

Tips: Time Schedule for Studying CGE

Prepare to study in advance for studying CGE. It is better to take CGE not in your last quarter of the study, plan ahead to take CGE in your last 3 quarter before you graduate.

This may help you as well in preparing for CALE and NCCAOM later.

Study everyday and balancing with rest and light exercise. Remember to eat light and healthy food and enough sleep in the night. And don't be stress, enjoy the study and process.

This time schedule tips only serves as recommendation, remember you know yourself better than anyone, therefore creating your own schedule that fit you is always welcome.

Week	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Morning (9AM - 1PM)	Review T/P 1 hour	OM Theory: yin yang, five element, vital substances	Review T/P 1 hour	OM Theory: zang fu	Review T/P 1 hour	OM Theory: causes and concept of disease, treatment plan	Review Briefly what you learn Mon - Sat
	Afternoon (3PM - 6PM)	Acupuncture: Measuring Methods	Acupuncture: Point Location (including DU, REN, Extra Points)	Acupuncture: Point Location (including DU, REN, Extra Points)	Acupuncture: Point Location (including DU, REN, Extra Points)	Acupuncture: Needling Depth and Angles (CAM and Deadman), review other reference textbooks too	Acupuncture: Needling Depth and Angles (CAM and Deadman), review other reference textbooks too	OFF (BREAK)
	Evening (8PM-11PM)	Single Herbs (CA and National): Disperse Wind Cold	Single Herbs (CA and National): Disperse Wind Cold	Formula (CA and National): Release Exterior	Formula (CA and National): Release Exterior	Review Single Herbs Disperse Wind Cold and Formula Release Exterior	Western Medicine: General WM Terminology	
2	Morning (9AM - 1PM)	Diagnosis: Hearing and Smelling	Review T/P 1 hour	Diagnosis: Observation	Diagnosis: Observation	Diagnosis: Observation	Diagnosis: Interrogation	
	Afternoon (3PM - 6PM)	Acupuncture: Point Categories	Acupuncture: Big Picture	Acupuncture: Big Picture	Acupuncture: Caution and Contraindication	Acupuncture: Review	Acupuncture: Big Picture	OFF (BREAK)
	Evening (8PM-11PM)	Single Herbs (CA and National): Disperse Wind Heat	Single Herbs (CA and National): Disperse Wind Heat	Formula (CA and National): Release Exterior	Single herbs (CA and National): Purgative, Laxatives, Cathartics	Formula (CA and National): Purge Heat	Western Medicine: General Landmarks, Cells, Gene	
3	Morning (9AM - 1PM)	Review T/P 1 hour	Diagnosis: Interrogation	Review T/P 1 hour	Diagnosis: Palpation	Review T/P 1 hour	Diagnosis: Palpation	Review Briefly what you learn Mon - Sat
	Afternoon (3PM - 6PM)	Acupuncture: 4 Needle Techniques	Acupuncture: Point Selection (especially: CAM, Shanghai, Maciocia), but please review other textbooks references too	Acupuncture: Point Selection (especially: CAM, Shanghai, Maciocia), but please review other textbooks references too	Acupuncture: Point Selection (especially: CAM, Shanghai, Maciocia), but please review other textbooks references too	Acupuncture: Point Selection (especially: CAM, Shanghai, Maciocia), but please review other textbooks references too	Acupuncture: Review - Point Selection (especially: CAM, Shanghai, Maciocia), but please review other textbooks references too	OFF (BREAK)
	Evening (8PM-11PM)	Western Medicine: Orthopedics (Anatomy, Physiology, Pathology, Disease, Exam, Diagnosis and Treatment, Redflag and Referral)	Western Medicine: Vital Signs, Orthopedic Tests (Cervical, Upper Limbs)	Western Medicine: Orthopedic Tests (Hip, Lumbar, Legs), Abdomen, Others	Single Herbs (CA and National): Clear and Purge Heat	Single Herbs (CA and National): Clear Blood Heat, Clear Damp Heat	Western Medicine: Review Orthopedics and Orthopedic Tests, Abdomen Test and other tests	
	Morning (9AM - 1PM)	Diagnosis: Palpation	Differentiation: 8 principles, Qi, Blood, Body Fluids	Differentiation: Pathogenic Factors, 5 element, channels	Review T/P 1 hour	Differentiation: shang han lun, wen bing, san jiao	Review T/P 1 hour	Review Briefly what you learn Mon - Sat

4	Afternoon (3PM - 6PM)	Acupuncture: filiform needle therapy, needling methods, manipulation, tonify, sedation	Acupuncture: precaution and contraindication, types of needles, needling methods from internal classic, finding points	Moxa, Cupping, E-Stim	Ear Acupuncture	Ear Acupuncture	Scalp Acupuncture	OFF (BREAK)
	Evening (8PM-11PM)	Single Herbs (CA and National): Clear Deficient Heat, Clear Toxic Heat)	Formula (CA and National): Clear Heat	Formula (CA and National): Clear Heat	Western Medicine: Nervous System (Anatomy, Physiology, Pathology, Disease, Exam, Diagnosis and Treatment, Redflag and Referral)	Western Medicine: Nervous System (Anatomy, Physiology, Pathology, Disease, Exam, Diagnosis and Treatment, Redflag and Referral)	Review Single Herbs and Formula (Clear Heat)	
5	Morning (9AM - 1PM)	Review T/P 1 hour	Differentiation: zangfu pattern comparison, treatment for zangfu patterns, major zangfu patterns, zangfu pattern comparison (CAM vs Maciocia Foundation of Chinese Medicine, but please review other textbooks references too)	Differentiation: zangfu pattern comparison, treatment for zangfu patterns, major zangfu patterns, zangfu pattern comparison (CAM vs Maciocia Foundation of Chinese Medicine, but please review other textbooks references too)	Differentiation: zangfu pattern comparison, treatment for zangfu patterns, major zangfu patterns, zangfu pattern comparison (CAM vs Maciocia Foundation of Chinese Medicine, but please review other textbooks references too)	Differentiation: zangfu pattern comparison, treatment for zangfu patterns, major zangfu patterns, zangfu pattern comparison (CAM vs Maciocia Foundation of Chinese Medicine, but please review other textbooks references too)	Review T/P 1 hour	Review Briefly what you learn Mon - Sat
	Afternoon (3PM - 6PM)	CNT and office safety	CNT and office safety	CNT and office safety	Law and Regulation (CA, National)	Review CNT, office safety, law and regulation (CA, National)	Review CNT, office safety, law and regulation (CA, National)	OFF (BREAK)
	Evening (8PM-11PM)	Single Herbs (CA and National): Diuretics	Single Herbs (CA and National): Dispel Wind Damp	Single Herbs (CA and National): Aromatics for Damp	Formula (CA and National): Expel Damp	Formula (CA and National): Expel Damp	Review Single Herbs and Formula: Diuretics, Wind Damp, Aromatics, Damp	
6	Morning (9AM - 1PM)	Review T/P 1 hour	Differentiation: zangfu pattern comparison, treatment for zangfu patterns, major zangfu patterns, zangfu pattern comparison (CAM vs Maciocia, but please review other textbooks references too)	Differentiation: zangfu pattern comparison, treatment for zangfu patterns, major zangfu patterns, zangfu pattern comparison (CAM vs Maciocia, but please review other textbooks references too)	Differentiation: zangfu pattern comparison, treatment for zangfu patterns, major zangfu patterns, zangfu pattern comparison (CAM vs Maciocia, but please review other textbooks references too)	Differentiation: zangfu pattern comparison, treatment for zangfu patterns, major zangfu patterns, zangfu pattern comparison (CAM vs Maciocia, but please review other textbooks references too)	Review T/P 1 hour	Review Briefly what you learn Mon - Sat
	Afternoon (3PM - 6PM)	Review Acupuncture Measuring Methods, Caution, Contraindication	Review Acupuncture Point Location	Review Acupuncture Point Location	Review Acupuncture Needling Depth and angle	Review Point Category, Big Picture	Review Acupuncture Technique including moxa, cupping, E-stim	

	Evening (8PM-11PM)	Western Medicine: Infection and Immunology, Cancer (Anatomy, Physiology, Pathology, Disease, Exam, Diagnosis and Treatment, Redflag and Referral)	Western Medicine: Infection and Immunology, Cancer (Anatomy, Physiology, Pathology, Disease, Exam, Diagnosis and Treatment, Redflag and Referral)	Western Medicine: Cardiovascular (Anatomy, Physiology, Pathology, Disease, Exam, Diagnosis and Treatment, Redflag and Referral)	Western Medicine: Cardiovascular (Anatomy, Physiology, Pathology, Disease, Exam, Diagnosis and Treatment, Redflag and Referral)	Single Herbs (CA and National): Digestive and Formula for Digestive (CA and National)	Review Western Medicine: Infection and Immunology, Cancer	OFF (BREAK)
7	Morning (9AM - 1PM)	Review T/P 1 hour	TCM Diseases and Patterns	TCM Diseases and Patterns	TCM Diseases and Patterns	TCM Diseases and Patterns	Review T/P 1 hour	Review Briefly what you learn Mon - Sat
	Afternoon (3PM - 6PM)	Review Ear Acupuncture, Scalp Acupuncture	Review Acupuncture Point Selection, practice Question for Acupuncture section	Review Acupuncture Point Selection, practice Question for Acupuncture section	Review Acupuncture Point Selection, practice Question for Acupuncture section	Review Acupuncture Point Category and Big Picture	Review Ear Acupuncture, Scalp Acupuncture	OFF (BREAK)
	Evening (8PM-11PM)	Single Herbs (CA and National): Disperse Hot Phlegm	Single Herbs (CA and National): disperse Cold Phlegm	Formula (CA and National): Dissolve Phlegm	Formula (CA and National): Harmonize	Western Medicine: Digestive System (Anatomy, Physiology, Pathology, Disease, Exam, Diagnosis and Treatment, Redflag and Referral)	Western Medicine: Digestive System (Anatomy, Physiology, Pathology, Disease, Exam, Diagnosis and Treatment, Redflag and Referral)	
8	Morning (9AM - 1PM)	Review T/P 1 hour	TCM Diseases and Patterns	TCM Diseases and Patterns	TCM Diseases and Patterns	Review - TCM Diseases and Patterns	Review T/P 1 hour	Review Briefly what you learn Mon - Sat
	Afternoon (3PM - 6PM)	Single Herbs (CA and National): Stop Cough and Wheezing	Single Herbs (CA and National): Regulate Qi	Single Herbs (CA and National): Regulate Qi	Formulas (CA and National): Regulate Qi	Formulas (CA and National): Regulate Qi	Review Single Herbs and Formula Regulate Qi	OFF (BREAK)
	Evening (8PM-11PM)	Western Medicine: Respiratory System (Anatomy, Physiology, Pathology, Disease, Exam, Diagnosis and Treatment, Redflag and Referral)	Western Medicine: Respiratory System (Anatomy, Physiology, Pathology, Disease, Exam, Diagnosis and Treatment, Redflag and Referral)	Western Medicine: Hormone, Endocrinology, Metabolic Disease	Western Medicine: Hormone, Endocrinology, Metabolic Disease	Western Medicine: Hormone, Endocrinology, Metabolic Disease	Review Western Medicine Respiratory and Cardiovascular	
9	Morning (9AM - 1PM)	Review T/P 1 hour	Channels: Depth and Classification, 12 cutaneous channels, 12 TNM channels	Channels: Luo channels	Channels: 12 Primary Channels	Channels: 12 Primary Channels	Review T/P 1 hour	Review Briefly what you learn Mon - Sat
	Afternoon (3PM - 6PM)	Single Herbs (CA and National): Activate Blood	Single Herbs (CA and National): Activate Blood	Formula (CA and National): Activate Blood	Formula (CA and National): Activate Blood	Single Herbs (CA and National): Stop Bleeding	Review Single Herbs: Activate Blood, Stop Bleeding	OFF (BREAK)
	Evening (8PM-11PM)	Western Medicine: Male Reproductive System (Anatomy, Physiology, Pathology, Disease, Exam, Diagnosis and Treatment, Redflag and Referral)	Western Medicine: Male Reproductive System (Anatomy, Physiology, Pathology, Disease, Exam, Diagnosis and Treatment, Redflag and Referral)	Western Medicine: Female Reproductive System / Gynecology (Anatomy, Physiology, Pathology, Disease, Exam, Diagnosis and Treatment, Redflag and Referral)	Western Medicine: Female Reproductive System / Gynecology (Anatomy, Physiology, Pathology, Disease, Exam, Diagnosis and Treatment, Redflag and Referral)	Western Medicine: Lab and Radiology Exam	Review Formula Activate Blood	
	Morning (9AM - 1PM)	Review T/P 1 hour	Channels: 12 Primary Channels	Channels: 12 Primary Channels	Channels: 12 Divergent Channels	Channels: 12 Divergent Channels	Review T/P 1 hour	Review Briefly what you learn Mon - Sat

10	Afternoon (3PM - 6PM)	Single Herbs (CA and National): Warm Interior	Formula (CA and National): Warm Interior Cold	Review Single Herbs and Formula Warm Interior Cold, Stop Bleeding	Review Single Herbs Stop Cough and Wheezing, Disperse Hot Phlegm and Cold Phlegm	Single Herbs (CA and National): Qi Tonic	Single Herbs (CA and National): Blood Tonic	OFF (BREAK)
	Evening (8PM-11PM)	Western Medicine: Urology (Anatomy, Physiology, Pathology, Disease, Exam, Diagnosis and Treatment, Redflag and Referral)	Western Medicine: Urology (Anatomy, Physiology, Pathology, Disease, Exam, Diagnosis and Treatment, Redflag and Referral)	WM: Minerals	WM: Minerals	WM: Vitamin	WM: Vitamin	
11	Morning (9AM - 1PM)	Review T/P 1 hour	Channels: 8 Extraordinary Channels	Channels: 8 Extraordinary Channels	Channels: 8 Extraordinary Channels	Channels: Review	Review T/P 1 hour	Review Briefly what you learn Mon - Sat
	Afternoon (3PM - 6PM)	Single Herbs (CA and National): Yang tonics	Single Herbs (CA and National): Yin tonics	Review Single Herbs: Qi and Blood Tonic	Review Single Herbs: Yin and Yang Tonic	Formula (CA and National): Tonify	Formula (CA and National): Tonify	OFF (BREAK)
	Evening (8PM-11PM)	WM: Pharmacology	WM: Pharmacology	WM: Pharmacology	Review WM Cardiology	Review WM Respiratory	Review WM Nervous System	
12	Morning (9AM - 1PM)	Review T/P 1 hour	Review OM Basic Theory, Zang Fu, Concept of Diseases, Causes of Diseases, Treatment Plan)	Review Diagnosis (Interrogation, Hearing and Smelling, Observation, Palpation)	Review Diagnosis (Interrogation, Hearing and Smelling, Observation, Palpation)	Review Diagnosis (Interrogation, Hearing and Smelling, Observation, Palpation)	Review T/P 1 hour	Review Briefly what you learn Mon - Sat
	Afternoon (3PM - 6PM)	Single Herbs (CA and National): Astringents	Formula (CA and National): Stabilize and Bind	Single Herbs (CA and National): Aromatics for orifices, Extinguish LV wind	Formula (CA and National): Expel wind	Single Herbs (CA and National): Expel Parasites, External Use, Obsolete Substances	Formula (CA and National): Digestive, Dissolve Phlegm	OFF (BREAK)
	Evening (8PM-11PM)	Review WM Male Reproductive System	Review WM Gynecology / Female Reproductive System	Review WM Infection, Immunology and Cancer	Review WM Urology	Review Hormone, Endocrinology, Metabolic Disease	Review Lab and Radiology Exam	
13	Morning (9AM - 1PM)	Review T/P 1 hour	Review Differentiation: 8 principles, Qi, Blood, Body Fluids	Review Differentiation: Pathogenic Factors, 5 element, channels	Review Differentiation: shang han lun, wen bing, san jiao	Review Differentiation: zangfu pattern comparison, treatment for zangfu patterns, major zangfu patterns, zangfu pattern comparison	Review T/P 1 hour	Review Briefly what you learn Mon - Sat
	Afternoon (3PM - 6PM)	Single Herbs (CA and National): Anchor and Calm Shen, Nourish and Calm Shen	Formula (CA and National): Calm Shen	Review Single Herbs and Formula for Shen	Review Orthopedics, Orthopedic Test and Other Physical Exam Test	Review WM Vitamin and Minerals	Review WM Vitamin and Minerals	OFF (BREAK)
	Evening (8PM-11PM)	Review Digestive System	Review Single Herbs in general	Review Single Herbs in general	Review Formula in general	Review Formula in general	Review WM in general	

14	Morning (9AM - 1PM)	Review T/P 1 hour	Review Differentiation: zangfu pattern comparison, treatment for zangfu patterns, major zangfu patterns, zangfu pattern comparison	Review Differentiation: zangfu pattern comparison, treatment for zangfu patterns, major zangfu patterns, zangfu pattern comparison	Review Differentiation: zangfu pattern comparison, treatment for zangfu patterns, major zangfu patterns, zangfu pattern comparison	Review Differentiation: zangfu pattern comparison, treatment for zangfu patterns, major zangfu patterns, zangfu pattern comparison	Review T/P 1 hour	Review Briefly what you learn Mon - Sat
	Afternoon (3PM - 6PM)	Review OM Basic Theory	Review Single Herbs in general	Review Single Herbs in general	Review Formula in general	Review Formula in general	Review WM in general	OFF (BREAK)
	Evening (8PM-11PM)	Review Lab and Radiology Exam	Review WM Pharmacology	Review WM Pharmacology	Practice Question and Case Study (OM, Acupuncture, Herbs, WM)	Practice Question and Case Study (OM, Acupuncture, Herbs, WM)	Practice Question and Case Study (OM, Acupuncture, Herbs, WM)	
15	Morning (9AM - 1PM)	Review T/P 1 hour	Review TCM Diseases and Patterns	Review TCM Diseases and Patterns	Review TCM Diseases and Patterns	Review TCM Diseases and Patterns	Review T/P 1 hour	Review Briefly what you learn Mon - Sat
	Afternoon (3PM - 6PM)	Review Point Location	Review Needling Depth and Needling Angle	Review Acupuncture Technique, Cupping, Moxa, E-Stim, Caution and Contraindication	Review CNT, office safety, law and regulation	Review Point category and Big Picture	Practice Question and Case Study (OM, Acupuncture, Herbs, WM)	OFF (BREAK)
	Evening (8PM-11PM)	Review (Palpation, Hearing and Smelling, Observation, Interrogation)	Review (Palpation, Hearing and Smelling, Observation, Interrogation)	Review Single Herbs in general	Review Formula in general	Review Formula in general	Review WM in general	
16	Morning (9AM - 1PM)	Review T/P 1 hour	Review Differentiation: zangfu pattern comparison, treatment for zangfu patterns, major zangfu patterns, zangfu pattern comparison	Review Differentiation: zangfu pattern comparison, treatment for zangfu patterns, major zangfu patterns, zangfu pattern comparison	Review TCM Diseases and Patterns	Review TCM Diseases and Patterns	Review T/P 1 hour	Review Briefly what you learn Mon - Sat
	Afternoon (3PM - 6PM)	Review Single Herbs in general	Review Single Herbs in general	Review Single Herbs in general	Review Formula in general	Review Formula in general	Review Formula in general	OFF (BREAK)
	Evening (8PM-11PM)	Review WM in general	Review WM in general	Review WM in general	Review WM in general	Review WM in general	Review WM in general	
17	Morning (9AM - 1PM)	Review T/P 1 hour	Review Acupuncture Channel	Review Acupuncture Channel	Review Acupuncture Channel	Review CNT, office safety, law and regulation (CA, National)	Review T/P 1 hour	Review Briefly what you learn Mon - Sat
	Afternoon (3PM - 6PM)	Review Single Herbs in general	Review Single Herbs in general	Review Single Herbs in general	Review Formula in general	Review Formula in general	Review Formula in general	OFF (BREAK)
	Evening (8PM-11PM)	Review Acupuncture Point Category and Big Picture	Review WM in general	Review WM in general	Practice Question and Case Study (OM, Acupuncture, Herbs, WM)	Practice Question and Case Study (OM, Acupuncture, Herbs, WM)	Practice Question and Case Study (OM, Acupuncture, Herbs, WM)	

