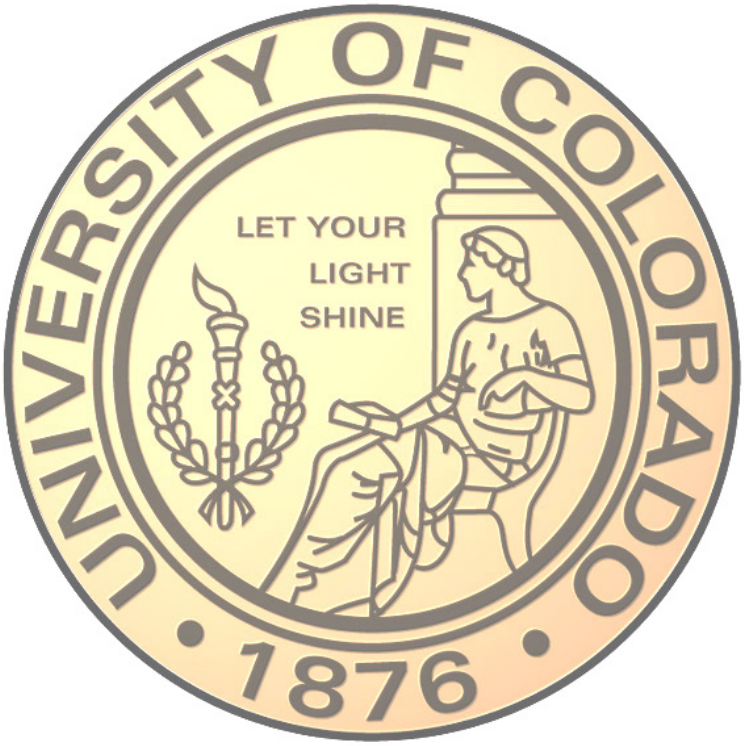
USMLE Step 1 Study Guide
Class of 2015
University of Colorado
School of Medicine



Brought to you by:
Essentials Core Block Directors USMLE Review Committee
Version 1.1.0

Table of Contents

Dedication and Thanks

The information contained in this handbook was gathered by the Essentials Core Block Directors USMLE Review Committee and the Office of Student Affairs as well as by current/former medical students at the University of Colorado School of Medicine and is meant to serve as a guide. Gracious permission has been given to use the information in the handbook by the following entities allowing our students to benefit from their work.
Albany Medical College, Baylor College of Medicine, Boston University School of Medicine, Boston University School of Medicine, Brown Medical School, Case Western Reserve University School of Medicine, Creighton University School of Medicine, Dartmouth Medical School Educational Commission on Foreign Medical Graduates Emory University School of Medicine, Jefferson Medical College, Johns Hopkins University School of Medicine, Keck School of Medicine of the University of Southern California, University of California, Davis, School of Medicine, University of California, Irvine, College of Medicine, University of Iowa Carver School of Medicine, Loyola University Chicago Stritch School of Medicine, Mayo Medical School, Mercer University School of Medicine, Mount Sinai School of Medicine, New York University, Rush Medical College of Rush University Medical Center, Saint Louis University School of Medicine, The Brody School of Medicine at East Carolina University, Vanderbilt University School of Medicine, Wayne State University School of Medicine, Yale University School of Medicine.
www.usmle.org
www.nbme.org
www.prep4usmle.org
www.studentdoc.com

Background and Contact Information

What is the ECBD USMLE review committee?
For a number of years, the students at UCD School of Medicine have been organizing a review course for their fellow classmates. This review course has evolved to include a lecture series in January/February put on by our very own professors, compilation of STEP1 exit-interview data from multiple classes in the past years, detailed recommendations for study plans and materials, a MSIII & IV student panel and specific instructions on how to register for the exam. As of 2008, the previously student-run review committee has been adopted by the Essential Core Block directors Committee to ensure that STEP1 review is now an intricate part of the first two years of didactic instruction at UCDSOM. To ensure a smooth transition of wisdom from year to year, the ECBD student representatives for each class will serve as the student representation on this committee.

Who are the student representatives for the ECBD USMLE review committee?

Class of 2013 Brian Choi & Ryan Farmer
Class of 2015: Ryan Best & Jenna Tjossem

Dr. Carol Lay and Student Affairs
If at any time you feel over anxious or overwhelmed, please don't hesitate to contact Terri Blevins in Student Affairs to schedule an appointment with her or with Dr. Carol Lay. Dr. Lay is on the campus every Wednesday and can sit down with you to help you create a personalized, step-by-step strategy for Step1 studying.

Some indications to see Dr. Lay:

1. Practice tests don't reflect progress in subject areas for which you have given a solid review. This may indicate ineffective study methods that can be fixed.
2. If you have not have a minimum of 2 passing scores on the CBSSA/CBSE practice tests.
3. If you are self-identified as "at risk".
4. If you are anxious or just want some additional guidance.

General Schedule of Events and Timeline

MSIII & IV Student Panel	September/October
Step 1 Resource Fair	October
Practice Test	Dec-Feb
ECBD Content Review courses	Jan – Feb
Dedicated Study Period	Mid-March – Mid-April
Step 1 Exam	Any time during the dedicated study period

*If you want to take an additional practice test, you may want to look into the CBSSA exam, which you can take online and pay for on your own ($45).

THE TEST…

What is the Step 1?
The USMLE Step 1 is the first of three tests that must be taken before you can be licensed to practice medicine. It covers the material taught during the pre-clinical years of medical school and must be passed before proceeding to the third year.

For your knowledge: The Step 2 is taken during the fourth year of medical school and is required for graduation. The Step 3 is typically taken after your first year of residency and is required before you can be licensed to practice independent medicine (without an attending). You will then take another exam at the end of residency to be certified in your specialty of choice.

Step 1 Test Format
The USMLE Step 1 is a one day, eight hour test. It has approximately 350 multiple-choice test items that are divided into seven 60-minute blocks. The passing score varies from year to year, but is currently around 185. This corresponds to answering 60-70% of the questions correct for the exam. The most heavily emphasized subjects are **Physiology, Pathology**, **Microbiology,** and **Pharmacology**. Pathology is probably the most important single subject, since it ties in all of the other topics. By devoting the appropriate time and energy and utilizing the right resources, conquering all of these subjects will be well within your reach. Also, don't forget the basics of **Biostatistics**, as sensitivity and specificity and positive and negative predictive values are favorites for the USMLE. Just knowing these will be worth several extra questions answered correctly.

What topics are more/less emphasized on the boards?
While some of you have started studying already, some may not even be sure what is on this exam that everyone is so nervous about, so let's start at the beginning. Step 1 covers material from the following categories:
· Anatomy
· Behavioral sciences
· Biochemistry
· Microbiology
· Pathology
· Pharmacology
· Physiology
· Interdisciplinary topics, such as nutrition, genetics, and aging

The above material is tested either as basic science questions or as questions referring to individual organ systems. The general breakdown is:

40%-50% General principles
50%-60% Individual organ systems

The individual organ systems are:
· Hematopoietic & Lymphoreticular Systems
· Central & Peripheral Nervous Systems
· Skin & Related Connective Tissue
· Musculoskeletal System
· Respiratory System
· Cardiovascular System
· Gastrointestinal System
· Renal/Urinary System

· Reproductive System
· Endocrine System
· Immune System

The test can also be broken up into normal vs. abnormal processes:
30%-50% Normal structure and function
30%-50% Abnormal processes
15%-25% Principles of therapeutics
10%-20% Psychosocial, cultural, occupational and environmental considerations

Reference values will be provided during the test BUT you must open a new window and navigate through their tables to find the reference ranges. Because this can be rather time-consuming, we recommend that you memorize a few of the most frequently used values:

- Parts of the Complete Blood Count
  - White Cell Count
  - Hct
  - Platelets
- Parts of the Chem 7
  - Na+
  - K+
  - Bicarbonate
  - Creatitine
  - glucose

*** For a more detailed breakdown of STEP 1 content and format:**

- Refer to the official Step 1 Content Description and General Information Booklet. It is an excellent guide to STEP 1. It can be found on the USMLE's website http://www.usmle.org/step-1/
- Use the Table of Contents from FIRST AID: use the number of pages devoted to each section as a guide to what topics are covered and the relative importance of each of the topics.

From Registration To Test Day

Applying For and Scheduling the USMLE Step 1

Registering for the USMLE Step 1 is essentially a three step process:

5. Reserve your three-month block.
   When you first begin the registration process, you will need to register for a three-month block during which to take the test. All that this means is that if you register for March-April-May, you will need to take the test sometime within those months.
6. Complete and submit your *Certification of Identification* form.
   After you reserve your three month block, you will be given a *Certification of Identification* form to complete. You will need to fill it out, attach a 2" x 2" photo of yourself and take it to the Office of Student Affairs. They will sign and emboss the application and photo, after which you can mail it to the National Board of Medical Examiners (NBME).
7. Reserve your test date and site.
   After the NBME has processed and approved your *Certification of Identification* form, you will be able to schedule a test date and test site. After this, all you have to do is be ready for test day.

The Office of Student Affairs recommends reserving your three month test period by the beginning of November. The NBME doesn't open next year's blocks for registration until mid-September, so you will need to do this sometime during late September or October.

To reserve your three month block:
1. Go to http://www.nbme.org/
2. Click "Students and Residents"
3. Click "Login to NBME Licensing Exam Services"
4. Click "First time user?"
5. Create a new account. You will receive an email with your USMLE # and temporary password.
6. Apply online for the Step1 exam (see instructions on website when logged-in)
   During peak periods, allow up to approximately four weeks for processing of your application. On receipt of your Scheduling Permit, you are able to contact Prometric immediately to schedule a test date.
   http://www.prometric.com/default.htm

Remember:

- You must have your Scheduling Permit before you contact Prometric to schedule a testing appointment.
- Appointments are assigned on a "first-come, first-served" basis; therefore, you should contact Prometric to schedule your exam as soon as possible after you receive your Scheduling Permit.
- You may take the test on any day that it is offered during your assigned eligibility period, provided that there is space at the Prometric Test Center you choose.
- Prometric Test Centers are closed on major local holidays.

This means sign up early because the process takes time – but remember – you can only sign up six months in advance!

Rescheduling
Rescheduling your exam is generally a bad idea. It is a good choice ONLY if you have extenuating circumstances (i.e. – family emergency) or if you feel that a few days of study time would be significantly helpful AND YOUR NEW TEST DATE IS STILL WITHIN THE TIME ALLOTTED BY THE SCHOOL. **If you postpone your test until after the beginning of 3rd year, you will likely have to graduate a semester late and will have to scrounge for clerkship positions.**

Test Day…

There is no denying the fact that the testing day is long. Just be sure to remind yourself that it used to be two days!!
There are seven one-hour blocks of 50 questions, and you are allotted eight hours to complete the test.
In addition to the exam blocks, your test experience begins with a 15 minute computer tutorial. However, this is identical to the one on the CD sent in your packet, so it is best to skip it on test day and take the 15 minutes as break time. If you do this, you begin with 1 hour of break time, which you are able to take between sections at any point during the day.
Some people complete a couple of sections at a time and then take a prolonged break, while others choose to take a 5 minute break at the end of each section. You can always access a screen on the computer which tells you your total time remaining both for your current section and for the test day as well as how many sections you have left, so time management is not a major issue as long as you pay attention.
Remember, for the exam, you are not allowed to have any of the following with you during the exam:

- mechanical or electronic devices, such as cellular telephones, personal digital assistants (PDAs), calculators, watches of any type, electronic paging devices, recording or filming devices, radios;
- outerwear, such as coats, jackets, head wear, gloves;
- book bags, backpacks, handbags, briefcases, wallets;
- books, notes, study materials, or scratch paper;
- food, candy, gum, or beverages.

You can have food and drinks outside of the exam room, or in your locker for breaks. Bring lots of food and drinks to the exam so you can have little snacks throughout the day to keep your energy up and eating avoid big meals that will make you tired.
When you come to the exam, you need to bring your scheduling permit and a form of legal identification:

- passport,
- driver's license with photograph,
- national identity card,
- other form of unexpired, government-issued identification,
- ECFMG-issued identification card.

Important Note: Your name as it appears on your Scheduling Permit must match the name on your form(s) of identification exactly. If the name listed on your Scheduling Permit is not correct, contact your registration entity immediately.

Planning Ahead

Setting a Goal

Performance on Step 1 is one of the most important factors in determining your competitiveness for certain specialties, especially in the more competitive specialties. While residency directors take into account other factors such as performance in 3rd year clerkships, research, and extracurricular activities, it may be helpful to organize your study for Step 1 based on your desired score.
In 2009, average Step 1 scores based on the various specialties are provided below.

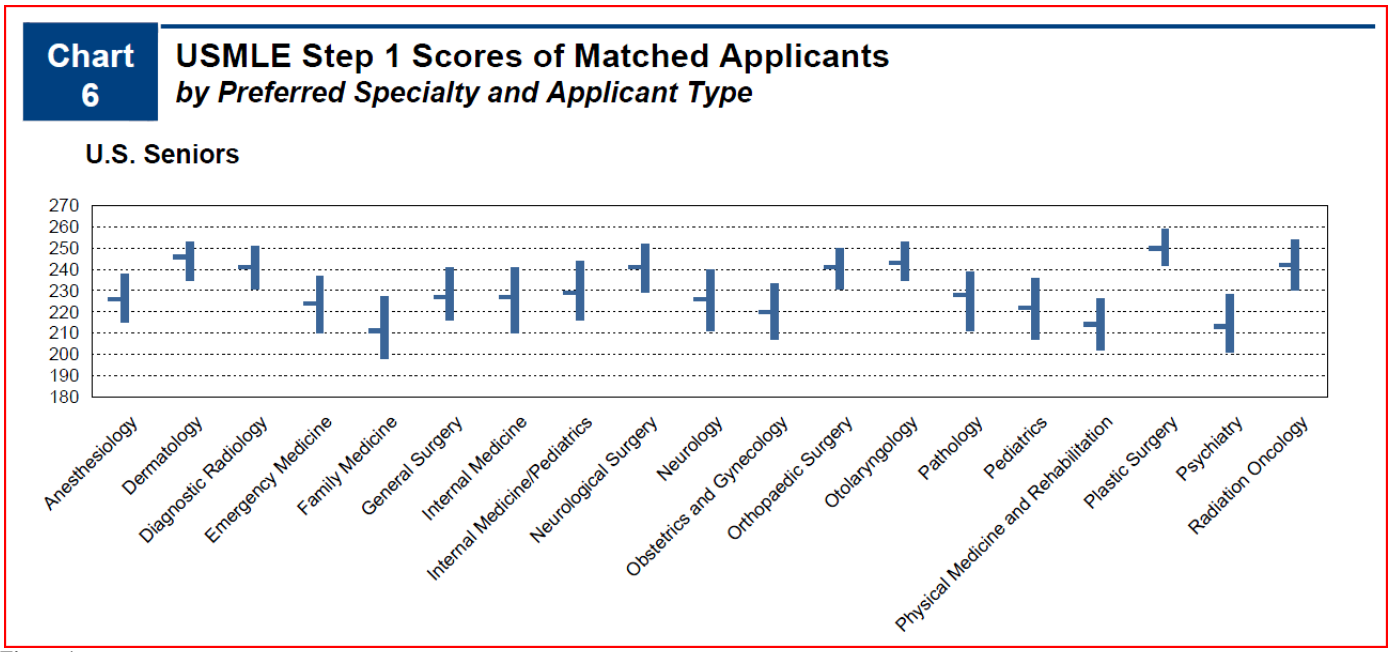
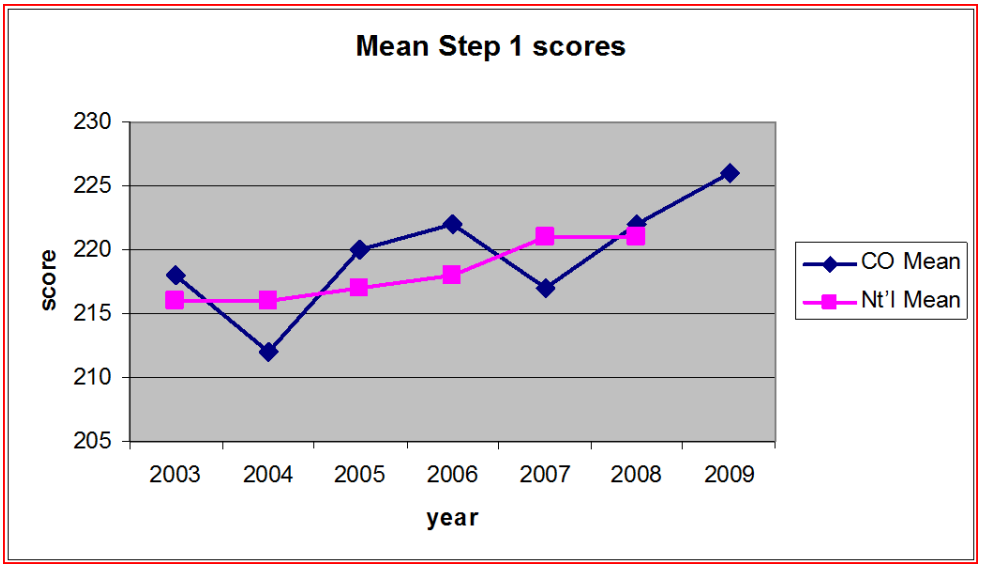
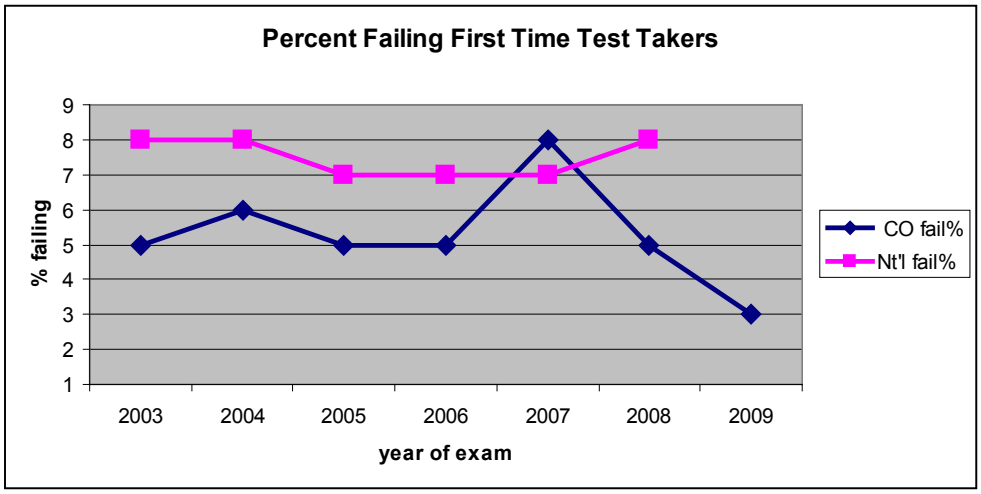


Figure 1 - Charting Outcomes in The Match, 2011: Characteristics of Applicants Who Matched to Their Preferred Specialty in the 2011 NRMP *Main Residency Match* (4th edition).

UC Student Performance on the Step 1

Colorado has been strong in Step 1, scoring near the national mean on Step 1 and historically falling below the national average in number of students who fail. The first class of the new curriculum (the class of 2009, who took the Step 1 in 2007) saw changes in our school performance on Step 1 and we have since seen a steady upward trend in scores.





Tips for Preparing

For several years, students have been surveyed after taking the USMLE Step 1 and their responses mined for correlations between study strategies and performance. There is little information in the literature predicting Step 1 performance, but we have found a few data points that correlate to better scores.

The major factors with positive correlation to Step 1 scores are:

1) MCAT score - particularly Biological and Physical Sciences scores ($p < 0.01$)
2) Honoring courses in the first two years of medical school ($p < 0.01$)
3) Doing more practice questions (from Qbank, Usmleworld, etc) ($p = 0.04$)
4) Listening to Goljan audio files ($p = 0.04$)
5) Attending lectures in the 2nd year of medical school ($p = 0.07$)

The number one lesson that we have learned from the surveys is that **it is better to study smarter than to study harder**. Beyond that, here are some tips drawn from the correlations:

1) **Try to complete as many practice questions as possible before you take Step 1.**
We have found that this is by far the best thing you can do to prepare yourself for Step 1. This means that you should start doing practice questions earlier and that during the dedicated study period you should focus on practice questions. At the very least, you should be focusing solely on questions for the last two weeks before you take Step 1.

When you start using practice questions, don't be concerned if you answer correctly or not. Be sure, however, to read through the explanations thoroughly and completely. If you missed the question, try to find the one or two concepts that you would have needed to get the correct answer and note them. That way, if you see a similar question on Step 1, you will most likely get it correct.

Even if you do get the question correct and understand the concept being tested, it is often still valuable to read through the explanation. Other important concepts are often explained, giving valuable review and shedding light on why other choices are incorrect.

If you have the time, we suggest aiming to complete an entire question bank (~2,000 to 2,500 questions). If you can complete an entire question bank with time left over, we suggest starting a new (different) question bank. Many students choose to use one of the easier question banks until the spring and then switching to USMLEWorld, which provides more difficult questions. Keep in mind that your average score on the practice tests will likely not improve as you progress through a single question bank since you will be constantly exposed to new material. The important thing to do is to learn from the questions you get wrong as well as the ones you get right.

2) Do well in your courses
Students who have honored more courses in the first two years of medical school have generally had higher Step 1 scores. The material covered in class is the same material that is covered on Step 1 (with a few very minor exceptions), and learning the material when you cover it in class will decrease the amount of review required and will better prepare you for Step 1.

3) Attend lecture in the 2nd year of medical school
Although the correlation is not as strong, lecture attendance in the 2nd year of medical school correlates with better scores on Step 1. This may be because the material covered in the 2nd year of medical school is more clinically-oriented and therefore more likely to be covered on Step 1, but keep in mind that you should do whatever helps you to learn the material the best you can.

4) Listen to Goljan audio lectures
Dr. Goljan is a pathologist who has several books (including some that we recommend) and has given review lectures for Step 1. Historically, many students have listened to the Goljan lectures to prepare and they are much touted as a study tool. They were recorded in 2001, however, and have become less useful over the years since content has continually evolved. There are now updated resources (for example, some students benefit greatly from the lectures offered at www.pathoma.com) that may be a more efficient use of time, but many students still choose to listen to the original lectures. If you do utilize this resource, try to have them completed as early as possible, especially before the dedicated study period in order to allow more time for practice questions. Historical data does show a correlation between Goljan lecture utilization and scores, but this correlation is becoming more questionable as we get further from the original time of recording.

Study Materials

As you embark on your studies for the USMLE Step 1, choosing the appropriate study materials is crucial to your success. There are tons of review books and sample test question books available for your preparation but money and time are two factors you must consider. Many of these review books cost over $25 and take a significant amount of time to go through. So, to help you decide what to buy we have provided the exit interview data from the class of 2011 (Step1 2009):
If you read no more of this guide, three books to have…
-First Aid
-BRS Physiology (Costanzo)
-Rapid Review Pathology (Goljan)

First Aid

Most students find First Aid to be most useful. **If you do not have your own copy of First Aid yet, it is highly recommended that you buy one now and begin using it during your coursework**. While almost all students (99%) used First aid, 20% of the class additionally used the Kaplan review series. You may also be interested in the other resources that First Aid offers: *Q&A for the USMLE Step 1*, *Cases for the USMLE Step 1*, *First Aid for the Basic Sciences: General Principles*, and *First Aid for the Basic Sciences: Organ Systems*. Make sure when using these resources that you check the corrections page for First Aid: http://firstaidteam.com/updates-and-corrections/.

Review Courses

In addition to all other resources, there are many review courses that can help you organize your studying if you are willing to spend the time and money. If you feel you may benefit from a review course, the best thing to do is to ask someone who has taken these courses to see what they are really about. Our general opinion is that these review courses are only worth the investment if you feel that you need the additional structure provided by them.

If you would like to attend a live review course, our office has had success referring students to the three locations listed below. Our office is not endorsing these programs over other programs.

- PASS Program, Champagne, IL, 217-378-8018, http://www.passprogram.net
- Institute for Professional Preparation, University of Missouri Kansas City, www.umkc.edu/ipp
- Falcon Review, Dallas, TX www.FALCONREVIEWS.com

Question Banks

As for which questions bank is best, it is personal preference and there aren't many bad choices. Here is a short list of some of the most popular options with grades and descriptions pulled from *First Aid 2012* (If you needed another reason to buy it, resources like these abound, so just do it.). Prices are accurate as of 5/22/2012.

A+

USMLEWorld Qbank

www.usmleworld.com

Subscription	Cost
3 Months	$185
6 Months	$299
12 Months	$399

2000 questions

An excellent bank of well-constructed questions that closely mirror those found on Step 1. Questions demand multistep reasoning and are often more difficult than those on the actual exam. Offers excellent, detailed explanations with figures and tables. Features a number of test customization and analysis options. Unfortunately, the program does not allow other application windows to be open for reference. Users can see cumulative results both over time and compared to other test takers.

A-

Kaplan Qbank

www.kaplanmedical.com

Subscription	Cost
1 Month	$99
12 Months	$199

2400 questions

A high-quality question bank that covers most content found on Step 1, but sometimes emphasizes recall of overly specific details rather than integrative problem-solving skills. Test content and performance feedback can be organized by both organ system and discipline. Includes detailed explanations of all answer choices with references to *First Aid.* Users can see cumulative results both over time and compared to other test takers.

A-

USMLERx Qmax

www.usmlerx.com

Subscription	Cost
1 Month	$99
3 Months	$149
12 Months	$199

3000 questions

A well-priced question bank that offers Step I-style questions accompanied by thorough explanations. Some obscure material is omitted, making it more straightforward than other question banks. Each explanation includes high-yield facts and references from *First Aid.* However, the proportion of questions covering a given subject area does not always reflect the actual exam's relative emphasis. Question stems occasionally rely on "buzzwords." Most useful to help memorize *First Aid* facts. Provides detailed performance analyses.

B+

USMLE Consult

www.usmleconsult.com

Subscription	Cost
30 Days	$75
60 Days	$115
90 Days	$135

2500 questions

A solid question bank that can be divided according to discipline and subject area. Questions are more straightforward than those **on** actual exam. Offers concise explanations with links to Student Consult and First Consult content. Users can see cumulative results both over time and compared to other test takers. Student Consult also offers a Robbins Pathology Test Bank ($35 for I month, $49 for 3 months) featuring 500 USMLE-style questions as well as the Scorrelator ($35), a 3-hour, ISO-question mock exam that predicts your USMLE Step I score. Limited student feedback on Student Consult products.

Resources by Subject

The following table displays the results of a survey of the class of 2013, who took the Step 1 in 2011. It shows the proportion of students who utilized various resources and to what extent.

Resource Use (reported in %)	Did not use	How helpful? Not at all	Very little	Somewhat	A great deal
Comprehensive					
a. **First Aid**	**0**	**0**	**0**	**9.7**	**90.3**
b. Step Up	68.8	64.7	11.8	17.6	5.9
c. Kaplan Series	67.7	45.5	9.1	9.1	36.4
Pathology					
a. BRS Pathology	46.2	15.8	19.3	38.6	26.3
b. **Rapid Review: Pathology (Goljan)**	**8.6**	**2.2**	**14.0**	**32.4**	**51.5**
c. Goljan Audio Files	9.1	1.4	3.6	28.3	66.7
d. Robbins Pathologic Basis of Disease	40.9	23.9	40.3	23.9	11.9
Pharmacology					
a. Lippincott's Illustrated Reviews: Pharmacology	62.9	39.3	21.4	25.0	14.3
b. **Dr. French's Pharmacology Handouts**	**25.3**	**8.0**	**26.0**	**50.0**	**16.0**
c. BRS Pharmacology	68.3	73.7	5.3		21.1
d. Pharmacology Flash Cards – Brenner	57.5	25.0	30.0	30.0	15.0
e. Pharm Cards – Johanssen and Sabatine (Lippincott)	41.4	12.2	10.8	50.0	27.0
Physiology					
a. **BRS Physiology – Costanzo**	**18.8**	**5.3**	**6.1**	**33.3**	**55.3**
b. Physiology – Costanzo (Elsevier)	66.7	65.0		25.0	10.0
Anatomy and Embryology					
a. **Langman's Embryology**	**45.2**	**18.8**	**29.7**	**34.4**	**17.2**
b. High Yield Embryology	68.3	55.0	20.0	20.0	5.0
c. High Yield Anatomy and/or Neuroanatomy	62.9	37.9	13.8	34.5	13.8
Behavioral Science					
a. High Yield Behavioral Science	67.7	60.0	5.0	25.0	10.0
b. **BRS Behavioral Science**	**64.0**	**42.3**	**23.1**	**15.4**	**19.2**
Biochemistry					
a. **Lippincott's Illustrated Review: Biochemistry**	**37.1**	**11.8**	**11.8**	**43.4**	**32.9**
Cell Biology and Histology					
a. **Wheaters Functional Histology**	**37.1**	**11.8**	**11.8**	**43.4**	**32.9**
b. High-Yield Cell and Molecular Biology	39.8	38.5	7.7	23.1	30.8
Microbiology and Immunology					
a. **Clinical Microbiology Made Ridiculously Simple**	**53.2**	**23.3**	**34.9**	**39.5**	**2.3**
b. Microcards – Lippincott	59.9	91.7	8.3		

January/February Content Review Lectures

We will be offering a lecture review series by our faculty and students for a number of topics from the first two years. Two lectures will be presented per session for a total of 5 sessions in January and February. Depending on the availability of the lecturers, the sessions will be on Fridays between 12-2pm. FREE FOOD! The lectures will be recorded and powerpoints/ handouts will be posted on the USMLE BlackBoard site. More details to follow.

Example of 2011 Lecture Series:

Course	Faculty Member
Cohen's Take on STEP1	Cohen
Immunologic Pathology	Cohen
Hematologic Pathology	Garrington
Genetics	Taylor
CVPR Pharmacology ANS	French
Cardiovascular Pathology	Boyer
Pulmonary Physiology	Shoppa
Renal Physiology	Levinson
Nervous System Physiology	Ojemann
Nervous System Pathology	DeMasters

Class of 2014 Survey

Note: the class of 2014 is currently working on putting together a much more extensive list of recommendations and advice, so stay tuned…

I started studying during:	How Many: (n=111)	% who believe they began studying at the appropriate time:
Summer after first year	7	100%
Neuro	21	85.7%
DEMS	44	72.7%
LC/ID	33	45.5%
Dedicated Study Period	6	50.0%

When did you start studying and why do you feel that you did or did not begin at the right time?

- Neuro. I knew that I wanted to take some time off in the study period, and so I think it was necessary to start early to make this happen even though I still felt pressed for time in the end.
- DEMS. I think I would have burned out if I studied longer but I had enough time to learn what I needed to know.
- DEMS. I was pretty relaxed through the entire time, wasn't burned out and still did well in the Neuro and DEMS blocks.
- DEMS. I felt ready when it was time to take the test.
- LC/ID. I could have started earlier in order to have more time off, which would have been helpful in retrospect. Since I started during LC/ID, I took the boards the week prior to 3rd year.
- LC/ID. I felt rushed at the end and could have used more time to focus and do more questions. I know there were things I rushed through and that I wanted more time with. If I had started earlier, I could spend the dedicated study time doing a couple more practice tests.
- LC/ID. Not enough time.
- Dedicated Study Period. I really wish I had been able to start studying sooner. Trying to balance family and school meant this really wasn't possible for me. I could really have used an extra 2 weeks of study time.

Any general advice now that the Step 1 is behind you?

- Don't panic! Everyone will do things differently, so don't try to fit someone else's style to your needs.
- Freak out now. Then stop. Yes it sucks, but it isn't the worst. You're already in med school and it isn't as powerful in determining your future as the MCAT.
- Depending on your goal, start studying soon enough to reach that goal. Do a practice test during ID/LC early and do questions as much as possible throughout your studying.
- Know your goal score, know how you study, and set a study plan that fits your style and goal score and follow that plan damn it!
- Know your limit. There is always a point where your brain is not going to take in anymore information for the day. Don't push yourself to your breaking point just because it seems like you're the only one stopping a little early for the day.
- I wish someone had told me that it isn't necessary to memorize First Aid, which I thought I needed to do for unknown reasons. I also thought that it was great to avoid the library and all the encounters with stressed out classmates. I think attitude is very important: this is a wonderful time to study for your own pleasure, at your own pace, to try to solidify these concepts, as opposed to a stressful, unhealthy, havoc-filled time to freak out. I also wish someone had told me to have faith that I would get there.

- Do what YOU need to do to prepare for the exam. What I did, what my classmates did, or what the 5 classes before us did is not relevant. What matters is that YOU feel prepared on test day. Also, during the study period, remember: it has to end. It HAS to.

Did you have any unforeseen obstacles to your studying during the study period and if so, how did you overcome them?

- I ran out of peanut butter and jelly. And bread. That really sucked. I went to the grocery store...
- I was sick for a few days and I decided not to study during that time. That was the best thing I could have done because the extra rest and relaxation helped me recover and get back to the books sooner.
- By freaking out, staying up late, and developing my drinking habit.
- Lots of little things came up. Just realize that there's not really anything you CAN do. Admit that you can't do anything, take a deep breath, and take one thing at a time. You'll be fine, you'll still be able to study and handle any punches life throws at you.

How much time off did you take after the test?

1-3 Days	22 % of class
3-6 Days	27% of class
7-10 Days	50% of class

Any other comments?

- Don't forget to eat, sleep, and try to be nice to your loved ones (this is a really rough time for them too!)
- DO NOT, I repeat DO NOT let your classmates freak you out. Keep in mind that none of them have taken the actual exam yet. If you have questions, ask 3rd years or 4th years. Even if you just e-mail the 3rd year class leadership, they will set you up with someone you can talk to.
- TAKE A VACATION. It will take you about 3 days to decompress from the dedicated study period and the exam (and this is coming from someone who doesn't tend to freak out). Do something that will help you relax, whether that is taking a vacation or spending time with your family.
- Relax. Too much panic is not good because you don't focus as well. Keep your life balanced with at least one evening off a week to see your friends and family.
- Rock on, carry forth, good luck, see you on the wards.

Topics Not Covered Well in the Curriculum

Our curriculum prepares students well for Step 1, but like any school there are certain topics that are tested on Step 1 but are either not taught well or not taught at all. When students come across these topics in their study, it is often very anxiety provoking and there is concern that there are tons of other topics that are also not covered in the curriculum. To fill those gaps, we have compiled responses from students from previous years and have listed those topics below. Set aside some extra time to learn these topics well.

		What topics/concepts could be taught better? – (Please be specific)
a.	Human Body	Clinical correlation with specific injuries
b.	Molecules to Medicine	2nd messenger systems, toxins/antidotes, nutrition, biostats (2X2 tables)
c.	Blood and Lymph	lymphoma and leukemias, bone cancers (osteosarcomas, etc.), immunomodulator drugs
d.	Disease and Defense	connective tissue disorders, collagen disorders, antibiotics, chemotherapeutic agents
e.	CVPR	CV drugs – antiarrhythmic drugs, nephritis/nephritic syndromes
F	Nervous System	antipsychotic drugs, personality disorders, neuroanatomy
G	DEMS	mitochondrial dz, glycogen storage dz, lysosomal storage dz, inborn errors of metabolism, urea cycle, vitamin deficiency/toxicities
H	Infectious Diseases	Viruses, TORCHES, MMR
i	Life Cycles	developmental milestones

FAQs

How important is my score anyway? For better or for worse, residency programs do look at your USMLE scores as part of their evaluation of resident candidates. It is, however, just one aspect of your application, which will also include your clinical evaluations, letters of recommendation, basic science grades, and Dean's Letter. The more competitive the specialty (i.e., Neurosurgery, ENT, and Radiology), the more likely the scores will be used as part of the initial screen students for interviews. If you are leaning towards a particular field(s), ask residents or attendings about the relative importance of Step 1. Overall, just keep in mind that while your score does matter, it is only one of many criteria that will help determine your success in matching at the residency of your choice, so keep things in perspective.

When should I start studying? The truth is that you already started studying for Step I the first day of medical school, since this exam is basically a cumulative exam of the first two years. In terms of focused studying for the boards, however, most students find that 3-4 weeks is sufficient.

Is there enough time in the 2nd year to study for the boards? You should study for class as you have been and review when you have time. Christmas break is a good time to get in a little extra review. Don't sacrifice your coursework for the boards, that material is on there too, especially infectious disease that is placed conveniently right before boards. (- 3rd year med student)

What is the best way to use the review books? One thing I wish I knew, and someone probably even mentioned at one time but I ignored it is that review books are for REVIEW! I spent much of my winter break trudging cluelessly through the ID section of First-AID before we had even had our ID course. I thought it would be good to put a decent dent in first-AID and that it would also help give me an edge in our upcoming ID class. However, I just numbed my mind trying to memorize list after list of bugs and drugs without any scaffolding to support this information. Needless to say, these short-term memories collapsed quickly, and I walked away from this time-wasting experience with only a fine dust coating of familiarity with some of the ID terms. (- 3rd year med student)

What do you think about pushing back your test date? Don't push your step 1 date back, pick a time and stick to it. You will do nothing more than stress yourself out by prolonging the agony. If you don't trust yourself, then do what I did - book a flight to Las Vegas two hours after step 1 four months in advance. (- 3rd year med student)

What worked best for you? Following what works for you and ignoring what everyone else says - it will only make you panic and waste time in the end.

What are some things that kept you sane? Taking time for myself. Take a few hours every now and then to get out and get some fresh air.

How did you make time for friends and family? You have to eat sometime!

What are some tips for getting through the test day? It's not as bad as it sounds. Take good food with you, bring a little sugar, and some gatorade. Take small breaks every hour if you need them. Don't stress over a bad section.

For other frequently asked questions, visit:
http://www.usmle.org/General_Information/general_information_FAQs.html

Sample Study Paths

One of the best ways to reduce anxiety for this test is to figure out what you are going to do to prepare, when you are going to do it, and how. This is why we compiled a list of sample study paths from the classes of 2011 and 2012. There are also a number of other schedules that are published by schools and organizations. We don't think it makes sense to create a solitary "CU Plan" because everyone learns differently. It's important to think about your learning style to figure out if you are a text-reader, a lecture listener, a question taker, or a mix. This is why we worked hard to find four of the most diverse (and proven to be successful) study paths so that you don't have to waste time fumbling around in the dark. Use these examples as a guide and feel free to edit/combine/tailor them to your individual needs. In the end, studying for STEP1 is an individual thing – you get out of it what you put in. This is a well-written test that you can do very well on if you spend time on your own to truly understand the material.

#1 The Start Early! Plan

"Big Time Boards"

This is a study plan designed for the student who wants to start early, spread out the workload across a long period of time and cover ABSOLUTELY EVERYTHING before boards time. If you are a person who likes to work at a steady pace and be thorough, this is the plan for you. It takes a lot of endurance and dedication, but if taken seriously this plan can get you an incredible score.

Start in DEMS:

1. Buy Goljan Pathology
2. Buy a question bank. I recommend first buying Kaplan/USMLERx and switching to World when you start your studies at the end of ID/LC. I found World to best represent the content and style of the real test.
3. At the end of neuro write out a week by week schedule from then until the end of ID/LC. Organize it by chapters in Goljan or the question divisions in Qbank (divided up by subject/organ system). The subjects can break up in as many weeks as you find appropriate. Some will require more time than others. Most will take a single week. I found the best way to do this is to figure out how many weeks you have until the dedicated study period, figure out how many pages in first aid are devoted to each subject and then divide up the weeks based on how many pages are devoted to each subject. For example, biochemistry was a thick chapter in first aid so I spent 3 weeks working on it. (During DEMS to kill 2 birds with one stone)
4. Optional: Pick a buddy to keep you honest. If you have a study buddy you work well with, plan a day to meet each week where you will teach one another the topic you have studied. Even if they get nothing out of you teaching you will get something out of having to teach it. This will motivate you to prepare for the session and help to expose the areas you do not know as well.
5. Throughout the week you will focus solely on that subject. Read the section in First Aid first, then read the corresponding BRS Phys chapter then listen to the corresponding Goljan audio while takeing notes in the path book. I tried to successively work through these books for each week(s) I had assigned to each subject. Do short 10 question subject specific tests on Qbank each night and supplement your studies as you like with other review books. At the end of each week do a full length and cumulative Qbank test (46 questions) that includes only the topics you have already covered. Every time you do a qbank question, read the ENTIRE answer list of wrong and right answers and take notes in First Aid. Mark all the pages in FA where you took notes and then go over these pages the next day prior to studying that day. This way you will utilize repetition and really learn from the qbanks.
6. There is plenty of time. It is okay to skip a week or take longer than expected on difficult subjects. Just don't get in the habit of it. Also, reassess you progress periodically and figure out how many chapters you have left and speed up or slow down your schedule to finish all the topics before the dedicated study period.
7. Take advantage of winter break. This is a good time to focus on the high yield subjects like CVPR.
8. Don't let the stress of classes cause you to bail on the plan. In the grand scheme, your Step 1 score is worth the sacrifice.
9. Expect to devote a good 5-6 hrs a week to your boards studies. Just 1 hr per night will get you FAR!!

USMLE STEP 1: Study Schedule

General study plan:

Questions	10 questions a day per subject
	Cumulative test over the weekend on subjects covered to day and class material (48 questions)
Review materials	Review content description for topic
	First Aid (1* study tool; use as central information deposit → take notes in first aid and if necessary reference pages to Goljan)
	BRS Physiology (read after first aid to solidify normal physiology)
	Goljan Pathology, Audio, and Slides (listen to goljan audio and take notes in pathology book for abnormal physiology / pathology)
	Associated Pharmacology References (French's Pharm Notes, Pharm Cards, First Aid)
	Lippincott or Goljan Rapid Review Biochemistry

Topics (covered before the dedicated study period):

Topic	Pages	Weeks	Specific resources	Other
Biochemistry	23	3	First Aid, Goljan, Goljan Nutritionl Lectures	Goljan Biochemistry and/or Lippincott
Intro to Pathology	-	0.5	First Aid, Goljan general section "cell injury"	
Pharm	9	1	First Aid, Pharm Cards	French's Pharmacology Reviews
CV	16	2	First Aid, BRS, Goljan	
Resp	8	1	First Aid, BRS, Goljan	
Renal	9	1	First Aid, BRS, Goljan	
Heme onc	11	1.5	First Aid, Goljan	
Immunology	9	1	First Aid, Goljan	Cohen's Lectures
Musc skeletal	10	1.5	First Aid, Goljan	Clinical Oriented Anatomy Anatomy Blue Boxes
Neuro	20	2.5	First Aid, BRS, Goljan	Class Lectures
Psychiatry	9	1	First Aid	
GI (& Endocrinology)	15	2	First Aid, BRS, Goljan	
Behavioral Science	7	1	First Aid	
Embyrology	6	1	First Aid	Embryology Review Bood or Langman's Medical Embryology

Additional topics (not covered in study plan):

Reproduction	First Aid/Life Cycles
Microbiology	First Aid/Infectious Disease

At the end of ID/LC:

2. This is the most important time to stay focused.
3. Set a goal. Decide on a score that will make you happy and decide on a second score that you do not think you deserve or are legitimately capable of achieving. It helps.
4. Switch to USMLE World Qbank- it's almost exactly like the exam.
5. Pick one day every week to be your simulated exam day. On these days take four or so straight tests then read and review the answers. I recommend studying for 2 ½ – 3 weeks before taking the test. This way you will stay intense and focused the whole time and have a good two weeks to go out and play before starting rotations. Trust me, you will not need the entire 4-5 weeks of dedicated study period to be prepared if you have been working since DEMS.
6. The real exam is broken down into 7 segments of 48 questions each. Each segment is an hour and there are 60 minutes of break to be uses at your discretion. I recommend treating every morning similar to the test day.
    1. Wake up and start a full 48q test at 8am every morning.
    2. Take a good 2-3 hours to go over all the answers to that test and takes notes in FA
    3. This will take you to about noon. Take a break. Have lunch, exercise, watch an episode of Curb Your Enthusiasm...
    4. After an hour break, take a second 48 question test and then go over it for the next couple hours.
7. If you do 100 questions per day for 3 weeks you will have done a 2000 question qbank and you will be so ridiculously prepared for STEP1, it will feel great!

Practice Test Schedule for the Dedicated Study Period

When you take the practice tests during the dedicated study period, you can either take a ton of tests with random subjects mixed in (highly recommended) or if you feel like you need more systems based review, you can follow a guide like the one below.

Sunday	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
1-2 Tests Metabolism and Biochemistry	1-2 Tests Metabolism and Biochemistry	1-2 Tests Cell Physiology Inflammation Environmental Path	1-2 Tests Neoplasia Fluid/ Electrolytes/ Hemodynamics	2 Tests Cardiovascular	1-2 Tests Cardiovascular Pulmonary	1-2 Tests Pulmonary Renal & Acid/Base
Sunday	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
1-2 Tests Renal & Acid/Base	Practice test 4-5 consecutive full length tests	2 Tests GI & Hepatobiliary	2 Tests Heme/Onc	2 Tests Heme/Onc Immunology	2 Tests Immunology Endocrine /Diabetes	1-2 Tests Reproductive
Sunday	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
Practice Test 4-5 Consecutive Tests	2 Tests Embryology Anatomy	2 Tests Neuro	2 Tests Neuro Behavioral Science/Pscych	2 Tests Biostats Biotech Genetics Nutrition & Vitamins	REVIEW AND RELAX	Test

Recommendations for studying:

- Be excited and focused on every question. I found highlighting the pertinent details with my cursor as I read to be helpful.
- Do not get bummed out by bad tests. Somebody suggested I view my bad tests as ones that taught me the most about topics I knew the least. I found this to be extremely helpful. Tests that you ace make you feel good but you are simply answering things you already knew.
- Treat every test like it is the real thing. Sit at a desk and don't take breaks in between questions. Read the answers and explanations to every question. Do not skip over questions you get correct or explanations to incorrect answer options.
- You can only study so many hours in a day before it stops helping. Don't over do it. Just stay focused and stick to your schedule. Then go out and play.
- On the day before the exam do whatever makes you relaxed. If that is exercising, exercise. If it is studying, study.
- Qbank is key. It not only focuses your studies and teaches you how to recognize testable content while you study, but it teaches you how to read and anticipate Step 1 questions.

Pros and Cons to this method:

Pros
- You will cover every topic before beginning your post LC/ID studies. This prevents a lot of anxiety. Many of my peers that started late panicked during the boards studying period because practice tests were not going well. They got disorganized and second-guessed everything they did.
- It is a comfortable pace that you will unlikely burn out on.
- Every time you sit down to study from November to April you will know what you are studying. You will not bounce around from topic to topic doing unfocused and unproductive studying.
- It is high yield. By sticking to Goljan, BRS Phys and the Qbank you will not waste your time with things that are not easily or commonly tested.
- You will be done in time to for the EnduroChallenge at A-Basin.

Cons
- It takes time away from regular course work. Passing a class will not be an issue and honoring is definitely more than possible if you are devoted and stick to it.
- It requires organization. While this is true, if you make a plan at the beginning and stick to it *in general* you will be fine. Just make sure to make board studying a priority.

#2 Spring Method

I decided to start studying a little early b/c although I did well in all my classes I have no memory! So I wanted more time to review/relearn the material. I essentially used the spring semester to use my First Aid book as a workbook (pages separated and bound in a 3-ring binder). I added everything I didn't know to this book using the resources outlined below. I especially used the answers from USMLEWorld Qbank to annotate and increase my knowledge. Although I dedicated a substantial amount of time to studying for boards during the ID/LC blocks I was still able to honor. So if you must honor these blocks b/c you have honored all the other blocks then know it is still possible. If you have not consistently honored then it may be best to do your best on boards and forget about trying to honor ID and/or LC (which can be a challenge!).

Christmas break: I studied about 4 days. I wanted 5 but only got in 4. This was very helpful b/c it takes a while to get into the swing of things and gain and understanding of just how long it takes to get through a chapter in First Aid. I did not dedicate more time because I really needed a vacation and I also knew that I was going to study a lot beginning Jan 2nd!!! So I wanted to have a nice relaxing vacation before I went back to work and hit it hard.

Spring: I used BRS Phys A LOT. I also used Goljan Path and the famed audio recordings. I wrote down everything I didn't know in First Aid, or I took extra notes that I added to my First Aid binder. I wrote out all the equations from First Aid on a separate piece of paper. I added many equations and little tricks to this sheet from things I found in Qbank, etc. I also included the statistics stuff here, and equations taught to us in class during LC.

Dedicated Study Period: I worked from 8 am to 11 pm every day, taking an average of 3hours off total per day to eat and see my family. I used only **THREE** resources during this period: **My heavily annotated and now text-book like copy of First Aid, Qbank and Wikipedia**! I skimmed Goljan Path a few times and listened to about 4-5 hours (total) of Goljan while driving (kinda dangerous actually!) after I finished certain chapters that were complicated for me (CV, Heme-onc ect). I did NOT have time to do anything else. Each morning I would do 48 Qbank random/all inclusive questions in TIMED mode and then review the answers writing everything into my First Aid. In the afternoon I would do another 48 questions on the material I covered that day using the TUTOR mode. I read the ENTIRE answer, understanding why I was right/wrong and what else I could learn. Generally in the beginning it took me 3-4 hours to complete 48 questions. But as I learned more and started to improve I could do a 48 question section in 2.5 hours. This may seem like a long time but I think this was VERY valuable! Because I used the questions for all their worth, I did not have time to use any other resources. But I didn't have to! I had already ready BRS Physiology and a fair amount of Goljan Path and had put what I needed into my First Aid book. **Final Point** – You cannot know everything, and for the real exam you will feel like you know nothing. What got me though was having an understanding of how to approach questions with general knowledge and eliminate wrong answers. For example – If you get a heme-onc question and they show you a blood smear think: what cancer's would looking at a blood smear be helpful? What cancer's cannot be diagnosed this way? Are there Auer Rods, are their Roulade RBS's etc. Think what are the common findings of the answer's given in the answer choice etc. This kind of reasoning is best achieved by doing tons of questions and understanding how to approach them and why some answers are right/wrong/better.

ID – I used MicroCards and Clinical Microbiology Made Ridiculously Simple. I annotated the MicroCards with information for class notes as well as from CMMRS. I LOVED my MicroCards so much I would sleep with them! I reviewed these cards for the boards and added things to First Aid. I also used PharmCards – The summary cards are very helpful…but aside from that I am unsure of their utility. I studied micro hard! It really does pay off. In the end, due to a family emergency I had to take the boards early. I therefore stared my dedicated study time 2 weeks before classes ended. I did NOT study for ID or LC CLASS at all. I only studied for the boards. I organized my schedule so that I would complete these chapters just before the finals. I spent an extra day on Micro, read JR's learning objectives (took me 6 hours and this is ALL the studying I did for class) and got a 94 on the ID final exam! I tell you this only to stress how relevant the ID material is to the boards!

LC – Print out color images of the pictures from Dr. Erickson's lectures. Add these to your First Aid binder! They are very helpful. ANNOTATE the images with the information she gives in her notes. This class can be a bit tricky. Read the behavioral sciences chapter of First Aid before the final exam. This information is very very relevant.

My two schedules Follow: I tried to mix up subjects I hated with those I loved. For the dedicated study period I but Biochem at the end b/c there is a lot of memorization of pathways etc. I also reviewed psych drugs, behavior science and the psych chapter again at the end of my study time.

CBSSA: 3 during spring, 2 during dedicated study period. More if not passing.

X-mas break: Review CV, P, R Chapter's first aid: Dedicated 8 hours, 4-5 days of break.
Annotate First Aid Chapters with info from:
-BRS Physiology, Constazo; Goljan Pathology; Goljan Audio; etc!
January-March:
Each week during spring dedicate 3-5hrs/day→15-20 hrs/week.
Each week during spring meet 1x/wk for 2-3hrs to review/teach with Study Buddies (2-3)

Spring Study Schedule (during ID/LC)				
Week	Subject	Reading: As follows Questions: 25/Day, Tutor mode on subject of study	Catch -Up	Do Nothin
Week 1	Muscle Skeletal/ Endocrine	AID: 273-288 (endo) BRS Phys: 234-275 (Endo) Path G: Ch 22 pp 475-514 (Endo) Audio G: 34 (endo. Do some heme-onc lectures here?) AID: 341-360 (msk) BRS Phys: 1-27 (Cell Physio) Path G: Ch 23, 24 pp 515-565 (muscle/skin) Audio G: 35, 36 (muscle/skin)	Fri	Sun
Week 2	Hem/Onc	AID: 319-340 Path G: Ch 11, 12, 13, 14, 15 pp 191-272 Audio G: 11-18 (7hrs!!!) – do w/ Pharm, Neuro, Week 6	Fri	Sun

Week 3	Neuro/Psych	AID: 361-400 (Neuro) AID: 401-418 (Psych) Blueprints Psychiatry – supplement prn BRS Phys: 33-65 Path G: Ch 8, 25 pp123-136, 566-604 Audio G: 9, 10, 37 (2.5 hrs) High-Yield Neuroanatomy - supplement	Fri	Sun
Week 4-5.5 (exam)	Biochemistry	AID: 75-120 (biochem) Lippincott: Ch 2, 5-16, 19, 20, 22, 23?, 24?, 29, 31, 32 (235) Path G: Ch 6 pp 101-111 Audio G: 8, 9 (1.5 hrs)	Fri.	Sat/Sun
Week 5(exam)	Pharm (2days) Catch-Up	AID: 219-236 (pharm) *CBSSA Exam*	Fri	Sat/Sun (CBSSA)
Week 6	Embryology/ Genetics Behavioral	AID: 121-132 (embryo) AID: 61-74 (beh) Goljan Ch 5 pp 81-100 High-Yield Embryo – supplement Goljan Audio catch-up Heme-Onc.	Fri	Sun
Week 7(exam)	Pathology/ Immunology	AID: 189-206 (immu) AID: 207-218 (path) Path G: Ch 1, 2, 3,4 pp 1-80 Audio G: 1-7 (7hrs!!!) – do 6-7 with CVPR?	Fri	Sat/Sun
Week 8 (exam)	Micro/Repro	AID: 133-188 (micro) AID: 437-454 (repro) Path G: Ch 20, 21 pp 417-474 Audio G: 32, 33 Clinical Microbiology Made RS *CBSSA Exam*	Fri	Sat/Sun
Week 9 CBSSA Exam 2/28 (4hrs)	Renal/ GI	AID: 419-436 (renal)-Xmas all chapter AID: 289-318 (GI) BRS Phys: 151-198 BRS Phys: 201-230 Path G: Ch 17, 18 pp 315-389 (GI) Audio G: 26-29 (4hrs) – Xmas 2hrs Path G: Ch 19 pp 390-416 (renal) Audio G:30, 31 – Xmas 1hr	Fri	Sun
Week 10 (exam)	CV/Pulm	AID: 241-272 (CV) – Xmas all chapter AID: 455-461 (respiration) – Xmas all chapter BRS Phys: 68-109 (CV) BRS Phys: 119-145 (Respiration) Path G: Ch 9, 10 pp137-190 (CV) Audio G: 19-22 (4hrs)-Xmas 2 hrs Path G: Ch 16 pp 273-314 (pulm) Audio G: 23-25 (3 hrs) Xmas 2hr	None	Sat/Sun

Dedicated Study Schedule			**<u>DAILY GRIND</u>:**** 8-11AM: 48 Qbank on everything – Timed/Review Questions 11-1PM: FA (2hrs), Lunch, Yoga (2x/wk) 1-3:30PM: FA, Pathology Goljan, Audio (2.5hrs) **supplement** 3:30-5:30PM: 48 Qbank day's material-Tutor Mode/Timed 5:30-8PM: Eat, Play etc 8-11: **<u>FINISH</u>** Q-bank/First Aid section, Pharm cards.
Day 1		Practice Test	CBSSA#6 with Reveiw 1-5pm - Review
Day 2		½ day Biochem (3-4 hrs)	Focus on starting, ending pts, RLS enzymes, cofactors (vitamins), diseases.
Day 3		GI	AID: 289-318 BRS Phys: 201-230 Path G: Ch 17, 18 pp 315-389 Audio G: 26-29 (4hrs)
Day 4		CV	AID: 241-272 BRS Phys: 68-109 Path G: Ch 9, 10 pp137-190 Audio G: 19-22 (4hrs)
Day 5		CV	
Day 6		Pulm	AID: 455-461 BRS Phys: 119-145 Path G: Ch 16 pp 273-314 Audio G: 23-25 (3 hrs)
Day 7		Renal	AID: 419-436 BRS Phys: 151-198 Path G: Ch 19 pp 390-416 Audio G:30, 31
Day 8		Pathology	AID: 207-218 Path G: Ch 1, 2,4 pp 1-80 Audio G: 1-7 (7hrs!!!)
Day 9		Behavior/Psych (Do NOT disregard! This is high-yield stuff).	<u>Psych</u>: AID: 401-418 Blueprints Psychiatry – supplement prn <u>Behavioral</u>: AID: 61-74 Gordis – Epi studies. Make flashcards of tests
Day 10		Reproduction	AID: 437-454 Path G: Ch 20, 21 pp 417-474 Audio G: 32, 33
Day 11		Microbiology	AID: 133-188 Path G: Ch 16 (infectious pulm diseases) Clinical Microbiology Made RS
Day 12		Microbiology + LC (3hrs)	FA/Goljan Micro 8-2; JR's LO's ID 2-5 JR's LO's LC 8-11 (3hrs)
Day 13		LC Final 8-10 Study ID 11-5	Class Notes, JR's LO's on ID ID 11-5 (6hrs), 8-10 (2hrs) Use FA and JR's LO's
Day 14		ID Final 8-10. Review/Catch up ½ day	12-5PM: CVPR, GI, Pathology, Psych drugs, behavior, psych, tabbed FA
Day 15		Day Off – Go nuts!	DO NOTHING
Day 16		Practice Test	Qbank test 8-1pm. Review notes 1-3

Day 17		Heme/Onc	Heme-Onc: AID: 335-350 Path G: Ch 11, 12, 13, 14 pp 191-272 Audio G: 11-18 (7hrs!!!)
Day 18		Heme/Onc + Embryo (3hrs)	Embryo: AID: 121-132 (embryo) High-Yield Embryo – supplement
Day 19		Musculoskeletal + Review Psych Drugs/Diseases (3hrs)	Musculoskeletal: AID: 341-360 BRS Phys: 1-27 Path G: Ch 23, 24 pp 515-565 Audio G: 35, 36
Day 20		Endocrine	AID: 273-288 BRS Phys: 234-275 Path G: Ch 22 pp 475-514 Audio G: 34
Day 21		Immunology	AID: 189-206 Path G: Ch 3, 15
Day 22		Neuro	AID: 361-400 BRS Phys: 33-65 Path G: Ch 8, 25 pp123-136, 566-604 Audio G: 9, 10, 37 (2.5 hrs)
Day 23		Biochem ½ day (1-6)	2hrs Biochem; 2hr review: Cards, Tabbed FA stuff.
Day 24		Practice Test	CBSSA #7. (Didn't do exam! Reviewed Neuro instead! And relaxed as I got sick with a sinus infection!)
Day 25		Biochem	AID: 75-120 (biochem) Lippincott: See Anna's outline Path G: Ch 5, 6, 7 pp 81-122 Audio G: 8, 9 (1.5 hrs)
Day 26		Biochem	
Day 27		Pharm and Review	Focus on AR/MR-Cholinergic, neuro, cardio/renal and abx
Day 28		Review	Review Each Chapter in FA 30min-1hour (into day 2).
Day 29		Review	FA: Rapid Review, Pathology Atlas High Yield Associations Goljan: Images flip through, high yield questions
Day 30		RELAX/ Review ½ day	RELAX Review: Spend 2-4 hours in the morning on Rapid Review and HY images in FA. This is very high-yield info
Day 31		STEP 1	ENJOY IT!

**Each night before bed (1hr) Review FA chapter from the day before and notes taken in it! This is HUGE!
**Review pharm and micro cards each day for every other day.
*Study Pharm with each pertinent section. Review pharm each day adding drugs to be reviewed after each section. Review all.
* Tab FA pages for review (Pages that are all memorization). Review on review days.

#3 Spring Method Number Two

This is another solid spring schedule very similar to #2 with different dates and division of subjects.

JANUARY **Week 1** **Hematology/Oncology** First Aid: 325 – 348 BRS Path: 152 – 194 BRS Phys: 1 – 15 Goljan: 2-4 to 2-8 10 Questions/day	**Week 2** **Immunology/Embryology** First Aid: 191 – 208 BRS Path: 68 – 102 BRS Phys: 16 – 32 Goljan: 3-1 to 3-3 and 2-2 10 Questions/day	**Week 3** **Cardiovascular** First Aid: 243 – 278 BRS Path: 33 – 47, 122 – 151 BRS Phys: 68 – 118 Goljan: 2-3, 3-4 to 3-7 15 Questions/day	**Week 4** **Pulmonary/Genetics /Pathology** First Aid: 473 – 488 and 209 - 220 BRS Path: 195 – 216 BRS Phys: 119 – 150 Goljan: 3-8 to 4-2 15 Questions/day
FEBRUARY **Week 1** **Renal** First Aid: 435 – 452 BRS Path: 254 – 275 BRS Phys: 151 – 200 Goljan: 1-5 to 1-7 and 4-7 15 Questions/day	**Week 2** **GI** First Aid: 295 – 324 BRS Path: 217 – 254 BRS Phys: 201 – 233 Goljan: 4-3 to 4-4 15 Questions/day	**Week 3** **Biochemistry** First Aid: 73 – 118 BRS Path: 48 – 66 and 113 – 121 BRS Phys: Goljan: 4-5, 4-6, 2-1 15 Questions/day	**Week 4** **Musculoskeletal/ Pharmacology** First Aid: 121 – 130, 221 – 238, 349 - 372 BRS Path: 343 – 358 Goljan: 5-1, 1-1 to 1-2 15 Questions/day
March **Week 1** **Nervous System/Behavioral Science** First Aid: 59 – 72 and 373 – 415 BRS Path: 359 – 379 BRS Phys: 33 – 67 Goljan: 1-3 and 1-4 and 5-4 to 5-6 15 Questions/day	**Week 2** **Endocrine/Psychiatry** First Aid: 279 – 294, 415 – 435 BRS Path: 309 – 331, 332 – 342, 276 – 308, 1 - 32 BRS Phys: 234 – 271 Goljan: 5-2 and 5-3		

Dedicated Study Period Schedule

	Morning	Afternoon	Night (Ques = 50 questions)	Goljan
Day 1	Full Length Test	Full Length Test	OFF	
Day 2	Respiratory	Respiratory (Psych)	Ques	5-6
Day 3	Renal	Renal (Psych)	Ques	1-3
Day 4	Renal	Cardio	Ques	1-4
Day 5	Cardio	Cardio (Psych)	Ques	4-7
Day 6	Endocrin	Endocrin (Psych)	Ques	4-8
Day 7	Reprod	Reprod (Psych)	OFF	2-1
Day 8	GI	GI	Ques	4-3
Day 9	GI	Neuro	Ques	4-4
Day 10	Neuro	Neuro	Ques	4-5
Day 11	Prometric Test	Neuro	OFF	
Day 12	Hem	Hem	Ques	4-6
Day 13	Hem	Hem (Biostat)	Ques	
Day 14	Immun	Immun (Biostat)	Ques	2-4
Day 15	Musc/Skel	Musc/Skel (Biostat)	Ques	
Day 16	Musc/Skel	Musc/Skel (Biostat)	Ques	2-5
Day 17	CBSA Test	Micro	OFF	
Day 18	Micro	Micro	Ques	2-6
Day 19	Micro	Micro (Path)	OFF	
Day 20	Biochem	Biochem (Path)	Ques	
Day 21	Biochem	Biochem (Path)	Ques	2-7
Day 22	Embryo	Pharm	Ques	
Day 23	REVIEW	REVIEW	Ques	
Day 24	REVIEW	REVIEW	Ques	

#4 Studying in Groups

Some people found it useful to study in groups. Although this schedule isn't terribly detailed, it is meant to serve as a reminder that if you find you study well by teaching, groups may be fabulous for you. There were 4 people in our group and we tried to set it up so that we went through First Aid 2010 once over the 10 weeks that was LC/ID. We would meet every Friday afternoon for about 5 hrs and go through the chapters together. Another idea would be to assign each member of the group a particular subject that they would then present to the group. It all depends on what you want to do and what your group dynamic is like. This can be a nice add-on to one of the other study plans and a great motivator.

Wk 1- Biochemistry
Wk 2 – Immunology, Pathology
Wk 3 – Cardiology, Renal
Wk 4 – Psych, Respiratory
Wk 5 – Behavioral Sciences, GI
Wk 6 – Neurology
Wk 7 - Neurology
Wk 8 – Pharmacology, Endocrinology
Wk 9 – Embryology, Reproductive, Part Micro
Wk 10 – End Microbiology

#5 The Dedicated Study Period

This is a plan that focuses on a comprehensive review during the dedicated study period. This plan will take you through every topic in an intense few weeks that have been blocked off for you after ID/LC and prior to the exam. **This is designed to be an adjunct to a study plan that you pursued throughout the year/spring**. It will give you a detailed guide for each hour of each day of the dedicated study period and will help take out guesswork and trial and error that goes into trying to create a plan. Some people choose to pursue a comprehensive review like this one while others try to blow through a qbank. It all depends on your learning style and what you know works for you best.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Cellular physiology & pathology BRS Physio Chap1 – Goljan Chap1 – Cell Injury Goljan Lectures 1-1 (start at 7 min), 1-2, 1-3, 1-4 (ends at 6:39) Cell Injury Inflammation Goljan Chap2 – Inflammation and Repair Goljan Lectures 1-4 (starts at 6:39), 1-5 (ends at 31:10) Inflammation	Inflammation French: Anti-inflammatories Fluid, Electrolytes, Hemodynamics Goljan Chap4 – Water, Electrolyte, Acid-Base, and Hemodynamic Disorders Goljan Lectures 1-5 (starts at 31:12), 1-6, 1-7, 2-1 (ends at 2:54 – some missing) Intro to Path FA Pathology – 207-218	Neoplasia Goljan Chap8 – Neoplasia Goljan Lectures 2-2 (begins at 31:24), 2-3, 2-4 (ends at 31:41) French Cancer Chemotherapy Environmental path Goljan Chap6 – Environmental Pathology	Embryology **FA** Embryology – 121-132 **Goljan** Chap5 – Genetic and Developmental disorders Genetics **Goljan Biochem** Chap10 - Gene Expression **FA** Biochem – Genetics 115-120

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Study for ID	Study for LC	Study for ID Clinical Micro Chaps 20-34	Study for LC	LC Final Study for ID	ID Final CBSSA	Morning Off Anatomy **FA** MSK 341-359 **Goljan MSK and Skin** **Goljan** Chap23 – MSK **Goljan Lecture** 5-4 (starts at 10:43) **French** – NSAIDS **French** – Skeletal Muscle Relaxants Derm if not finished **French** – NSAIDS **French** - Gout **French** – Skeletal Muscle Relaxants

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Metabolism & Biochem **FA** Biochem – Metabolism 91-112 **Goljan Biochem** Chap5 – Generation of Energy from Dietary Fuels **Goljan Biochem** Chap6 – CHO metabolism **Goljan Biochem** Chap7 – Lipid metabolism Biostats Pre-test preventative medicine problems	Metabolism & Biochem **FA** Biochem – Metabolism 91-112 **Goljan Biochem** Chap8 – Nitrogen metabolism, nucleotide synthesis and metabolism **Goljan Biochem** Chap9 – Integration of Metabolism Diseases	Nutrition & Vitamins **Goljan Biochem** Chap4 – Nutrition FA Biochem – Nutrition 77-80 **Goljan Path** Chap7 – Nutritional Disorders **Goljan Lectures** 2-1 (starts at 2:54) and 2-2, 2-6 (B12 and megaloblastic anemia) Behavioral Sciences & Psych **FA** Behavioral Science pgs 61-74 **FA** Psych 401-417	Cell and Molecular Bio **FA** Biochem – Molecular &Cellular 81-91 **BRS molecular bio** chapters 1,2,21,22 **Biochem** Chap1 – Carbs, Lipids, AA, Metabolic Fuels and Biosynthetic Precursors **Goljan Biochem** Chap2 – Proteins **Goljan Biochem** Chap3 – Membrane Biochemistry and Signal Transduction **FA** Pharmacology 219-236 Biotech **FA** Lab Techniques 113-114 **Goljan Biochem** Chap11 - Biotech	Heme/Onc **FA** Heme/Onc 319-340 **Goljan** Chap11 – RBC **Goljan Lectures** 2-4 (starts at 31:41), 2-5, 2-6 (start at 33:45), 2-7 **Goljan** Chap12 – WBC **Goljan** Chap13 – Lymphoid Tissue Disorders **Goljan** Chap12 – Neoplastic and proliferative disorders of the Hematopoietic and Lymphoid Systems	CBSSA Catch up	Heme/Onc **Goljan** Chap14 – Hemostasis Disorders **Goljan Lecture** 3-2, 3-3 (until 17 remaining) **Goljan** Chap15 – Blood banking and transfusion disorders **FA** Immunology – 189 – 206 Immunology **Goljan** Chap3 – Immunopathology

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Cardiovascular</u> **Goljan** Chap9 – Vascular disorders **FA** Cardiovascular 241-272 **BRS Physio** Chap3 – CVS **Goljan** Chap10 – Heart **Goljan Lectures** 3-3 (starts with 17 reaming), 3-4, 3-5, 3-6, 3-7 **Pharm** Anti-Arrhythmics **Pharm** Angina **Pharm** CHF **Pharm** HTN	<u>Cardiovascular</u> finish	<u>Renal & Acid-Base</u> **FA** Renal 419-436 **BRS Physio** Chap5 – Renal and Acid-Base **Goljan** Chap4 – Water, Electrolyte, Acid-Base, and Hemodynamic Disorders pgs 60-78 **Goljan** Chap 19 - Kidney **Goljan** Chap20 – Lower UTI and male reproductive tract **Goljan Lectures** 4-7, 4-8 **Pharm**: Diuretics	DAY OFF!!! What to do?	Prometric Practice Exam Catch up	<u>Neuro</u> **FA** Neuro 361-399 **BRS Physio** Chap2 – Neurophysiology **HY Neuro** **Goljan** Chap25 – Neuro **Goljan** Chap26 – Special Senses **Goljan Lecture** 5-5 (15:31 remaining) 5-6 **French** Glaucoma **Neuro Exam** **Sensesweb** **P:** ANS Pharm **P:** Anti-depressants **P:** Anti-psychotics **P:** Insomnia/ anxiety **P:** Migraines **P:** Opioids	<u>Neuro</u> **FA** Neuro 361-399 **BRS Physio** Chap2 – Neurophysiology **HY Neuro** **Goljan** Chap25 – Neuro **Goljan** Chap26 – Special Senses **Goljan Lecture** 5-5 (15:31 remaining) 5-6 **French** Glaucoma **Neuro Exam** **Sensesweb** **P:** ANS Pharm **P:** Anti-depressants **P:** Anti-psychotics **P:** Insomnia/ anxiety **P:** Migraines **P:** Opioids

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Neuro</u> **FA** Neuro 361-399 **BRS Physio** Chap2 – Neurophysiology **HY Neuro** **Goljan** Chap25 – Neuro **Goljan** Chap26 – Special Senses **Goljan Lecture** 5-5 (15:31 remaining) 5-6 **French** Glaucoma **Neuro Exam Sensesweb** **P:** ANS Pharm **P:** Anti-depressants **P:** Anti-psychotics **P:** Insomnia/ anxiety **P:** Migraines **P:** Opioids	<u>GI</u> **FA** GI 289-318 **BRS Physio** Chap6 – GI **Goljan** Chap 17 – GI Disorders **Goljan** Chap18 – Hepatobiliary and pancreatic disorders **Goljan Lectures** 4-2 (start at 13 mins), 4-3, 4-4, 4-5, 4-6 (ends at 24:37)	<u>Respiratory</u> **FA** Respiratory 455-462, 463-470 **BRS Physio** Chap4 – Respiratory **Goljan** Chap16 – Respiratory **Goljan Lectures** 3-8, 4-1, 4-2 (ends at 13 min) **Pharm**: Asthma	<u>Endocrine & Diabetes</u> **FA** Endocrine 273-288 **BRS Physio** Chap7 – Endocrine **Goljan** Chap22 – Endocrine **Goljan Lectures** 5-2, 5-3, 5-4 (ends at 10:43) **Goljan BIochem** Chap9 – Integration of Metabolism pgs 169-173	<u>Reproductive</u> **FA** Reproductive 437-454 **Goljan** Chap20 – Lower UTI and male reproductive tract **Goljan** Chap21 – Female reproductive and breast **Goljan Lecture** 5-1 Reproductive System	<u>Microbiology</u> **FA** Microbiology – 133-188 Antibiotics	Review FA
Sunday	Monday	Tuesday	Wednesday	Thursday		
Review FA	Review FA	PharmCards	Day off	**<u>TEST!!!!!</u>**		