is called the 10 Question Strategy — and it is designed to make every minute of your revision count.

## Why 10 Questions?

Consistency beats intensity. Research in learning science is unambiguous on this point: regular, spaced retrieval practice outperforms marathon cramming every time. Ten questions a week is achievable on your busiest rotation day. Twenty or thirty is manageable when you have more time. The number scales to you — the discipline stays constant.

The registration exam is not a test of memory. It is a test of applied knowledge: clinical reasoning under realistic scenarios, calculation accuracy under time pressure, professional judgement in the grey areas of law and regulation. The only way to build those skills is to practise them repeatedly, in conditions that mimic the real thing.

💡 **The rule is simple:** at least 10 questions every week, drawn from that week's assigned topics. When you feel ready, push to 20 or 30. Never drop below 10. Rick will be watching.

## How the Clinical Topics Are Structured

The registration exam framework lists 15 clinical therapeutic areas, ordered by exam prevalence. We have taken that framework and built a deliberate revisit rhythm around it:

- **Cardiovascular, CNS, Endocrine and Infection** are the highest-prevalence areas in the registration exam. They repeat every four weeks, meaning you will face them three times across the 12-week plan. Do not underestimate these.
- **Gastro-intestinal, Respiratory, Musculoskeletal, Obs-Gynae-GU, Nutrition-Blood and Malignant Disease** are revisited every six weeks — twice in total. Each appearance builds on the last.
- **Skin, Eye, ENT, Vaccines and Drug Toxicity** are covered once, thoroughly, in the first five weeks. Early focus on these means they are well consolidated before the back half of the plan.

Law, Governance and Regulation is embedded across the plan and features prominently in Weeks 6 and 12, reflecting its presence across both parts of the registration exam.

## Calculations: Woven In, Not Bolted On

Calculations are not an afterthought. They sit inside every single week of this plan, with each week assigned a specific calculation type drawn directly from the registration exam framework. The nine calculation domains — concentrations, dilutions, displacement volumes, dose and dosage regimens, infusion rates, medical statistics, pharmacoeconomics, pharmacokinetics, and quantities to supply — are introduced progressively across weeks one to ten, with the most foundational types appearing first and a repeat of the core types in week ten as consolidation.

⚠️ **Weeks 11 and 12 are dedicated Calculations: Common Fails.** These two weeks focus entirely on the calculation types most frequently dropped by candidates — multi-step errors, unit conversion mistakes, rounding at the wrong stage, and displacement volume pitfalls. This is a deliberate placement: close enough to the exam to make an immediate difference, with enough time to correct course before you sit.

Every calculation question in the registration exam is multi-step and requires underpinning pharmacy knowledge alongside numerical accuracy. Treating calculations as a separate strand from clinical work is a mistake this plan is designed to prevent. The integration means that by Week 11 you will not be learning calculation skills for the first time under pressure — you will be refining them.

## Extended Matching Questions

Extended Matching Questions (EMQs) are a distinct skill from single best answer questions. They present a theme, a clinical scenario, and eight answer options — and they test the ability to select the most appropriate answer from a field of plausible alternatives. They reward depth of clinical knowledge, pattern recognition, and the ability to read a scenario carefully without being drawn toward the merely plausible.

EMQ focus weeks fall at weeks 3, 6, 9 and 12 — every three weeks. This ensures the format never feels unfamiliar by the time you sit. Each EMQ week builds in complexity: early sessions develop confidence with

the format itself, later sessions push into the more demanding clinical and pharmacological scenarios that challenge even well-prepared candidates. By the time Week 12 arrives, EMQs should feel like a strength, not a risk.

## Introducing Rick

We are delighted to introduce a new member of the team: **Rick**, our in-house Computer Analyst.

Rick is not a pharmacist. He has no opinion on the Angoff method, has never dispensed a methotrexate, and could not tell you the difference between a BNF and a BNFC. But Rick is very good at one thing: data. Every question you attempt feeds into Rick's system. He will track your performance week by week across every therapeutic area and every calculation type, identify the topics where you are losing marks, flag patterns you might not notice yourself, and deliver a clear, honest performance report each Monday.

Think of Rick as your revision dashboard. He will never tell you what you want to hear — only what the data shows. And the data, used well, is the most valuable revision tool you have.

## Your Week 1 Newsletter Is on Its Way

The launch newsletter drops on 23 March 2026 — the same day the strategy begins. It contains your printable 12-week schedule, the Week 1 topic brief, a full introduction to Rick, instructions for logging your questions, and a primer on the registration exam structure for anyone who wants a clear overview before they begin. If you are already subscribed, look for it in your inbox on Monday morning. If you are not yet signed up, do it now.

## A Note on Readiness

The 10 Question Strategy is scalable by design. If you are already feeling confident in a topic when it recurs, push the question count to 20 or 30 and aim for the harder scenario-based questions. If a topic is exposing gaps, stick with 10 and use Rick's report to guide targeted reading before the next week.

The goal is not to do the most questions. The goal is to get progressively better at the questions that matter. The registration exam does not reward effort — it rewards accuracy. Let the strategy do its job.

## See You at the Other Side

Twelve weeks is both more and less time than it feels. Start today. Be consistent. Trust the structure. And let Rick tell you the truth when the truth is uncomfortable — that is what he is there for.