



PMP Exam 2025 Study Checklist

This checklist is designed to help you prepare for the current PMP exam format in 2025. It focuses on understanding over memorization, covers agile, traditional, and hybrid methods, and encourages the PMP mindset to improve your chances of passing.

1. Understand, Don't Memorize

- ☐ Avoid rote memorization of ITTOs (Inputs, Tools, Techniques, Outputs).
- ☐ Learn the purpose and application of each process.
- ☐ Understand how similar processes differ (e.g., Manage Quality vs. Control Quality).

2. Master Agile Concepts

- ☐ Know agile roles (Product Owner, Scrum Master, Development Team).
- ☐ Understand agile ceremonies (Sprint Planning, Daily Stand-up, Sprint Review, Retrospective).
- ☐ Recognize agile artifacts and their purpose (Product Backlog, Sprint Backlog).

3. Learn Hybrid Approaches

- ☐ Understand when to combine predictive and agile methods.
- ☐ Know the benefits and challenges of hybrid project management.
- ☐ Review case examples of hybrid approaches in action.

4. Focus on the PMP Mindset

- ☐ Adopt servant leadership principles.
- ☐ Make decisions that prioritize value delivery.
- ☐ Adapt approaches based on project needs.

5. Practice with Scenario-Based Questions

- ☐ Use quality practice questions that simulate real exam scenarios.
- ☐ Review explanations for correct and incorrect answers.
- ☐ Identify patterns in question styles and clues.

6. Organize Weekly Study Plan

- ☐ Assign specific days for process review, agile study, hybrid learning, and practice tests.
- ☐ Include rest days and review sessions.
- ☐ Gradually increase the number of questions per practice test.

7. Avoid Common Study Traps

- ☐ Don't overload on too many study resources.



- ☐ Don't skip agile topics.
- ☐ Engage with study groups or peers to discuss scenarios.

8. Prepare for Exam Day

- ☐ Get enough rest before the exam.
- ☐ Eat a light, balanced meal.
- ☐ Use relaxation techniques to manage stress.
- ☐ Approach each question independently—don't dwell on past mistakes.