

#### **STEP 2 CK WORKSHOP**

WWAMI ACADEMIC SUPPORT : DR. BRICE & DR. TYLER

CAREER ADVISING : TONJA BROWN

#### WORKSHOP AGENDA

- Registration Reminders
- Content Outline
- Study Plan Considerations
- Study Plan Components
- Study Plan Template
- Study Resources

- Step 2 CK Tutoring
- Step 2 CK Scoring and Data
- Test Day Snapshot
- Changing Your Test Date
- Career Advising
- Words of Wisdom

## STEP 2 CK REGISTRATION

#### **REGISTRATION REMINDER**

- Login to <u>NBME</u>
- Registration Fee: \$645
- If you have accepted all your financial aid, the exam fee would have been included in your <u>MS3 fall quarter deposit</u>
- Questions about Enrollment or Verification? Email UWSOM Registrar at <u>somreg@uw.edu</u>
- No need to complete a new CID form; you will use the same testing ID to register
- Note: MSTP students likely need to complete a <u>new CID form</u> as they only last 5 years.
- Select a three month eligibility period that includes June 2022
- Select a test day before June 30, 2022
  - For students completing their Patient Care Phase off-cycle from the projected timeline, Step 2 CK must be taken within 12 weeks of completing the Patient Care Phase.

#### DELAYED STEP I EXAM

- Students who have not taken Step I yet will need to do so before starting Explore & Focus
- Check in with your Learning Specialist regarding the timing of both exams.
- For questions regarding registering for Step 1 please contact your Learning Specialist or the Registrar

## STEP 2 CK CONTENT

System	Range, %
General Principles of Foundational Science**	2-4
Immune System	3–5
Blood & Lymphoreticular System	4-6
Behavioral Health	68
Nervous System & Special Senses	68
Musculoskeletal System/Skin & Subcutaneous Tissue	6-10
Cardiovascular System	8-10
Respiratory System	7-9
Gastrointestinal System	7–9
Renal & Urinary System & Male Reproductive	4-6
Pregnancy, Childbirth & the Puerperium	4-6
Female Reproductive System & Breast	4-6
Endocrine System	4-6
Multisystem Processes & Disorders	4-6
Biostatistics & Epidemiology/Population Health/Interpretation of Medical Literature	3–5
Social Sciences: Legal/Ethical Issues & Professionalism/Systems-based Practice &	10-15

#### Table 2: Step 2 CK Physician Task/Competencies Specifications\*

Competency	Range, %
Medical Knowledge: Applying Foundational Science Concepts	0**
Patient Care: History and Physical Exam	0***
Patient Care: Laboratory/Diagnostic Studies	13-17
Patient Care: Diagnosis	1620
Patient Care: Prognosis/Outcome	5–9
Patient Care: Health Maintenance/Disease Prevention	8-12
Patient Care: Pharmacotherapy	
Patient Care: Clinical Interventions	
Patient Care: Mixed Management	
Practice-based Learning & Improvement	3-5
Professionalism	5–7
Systems-based Practice & Patient Safety	5-7

#### Table 3: Step 2 CK Discipline Specifications

Competency	Range, %
Medicine	50-60
Surgery	25-30
Pediatrics	20-25
Obstetrics & Gynecology	10-20
Psychiatry	10-15

# STEP 2 CK STUDY PLANNING

#### ACADEMIC SUPPORT – LEARNING SPECIALISTS

- Determine learning specialist; you will no longer work with your Foundations specialists in Wyoming, Spokane, Montana, Alaska or Idaho.
- Dr. Brice (Cascade, Wyoming, Montana, Alaska) & Dr. Tyler (Olympic, Spokane, Idaho)
- Check in about practice exam scores, strategies & skills, time management, etc.





Content Areas: Strengths & Weaknesses



Shelf Exam Performance



How long you want to study



Life events/Responsibilities

#### STUDY PLAN CONSIDERATIONS

Test Day

Practice Questions (Mockblocks)

Practice tests (NBME & UWORLD)

Consolidation/Content Review (Books, Videos)

Retrieval Practice (Flashcards)

Day off (I consistent day of the week)

Topics (USMLE Content List)

#### STUDY PLAN COMPONENTS- THINGS TO INCLUDE IN YOUR PLAN

#### WHERE TO FIND A STUDY PLAN

Click on	Log in to the Academic Support Website Click on "Step 2"	
Scroll	Scroll to "How do I create a study plan?"	
Select	Select a study plan template to download and follow the instructions	
Upload	Upload your plan to share prior to meeting with your learning specialist	

#### STUDY PLAN TEMPLATE (4 WEEK EXAMPLE)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Medicine	Neurology	Surgery	UWORLD 1 + Exam Review	Obstetrics & Gynecology	Pediatrics	DAY OFF
8	9	10	11	12	13	14
NBME + Exam Review	Cardiovascular	Respiratory System	Renal + Urinary	Infectious Disease (All Systems)	NBME + Exam Review	DAY OFF
15	16	17	18	19	20	21
Immune System + Heme/Onc	Endocrine System	Gastrointestinal System	NBME + Exam Review	Psychiatry/ Behavioral Health	Musculoskeletal System/Skin & Subcutaneous Tissue	DAY OFF
22	23	24	25	26	27	28
Ethics and Legal Issues	UWORLD 2 + Exam Review	Biostatistics & Epidemiology	Free 120 Step 2 CK	Rapid Review First Aid Book Step 2 CK	DAY OFF	STEP 2 CK TEST DAY

Rank	Title (all editions)	% of students used
1.	UWorld	77.8
2.	OnlineMedEd   Clinical	32.6
3.	Anki	32.2
4.	First Aid for the USMLE Step 2 CK Clinical Knowledge	18.9
5.	Boards and Beyond   Step 2-3 Clinical	15.9
6.	AMBOSS	15.2
7.	Master the Boards USMLE Step 2 CK	9.8
8.	SketchyIM	5.4
9.	SketchyPharm	5.2
10.	Step-Up to Medicine	5.2

### STEP 2 CK RESOURCES

Source: Cramfighter

## CONTENT REVIEW & MOCKBLOCKS

- Mock blocks are 1 hour in length with 40 questions. (those with testing accommodations should practice using the time length that they will get per block on the exam)
- Mock blocks are great for increasing stamina, timing, thinking broadly and training for test day
- Consolidation is in depth review of content.
- Your approach may change as your knowledge base grows.
- May shift over time to spend more time on weaker subjects

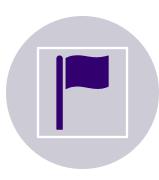
#### **RETRIEVAL PRACTICE**



Drills are any mechanism for recalling facts as quickly and efficiently as possible.



Students may use Anki, other flashcards or alternative methods of self-quizzing.



Missed content is flagged and either revisited or reviewed later.



Anki Tutorial available on Academic Support website



#### PRACTICE EXAMS & FREEI20

#### Self Assessments:

- Evaluates your readiness to take the USMLE Step 2 CK
- UWorld (1 & 2) and NBME (9-11)
- Diagnostic feedback highlights areas of strength and weakness
- View answer explanations to reinforce your knowledge and maximize study time
- Use your self-assessment score to estimate your approximate score on the USMLE score scale (Suggested 220+ on NBME exams)

#### Free 120:

- Features multiple-choice questions that are close to what you will see on test day
- Review the tutorial and overview before test day. If you skip these on test day 15 min will be added to your allotted 45 min of break time

#### TUTORING SERVICES

Step 2 CK group is on Wednesdays 6:30 pm PST

Each group session will have two tutors present to facilitate the session.

Step 2 CK Individual tutoring has begun

## STEP 2 CK SCORING

USMLE announced today, 4/13/22, That the Step 2 CK passing score will increase 5 points on 07/01/22

#### Passing Score Before 07/01/22: 209 Passing Score After 07/01/22: <u>214</u>

	Examinees from UWSOM	Examinees in U.S. & Canada
Passing Rate	99%	99%
Mean Score (SD)	246(13)	245(15)

#### UWSOM STEP 2 CK DATA - 2020

Data gathered from examinees during July 2020 to June 2021

## STEP 2 CK TEST DAY

#### TEST DAY SNAP SHOT

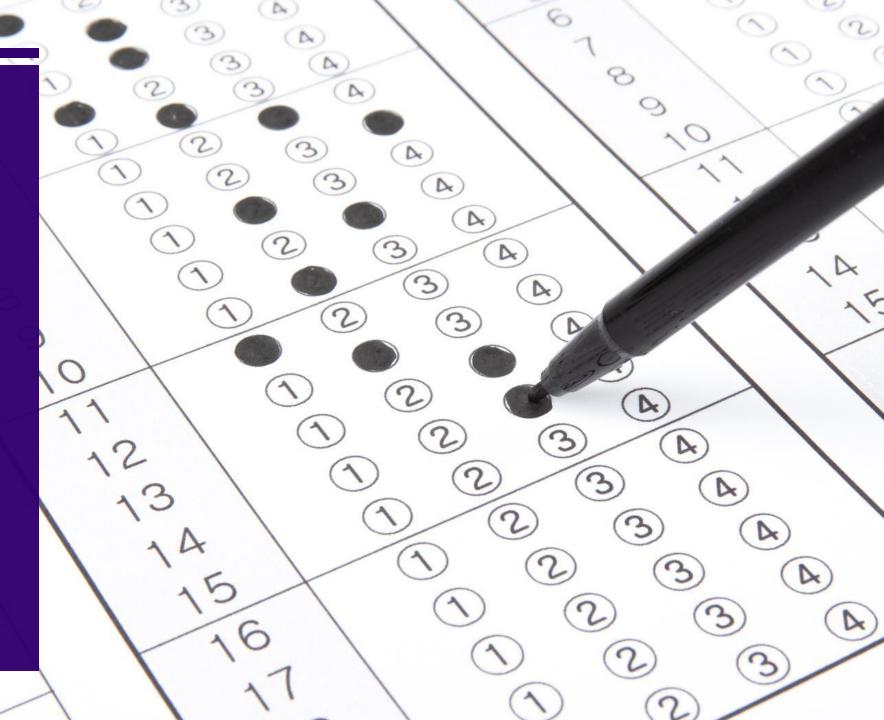
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- Total Questions: 318
- Questions per block: 40
- Number of blocks: 8

- Time given per block: 1 HOUR
- Total exam time: 9 HOURS
- Total break time: 45 min + 15 Orientation= 1 HOUR



#### CHANGING YOUR TEST DATE

You can move your exam date up or back within the June 30, 2022 deadline.				
NBME rescheduling fees:				
>45 days : <b>no fee</b>			5 or less days <b>:\$128</b>	

### **CAREER ADVISING**

TONJA BROWN

# Career Advisors' Contact & Appointment Information <u>medadv@uw.edu</u>

Sarah Thomson (she/her) Cascade, WY



Linh Ngo (she/her) AK, MT, Olympic



Tonja Brown (she/her) GU, ID



Schedule an appointment: <a href="https://uwsom-careeradv.12twenty.com/">https://uwsom-careeradv.12twenty.com/</a>

### STEP 2 CK & Residency Applications

Using the Data Currently Available

- NRMP Program Directors Survey Application factors program directors use to select applicants to interview
- NRMP Charting Outcomes in the Match Summary statistics and characteristics of matched applicants

### **Parallel Planning**

Parallel planning is an essential component of planning for the Match

Identify 2 or more specialties of interest with varying degrees of competitiveness

At least 1 of these specialties needs to be a less competitive specialty
i.e. internal medicine, family medicine, pathology

Review the first half of this page for an explanation of parallel planning

### Career Advising Services

- Support with specialty exploration & decision making
- Connect you to resources
- Assist with personal statements, CVs, ERAS applications

Schedule an appointment: <u>https://uwsom-careeradv.12twenty.com/</u> Visit our website: <u>education.uwmedicine.org/career-advising/choosing-a-career</u>

# SUMMARY & WORDS OF WISDOM

•When start studying, stick with your schedule as much as possible

- Take some breaks, clock in/out, I day off per week
- •You have a strong knowledge base; you've learned a lot during clinical rotations
- Review & add in details as needed
- Practice tests!
- Check in with your support system
- Don't wait until the last minute to get support