

# Student Progress Tracker & Study Checklist

Self-Assessment & Mastery Log · Handout 15 of 18

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Use this tracker throughout the course. Rate your confidence for each topic using the scale: **1** = Not started | **2** = Introduced | **3** = Practicing | **4** = Confident | **5** = Mastered

## Module 1 — Word Building Fundamentals

Topic	Date Covered	Confidence (1–5)	Notes / Review Needed
Understand prefixes, word roots, suffixes			
Identify combining vowels and combining forms			
Apply the 'drop the vowel' rule			
Apply the 'keep the vowel' rule			
Build terms from component parts			
Decode unfamiliar medical terms			
Spell 50 core terms correctly			

## Module 2 — Prefixes Reference (50+)

Prefix Group	Date Covered	Confidence (1–5)	Notes
Negation: a-, an-, dis-, non-			
Position: ante-, post-, pre-, retro-			
Size/Number: macro-, micro-, mono-, bi-, tri-, poly-			
Speed: brady-, tachy-			
Quantity: hyper-, hypo-, ultra-			
Location: endo-, exo-, intra-, extra-, peri-, trans-			
Direction: ab-, ad-, de-, dia-, ec-, epi-			
Negation/Opposition: anti-, contra-			
Body relationship: hemi-, para-, meta-			

## Module 3 — Suffixes Reference (50+)

Suffix Group	Date Covered	Confidence (1–5)	Notes
Conditions: -ia, -ism, -osis, -iasis			
Inflammation: -itis			
Blood: -emia			
Surgeries: -ectomy, -ostomy, -otomy, -plasty, -rrhaphy, -pexy			
Diagnostics: -gram, -graph, -graphy, -scope, -scopy, -meter, -metry			
Symptoms: -algia, -dynia, -pnea, -phagia, -phasia, -plegia			
Abnormalities: -megaly, -malacia, -stenosis, -penia, -ptosis			
Descriptions: -al, -ar, -ic, -ous, -ary, -ory			

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## Module 4 — Body Systems

System	Date Covered	Confidence (1–5)	Notes
Integumentary			
Musculoskeletal			
Cardiovascular			
Lymphatic & Immune			
Respiratory			
Digestive			
Urinary			
Reproductive			
Nervous			
Endocrine			
Sensory (Eyes & Ears)			

## Module 5 — Directional & Anatomical Terms

Topic	Date Covered	Confidence (1–5)	Notes
Anatomical position			
Directional pairs (anterior/posterior, etc.)			
Body planes (sagittal, frontal, transverse)			
Body cavities (cranial, thoracic, abdominopelvic)			
9 Abdominopelvic regions			
Patient positions (supine, prone, Fowler's, etc.)			

## Module 6 — Specialty Terminology

Specialty	Date Covered	Confidence (1–5)	Notes
Cardiology			
Oncology			
OB/GYN			
Neurology			
Orthopedics			

## Module 7 — Abbreviations & Documentation

Topic	Date Covered	Confidence (1–5)	Notes
General medical abbreviations (80+)			
Vital signs abbreviations			

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Topic	Date Covered	Confidence (1–5)	Notes
Surgical/procedural abbreviations			
Joint Commission Do Not Use list			
SOAP note structure			
H&P structure			
Discharge summary sections			
Operative report sections			

## Module 8 — Drug Name Roots

Drug Category	Date Covered	Confidence (1–5)	Notes
Cardiovascular stems (-olol, -pril, -sartan, -statin)			
Antibiotic stems (-cillin, -cycline, -floxacin, cef-)			
CNS/Psych stems (-pam, -pine, -oxetine)			
Biologics: -mab (monoclonal antibody) system			
Endocrine/Diabetes stems (-gliptin, -gliflozin)			
Other high-yield stems (-profen, -caine, -setron)			

## Exam Readiness Checklist

- Completed all 6 original handouts
- Completed all 12 supplemental handouts
- Practice Exam score  $\geq 75\%$  (75 of 100 correct)
- Can correctly decode any unfamiliar medical term
- Can correctly build a term from a given definition
- Know the Joint Commission Do Not Use abbreviations
- Can accurately spell 100+ core medical terms
- Can identify drug class from drug name stem
- Can read and interpret a SOAP note
- Know all 11 body systems and their key terms
- Confidence rating of 4 or 5 on all modules above