

how to pass exams accelerate learning memorise ke Online PDF

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Preparing for exams can be a daunting task, especially when faced with vast amounts of information to learn in a limited amount of time. Many students seek effective strategies to not only pass their exams but also to accelerate their learning and enhance their memorization skills. If you're wondering how to pass exams, accelerate learning, and memorize ke (knowledge effectively), this comprehensive guide is designed to help you develop efficient study techniques, retain information longer, and boost your confidence for exam success.

Understanding the Foundations of Effective Exam Preparation

Before diving into specific techniques, it's vital to understand the core principles that underpin successful learning and memorization.

1. Active Engagement with Material

Passive reading or highlighting often leads to superficial understanding. Engaging actively with the content through note-taking, questioning, and application promotes deeper learning.

2. Spaced Repetition

Spacing out study sessions over time helps reinforce memories and prevents cramming, which is often ineffective for long-term retention.

3. Retrieval Practice

Testing yourself regularly to recall information strengthens memory and highlights areas needing improvement.

4. Proper Rest and Nutrition

A healthy body supports a healthy mind. Adequate sleep, balanced diet, and hydration are essential for optimal cognitive function.

Strategies to Accelerate Learning and Memorization

Implementing specific techniques can significantly improve your ability to learn quickly and retain information effectively.

1. Create a Study Schedule

- Plan your study sessions well in advance.
- Break down syllabus topics into manageable chunks.
- Allocate specific time slots for each subject or topic.
- Include regular breaks to prevent burnout.

2. Use Active Learning Techniques

- Summarize information in your own words.
- Teach the material to someone else.
- Create mind maps to visualize connections.
- Use flashcards for quick recall practice.

3. Practice Spaced Repetition

- Review material multiple times at increasing intervals.
- Use apps like Anki or Quizlet for automated spaced repetition.

4. Incorporate Mnemonic Devices

Mnemonics help in memorizing complex information through associations.

- Acronyms (e.g., PEMDAS for order of operations).
- Rhymes and songs.
- Visual imagery linked to concepts.

5. Utilize Visualization and Imagery

- Create mental images related to the material.
- Use diagrams, charts, and infographics to simplify complex topics.

6. Practice Past Papers and Mock Exams

- Familiarize yourself with exam formats.
- Identify common question types.
- Improve time management during exams.

7. Focus on Understanding, Not Just Memorization

- Clarify concepts rather than rote memorizing.
- Ask questions and engage in discussions.
- Use real-world examples to contextualize knowledge.

Memory Techniques to Enhance Memorization

Memorization is a skill that can be developed with the right techniques.

1. Chunking

Break down large amounts of information into smaller, manageable units or "chunks."

- Example: Memorize a phone number by grouping digits.

2. The Method of Loci (Memory Palace)

- Visualize a familiar place.
- Associate information with specific locations within that place.
- Walk through the location mentally to recall data.

3. Association and Linking

- Connect new information to existing knowledge.
- Use analogies or stories to relate concepts.

4. Use of Repetition and Review

- Regularly revisit material to reinforce memory.
- Space reviews over days and weeks.

5. Employ Rhythms, Songs, and Rhymes

- Set information to a tune or rhyme to enhance recall.

Optimizing Your Environment for Learning

Creating the right environment can greatly influence your ability to learn and memorize.

- **Choose a quiet, well-lit space:** Minimize distractions.
- **Organize your study materials:** Keep everything accessible.
- **Limit interruptions:** Turn off notifications and inform others of your study schedule.
- **Maintain comfort:** Use ergonomic furniture and a comfortable temperature.

Maintaining Motivation and Reducing Stress

Staying motivated and managing stress are crucial for effective learning.

1. Set Clear Goals

- Define what you want to achieve in each study session.
- Break larger goals into smaller, achievable tasks.

2. Reward Progress

- Celebrate small victories to stay motivated.

3. Practice Mindfulness and Relaxation Techniques

- Deep breathing exercises.
- Short meditation sessions.
- Regular physical activity.

4. Stay Positive and Persistent

- Avoid negative self-talk.

- Remember that consistent effort yields results.

Additional Tips for Effective Exam Preparation

- Prioritize difficult topics early on.
- Use study groups for collaborative learning.
- Seek help from teachers or tutors when needed.
- Stay hydrated and get enough sleep before the exam day.
- Have all necessary materials ready (admit cards, stationery, etc.).

Conclusion: Your Roadmap to Success

Passing exams, accelerating learning, and memorizing ke effectively require a combination of strategic planning, active engagement, and consistent practice. By creating a structured study schedule, employing proven memory techniques, and maintaining a healthy lifestyle, you can optimize your learning process and achieve your academic goals. Remember that patience and perseverance are key?every small step forward brings you closer to exam success. Start implementing these techniques today, and watch your confidence and performance soar!

How to Pass Exams Accelerate Learning & Memorize Effectively

Preparing for exams can be a daunting task, especially when faced with vast amounts of information to learn within limited timeframes. To succeed, students must adopt efficient learning techniques that not only help them pass but also facilitate long-term retention. This comprehensive guide explores proven strategies to accelerate learning and memorize effectively, ensuring you approach your exams with confidence and mastery.

Understanding the Foundations of Effective Learning

Before diving into specific techniques, it's crucial to understand the underlying principles that make learning efficient and lasting.

1. The Science of Memory and Learning

- Neural Pathways: Learning involves forming and strengthening neural connections. Repetition and meaningful engagement are key to solidifying these pathways.
- Memory Types:
 - Short-term memory: Holds information temporarily.
 - Long-term memory: Stores information permanently with proper reinforcement.

- The Spaced Repetition Effect: Revisiting information at increasing intervals enhances retention more than cramming.

2. The Importance of Active Engagement

Passive reading or listening often leads to superficial understanding. Active methods like self-testing, teaching others, and applying concepts deepen comprehension and aid memory.

Strategies to Accelerate Learning

Effective learning isn't just about working harder but working smarter. Here are methods to speed up understanding and retention.

1. Set Clear, Achievable Goals

- Break down syllabus topics into manageable chunks.
- Set specific targets for each study session, e.g., "Master Chapter 4 Concepts."
- Use SMART goals (Specific, Measurable, Achievable, Relevant, Time-bound).

2. Develop a Structured Study Plan

- Prioritize topics based on difficulty and exam weight.
- Allocate time slots for each subject and topic.
- Incorporate regular breaks to prevent fatigue (Pomodoro Technique: 25 mins work / 5 mins break).

3. Use Active Recall Techniques

- Test yourself frequently without looking at notes.
- Use flashcards or apps like Anki for quick review.
- Practice past exam questions under timed conditions.

4. Implement Spaced Repetition

- Review material at increasing intervals: 1 day, 3 days, 1 week, 2 weeks.
- Focus more on topics you find difficult, revisiting them more often.

5. Leverage Multisensory Learning

- Combine reading, writing, speaking, and listening.
- Use diagrams, mind maps, and charts to visualize concepts.
- Teach others or explain concepts aloud.

6. Utilize Technology and Resources

- Educational apps and online courses.
- YouTube tutorials and webinars for visual and auditory learners.
- Study groups and forums for collaborative learning.

Enhancing Memorization Effectively

Memorization is often seen as rote learning, but when done correctly, it becomes a powerful tool for exam success.

1. Use Mnemonic Devices

- Acronyms: Form words from initial letters (e.g., HOMES for Great Lakes: Huron, Ontario, Michigan, Erie, Superior).
- Rhymes and Songs: Set information to melodies.
- Visualization: Create vivid mental images linking concepts.

2. Chunking Information

- Break down complex data into smaller, manageable units.
- Example: Memorize a phone number by grouping digits (e.g., 123-456-7890).

3. The Method of Loci (Memory Palace)

- Associate information with specific physical locations.
- Visualize walking through a familiar space, placing items to remember along the route.

4. Repetition and Spaced Review

- Repeatedly review material over days and weeks.
- Use flashcards for quick, frequent testing.

5. Write and Rewrite

- Handwriting notes reinforces memory.
- Summarize information in your own words to deepen understanding.

6. Connect New Knowledge to Existing Knowledge

- Relate new concepts to familiar ones.
- Create analogies or stories linking ideas.

Optimizing Study Environment and Habits

Your surroundings and habits significantly influence learning efficacy.

1. Create a Conducive Study Space

- Quiet, well-lit, and comfortable environment.
- Minimize distractions: silence phone notifications and limit social media.
- Organize materials for easy access.

2. Maintain Healthy Lifestyle Habits

- Adequate sleep (7-9 hours) to consolidate memory.
- Balanced diet rich in brain-boosting nutrients.
- Regular physical activity to enhance cognitive function.
- Hydration to maintain concentration.

3. Practice Mindfulness and Stress Management

- Techniques like meditation and deep breathing reduce anxiety.
- Breaks and leisure activities prevent burnout.

Mock Exams and Self-Assessment

Simulating exam conditions helps identify weaknesses and build confidence.

- Take full-length practice exams under timed conditions.
- Review answers critically to understand mistakes.
- Adjust study plans based on performance.

Exam Day Preparation

Maximize your performance on the actual day with proper preparation.

1. Rest Well

- Ensure adequate sleep the night before.
- Avoid last-minute cramming.

2. Nutrition and Hydration

- Eat a balanced meal before the exam.
- Stay hydrated but avoid excessive caffeine.

3. Gather Necessary Materials

- Pens, pencils, calculator, ID, and permitted materials.
- Arrive early to reduce stress.

4. During the Exam

- Read instructions carefully.
- Allocate time per question.
- Start with questions you know well to build confidence.
- Stay calm and focused; avoid rushing.

Long-Term Retention and Continuous Learning

Passing an exam is important, but retaining knowledge for future applications is equally vital.

- Review notes periodically even after exams.
- Engage in ongoing learning beyond the syllabus.
- Apply knowledge practically to reinforce memory.

Conclusion: The Path to Exam Success

Passing exams and accelerating learning require a strategic, disciplined approach rooted in understanding how memory and cognition work. By setting clear goals, employing active and spaced learning techniques, utilizing mnemonic devices, maintaining healthy habits, and simulating exam conditions, students can optimize their study efforts. Remember, consistency is key?regular, focused practice combined with a positive mindset leads to not only passing exams but also cultivating lifelong learning skills.

Adopt these strategies, tailor them to your learning style, and approach your exams with confidence, knowing you're equipped with effective tools to succeed.

QuestionAnswer What are the most effective techniques to accelerate learning and memorize key exam concepts? Use active learning methods such as summarizing information in your own words, practicing retrieval through self-testing, and employing spaced repetition. Combining these techniques helps reinforce memory and speeds up the learning process. How can I improve my memory retention for exam preparation? Incorporate mnemonic devices, visualize complex information, and ensure regular review sessions. Maintaining a healthy lifestyle with adequate sleep, nutrition, and exercise also enhances memory retention. What role does focus and concentration play in passing exams and how can I enhance it? Focus is crucial for effective learning. Minimize distractions, practice mindfulness, and set specific study goals to improve concentration. Using techniques like Pomodoro timers can also boost your focus and help you learn faster. Are there specific study schedules or routines that can help me memorize KE (Knowledge Elements) more efficiently? Yes, creating a consistent study schedule that includes regular review sessions, breaks, and varied study activities can enhance memorization. Spaced repetition and active recall are key components of an effective routine. What resources or tools can help me accelerate learning and memorize key exam topics more effectively? Utilize digital flashcards like Anki, mind-mapping tools, and educational apps that promote active recall and spaced repetition. Supplement your study with videos, practice tests, and summary notes to reinforce understanding and memory.

Related keywords: exam preparation, study tips, memory techniques, exam strategies, learning methods, memorization skills, test-taking tips, quick learning, exam success, study hacks

Mrcog pass mark

mrcog pass mark

The MRCOG (Membership of the Royal College of Obstetricians and Gynaecologists) examination is a critical milestone for obstetricians and gynaecologists aspiring to attain specialist recognition in the UK and many other parts of the world. One of the most common questions among candidates preparing for this rigorous assessment is: what is the pass mark for MRCOG? Understanding the pass mark is essential not only for setting realistic study goals but also for devising effective preparation strategies. This article provides an in-depth exploration of the MRCOG pass mark, including how it is determined, its variations across different parts of the exam, and tips for success.

Overview of the MRCOG Examination

What is the MRCOG?

The MRCOG is a professional qualification awarded by the Royal College of Obstetricians and Gynaecologists (RCOG) in the United Kingdom. It signifies that the holder has achieved a certain level of knowledge and competence in obstetrics and gynaecology, enabling them to practice as a specialist.

Structure of the MRCOG Examination

The MRCOG exam is divided into two main parts:

- Part 1: Multiple-choice questions (MCQs) assessing foundational knowledge.
- Part 2: Two components:
 - Written paper: Extended essays and case-based questions.
 - Objective Structured Clinical Examination (OSCE): Practical assessment of clinical skills.

This article focuses primarily on the Part 1 and Part 2 written exams, which are often associated with specific pass marks.

How is the MRCOG Pass Mark Determined?

Standard Setting Methodology

The pass mark for MRCOG is not a fixed percentage but is established through a standard setting process known as Angoff method or modified Angoff method. This involves expert panels of examiners who review questions and estimate the minimum score required to demonstrate competence.

Key Factors Influencing the Pass Mark

- Difficulty of the exam: Variations in question difficulty across different sittings.
- Candidate performance: Overall performance trends.
- Examiner judgment: Determination of what constitutes a minimally competent candidate.

Use of Equating and Scaling

To ensure fairness across different exam sessions, scaling and equating techniques are employed. These statistical procedures adjust scores to account for variations in exam difficulty, ensuring that the pass mark remains consistent in meaning.

Pass Mark for MRCOG Part 1

Typical Pass Rate and Score

The Part 1 MRCOG exam generally has a pass mark set around 50% to 55% of the total marks. However, this is not a fixed percentage; it varies depending on the exam's difficulty and the standard setting process for each sitting.

Historical Data and Trends

- The pass rate for Part 1 is approximately 50-60%, indicating that roughly half of the candidates pass each attempt.
- The pass mark tends to hover around 50%, but some sessions may see it slightly higher or lower.

Implications for Candidates

Candidates should aim to score above the established pass mark, which is typically around 50-55%, by at least 10-15% to ensure a comfortable margin.

Pass Mark for MRCOG Part 2

Written Paper

The Part 2 written exam involves more complex and case-based questions. The pass mark here is often set slightly higher than Part 1, reflecting the increased difficulty level.

- Typical pass mark: around 55% to 60% of the total score.
- The pass rate for Part 2 is also approximately 50-55%.

OSCE Component

The OSCE assesses practical and communication skills through various stations:

- Pass mark in OSCE: Usually set at a standardized score determined by examiners, often around 60-65%.
- Overall pass requirement: Candidates must pass both the written and OSCE components to qualify.

Variability and Standard Setting

The pass mark for Part 2 is subject to variation based on exam difficulty, candidate performance, and examiner judgment. The RCOG ensures consistency through rigorous standard setting and statistical analysis.

Factors Affecting the MRCOG Pass Mark

Exam Difficulty

- Some sessions may have more challenging questions, leading to a lower pass mark.
- Conversely, easier exams may have a higher pass mark to maintain competence standards.

Candidate Cohort Performance

- Higher overall performance may result in a slightly elevated pass mark.
- Conversely, a more challenging cohort may see a lower pass threshold.

Standard Setting Procedures

- The RCOG employs expert panels and statistical tools to set fair and consistent pass marks.
- Regular reviews ensure that the pass mark aligns with the required competence standards.

Tips for Achieving a Passing Score

Understand the Exam Format and Content

- Familiarize yourself with the exam structure and types of questions.
- Use recent past papers and sample questions for practice.

Focus on High-Yield Topics

- Prioritize topics that are frequently tested, such as antenatal care, labour management, and gynecology emergencies.
- Review guidelines and evidence-based practices thoroughly.

Practice Under Exam Conditions

- Simulate exam conditions to build stamina and time management.
- Practice multiple-choice questions and OSCE stations.

Seek Feedback and Clarification

- Join study groups or courses to gain insights.
- Clarify doubts with mentors or colleagues experienced in MRCOG.

Regular Self-Assessment

- Use mock exams to assess your progress.
- Aim to score above the typical pass mark by at least 10% to ensure safety margin.

Conclusion

Understanding the MRCOG pass mark is vital for effective preparation and realistic goal setting. While the exact pass mark varies across different exam sittings and components, it generally hovers around 50-60% for the written parts and 60-65% for the OSCE. The RCOG employs rigorous standard-setting procedures to ensure that the pass mark reflects the minimum competence required to practice safely as a specialist in obstetrics and gynaecology. Candidates should focus on comprehensive study, consistent practice, and understanding the exam's standards to maximize their chances of success. By aligning their preparation with the expected standards, aspiring MRCOG candidates can confidently approach the exam and achieve their professional goals.

mrcog pass mark: An In-Depth Examination of Standards, Assessments, and Implications

The Membership of the Royal College of Obstetricians and Gynaecologists (MRCOG) examination is widely regarded as a pivotal milestone for obstetricians and gynaecologists worldwide. It serves not only as a testament to a physician's knowledge and clinical competence but also as a benchmark for professional credibility and career progression. Central to this assessment is the concept of the mrcog pass mark, a critical threshold that determines whether candidates meet the rigorous standards set by the Royal College of Obstetricians and Gynaecologists (RCOG). This article aims to meticulously explore the nuances of the mrcog pass mark, its determination, implications, and the ongoing debates surrounding its standards.

Understanding the MRCOG Examination: An Overview

The MRCOG exam is a comprehensive assessment designed to evaluate the knowledge, skills, and professionalism of candidates striving to become members of the RCOG. It comprises multiple components, including written exams, clinical assessments, and viva voce (oral examinations), depending on the specific part and pathway.

Components of the MRCOG Exam

- Part 1 (Written): Multiple-choice questions testing basic sciences, clinical knowledge, and understanding of obstetrics and gynaecology.
- Part 2 (Written): Extended written papers focusing on clinical problem-solving and applied knowledge.
- Part 3 (Clinical and Oral): Assessments of practical skills, clinical reasoning, and communication.

While the exact structure varies over time and across pathways, the key shared feature is the need for candidates to meet or exceed a defined pass mark to progress.

The Concept of the Pass Mark in Medical Examinations

In the context of high-stakes professional assessments like the MRCOG, the pass mark is more than a simple cutoff score. It represents a carefully calibrated standard that aims to differentiate competent candidates from those who require further development.

Historical Approaches to Setting the Pass Mark

- Fixed percentage method: A predetermined percentage of correct answers (e.g., 60%) without considering question difficulty.
- Norm-referenced standard: Based on the performance of the cohort, often leading to variability.
- Criterion-referenced standard: Based on predefined competency criteria, often employing formal standard-setting procedures.

In recent decades, the RCOG employs a criterion-referenced approach, primarily utilizing the Angoff method to determine the pass mark.

Determining the MRCOG Pass Mark: Methodologies and Standards

The Angoff Method: The Cornerstone of Standard Setting

The Angoff method involves a panel of subject matter experts evaluating each exam question, estimating the probability that a minimally competent candidate would answer correctly. These estimates are aggregated to establish a cut score.

Process Overview:

- Selection of a panel of experts familiar with the exam and the required competencies.
- Review of each test question, with experts estimating the likelihood of a borderline candidate answering correctly.
- Calculation of the average of these estimates across all questions.
- Establishment of the pass mark based on this aggregated figure.

Advantages:

- Focuses on candidate competence rather than raw scores.
- Adaptable to varying exam difficulty.

Challenges:

- Subjectivity of expert judgments.
- Variability between panels.

Other Standard-Setting Techniques

- Bookmark method: Ordering questions by difficulty and selecting a cutoff.
- Contrasting groups method: Comparing the performance of known competent and non-competent groups.
- Borderline regression method: Using candidate scores and examiner ratings to set cut points.

The RCOG primarily relies on the Angoff method, supplemented by other techniques and statistical analyses, to ensure fairness and consistency across exam iterations.

Variability and Evolution of the Pass Mark

The pass mark for MRCOG is not static; it can vary between exam sittings due to factors such as exam difficulty, candidate cohort, and changes in assessment formats.

Key Points:

- The RCOG publishes pass rates, but the actual pass mark may fluctuate.
- Statistical equating ensures comparability across different exam sessions.
- The pass mark is reviewed regularly to uphold standards amid evolving curricula.

Recent Trends:

- Slight fluctuations in pass marks over different years.
- Implementation of item analysis to eliminate problematic questions.
- Adjustments in passing criteria reflecting the changing landscape of obstetric and gynaecological practice.

Implications of the Pass Mark on Candidates and Training Programs

For Candidates

- Clear understanding of the pass threshold helps in exam preparation.
- Recognizing the variability allows for strategic review of performance.
- The pressure to meet or exceed the pass mark influences study approaches and clinical practice focus.

For Training and Educational Bodies

- The pass mark informs curriculum development.
- It guides targeted training to address areas of common difficulty.
- Ensures that only candidates demonstrating required competency progress.

Controversies and Debates Surrounding the MRCOG Pass Mark

While the RCOG's approach strives for fairness, several debates persist:

Is the Pass Mark Too Stringent or Lenient?

- Critics argue that a very high pass mark may unfairly disadvantage competent candidates.
- Others contend that a lower threshold could risk endorsing insufficiently prepared practitioners.

Impact of Exam Difficulty Fluctuations

- Some suggest that variations in exam difficulty across sittings may lead to inconsistent standards.
- Statistical equating aims to mitigate this, but debates about the adequacy of these adjustments continue.

Subjectivity in Standard Setting

- The reliance on expert judgment introduces subjective elements.
- Efforts to standardize procedures and incorporate multiple methods are ongoing to enhance objectivity.

Pass Mark and Professional Standards

- Ensuring the pass mark aligns with real-world clinical competence remains a philosophical and practical challenge.
- The balance between maintaining high standards and fostering professional development is delicate.

Future Directions in Setting the MRCOG Pass Mark

The landscape of medical assessment is continuously evolving, with emerging trends influencing standard-setting practices:

- Use of Computer-Adaptive Testing (CAT): Potential to tailor exam difficulty dynamically.
- Enhanced Statistical Modeling: Incorporating Item Response Theory (IRT) for more precise standard setting.
- Global Benchmarking: Harmonization with international standards for obstetrics and gynaecology training.
- Candidate Feedback and Transparency: Increasing openness about pass criteria to reduce anxiety and improve preparation.

The RCOG is actively involved in research and innovation to refine the process, aiming for fairness, reliability, and validity.

Conclusion

The mrcog pass mark is a complex, carefully calibrated standard that serves as a cornerstone for ensuring high-quality obstetric and gynaecological practice. Rooted in robust standard-setting methodologies like the Angoff method, it reflects a commitment to fairness and professional excellence. While debates about its stringency and variability continue, ongoing innovations and research aim to enhance the integrity of the assessment process. For candidates, understanding the nuances of the pass mark is essential for effective preparation; for educators and regulators, it remains a critical tool in safeguarding the standards of care delivered by future specialists.

The ultimate goal remains clear: to ensure that all those who earn the MRCOG designation are thoroughly equipped to provide safe, effective, and compassionate care, underpinned by a transparent and just assessment framework.

Question What is the pass mark for the MRCOG exam? The pass mark for the MRCOG exam varies each year and is determined through standard-setting procedures. Generally, it is set around 50-55%, but candidates should refer to the official MRCOG guidelines for the specific exam year. **Answer** How is the MRCOG pass mark determined? The pass mark for the MRCOG exam is established using standard-setting methods such as the Angoff or Ebel method, where expert panels assess the difficulty of questions to determine the minimum passing score. Does the MRCOG pass mark differ between Part 1 and Part 2? Yes, the pass marks are set separately for Part 1 and Part 2 of the MRCOG exam, reflecting the different content and assessment formats of each part. Candidates should check the specific pass mark for their exam session. Is the MRCOG pass mark the same for all countries? Yes, the MRCOG pass mark is standardized globally to ensure consistency in certification standards, regardless of where the exam is taken. How can I find out my MRCOG exam score and pass/fail status? Results and pass/fail status are typically released a few weeks after the exam via the official RCOG examination portal or communication channels. Candidates should check their email and the official website for updates. What should I do if I fail to meet the MRCOG pass mark? If you do not meet the pass mark, you can review your results, identify areas for improvement, and consider retaking the exam in a future session. The RCOG

provides guidelines and support for resitting the exam. Are there any changes expected in the MRCOG pass mark in upcoming exams? The MRCOG pass mark can be reviewed and adjusted periodically based on exam performance and standard-setting processes. Candidates should stay updated through official RCOG communications for any changes.

Related keywords: MRCOG exam, MRCOG pass criteria, MRCOG scoring, MRCOG qualification, MRCOG exam passing score, MRCOG requirements, MRCOG exam standards, MRCOG exam results, MRCOG minimum score, MRCOG assessment

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