

Preparing for

Step

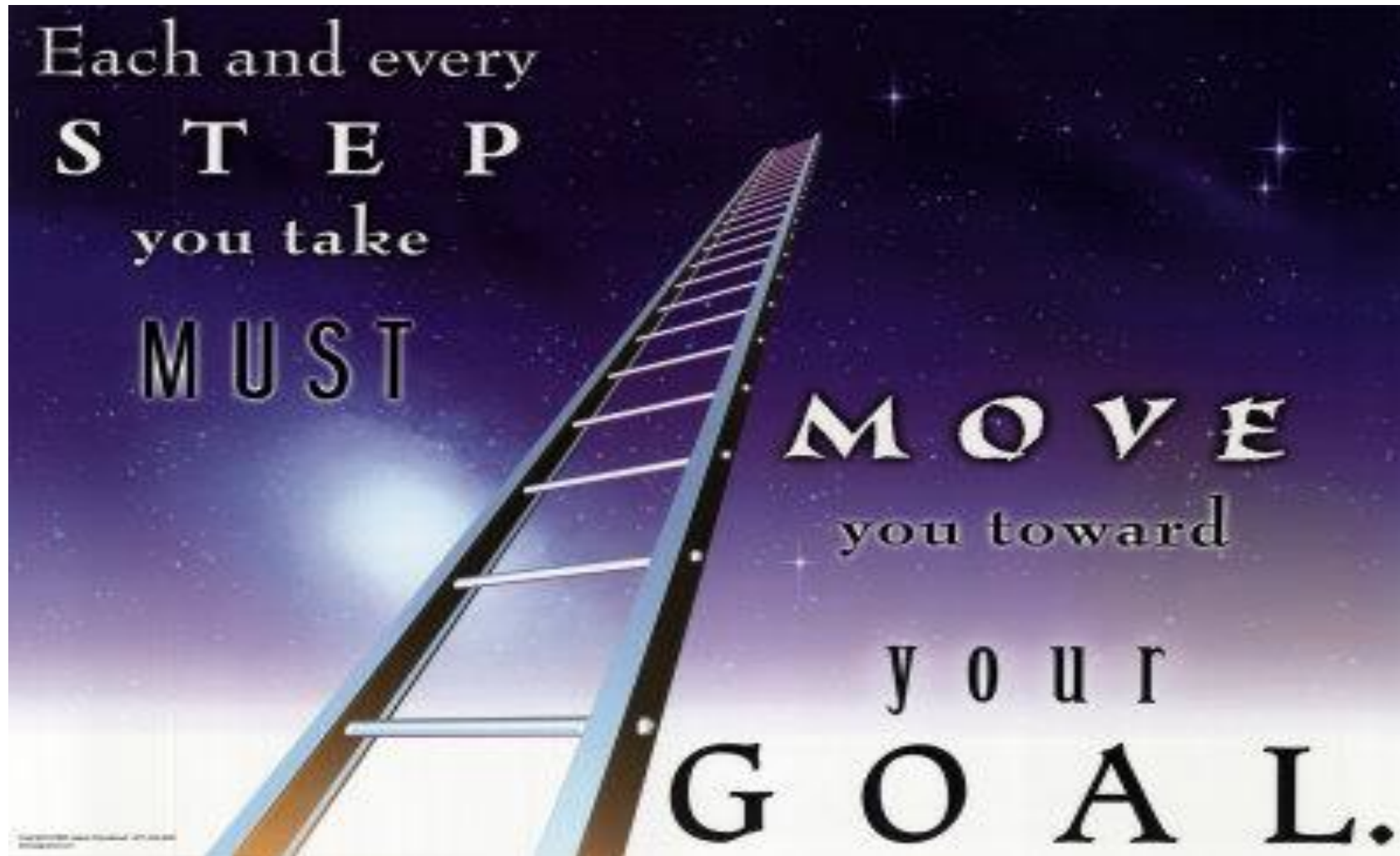
PART One

Creating A Study Plan



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NBME Passing Score = 194



Charting Outcomes in Tulane Match 2018

Specialty Area	Mean Step 1 Score	Interquartile Range
Anesthesiology	232	222-244
Child Neurology	233	222-245
Dermatology	249	243-257
Diagnostic Radiology	240	230-252
Emergency Medicine	233	222-245
Family Medicine	220	209-232
General Surgery	236	225-245
Internal Medicine	233	221-246
Internal Medicine/Pediatrics	235	225-249
Interventional Radiology	246	239-252
Neurosurgery	245	239-254
Neurology	231	219-245
Obstetrics & Gynecology	230	219-241
Orthopedic Surgery	248	241-255
Otolaryngology	248	242-254
Pathology	233	221-245
Pediatrics	227	215-240
Physical Medicine & Rehabilitation	225	215-235
Plastic Surgery	249	242-255
Psychiatry	226	212-235
Radiation Oncology	247	239-258
Vascular Surgery	244	231-243

Research: Students who scored higher on Step 1

- Studied 8-11 hours per day in the intensive study period
- Studied less than 40 days in their intensive preparation .
- Completed more than 2000 board style practice questions : 70% accuracy or greater
- Listening to Goljan audio files
- The number of Anki (individually generated) flashcards seen
 - An additional 1700 Anki flashcards was associated with an additional point on Step 1 when controlling for other factors
- Honors in first 2 years
- MCAT score particularly Biological and Physical Sciences
- Attending lectures in the 2nd year of medical school

Articles:

- [Preparing to take the USMLE Step 1: a survey on medical students' self-reported study habits](#)
- [Student-directed retrieval practice is a predictor of medical licensing examination performance](#)

Step One Exam Overview

- One day Examination: Administered in one 8 Hour testing session
Includes breaks
- Divided into Seven 60 -Min Blocks
- Will not exceed 280 multiple choice questions
- 40 or less questions per block: # of questions vary per block
- 1.5 minutes to answer each question
- Random questions; Only One Best Answer
- Guess
- ONCE EXITED A BLOCK OR TIME EXPIRES, CAN NO LONGER REVIEW OR CHANGE QUESTIONS
- Results back within 4- 8 weeks

Step 1– score delays in 2019

- Step 1 examinees testing early May through early July 2019 more specific information will be posted January 2019
- Most Step 1 scores are reported within **four** weeks of testing. However, because of necessary annual modifications to the test item pools, delays occur for examinees who test at certain times of the year. Please be aware that examinees testing during the following dates may experience delays in score reporting.
- If you need to receive a score before a certain date, plan to take that exam before the projected score delay windows to avoid missing deadlines.

STEP One : Content Coverage

Traditionally defined disciplines:

- anatomy
- behavioral sciences
- biochemistry
- biostatistics and epidemiology
- microbiology
- pathology
- pharmacology
- physiology

• Interdisciplinary areas:

- aging
- genetics
- immunology
- molecular and cell biology
- nutrition

The USMLE Content Outline organizes content according to general principles and individual organ systems. Test questions are classified in one of 18 major areas, depending on whether they focus on concepts and principles that are important across organ systems or within individual organ systems. Sections focusing on individual organ systems are subdivided according to normal and abnormal processes, including principles of therapy. Exam Content: Systems and Process

Traditional

- anatomy
- behavioral sciences
- biochemistry
- biostatistics and epidemiology
- microbiology
- pathology
- pharmacology
- physiology

Interdisciplinary areas

- genetics
- aging
- immunology
- nutrition
- molecular and cell biology

USLME Step 1 Test Specifications and Processes

System	Range
General Principles of Foundational Science	15%-20%
Organ systems: Immune ; Blood and Lymphoreticular; Behavioral Health Nervous System and Special Senses Skin& Subcutaneous Tissue Musculoskeletal; Cardiovascular; Respiratory; Gastrointestinal Renal and Urinary; Pregnancy, Childbirth, Puerperium Female Reproductive System and Breast Male Reproductive ; Endocrine	60%-70%
Multisystem Processes& Disorders; Biostatistics Epidemiology/Population Health/Social Sciences	15%-20%
Process	Range
Normal	10%-15%
Abnormal	55%-60%
Principles of Therapeutics	15%-20%
Other	10%-15%

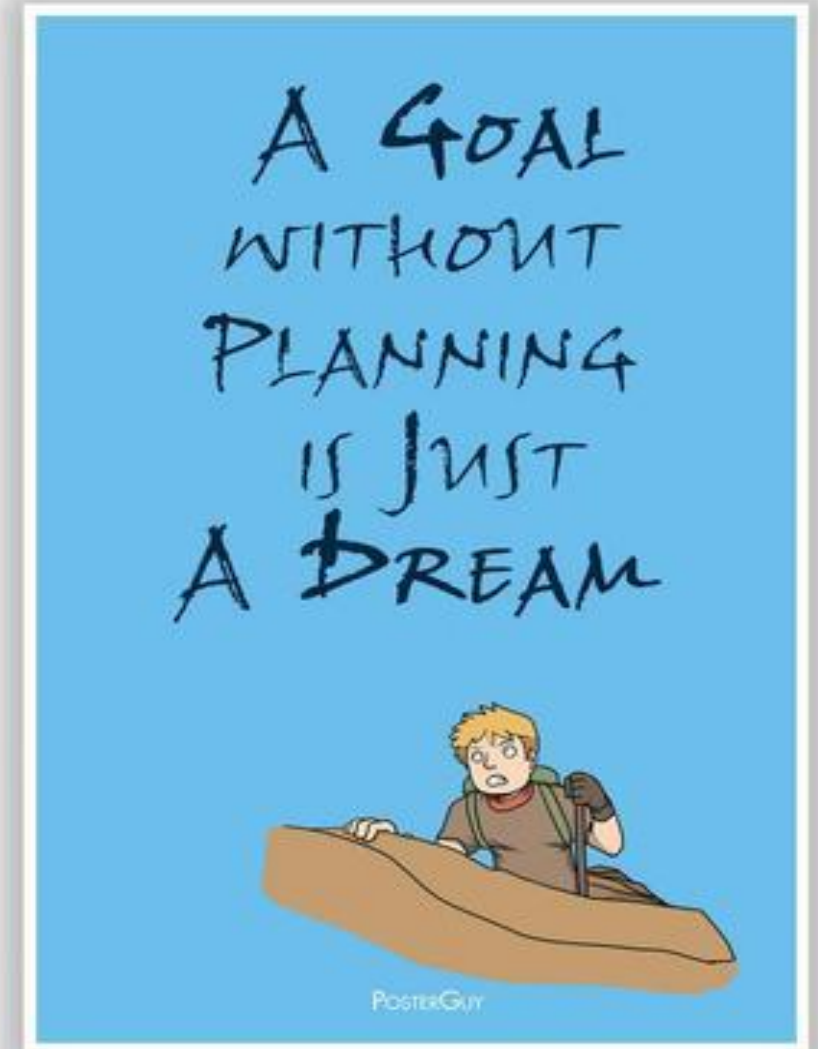
USMLE

Step 1

General Study Plan

Set a Goal

- Begin with the end in mind.” Before you begin preparing for the USMLE Step 1, you should consider where you are with your knowledge base and your score, as well as what your goal target score is.
- To determine where you are starting from, you should take a practice test. Online prediction calculators use your scores on question banks and the USMLE practice test to estimate how you will do on the actual Step 1 exam.



Pay Attention to Time

The Time Management Matrix

	Urgent	Not Urgent
Important	I Crises Pressing Problems Deadline Driven Projects	II Prevention Relationship Building Planning New Opportunities
Not Important	III Interruptions Mail Meetings Popular activities	IV Trivia Busy work Pleasant activities

Balance

- You need to relax
- Take personal time every day
- Work out
- Catch up with friends
- Socialize
- Go to dinner
- Vent
- Start a blog
- Yoga/ meditation
- Don't make any drastic life changes
- Don't move
- Relax

HOW TO MAKE YOUR STEP 1 STUDY Plan: 6 weeks dedicated study

- *WRITE THE EXAM DATE ON THE CALENDAR*
- *FIGURE OUT HOW MANY DAYS YOU HAVE UNTIL THE EXAM.* minimum of 4 weeks of intense study.
- After five weeks of 8-12 hours of daily review, you start to plateau. You want enough time to just reach your plateau without backsliding.
- *BLOCK OFF SPECIAL DAYS:* Completely block off the day before your exam. Blocking off one other full day 5-7 days prior to your exam. You will be reaching your burn-out threshold and will need a mental health day.

When creating a Study Plan Consider:

- Divide your day into 3 study sessions, Morning, Mid-day, Evening.
- Break up your activities into achievable pieces. To-Do lists, schedules, task lists
- Decide which resources you're going to use:
Recommended UWORLD, Fist Aid Pathoma., Sketchy
- Prepare to take 3 NBME practice 3 over the course of your study.

ASSIGN YOUR PRACTICE TESTS TO SPECIFIC DAYS

- You are taking 3 practice tests, we recommend taking one after your first week of review to get a baseline. Take your second after week 4, and take your last test 3-5 days before the real exam. Don't plan anything else on those days, as it will take 6-7 hours at a minimum to take the exam and review the wrong answers. It doesn't really matter what tests you take, but we recommend taking the most recent one (NBME 17) just before the real deal.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					30-Mar	31-Mar	1-Apr
7:00 AM-10:00 AM					Qbank - Random	Qbank - Random	OFF
10:00-1:00 PM					Behavioral Science FA	Biochemistry FA	
1:00-2:00 PM					Break	Break	
2:00-3:00 PM					Break	flashcards/review	
3:00-6:00 PM					Qbank - Behavioral Sci	Qbank - Biochemistry	
		2-Apr	3-Apr	4-Apr	5-Apr	6-Apr	7-Apr
7:00 AM-10:00 AM	OFF	Qbank - Random	Qbank - Everything so far	Qbank - Everything so far	Microbiology FA	Qbank - Behav Sci, Biochem, Genetics, & Microbio	
10:00-1:00 PM		Biochemistry FA	Biochemistry/Micro FA	Microbiology FA	Qbank - Microbiology	Immunology FA	
1:00 -2:00 PM		Break	Break	Break	Break	Break	OFF
2:00-3:00 PM		flashcards/review	flashcards/review	flashcards/review	flashcards/review	flashcards/review	
3:00-6:00 PM		Qbank - Biochemistry	Microbiology FA	Qbank - Microbiology	Qbank - Behav Sci, Biochem, Genetics, & Microbio	Qbank Immunology	OFF
					Qbank - Random		
		9-Apr	10-Apr	11-Apr	12-Apr	13-Apr	14-Apr
7:00 AM-10:00 AM	Immunology FA	Inflammation, Inflammatory Disorders, & Healing PATHOMA (160 min)	Principles of Neoplasia (PATHOMA) (98 min), REVIEW	Cardiovascular FA	Qbank - Cardiovascular Embryo, Anatomy, Physio, Pathology, Pharma	Qbank - Cardiovascular Embryo, Anatomy, Physio Pathology, Pharma	OFF
10:00-1:00 PM	Q bank - Immunology	Pathology Inflammation & Neoplasia FA	Growth adaptations, cellular injury, and cell death PATHOMA (110 min)	Qbank - Cardiovascular Embryo, Anatomy, Physio, Pathology, Pharma	Cardiovascular FA	Cardiac Pathology PATHOMA (67 min) & REVIEW	
1:00 -2:00 PM	Break	Break	Break	Break	Break	Break	OFF
2:00-3:00 PM	flashcards/review	flashcards/review	flashcards/review	flashcards/review	flashcards/review	flashcards/review	
3:00-6:00 PM	Qbank - Immunology + Others	Qbank - Immunology + others	Qbank - Everything so far	Pharmacology FA	Qbank - Cardiovascular Embryo, Anatomy, Physio, Pathology, Pharma	Qbank - Cardiovascular Embryo, Anatomy, Physio, Pathology, Pharma	OFF
		16-Apr	17-Apr	18-Apr	19-Apr	20-Apr	21-Apr
7:00 AM-10:00 AM	Qbank - Everything	Qbank - Endocrine Embryo, Anatomy, Physio, Pathology, Pharma	GI FA	Qbank - Everything	Qbank - everything so far	Uworld Self-Assessment	OFF
10:00-1:00 PM	Endocrine FA	Endocrine FA + Endocrine Pathology PATHOMA (65 min)	Qbank - Everything	GI Pathology PATHOMA (112 min) & GI exocrine pancreas/liver PATHOMA (46 min)	Heme/Onc FA	Uworld Self Assessment - Complete & Review	
1:00 -2:00 PM	Break	Break	Break	Break	Break	Break	OFF
2:00-3:00 PM	Vascular Pathology PATHOMA (50 min)	flashcards/review	flashcards/review	flashcards/review	flashcards/review	flashcards/review	
3:00-6:00 PM	Qbank - Endocrine Embryo, Anatomy, Physio, Pathology, Pharma	Qbank - Endocrine Embryo, Anatomy, Physio, Pathology, Pharma	Qbank - GI Embryo, Anatomy, Physio, Pathology, Pharma	Qbank - GI Embryo, Anatomy, Physio, Pathology, PharmaQbank	Qbank -Heme/Onc Qbank - Embryo, Anatomy, Physio, Pathology, PharmaQbank	Qbank -Heme/Onc Qbank - Embryo, Anatomy, Physio, Pathology, PharmaQbank	OFF

	3/31/15 Tuesday	4/1/15 Wednesday	4/2/15 Thursday	4/3/15 Friday	4/4/15 Saturday	4/5/15 Sunday	
9:00 AM		Genetics: Read Chapter 24	Genetics: Read Chapter 10		A&P: Exam 2 Study Guide	Genetics: Practice Exam 2	
10:00 AM	Beverage Management		Relax			Eat/Relax	
11:00 AM		Work	Anatomy & Physiology: 3/19 Lecture				A&P: Reproductive Study Guide
12:00 PM	Anatomy & Physiology						A&P: Renal Study Guide
1:00 PM	Eat/Relax			Genetics: Ch. 24 Notes			
2:00 PM	Easter Break Planning		Genetics: Ch. 25 Notes		Relax	BM: Ch. 7, 12, 13, 14 Notes	
3:00 PM		Eat/Relax	Pack		A&P: Cardiovascular Study Guide		
4:00 PM		Genetics: Read Chapter 25	Travel to Courtney's		A&P: Respiratory Study Guide		
5:00 PM					Eat	A&P: 3/31 Lecture	
6:00 PM	Order of Omega				Genetics: Ch. 10 Notes	A&P: Type up Exam 2	
7:00 PM	Eat/Relax	Anatomy & Physiology: Exam 1 Study Guide		Travel back to School	BM: Ch. 1, 2, 3-6, 8, 9 Notes		
8:00 PM	Fill in notes from Summer A&P				A&P: Digestive Anatomy Study Guide	BM: Ch. 10, 11, 16 Notes	Disc Golf
9:00 PM						Eat/Relax	
10:00 PM	Volleyball	Eat/Relax	A&P: Digestive Anatomy Quiz		Genetics: Practice Exam 1		
11:00 PM	A&P: Type up Exam 1	Anatomy & Physiology: 3/17 Lecture	A&P: 4/7 LearnSmart and 4/8 LearnSmart	A&P: 3/24 Lecture	A&P: 3/26 Lecture	Econ: Finish Notes	
12:00 AM							

Sample Schedule

Date:	Day	Days In	Days Left	Q-Bank Block 1	Q-Bank Block 2	Q-Bank Block 3	FA	Pathoma	DIT	Class	
29-Mar	Sun	0	64	NBME 3							
30-Mar	Mon	1	63	Rx 1		Behavioral	BioChem	1.1-1.3	15-H Biochem Lipids	OB Path 1A-3	
31-Mar	Tue	2	62	Rx 2		Behavioral	Micro	1.4-2.1.1	15-E Energy Metab	OB Path 4-8	
1-Apr	Wed	3	61	ComBank 1		Behavioral	Immuno	2.1.2-2.2	15-F HMP Shunt	Pharm 1-5	
2-Apr	Thurs	4	60	Catch-Up						Pharm 6-9	
3-Apr	Fri	5	59	Rx 3		Behavioral	Path	2.3-2.5	7I Spirochetes	MMI 1-3	
4-Apr	Sat	6	58	ComBank 2		Behavioral	Pharm	3.1-3.2.2	3G 3H Pharmako	MMI 4-6	
5-Apr	Sun	7	57	Break							
6-Apr	Mon	8	56	Rx4		Pelvic Anatomy	Behavioral	3.2.3-4.1	4A Cardiac Embryo	CS/Review	
7-Apr	Tue	9	55	Rx5		Pelvic Anatomy	Cardio	4.2-4.4	4H Diastolic Murmurs	CS/Review	
8-Apr	Wed	10	54	Catch-Up						CS/Review	
9-Apr	Thurs	11	53	ComBank 3		Pelvic Anatomy	Cardio	4.5-5.2.1	4I Systolic Murmurs	CS/Review	
10-Apr	Fri	12	52	ComBank 4			Endo	5.2.2-5.3	4L ECG	CS/Review	
11-Apr	Sat	13	51	Rx 6			Endo	5.4-5.6	16K, 16C, 16E, 16G	CS/Review	
12-Apr	Sun	14	50	Break							
13-Apr	Mon	15	49	Rx 7	Rx 8		Endo	6.1-6.3	16I, 9E, 9H, 9J	Review	
14-Apr	Tue	16	48	ComBank 5	ComBank 6		GI	6.4-6.5	9K, 10C, 10D, 10E	Review	
15-Apr	Wed	17	47	Catch-Up						Review	
16-Apr	Thurs	18	46	Rx 9			GI	6.8-7.1	10F, 16L, 16M, 17B	Review	
17-Apr	Fri	19	45	Rx 10	Rx 11		GI	7.2-7.4	17C, 17D, 17F	Review	
4-May	Mon	36	28	Rx 19	Rx 20		Renal	13.5-13.7	14D, 14E		
5-May	Tue	37	27	Combank 17	Combank 18		Renal	14.1-14.3	14F, 14G, 14H	Rotations	



TWOGREENDOCS

USMLE STEP 1 Study Schedule

<http://TwoGreenDocs.com>

Date:	Day	Days In	Days Left	Q-Bank Block 1	Q-Bank Block 2	Q-Bank Block 3	FA	Pathoma	DIT	Class	
29-Mar	Sun	0	64	NBME 3							
30-Mar	Mon	1	63	Rx 1		Behavioral	BioChem	1.1-1.3	15-H Biochem Lipids	OB Path 1A-3	
31-Mar	Tue	2	62	Rx 2		Behavioral	Micro	1.4-2.1.1	15-E Energy Metab	OB Path 4-8	
1-Apr	Wed	3	61	ComBank 1		Behavioral	Immuno	2.1.2-2.2	15-F HMP Shunt	Pharm 1-5	
2-Apr	Thurs	4	60	Catch-Up							Pharm 6-9
3-Apr	Fri	5	59	Rx 3		Behavioral	Path	2.3-2.5	7I Spirochetes	MMI 1-3	
4-Apr	Sat	6	58	ComBank 2		Behavioral	Pharm	3.1-3.2.2	3G 3H Pharmako	MMI 4-6	
5-Apr	Sun	7	57	Break							
6-Apr	Mon	8	56	Rx4		Pelvic Anatomy	Behavioral	3.2.3-4.1	4A Cardiac Embryo	CS/Review	
7-Apr	Tue	9	55	Rx5		Pelvic Anatomy	Cardio	4.2-4.4	4H Diastolic Murmurs	CS/Review	
8-Apr	Wed	10	54	Catch-Up							CS/Review
9-Apr	Thurs	11	53	ComBank 3		Pelvic Anatomy	Cardio	4.5-5.2.1	4I Systolic Murmurs	CS/Review	
10-Apr	Fri	12	52	ComBank 4			Endo	5.2.2-5.3	4L ECG	CS/Review	
11-Apr	Sat	13	51	Rx 6			Endo	5.4-5.6	16K, 16C, 16E, 16G	CS/Review	
12-Apr	Sun	14	50	Break							
13-Apr	Mon	15	49	Rx 7	Rx 8		Endo	6.1-6.3	16I, 9E, 9H, 9J	Review	
14-Apr	Tue	16	48	ComBank 5	ComBank 6		GI	6.4-6.5	9K, 10C, 10D, 10E	Review	
15-Apr	Wed	17	47	Catch-Up							Review
16-Apr	Thurs	18	46	Rx 9			GI	6.8-7.1	10F, 16L, 16M, 17B	Review	
17-Apr	Fri	19	45	Rx 10	Rx 11		GI	7.2-7.4	17C, 17D, 17F	Review	
4-May	Mon	36	28	Rx 19	Rx 20		Renal	13.5-13.7	14D, 14E		
5-May	Tue	37	27	Combank 17	Combank 18		Renal	14.1-14.3	14F, 14G, 14H	Rotations	
6-May	Wed	38	26	Catch-Up							Rotations
7-May	Thurs	39	25	Combank 19	Combank 20		Renal	14.4-15.2	14J, 14K, 14L, 14M	Rotations	
8-May	Fri	40	24	UW 1	UW 2		Repro	15.3-15.9	5I, 5K, 5L		
9-May	Sat	41	23	UW 3	UW 4		Repro	15.10-16.1	6A, 6B, 6C		
10-May	Sun	42	22	NBME 15							
11-May	Mon	43	21	Catch-Up							
12-May	Tue	44	20	UW 5	UW 6		Repro	16.2-16.4	6D, 6E, 6F,		
13-May	Wed	45	19	UW 7	UW 8		Resp	17.1-17.3	6G, 6H, 6I		
14-May	Thurs	46	18	UW 9	UW 10		Resp	17.4-17.7	6K, 6L, 6M		
15-May	Fri	47	17	UW 11	UW 12		Resp	17.8-18.2	10H, 10I, 10J		

It is better to study smarter than to study harder

- 1) Try to complete as many practice questions as possible before you take Step 1
- focusing solely on questions for the last two weeks before you take Step 1. (2,000 to 2,500 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.

Tackling the Plan: 8-10 hours Max per Day

- Study Tough Subjects First , then questions
- U World Q Bank: Review 2x
- Take Practice Tests (USMLE) Same time of day and day of week as actual exam: 2 blocks of 40 questions



Question Resources

- USMLERx • 2300 questions • From authors of First Aid • Helps drill in “high-yield” First Aid info Criticism: • No critical thinking, only similar to “easy” questions on exam
- Kaplan USMLE Step 1 Qbank • 2100 questions • Has good explanations for answers • Helpful if studying over longer period of time Criticism: • Questions aren’t that similar to Step 1 exam
- USMLE World • 2400 questions • Closest to real thing • May be more useful as intensive prep right before exam (1-2 months before)
- AMBOSS

Resources

- UWorld question bank during designated study period and pay very close attention to the answer explanations.
- First Aid –studying.
- Pathoma –videos
- Sketchy Medical –Good videos to study micro and pharm
- Anki flashcard deck. Use some micro and pharm flashcards
- Owls Club <http://tmedweb.tulane.edu/clubs/owlclub/t2-resources/general-review-boards>

Resources

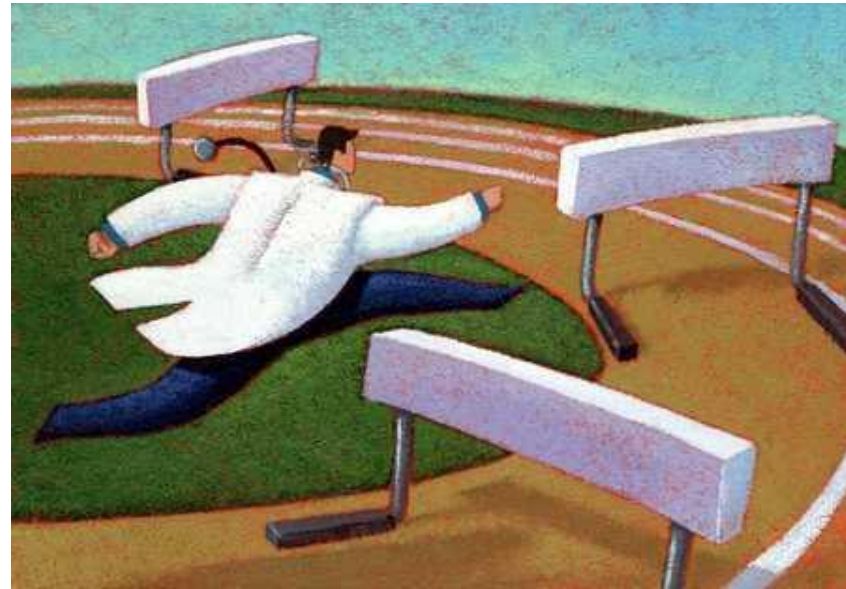
- **Doctors in Training-** very well laid out with great review sessions; good for those that otherwise will not make a schedule and stick to it/those that like to be taught
- **Cram Fighter-** APP that allows you to plug in everything you need to make a very good study schedule; for those that like to make their own schedule and know they will stick to it
- **Kaplan Q-Bank:** Also a great question source More low-yield questions
- Again, READ the explanations

Words of Wisdom

- EVERYONE IS DIFFERENT and to stick to what style has worked for you the past two years (i.e.- learning from questions, etc.).
- Leave days for review the final week before your test. Review your WEAK subjects, don't try to re-read all of First Aid again
- Do NOT push back your date unless a catastrophe occurs
- Watch a movie, hang out, have a beer, but DO NOT study the day before your test

RELAX

- It's just another hurdle to becoming a doctor



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