

IEA USMLE Survey Data
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Spring 2015 Term 5:

WMPG	Respondents	STEP 1	STDEV	T-test
88-89.9%	29	238	8	
90-92.9%	29	248	7	<i>P < 0.005</i>
93-96.7%	19	255	8	<i>P < 0.005</i>
97-100%	1	269		
Unreported	1	256		
Total	79			

WMPG bracket is a **significant** determinant on USMLE STEP 1 score.

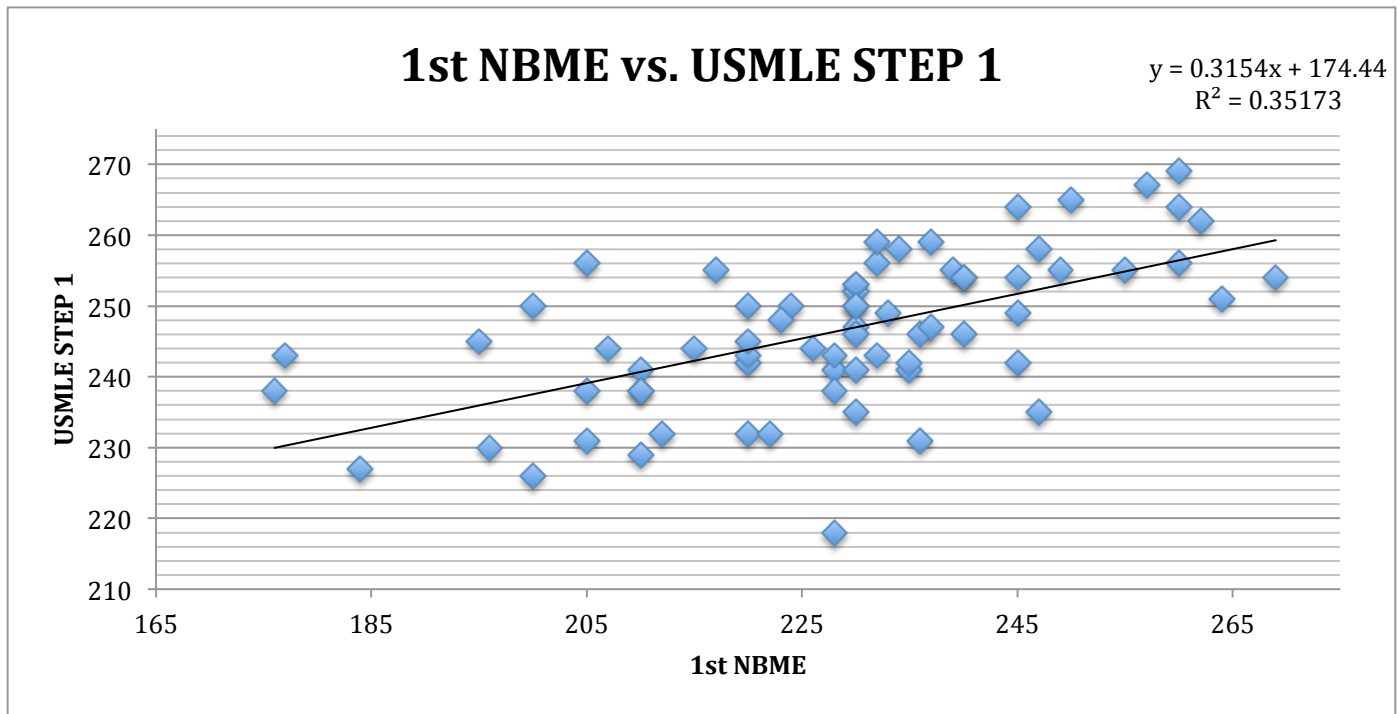
1. 1st NBME: 228 ± 20

2. USMLE: 246 ± 10

-Average weeks studied: 7.27

-Average hours/day studied 9.67

-22% felt too much / 67% felt just right/ 11% Not enough



3. Resources:

A. Assessments

	Vital	Very Important	Important	Somewhat important	Unimportant
NBME (76)	47%	33%	8%	6%	6%

U-World (76)	40%	21%	22%	7%	10%
Prometrics (53)	8%	19%	17%	15%	41%

-No statistical significance between importance of assessment and USMLE score

b. Study materials

	Vital	Very Important	Important	Somewhat important	Unimportant
First Aid (79)	70%	14%	10%	6%	1%
Pathoma (70)	25%	20%	35%	6%	4%
Goljian (35)	9%	6%	29%	14%	43%
Picmonic (39)	13%	3%	15%	23%	46%
BRS Physio (35)	11%	11%	9%	29%	40%

c. Question banks

	Vital	Very Important	Important	Somewhat important	Unimportant
UWorld (79)	96%	4%			
First Aid (53)	2%	17%	26%	32%	23%
Kaplan (31)		19%	19%	13%	48%

First Aid RX	STEP 1	Kaplan QB	STEP 1
Yes	245 ± 9	Yes	248 ± 12
No	246 ± 11	No	245 ± 9

No statistical significance between students who used First Aid RX or Kaplan compared to no Q-bank.

4. Courses:

	Vital	Very Important	Important	Somewhat important	Unimportant	USMLE Average	Standard Deviation	T-test statistics
Kaplan (39)	8%	10%	23%	15%	44%	246	10	P = 0.906
DIT (56)	3%	20%	27%	21%	29%	246	10	P = 0.736
No Course (22)						245	10	

Kaplan	STEP 1	DIT	STEP 1
Vital/ very/ important	246	Vital/ very/ important	247
Somewhat/ unimportant	246	Somewhat/ unimportant	249
<i>T-test</i>	<i>0.517</i>	<i>T-Test</i>	<i>0.378</i>

No statistical significance between students who took Kaplan, DIT or no preparatory course. Also, importance of the course is not a significant factor in determining USMLE STEP 1 outcome.

5. Words from Upper termers

Enjoy 5th term. Focused studies will occur in the 7 weeks post 5th term. Also study in a place you feel comfortable studying for 7 weeks. Stress level will be high but MAKE SURE to find ways to decrease stress levels as this is crucial to making it the distance.

UWorld QBank is the best, not just for practicing taking questions, the explanations they give for each answer are so valuable.

Study hard. Only you yourself know how truly hard you are studying.

Pathoma, first aid, uworld

Study when you can during Term 5 (maybe 30-60mins per day), but don't stress if Term 5 is so hard that you can't. Its far more important that you do well in pathophysiology and pharmacology than making sure you get 60 mins of STEP studying in. I feel 6-8 weeks prior to taking the STEP is more than enough time to study the rest of Terms 1-4

Start Firecracker and keep up with it. I'm not the smartest guy in the world but somehow I got a 265. I believe it is due to Firecracker and having a great base of knowledge

Figure out a study plan and a few resources and stick with it. Map out your time accordingly. Having a good plan of attack is vital.

Questions

Kaplan 2014 videos, uworld questions, Pathoma, Goljan, study hard in term 5

- if Picmonic or other similar resources work for you, then use them to their full capacity
- do lots of questions in a real test environment
- do several practice tests and use the results to guide your studying

Use 5th term to study/review. I wish I took step 1 sooner rather than later because I began to forget things that I went over during term 5.

Practice questions are crucial, get into the habit of doing a block of a questions a day early. You might think you know a topic but you don't really know until you do practice questions. Read the answers in UWorld and look for the information they expect you to know. Tie things together. Try not to memorize wherever possible, learn to make connections and UNDERSTAND concepts because there will be lots of questions/concepts on Step about things you've never heard of before, but if you learn how to think critically and apply what you know, you will be able to figure it out.

Start early!

STEP1 prep starts in the beginning of Term 5. I annotated First Aid while I soniced Term 5 lectures. For pathophys midterms I did UWorld questions and studied First Aid chapters corresponding to midterms (did not go over lecture material again other than minimal notes already added to First Aid) and got 97% on midterms 1 & 2, and ~87% on midterm 3. Also important to take notes on what I learned from UWorld Q bank. By the time Term 5 was over, I had already gone through First Aid twice and Qbank once.

Work on coming up with a logic of answering questions. Its not so much based on what you know but your ability to come up with an educated guess even if you don't know the answer. Of course you have to learn the information too, but in my experience, the answer that I was expecting for most questions was not one of the choices, so I had to use what I did know to come to a logical conclusion.

Manage your time well and take days to catch up when you make your study schedule

Start early so you can familiarize yourself with the study materials

STUDY FOR CLASSES. The most important thing for me. Don't just study for step 1 you learn a lot in classes that aren't in typical resources that come up in the exam.

Start studying in 4th term.

Take the time to read the explanations to the UWorld questions, including the ones you got right, because you might have gotten them right for the wrong reasons.

Use UWORLD for learning and NBME to determine progress. The actual exam is unlike any of the NBMEs (it varies from very to somewhat) but it still gives you a general ball park predicted STEP 1 score.

Keep reviewing biochem, anatomy, and neuro throughout your time at SGU to keep it somewhat fresh in your mind before memorizing all the gory details when doing dedicated Step 1 study. Many important topics do not show up again until you start looking at First Aid or other Step 1 resources. Path and pathophys do a great job of integrating all the pertinent points of physio and histo. Behavioral sciences, statistics, genetics, and ethics are much easier to go over and relearn details.

Pick a routine that matches your study style and stick with it.

Start Early and do a full round of U World Questions during Term 5

Start studying day 1...do well during the basic science years.

Pick 1 QBank, 1 Review Book, and a review course if you would like--no more, you won't have time to review it all in the few days/weeks right before the exam. Better to know a few things really well than a lot of things not very well!

Use 5th term to make a few passes of FA and do as many passes of uworld as possible starting in 5th term. Focus mostly on practice questions to learn material.

If you are not using a course, make a study schedule and stick to it! Plan to take an NBME every weekend until your exam...it will help you with timing and it predicts your score very well.

Lots of questions. As frequently as possible.

Simplify resources, and don't go into too much detail about one thing. In my opinion, if you're a good self learner, just try to memorize First Aid and use USMLE World for practice, with a few NBME's spaced between.

Study, study, study. Start early with preparation. For instance, I started using pathoma before I even started term 3 and completed the DIT review course while I was in term 5. I found this gave me an excellent foundation for when I really began to prepare for step 1. FA is a difficult read unless you have a good knowledge base already developed, and if you have a good knowledge base then you can make sense of it while reading and it enables you to consolidate your resources to Just FA and UWorld your final 8 weeks of study.

Take notes in First Aid beginning term 4.

Study hard and breath. You'll always have something you forget or can't review, but it will turn out alright. I promise

Do not neglect term 5. Term 5 is a great way to organize your studying for Step. Doing questions and watching videos that correlate with the material in term 5 is a great way to get started. That way, after term 5 you have some base knowledge and only need to focus on your weaknesses and doing more questions.

UWORLD is the most important tool for success. Make notes on each question you do from the explanations and review those notes everyday and every week.

UWorld Questions and a feasible routine. Sleep, exercise, eat well, and allow yourself to take breaks when you need them for as long as you need them. Good Luck!

Start preparing to some degree from the start of term 5. Whether it be becoming extremely familiar with First Aid or doing USMLE Rx questions (leave UWorld for dedicated studying weeks). Don't completely rely on one resource but also don't spread yourself too thin. I guarantee most people who say FA isn't enough, nowhere near know that book front to back in its entirety. Don't be a jack of all trades, master of none. Try not to let UWORLD scores get you down (easier said than done) and try to develop test taking skill as opposed to "just knowing all the high yield stuff" as majority of the step IS NOT "high yield stuff".

Learn everything really well the first time around (term 1-4). First aid and uworld don't cover everything, and you won't have time to cover everything during dedicated study time. If you learned it right the first time you'll be way more likely to pick the correct answers on test. The test was hard and required critical thinking, not just memorization. Build your critical thinking

throughout medical school, ask yourself why for everything. Most importantly don't doubt yourself, the exam felt awful in the moment (it might even feel like you're failing) but it's just the nature of the questions. If you work hard you'll do well!! Don't doubt yourself!!

Start using first aid term 4 wish i had synthesized micro better in term 4

Outright commitment and dedication. Make a routine and stick to it.

Uworld questions twice around, all the uworld practice assessments, FA, and Pathoma a week or two before the exam.

Study hard your first two years. For example, there will be anatomy questions on test day that weren't covered in FA but you'll have to recall from term 1. Also, don't overload on resources or wait until your dedicated time to start a video series. The three best predictors of your score are how many questions you do, how early you start your prep, and basic science grades.

Annotating with DIT during 5th term (free time) and then taking the last 7 weeks to memorize FA and Uworld is enough

Do what works for you, don't be too strict on yourself, and don't compare yourself to anyone else.