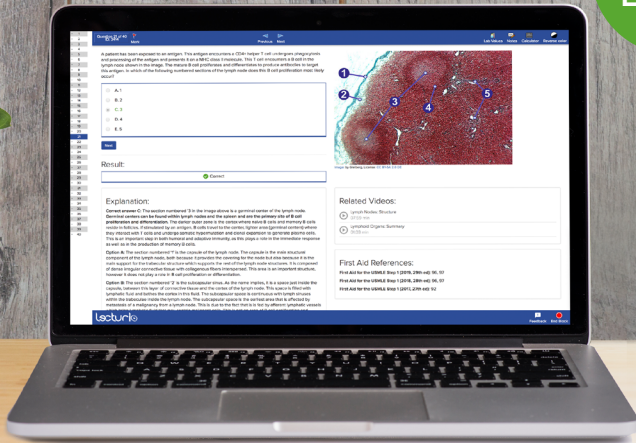


The 40-Day Study Schedule for the USMLE® Step 1

Achieve your dream score with the most advanced Qbank.

2021 Edition



“

You don't have to be great to start, but you have to start to be great.

(Zig Ziglar)

www.lecturio.com

Lecturio

About this Schedule



**Switch on studies,
switch off everything else.**

The USMLE® Step 1 exam is more important today than it has ever been. Your USMLE® Step 1 score is currently a gatekeeper for the most sought-after residency programs – and it will still be important, even once Step 1 changes to pass/fail. Don't let your opportunity to shine on Step 1 slip through your fingers. You don't want to take the USMLE® Step 1 exam and then wish you could have gotten a better score. You want to do your absolute best right now!

What's more, you should never listen when another medical student, or anyone for that matter, says it's impossible to ace the USMLE® Step 1 exam. Each year, students around the nation achieve top scores and match into their top choice residency programs. ANY medical student can get an excellent score on the USMLE® Step 1 exam; it's all about how strategically you plan and how carefully you study. Traditionally, students spend three months studying solely for the USMLE®. However, life and circumstances don't always give you the luxury of a dedicated 3-month period to study for the USMLE® Step 1 exam. Some medical schools might only allow for a single month of dedicated study time. Alternatively, students may find themselves with other responsibilities that don't allow them to study full-time.

When life gives you lemons, make lemonade! When life gives you one month to ace that USMLE® Step 1 exam, you study in the most strategic way possible and make the most out of each day. When USMLE® Step 1 is only a month away, there's little time to be able to watch various lecture videos explaining all the basic science concepts a second time around, let alone taking down meticulous notes on every topic. Instead, the best use of your limited time will be to focus on learning high-yield medical concepts and practice taking USMLE®-style tests. The most effective tool for doing both of these is a Qbank. We recommend that you exclusively and consistently work with our Qbank questions and accompanying high-yield material for the entire month. This will require you to adopt a focused study strategy.

As part of this strategy, you will need to memorize the medical concepts covered

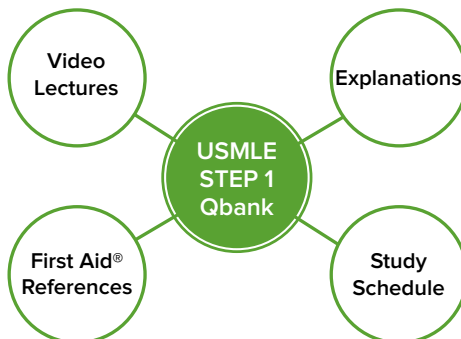
by each Qbank question. At the same time, you must get the mechanics of reading and answering USMLE® questions under your belt. Stick to our recommended study plan and we promise your rewards can be great. When your study plan ends in about a month's time, you will have absorbed all you need to score high on Step 1.

Over the course of the next 40 days, you will:

- Complete more than 2,200 challenging USMLE®-style questions using the Lecturio Qbank
- Understand why your answers are correct or incorrect through in-depth explanations of both wrong and right answers
- Reinforce your knowledge of all medical concepts relevant to USMLE® Step 1 success through video lectures linked to each question
- Absorb the most important facts through high-yield information presented in your First Aid® book, with references for each Qbank question
- Deepen your understanding of the USMLE® Step 1 exam and tackle it with total confidence

Why Lecturio is your best bet for USMLE® prep

The Lecturio Question Bank is not your average Qbank, but rather the epicenter from which you can access all relevant content: written explanations, vivid illustrations, linked video lectures, handpicked First Aid® references, and much more.



About this Schedule

The Lecturio Qbank at a glance:

Lecturio's **Qbank questions** are at least as good as Uworld's, some say better. Don't believe us? Try them out! All Lecturio Qbank questions are based on the most recent NBME® standards, meaning all questions are very similar to USMLE® exam question formats. This is crucial – practice questions that have been written as closely as possible to the format and style of the real exam questions will prepare you better than just learning the content. What's more, we can even offer you an examination environment with our exam-simulation interface. If you switch to “test-mode,” you'll be given the same technical settings, just like in the real exam.

Almost every Qbank question is a real-life clinical scenario with up-to-date and **informative illustrations**. This also helps make everything as true to test day as possible. However, as you study and learn with the Qbank you'll also find **detailed explanations** to all incorrect and correct answer choices; these accentuate the professional learning environment that is Lecturio.

Our Qbank offers something no one else does – Lecturio **links** all of its relevant, **high-yield video lectures** to every concept discussed in every Qbank question. Why is this so great? Because you can apply what experts call “reverse studying;” instead of going through a bulk of material, of which only a percentage will be relevant for the USMLE® exam, you can selectively watch those explanatory videos in which you display obvious knowledge gaps. Awesome, right?!

And as if this wasn't enough, you'll also find the most up-to-date, handpicked **First Aid® references** added to each question whenever you switch “tutor mode” on.



TIP!

Want to know how to **best** tackle these clinical case questions? Check out our [Qbank Walkthrough course](#), in which Doc Ossareh walks you through 30 individual case questions for Step 1.

Additional Resource: *The Medical School Survival Guide*

Providing you with the guidance you need

Lecturio not only provides you with every piece of content you need to know for your exams, we also strive to play the role of study buddy, or upperclassman.

To preserve our knowledge for future med student generations, we have created a specific course with an accompanying eBook, which together help you understand the philosophy, techniques, and strategies behind important tests, such as the board exams.

Video course: Medical School Survival Guide

This course focuses on the high-yield information you need for a successful medical school application. It will also help to prepare you for medical school, providing guidance up until the fourth year. Don't hesitate! Don't panic! Lecturio has your back for what's ahead.

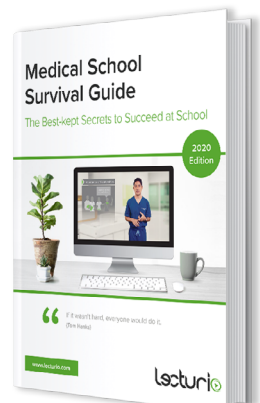


[>> Start Course Now <<](#)

eBook: Medical School Survival Guide

Refer to our **Medical School Survival Guide** to learn more about proven test-taking strategies, crucial USMLE® exam facts, and helpful advice about the most efficient study techniques with the greatest recall. The Medical School Survival Guide is your essential companion. You can rely on it to help you survive from day one of medical school right up until you match into your residency program of choice.

[>> Download <<](#)



About this Schedule

How We Created This Schedule

Everyone has his or her own way of studying, learning, and taking tests. But even though medical students excel in learning and time-management, preparing for the USMLE® Step 1 exam represents the ultimate challenge for any level of academic ability. It requires a very different study strategy from that of more traditional med school exam preparation, and with the clock rapidly ticking you are under intense pressure. You just don't have enough time to sort through vast volumes of irrelevant information. The key to successful USMLE® Step 1 study is to cherry-pick the right resources, know how to effectively use them, and be able to implement the best strategies to ace this unique exam.

Med school upperclassmen have long been a primary source of information for underclassmen with regards the USMLE® Step 1. First-year med students traditionally turn to them for “how to do well on this exam” advice. The idea behind Lecturio as a USMLE® Step 1 resource is to offer more information and advice than you could ever expect to receive from upperclassmen alone.

Lecturio takes things to the next level by including evidence-based recommendations. We developed our approach by working directly with medical students, residents, and attending physicians across the nation. We have picked the minds of those who achieved top USMLE® Step 1 scores, asking them to explain their study methods when faced with such a narrow window of time. We analyzed their responses and used those insights as the basis for creating what we believe is the most effective USMLE® Step 1 study strategy out there.

You will find the evidence-based advice of these past test-takers summarized on the following pages. You will also realize that our study schedule design reflects USMLE® Step 1's double aim to test your knowledge and assess your study strategies as far as high-stakes examinations are concerned. Our study schedule also appreciates that you have very little time in which to prepare. Due to the brevity of the USMLE® study time frame, we recommend you prepare exclusively with our Qbank.

The reasoning behind the implementation of a Qbank is simple: it addresses your need to acquire a well-developed knowledge base through clinical vignettes and detailed solutions specifically designed to teach high-yield medical concepts. Because Lecturio's Qbank questions are styled after those on the actual USMLE® Step 1 exam, you will learn how to quickly, efficiently, and effectively work your way through question stems and answer choices. There really is no better resource for intensive USMLE® Step 1 study than a solidly constructed Qbank.



About Lecturio:

Walk into any Lecturio meeting and the focus is on producing the highest quality educational resources that lead to student success. Lecturio has worked with medical education leaders across the nation to produce an evidence-based comprehensive medical school and USMLE® preparation platform.

Study Plan Overview

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	Getting Started	Biochemistry	Biochemistry	Immunology	Immunology	Microbiology	Microbiology
Week 2	Microbiology	Microbiology	Pathology	Pharmacology	Public Health	High Yield Principles	Cardiovascular
Week 3	Cardiovascular	Cardiovascular	Endocrine	Endocrine	Gastro-intestinal	Gastro-intestinal	Gastro-intestinal
Week 4	Hematology & Oncology	Hematology & Oncology	Hematology & Oncology	MCT	MCT	MCT	Neurology
Week 5	Neurology	Psychiatry	Psychiatry	Renal	Renal	Reproductive	Reproductive
Week 6	Respiratory	Respiratory	Respiratory	High Yield Systems	Practice Exam		

For the next 40 study days, you will – by adopting this schedule – use a Qbank to learn high-yield medical concepts and test-taking strategies. Each new Qbank question you complete during this period will expand your knowledge-base and familiarize you with the best way to work through other questions like it.

On some days, you will have one question block to complete rather than two. These are often the days in which you start a new subject, and therefore the schedule provides additional time to review with additional concepts. On these days especially, make sure you're reviewing the related concepts with First Aid® or another reference book of your choice (or check out some Lecturio video lectures to switch it up!). Each topic has updated First Aid® references listed within the Lecturio platform.

A more detailed schedule can be found on the following pages.

Subject/System	Day No	Qbank Settings
Getting Started	1	<u>Self-Assessment</u> 4 Blocks, 120 Qbank questions total
Biochemistry	2	<u>Molecular and Cellular Biochemistry & Lab Techniques</u> <u>Genetics</u> 2 Blocks, 65 Qbank questions total
Biochemistry	3	<u>Nutrition</u> <u>Metabolism</u> 2 Blocks, 70 Qbank questions total
Immunology	4	<u>Lymphoid Structures & Cellular Components</u> 1 Block, 26 Qbank questions
Immunology	5	<u>Immune Responses</u> <u>Immune Responses & Immunosuppressants</u> 2 Blocks, 72 Qbank questions total
Microbiology	6	<u>Basic & Clinical Bacteriology</u> 1 Block, 42 Qbank questions
Microbiology	7	<u>Clinical Bacteriology</u> <u>Clinical Bacteriology</u> 2 Blocks, 70 Qbank questions total
Microbiology	8	<u>Mycology & Parasitology</u> <u>Virology</u> 2 Blocks, 80 Qbank questions total
Microbiology	9	<u>Systems</u> <u>Antimicrobials</u> 2 Blocks, 83 Qbank questions total
Pathology	10	<u>Cellular Injury, Inflammation & Neoplasia</u> 1 Block, 48 Qbank questions

Study Plan Overview

Subject/System	Day No	Qbank Settings
Pharmacology	11	PK/PD, Autonomic Drugs, Toxicities and Side Effects 1 Block, 42 Qbank questions
Public Health Sciences	12	Epidemiology & Biostatistics Ethics, The Well Patient, Healthcare Delivery & Quality and Safety 2 Blocks, 80 Qbank questions total
Recap [^]	13	High Yield Principles 4 Blocks, 280 Qbank questions total
Cardiovascular	14	Embryology, Anatomy & Physiology 1 Block, 46 Qbank questions
Cardiovascular	15	Pathology Pathology 2 Blocks, 87 Qbank questions total
Cardiovascular	16	Pathology Pharmacology 2 Blocks, 82 Qbank questions total
Endocrine	17	Embryology, Anatomy & Physiology 1 Block, 15 Qbank questions
Endocrine	18	Pathology Pathology Pharmacology 3 Blocks, 90 Qbank questions total
Gastrointestinal	19	Embryology, Anatomy & Physiology 1 Block, 32 Qbank questions
Gastrointestinal	20	Pathology Pathology 2 Blocks, 87 Qbank questions total

Subject/System	Day No	Qbank Settings
Gastrointestinal	21	Pathology Pathology Pharmacology 3 Blocks, 69 Qbank questions total
Hematology & Oncology	22	Embryology, Anatomy & Physiology 1 Block, 20 Qbank questions
Hematology & Oncology	23	Pathology Pathology 2 Blocks, 82 Qbank questions total
Hematology & Oncology	24	Pathology Pharmacology 2 Blocks, 55 Qbank questions total
Musculoskeletal, Skin & Connective Tissues	25	Embryology, Anatomy & Physiology 1 Block, 27 Qbank questions
Musculoskeletal, Skin & Connective Tissues	26	Pathology Pathology 2 Blocks, 61 Qbank questions total
Musculoskeletal, Skin & Connective Tissues	27	Dermatology Pharmacology 2 Blocks, 56 Qbank questions total
Neurology & Special Senses	28	Embryology, Anatomy & Physiology Pathology 2 Blocks, 55 Qbank questions total
Neurology & Special Senses	29	Pathology Otology & Ophthalmology Pharmacology 3 Blocks, 76 Qbank questions total
Psychiatry	30	Psychology & Pathology 1 Block, 46 Qbank questions

Study Plan Overview

Subject/System	Day No	Qbank Settings
Psychiatry	31	Psychology & Pathology Pharmacology 2 Blocks, 87 Qbank questions total
Renal	32	Embryology, Anatomy & Physiology 1 Block, 53 Qbank questions
Renal	33	Pathology Pathology Pharmacology 3 Blocks, 65 Qbank questions total
Reproductive	34	Embryology, Anatomy & Physiology 1 Block, 20 Qbank questions
Reproductive	35	Pathology Pathology Pharmacology 3 Blocks, 87 Qbank questions total
Respiratory	36	Embryology, Anatomy & Physiology 1 Block, 30 Qbank questions
Respiratory	37	Pathology Pathology 2 Blocks, 84 Qbank questions total
Respiratory	38	Pharmacology 1 Block, 19 Qbank questions
Recap	39	High Yield Systems 7 Blocks, 280 Qbank questions total
Exam Simulation	40	USMLE Step 1 Practice Exam 7 Blocks, 280 Qbank questions total

1. Develop a routine and simulate test-like situations

We cannot emphasize enough how important it is to adhere to your study routine. Make sure you maintain a disciplined, steady study-flow at all times. Though each day the number of Qbank questions you review will change, try to utilize study methods such as the Pomodoro Technique to block your time and to maximize your efficiency. But don't treat every day like an exam day – there are dedicated recap days and practice test days for that.

2. Get familiar with test-taking strategies

With this schedule you are not only studying test materials, you are also learning the test-taking strategy required to pass the USMLE® exam. The physical and mental environment in which a question is delivered is just as important as its content.

Lecturio's unique **Qbank Walkthrough Tutorials** course & eBook will take you through 30 USMLE®-style questions step-by-step, teaching you how to correctly read a question stem and isolate each key component. They will also guide you through the multi-step reasoning required for each question before reviewing that question's specific high-yield information.

[>> Start Course Now <<](#)

[>> Download Free eBook<<](#)

3. Test & apply your knowledge

It's now time to start practicing clinical case questions. Start your first Qbank block, which is automatically configured in "tutor mode." As you go through each question, read the answer explanations, use the First Aid® references, and watch the associated video lectures when needed to fully understand the concepts presented. When completing the Self-Assessment (Day 1), your recaps (Days 13 and 39), and your Practice Exam (Day 40), the Qbank is preconfigured in "test mode" to simulate the USMLE® testing environment.

How to Use this Schedule

A substantive understanding of medical concepts is crucial when mastering the USMLE® Step 1 exam. In the actual exam, time is very limited; however, using the concepts you have come to understand during your studies can lead you to the correct answers every time. You will also need to memorize certain facts and buzzwords in order to efficiently manage your time during the USMLE® exam.

For example, if you have been told that a patient is a cave explorer, you need to think histoplasmosis. This is simple association. Another example is knowing that Hemoglobin A1c is the 3-month average of a patient's blood sugar levels.

The list of high-yield must-know facts goes on and on. The point we want to make is that in order to get a high score on the USMLE® exam, you need to not only have an in-depth understanding of the content, but you also need to memorize plain facts.



TIP!

Using **evidence-based learning strategies** is easy with Lecturio – in fact, if you're using this study schedule, you're *already* using some of these strategies! **Interleaving**, or learning by alternating the materials being studied, is easy with the following tips.

Interleaving Tip 1: Review content with the help of explanations

After each question, always opt to review and carefully read the explanations provided. Make sure to read both correct and incorrect answer explanations; there is just as much value in understanding why an answer is wrong as there is in understanding the right answers.

Interleaving Tip 2: Review with the help of Lecturio's related videos

Supplement your understanding of the material by consulting Lecturio's related videos. Each video reference has been handpicked by board exam-experts and explains the relevant concept needed to answer each specific Qbank question.

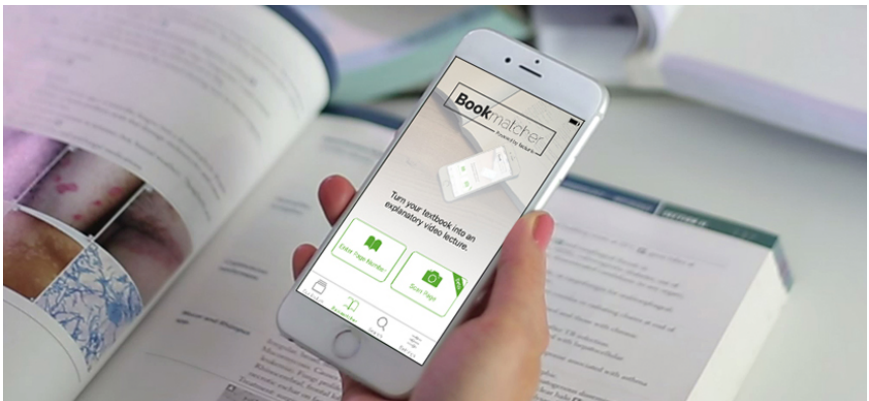
Interleaving Tip 3: Take notes and review with the help of First Aid® references

Before answering questions, review the topics in First Aid®. When first studying with your copy of First Aid® for the USMLE® Step 1, knowing how to use the book in the

most efficient manner may be confusing. The First Aid® book is not written like a traditional textbook, with paragraphs. Instead, it is full of bullet points, charts, and pictures. The most efficient way to implement First Aid® is to use it as a reference and for note-taking. When you watch Lecturio videos and want to jot down some notes, do it in First Aid®. If you've just worked through a Qbank block and want to add some notes or read the topic highlights, use First Aid®. Lecturio is your digital learning platform; First Aid® is your physical pen-and-paper platform.



The Lecturio **Bookmatcher** will become your new best friend during the review process. As you sit at your desk with Qbank on the screen and the latest edition of First Aid® in front of you, you'll not only be able to look up the references cited in the Qbank, but will also experience the reverse case and find explanatory video lectures for each page of your First Aid® book. This is where Lecturio's Bookmatcher comes into play. The Bookmatcher is part of the Lecturio mobile app (available for free for iOS and Android). Simply scan any medical textbook page and Bookmatcher will show you which Lecturio video lectures explain the concepts described on the page.



How to Use this Schedule



Make your testing environment as true to the real deal as you can.

You know the material, now make sure you're ready for exam day itself

As you're studying, you'll be generally familiarizing yourself with a testing environment, as the Lecturio Qbank mirrors what you'll experience when you take the exam. However, what is not included in every day of this schedule is the time pressure you will feel on exam day.

On the first day of this intensive 40-day study schedule, you will take a Lecturio Self-Assessment. On the final day, you'll take a practice test for USMLE® Step 1. Both of these tests are timed, however, we recommend completing additional self-assessments and/or practice tests. Lecturio has multiple Step 1 practice tests available and you can also create custom (timed) tests in our Qbank, but you might also want to turn to another external source.

Enter the NBME®. The National Board of Medical Examiners plays a role in creating the USMLE® exams, so you've likely heard the name already. You may have even heard of NBME® Subject Exams (for which Lecturio also has [subject exam prep](#)). As part of your USMLE® Step 1 prep, we recommend you take the NBME®'s Comprehensive Basic Science Self-Assessment (CBSSA). This self-assessment examination is highly regarded by medical students as a score forecaster for the actual exam. Most students report that they score very closely to the results received on their CBSSA. The comprehensive self-assessments start at \$60 per exam, and there are a variety of versions available. Additional features, such as performance profiles, are available at an additional cost.

When you take the CBSSA and/or one of Lecturio's practice tests or self-assessments, make sure to set aside dedicated time and remove all distractions. Do your best to simulate your future testing environment: put away your cell phone, turn off notifications on your computer, and sit at an empty desk with paper and pencil and nothing else. Make your testing environment as close to the real deal

as you can. Choose the “standard-paced” option to mimic the timing conditions of the USMLE® (this is automatically configured on Lecturio’s self-assessments and practice exams, but you can also use “timer mode” when you create a custom test in the Qbank for yourself).

After you have completed the CBSSA or a Lecturio self-assessment/practice test, take the time to make notes of the questions you got wrong and the correct answers. Unfortunately, the CBSSA does not provide answer explanations; it simply shows the incorrect answer you selected, and the correct answer. It is up to you to figure out why the correct answer is correct. In order to do this, go back to your First Aid® book and read the relevant section. Repeat any of the steps explained in this guide if needed.



Keep in mind upcoming **changes to the USMLE® examinations:**

TIP!

- All examinees will be required to pass **Step 1 as a prerequisite to take Step 2 CS** (implemented no earlier than March 1, 2021)
- The number of **attempts per Step or Step Component will decrease** from 6 to 4 (implemented no earlier than July 1, 2021)
- **Step 1 will change to pass/fail** (implemented no earlier than January 1, 2022)

Be ready on test day

Prior to test day, make a point of again consulting the Medical School Survival Guide. Be sure you follow all of its recommendations. Familiarize yourself with the logistics of getting to the test center and be completely aware of the formal requirements of sitting for USMLE® on test day. Remember to bring a USMLE®-accepted form of personal identification along with the test permit. Only if you present these two documents at the test center’s door will you be allowed in.

There are a few other items you are obliged to bring with you to the test center. Refer to the USMLE® website for full details. While you’re there, read the rules concerning dress code and the items or materials you are permitted to bring into the test center. Consult the [USMLE® website](#) for the most up-to-date information on what you can and should bring with you on test day.

**Worked through the entire schedule?
That's great, well done!**



**Good things are coming.
Just keep going...!**

All done? Congratulations! Now for our last words of advice

Having now worked your way through the entire schedule, you're ready to take USMLE® Step 1! You deserve a super-sized pat on the back. These last 40 days have been exhausting. But you will soon reap the rewards of the investment of your time and highly-focused efforts.

When you walk into the USMLE® testing center, you will do so well-prepared. Just as importantly, you will arrive with the right mindset – a mental framework that allows you to be in control from start to finish. If you took to heart and followed all of the advice offered within this study schedule, you should be ready to take USMLE® Step 1 and earn a great score.

It's okay to feel nervous, but you have practiced Qbank questions exhaustively, reviewed and bolstered your knowledge base, and learned highly effective test-taking strategies over the course of these past 40 days. Together, these have bolstered your confidence, giving you the self-assurance necessary to help you overcome even the worst case of exam jitters.

You have what it takes to bring home the USMLE® Step 1 score of your dreams, because your last 40 days have been spent efficiently, preparing you for excellence!

You are now ready to ace Step 1!



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