

# USMLE Step 1 Survey

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## January 2017 Entering Class: took test in Spring 2019

### **The Numbers**

Responses: 56/67 (84%)

**USMLE Step 1 Score:  $244.1 \pm 2.8$**

WMPG:  $93.0\% \pm 0.5\%$

Average NBME practice test score:  $239.0 \pm 3.2$

Average BSCE 2:  $84.1\% \pm 1.4\%$

# weeks studied:  $8.2 \pm 0.5$  weeks

# hours studied per day:  $10.3 \pm 0.6$  weeks

# hours studied per day:

- 23.2% Felt not enough / 58.9% felt just enough / 17.9% felt too much

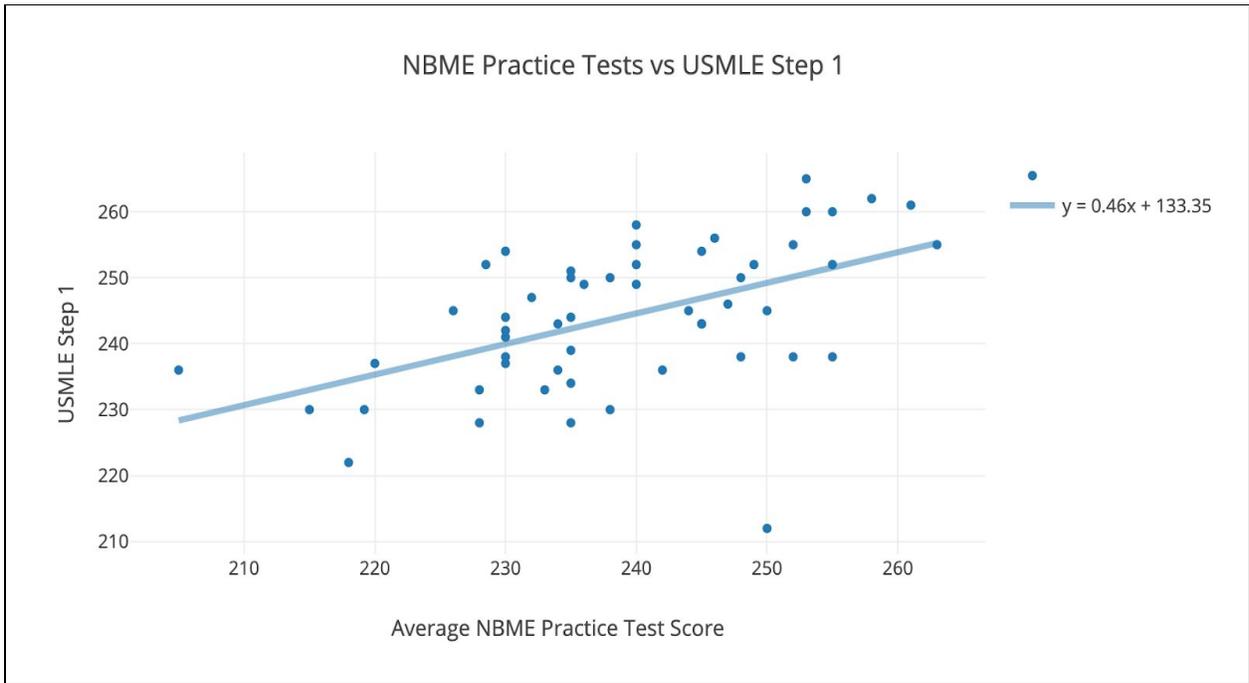
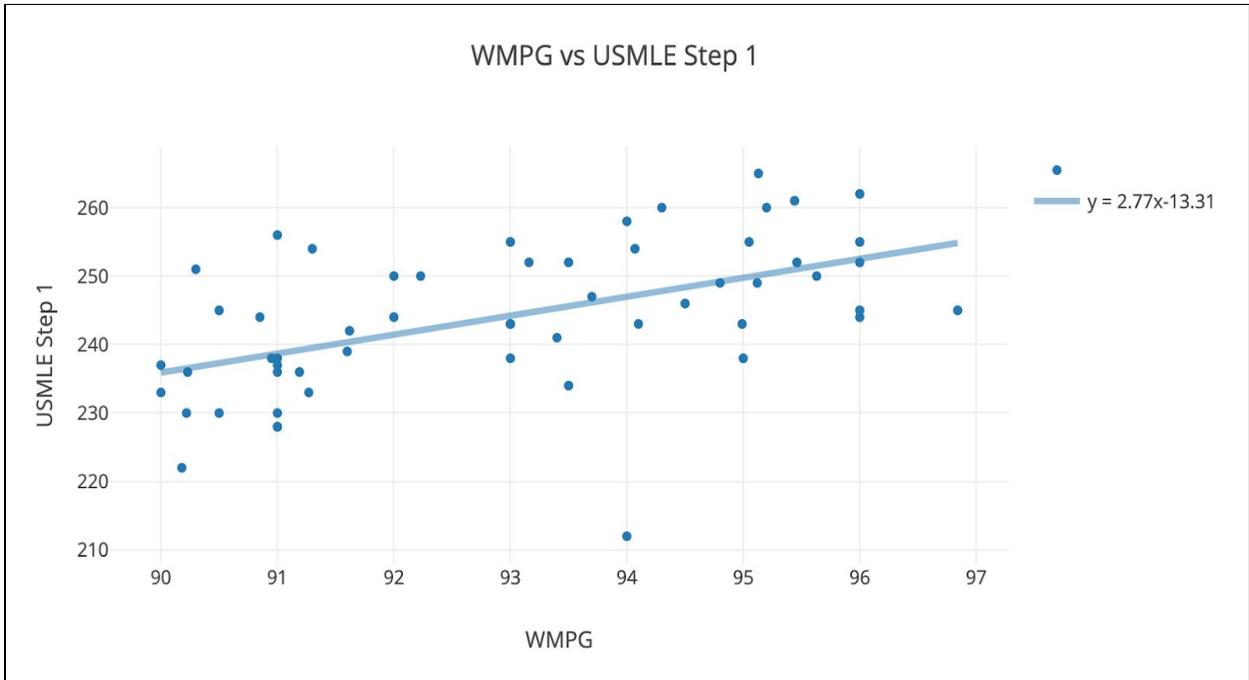
Studied with others during dedicated study period (outside of in-person courses):

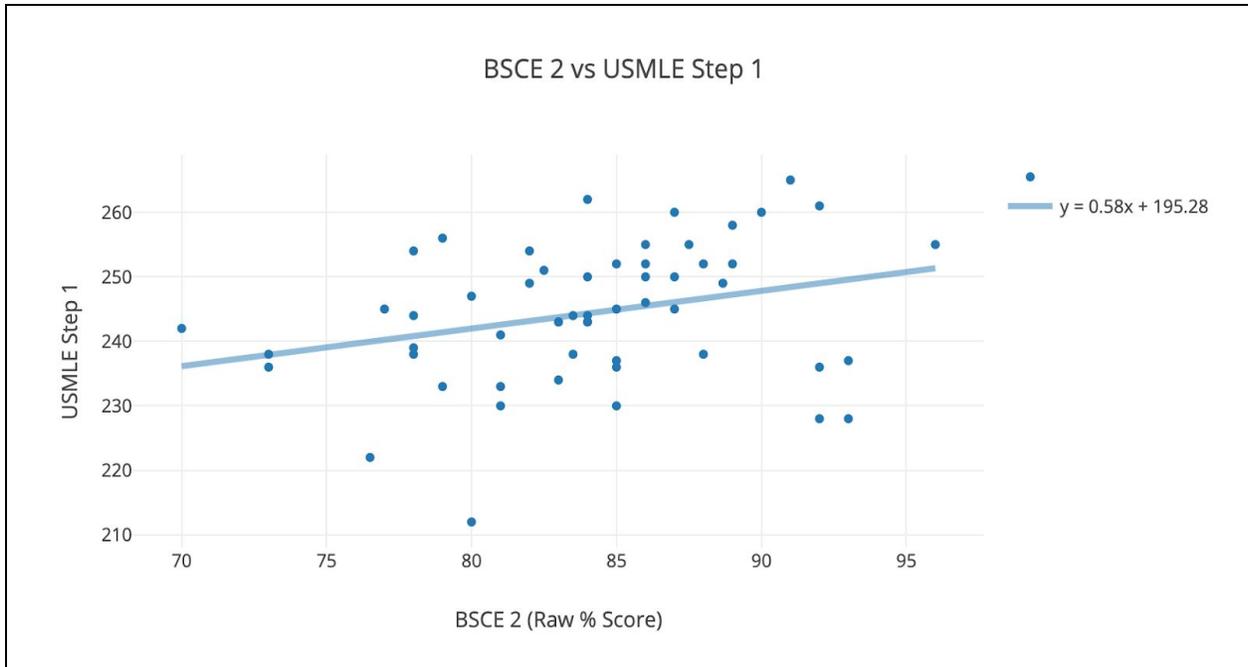
- Yes: 32.1%
- No: 67.9%

# hours/day studied with others (those who did):  $2.8 \pm 1.1$

Exclusive Step 1 studying during Term 5:

- 32.1% Not at all / 28.6% Infrequently / 25.0% Frequently/ 14.3% Significantly





## Resources

### Study Materials

- Percent of students who used resource in parentheses

	<b>Vital</b>	<b>Important</b>	<b>Somewhat Important</b>	<b>Unimportant</b>
<b>First Aid (98%)</b>	<b>82%</b>	15%	4%	
<b>Pathoma (64%)</b>	<b>39%</b>	36%	25%	
<b>Boards &amp; Beyond (61%)</b>	<b>47%</b>	42%	12%	
<b>Sketchy Micro (52%)</b>	<b>59%</b>	31%	7%	3%
<b>Sketchy Pharm (43%)</b>	<b>54%</b>	33%	13%	
<b>Goljan (29%)</b>	<b>38%</b>	25%	25%	13%
<b>SGU Lecture Notes (25%)</b>	14%	21%	<b>57%</b>	7%
<b>Osmosis (12.5%)</b>	14%	<b>57%</b>	29%	
<b>Anki: Brosencephalon (12.5%)</b>	<b>71%</b>	14%	14%	

<b>BRS (11%)</b>	<b>50%</b>	17%	33%	
<b>Firecracker (5%)</b>		66%	33%	
<b>DIT (4%)</b>	50%	50%		
<b>Kaplan Books/Videos (4%)</b>		50%	50%	
<b>Amboss (4%)</b>		50%	50%	

### Question Banks

- Percent of students who used resource in parentheses

	<b>Vital</b>	<b>Important</b>	<b>Somewhat Important</b>	<b>Unimportant</b>
<b>UWorld (100%)</b>	<b>95%</b>	4%	2%	
<b>USMLE-Rx (52%)</b>	17%	31%	<b>45%</b>	7%
<b>Kaplan (9%)</b>		20%	<b>80%</b>	
<b>Amboss (4%)</b>		50%	50%	
<b>Osmosis (2%)</b>			100%	

- **UWorld Stats**

- Average # questions done:  $3488.8 \pm 361.4$
- Average percentile rank:  $80.5 \pm 2.7$

### Practice Tests

- Percent of students who used resource in parentheses

	<b>Vital</b>	<b>Important</b>	<b>Somewhat Important</b>	<b>Unimportant</b>
<b>UWorld (100%)</b>	<b>68%</b>	20%	13%	
<b>NBME (94.6%)</b>	<b>59%</b>	30%	9%	2%

### Courses

**Did you complete any courses?**

- Yes: 20% (11 students)
- No: 80% (45 students)

Which courses (# of students who took course in brackets)? How useful?

	Vital	Very Important	Important	Somewhat Important	Unimportant
<b>The Institute of Medical Boards (Kansas City) [3]</b>		66%			33%
<b>Med School Tutors [3]</b>			66%	33%	
<b>Doctors in Training [2]</b>	50%	50%			
<b>Med School Gurus [1]</b>		100%			
<b>PASS Program [1]</b>			100%		

**Advice**

**Advice for Term 5**

Focus on getting through all of Boards & Beyond, and learning your course material. It will save you time during dedicated.

For the first exam, focus on SGU lecture slides. As long as you are confident you'll pass BSCE/CBSE and get off the island... transition to focusing on step as early as possible. Finishing an entire pass of uworld is so crucial. I am the type of person who remembers questions really well after exams, but there are 2500 uworld questions, you aren't going to remember all of them. My first pass uworld was 63%, second pass 80%. NAIL DOWN PHARM during term 5 (Favorite resource: sketchy pharm) so it doesn't need to be a big focus of step studying.

Spend time each day reviewing older material by using anki or just reading every night before bed. I feel that if you're doing well in terms 4/5 then you don't need to spend too much time specifically studying for step during the term. If you have a solid foundation going into dedicated, 6-8 weeks of practice tests and reviewing should be plenty.

As you do practice questions every morning, keep a log book of things you got wrong (bullet points work) and review it every single night.

First week I read and added notes to the entirety of first aid.

I did 2 blocks of uworld at 8am every morning and then reviewed answers.

The rest of my day was solely doing anki (zanki and lolnotacop decks) with breaks for lunch/gym.

There's also a deck for the rapid review section of first aid that I did a couple of times that helped.

Utilise your time wisely, don't procrastinate; study whenever you have time, no matter how little; covering one topic is better than none at all. Don't let the pressure get to you.

I did one pass of Uworld during step 5 which prepared me for BSCE 2, CBSE, and ultimately Step 1. I would suggest doing Uworld questions for whatever specific organ system/topic you are reviewing that week in pathophys, and that way you can put Uworld on random during your second pass during dedicated and not feel completely lost.

Do a little bit everyday! Every question or chapter read counts for long term retention.

1. Create a schedule and stick to it from day one. Do not let yourself get behind. I repeat, do not let yourself get behind. If you do not start cumulative review from the very first day of Term 5, you will find yourself scrambling for time that you don't have as BSCE and CBSE approach. You cannot possibly "cram" for these types of cumulative exams. And no matter what anyone tells you, scores do matter. There is a pretty solid linear correlation between BSCE > CBSE scores and initial Step 1 scores of SGU students (you'll see these graphs in your OCG II Talk with Dr. Madden). Please take them seriously. Please prepare appropriately, and please give these exams your all. Practice how you're going to play.

2. Complete one full pass of both UWorld and First Aid. These are the "gold standard" resources for dedicated Step prep, so you should certainly aim to get through them both in their entirety during Term 5. You should not be learning any new material after the completion of your organ systems courses. The remainder of the term will be review. Using these two resources will allow you to isolate your weak areas that will become the focus of your dedicated prep.

3. Use UWorld correctly. I completed blocks of 40 questions per day in tutor mode (untimed) by organ system following the pathophysiology curriculum. Of course, your term is set up differently, so this won't be an option for you, but you could still complete the Qbank in this way using your own schedule of organ systems. Since these questions are above all a learning

tool, I chose to learn in an orderly organ systems fashion reflective of my first year of medical school. If you have a different way of thinking, set up your UWorld blocks however works best for you. As long as you complete 40 questions per day (I sometimes did 80/day on days off school) you will finish the entire Qbank before CBSE. After you complete one block of UWorld, you must review the entire block (including corrects) as the explanations are a treasure trove of clinical pearls that will help you to answer both NBME and eventually USMLE questions. For all of my incorrects, I created an Anki deck with each card containing the one key piece of information that would have helped me get the question correct. This was not necessarily the same as the “bottom line” text at the bottom of the explanation – sometimes the key information that I missed had nothing to do with the actual answer to the question, but maybe a small fact I forgot that caused me to misunderstand the question, or some clinical clue that I had skimmed over. I would review this Anki deck every single morning after completing my question block and review. By memorizing all the facts that I had previously missed, I got many subsequent exam questions correct. Some prep resources call this method a “smart book,” implying that these factoids should be written down rather than typed into flashcards. However, I’m a huge fan of active vs. passive learning, and spaced repetition played a huge role in my proficiency by the end of Term 5.

4. Use First Aid correctly. Simply reading through FA is just not helpful. Many students believe that just because they read a section of FA, they should “know” the topic, but this couldn’t be farther from the truth. The answers seem obvious when they’re right in front of your face, but when you remove them and actually practice retrieving them from the depths of your brain, you figure out quickly that you may know less than you thought. Einstein once said, “If you can’t explain it simply, you don’t understand it well enough.” Enter my study group. We would get together for 3-4 hours every Saturday and Sunday to do a “read through” of First Aid, going page-by-page through the chapters, talking over each topic out loud with each other, questioning each other, looking up things that confused us, explaining difficult concepts to each other. Nothing makes you more aware of your strengths and weaknesses than having to explain them out loud in front of a group. We would begin each session with a 30-minute “Rapid Review” session in which we would quickly flip through as many USMLE-Rx flashcards as we could on memorization-heavy topics such as micro, biochem, and pharm in a round robin style. After this, we would move into our review topic for the day (see schedule posted above). If you’re strongly opposed to study groups, you could even do this on your own, or read aloud to your dog, boyfriend, stuffed animals, etc. I challenge you to make your complete pass through First Aid as active and engaging as possible, and see how much more information you’re able to retain.

Collaborate with your peers. Not only was my study group essential to my review of First Aid, but they were also my biggest motivators and support system throughout Term 5. It’s a difficult and very important term, and you’re going to need your people by your side struggling right

there with you. We would always sit together while studying before and after class, and just knowing that those two were also doing UWorld exams, watching Sketchy Pharm, making flashcards, etc. was both comforting and motivating. You can look across the table and ask a quick question if you need to, bring each other coffee, share a cool fact or study resource, and keep each other going through the long hours of studying. If you're more of a solo studier, just sitting in the study halls with others in your term may be enough for you. Any way you do it, find a way to stay connected.

6. Focus on your SGU coursework FIRST. This will really only apply during your first few weeks of Term 5 while you're still learning organ systems – once you start studying pathophysiology, most students in your term will go completely off book and only study from board review resources. Personally, I didn't look at a single pathophysiology slide all term and focused heavily on UWorld, FA, Boards & Beyond, Sketchy, etc. However, this makes some people very uncomfortable, so do what you feel is best for you. But while you're still learning new material in path, pharm and micro, make sure to utilize SGU lecture slides and study first and foremost for SGU exams, not Step 1. There will be plenty of time for this later.

Solidify basic knowledge and underlying mechanisms so when questions arise you don't know on step you're able to reason through the answer choices and narrow down

Study for step instead of studying for BSCE and CBSE. In doing that you will be studying for those 2 exams as well. Make sure you know what works for you by the time real dedicated begins.

Start studying for step 1 early. Within the first 4 weeks, start doing dedicated Step 1 study prep for at least 1-2 hours a day during the week and maybe 4 hours a day on the weekend.

Scored 260. My perspective: I studied SGU's notes and my own notes from the past 2 years, and focused on lectures. Additionally, the clinical lectures and rotations had assigned reading which I found incredibly useful. During this time I completed about 1/2 of the USMLE-Rx bank. My first practice NBME after finishing the term was 255, without UWorld, First Aid, or any other resource - I was set for step 1 before dedicated. My point is that SGU's lectures, and my pre-clinical experience there definitely prepared me. I think a lot of people tune out all of SGU's lectures - and sure, 1/4 are not "high yield", but I think it is a gamble to completely turn away from them. If you put in the time to take every imcq seriously, study everyday, and trust in SGU, you will do fine.

You don't need hundreds of resources to do well. Don't follow the crowd. Do what works for you.

Focus on term 5. You have to get off the island to take step! You are basically studying for step when you study for term 5. Study hard, take breaks when necessary, enjoy your last few months on the island.

Definitely do boards and beyond
Pay attention to pathology and pathophys and pharm
Keep doing what you're doing for the most part. You did well to get to this point don't change the routine too much based on these surveys.
Do your own thing and study sgu stuff enough to pass but stick to other resources to get prepared for dedicated
Do 40 UWorld questions per day in the beginning of the term, even if you're getting them all wrong. As you're studying for BCSE do 80 per day.
Study UFAP, Boards and beyond throughout the term. Hit Uworld hard. I would probably have used Anki during Term 5 to improve my step score
Start Uworld in term 5 and use term 5 as first revision of all the material
Start getting your head around the step during term 5. Start planning, make a schedule and start using boards and beyond during term 5. It'll make things a lot easier
Get through uworld once during term 5
Take the pharm labs seriously!
Studying for term 5 will prep you for Step. BSCE/CBSE has no great prep strategy so I simply went through FA and did the Rx questions assigned.
Start studying for Step 1 the first day of term 5.
There are no magical resources that will make you do well on BSCE, CBSE, and Step 1. It's all on you and how you best utilize these resources and efficiently use your time. Find what is best for your learning style. Do NOT do what people around you are doing just because you think they're performing better than you. What works for them may not work for you and vice-versa. You've gotta figure out for yourself which resources are best for you and focus only on those. Resource overload is real and don't fall into that trap.
Pharm and pathophys is important. Don't neglect lectures for BSCE 2/Step 1 studying.
Study
Get one pass through First Aid and Pathoma as they help with BSCE and NBME final exam
Study for Step 1 during Term 5, you have plenty of time. Learn Pharm well and don't skimp during Term 5, makes dedicated much easier.
Focus on term 5 and begin organizing your step resources. Pick one question bank and try to finish it by the end of the term
Take the pathophys course seriously. It is very important to go through all of path and biochem again before doing a dedicated step prep.

Solidify any difficult topics you're not comfortable with because step 1 studying isn't for learning, it's for reviewing and mastering topics you should already mostly understand
Focus on your weaknesses, don't worry about step prep or Uworld yet
You don't know what you don't know, until you don't know it. That means do questions to evaluate yourself and stop studying the easy stuff.
Do as many questions as possible. Do all the lecture material by the end of the term.
Take the pharm labs seriously!
Study smart. You don't need to focus on only one thing. Spread out resources early on so you have widen your scope of knowledge before it's too late.
Remember that the school exams are written by the faculty. Studying outside content is unlikely to help with those exams. Cumulative exams are basic concept heavy so try not to get too distracted by too many small details or concepts. Broader understanding and problem solving will get you more points in the long run.
Start dedicated studying ASAP
Know the material then group study. The group study is to make correlates, correlates are gold

### Advice for Step 1

UFAP BaBy (UWorld / First-aid/Anki / Pathoma / Boards & Beyond)
Pick a video set you like and schedule your videos. Make a daily schedule by hour blocks. Uworld, Boards and beyond cannot be skipped. Do all the NBME's. take uworld 1/2 the same day to test your stamina.
It's a marathon. You will get tired and have to re-read things towards the end. If I could go back and use a bit more break time to just sit quietly and have a snack/drink, I would have. Don't eat a large meal at any point during the test. I would go through the 40 question block and answer all the questions while marking the ones I wasn't confident with and then go over EVERY question again a second time. Some people say to not second guess yourself, but I've found that it's pretty likely that you might have missed something the first time around that completely changes your answer. Time goes by quick during tough blocks so keep an eye on it.
Start studying early, don't wait till dedicated. Try to go through everything before term 5 is over. Use dedicated study time to go through weak areas, do questions and work on exam technique.
I used only a few resources but used them well. Also, I used anki during step study and did way

less reading from first aid. I really believe the more active recall you are doing, whether it is with anki or firecracker, the better you are going to do on step.

Break it down into sections and keep an organized schedule.

Try studying for Step 1 during Term 5 by doing UW questions and trying to memorize First Aid as much as possible. As difficult as it may seem with all the stress of Term 5, it will definitely make dedicated Step 1 studying much easier if you already have a good understanding of the material so that you can focus on mastering the questions.

1. Schedule: The most important thing you can do is make a schedule and stick to it. This process is different for everyone. I personally set mine up with a block of UWorld in the morning, topic review after that until lunch, and then repeat this sequence after lunch. I scheduled in time for meals, exercise, Netflix, sleep, etc. Basically every minute of my day was scheduled and it helped keep me on task. If that doesn't sound like something you'd like to do/are capable of doing, there are plenty of services that will do it for you.

2. UWorld blocks: I believe that you should do your blocks by organ system in tutor mode TWICE. Let me explain my reasoning – I finished UWorld the first time during Term 5 doing the blocks this way in accordance with the old pathophysiology/BSFCR schedule. These questions are meant to be used as a learning tool, NEVER as an assessment tool. UWorld is pretty much a textbook disguised as a question bank, so I treated them as such, reading through every explanation and answer choice and annotating First Aid with important points. During my second round of UWorld during dedicated, I started off doing blocks of 40 (oh yeah, always do blocks of 40 for maximum test simulation) in timed random mode, but my awesome mentor pointed out that this way of doing questions is very “all over the place” and the approach is too scattered to consolidate information. Remember, it's not an assessment tool – that's what NBMEs are for. UWorld is also not a tool to improve your timing on questions. Believe it or not, that's one thing SGU actually prepared us incredibly well for. We've been answering questions in 72 seconds on every exam since Term 1, but you actually have 92 seconds per question on Step 1, so chances are you'll be finishing blocks with plenty of extra time left (which rolls into your break time bank btw). Also, I had time during dedicated to go through my incorrects one more time, so I completed 2.5 passes of UWorld, which is highly recommended by pretty much any source you read. You don't need a second Qbank. TL;DR: Use UWorld as a textbook, not as a practice exam. Learn from the questions, take your time, and keep it organized.

3. NBMEs: USE ALL OF THEM. Seriously, do them all. Take an exam each week and see how your scores steadily improve (hopefully!). You may not see huge increases at first, but you shouldn't expect a 20 point jump in the first week. The best measure is the difference between your first “baseline” score and your last score. Don't be disheartened by people who say things like “Form 18 is the most predictive,” etc. Everyone thinks the one closest to their actual exam score is the most predictive, so if I got a 236 on Form 18 and I got a 238 on the actual exam, I'd

probably say the same thing. But it's different for every student, so don't believe the hype. They are all incredibly helpful for simulating the actual exam timing-wise, especially if you add on two blocks of additional questions at the end to total 280 questions (I used USMLE-Rx for this so as not to "burn" UWorld questions). Although your breaks will be slightly different since NBMEs are structured with 4 blocks of 50 questions instead of 5 blocks of 40 for some reason, it will give you a chance to see how many questions you can do before tiring out, needing food or a bathroom break, etc. I took one exam every week on the day that my actual exam would be, the last three being full length exams with two blocks of Rx added in to make it a real full-length assessment, so by the time I was about to take Step 1, I had already sat through three exams of that length before, so there were no surprises whatsoever.

4. Resources: Tried and true never fails: UFAP. UWorld, First Aid, Pathoma. I even stopped using Pathoma pretty early on because the videos took too long and I had already watched them all in Term 4. I occasionally watched Sketchy videos that I had forgotten but I stopped watching videos altogether because I deemed it a waste of my time. Believe me when I say this, you won't have time for anything other than UWorld and First Aid if you go through those two things correctly (and NBMEs of course). I saw many questions on the exam that I knew because of those two resources alone. Sketchy didn't help me answer a single question, and I was a Sketchy fiend during Term 4 and 5. If you use more than those 2-3 resources, you will get overwhelmed and your studying will not be as effective as it should be. Goljan audio lectures are good to listen to in the car if you have a commute, but absolutely not necessary to succeed.

5. How long to study: I spent a solid 8 weeks of dedicated and it honestly felt like way too long for me. I feel like I could have taken the exam after 7 weeks, or possibly even 6. I don't think my learning went downhill after 6-7 weeks, but I definitely plateaued. Pulling 60+ hour weeks of studying for one exam is incredibly draining, and you'll be feeling very ready to be done by the time 6 weeks rolls around. August classes have a bit less time anyway, so 6-7 weeks is probably a realistic goal.

6. Hours per day: This depends on your goals and how long you can focus. I believe in quality over quantity, so I generally studied for 8-9 hours per day, occasionally pushing it to 10 if I was on a roll or something. You will not be able to sustain 12 hour study days for 6-8 weeks, at least not 12 hours of quality study time.

7. Dealing with distractions: I went on a Step "studycation" because I knew that if I stayed home, I would be endlessly tempted by friends, family, work, etc. and I wanted to stay as focused and disciplined as possible. It was an amazing experience and I'd highly recommend. As for your phone, put it on do not disturb mode/silent and in your backpack except for meal breaks. Simple as that. Use apps like Forest to discourage you from touching it. I also put Instagram and Facebook on the very last page of my phone menu under a folder labeled "DISTRACTIONS" and turned off notifications for both apps, which worked so well that I don't check them nearly as much as I used to even now that dedicated is over.

8. Prep programs: If you are the type of person who can write your own schedule and stick to it, I would say you don't need a program. The general rule quoted by the OCG team is that if your WMPG is > 85%, chances are you do not need a program academically, but could certainly benefit from one if you think that you need help with scheduling, staying on task, etc. There are also varying degrees of program intensity, ranging from DIT video-only to the IOMB "Kansas City" intensive program. If your WMPG is < 80%, I would definitely consider a program.

9. Days off: I definitely wouldn't recommend taking full days off, as you'll lose all that studying momentum you've built up and it'll be really painful to get back into it the next day. But if not full days, absolutely schedule some off time. Friday nights after our NBMEs were nights that we would always go out to dinner, have a drink and relax (jk we mostly just talked about the exam but what else is there to talk about during dedicated?). We wouldn't review the entire NBME until the following day. Sundays were half days where we studied until noon and then had the entire rest of the day to run errands, grab groceries, meal prep, do laundry.

10. Self care: Schedule it. You literally have to schedule time to eat, sleep and breathe. Exercise is so important to keep up during Step prep, especially if you're used to doing it, and you will feel so much better if you keep your body physically active! You'll have a better mood and less fatigue, which are absolutely crucial to your success. I woke up at 0500 every day to do a short home workout, stretch and meditate before starting my day, and I made sure to include that when I was making my schedule because that's important to me. If things like exercise, worship, etc. are important to you, absolutely don't stop doing them during Step prep or you'll lose your mind!

Don't overdo resources just focus on a few you find important and cover them well.

Hard work will be rewarded so stick to it.

First Aid is the bible. Once you have a good foundation with First Aid, only then can you start to incorporate everything else from UWorld, lectures, Sketchy. Definitely use First Aid to incorporate answers from UWorld. UWorld has amazing charts, graphs, and flowcharts that help organize the information, however I recommend using it more for learning how to answer questions that you have no idea where to start.

Take a break when you need it, it's a marathon not a sprint

Resources: Uworld, First Aid, Wikipedia and Robbins. Glanced at Ninja charts for pharm, and Dirty USMLE for topics I had trouble in - that guy is great. Bought and took NBME's to evaluate. Used the "free 120" about 2 days out. I love wikipedia, and just getting lost on there digging into microbio history, explanations of surgeries, or different types of fevers was really helpful. The only B&B I used was the eye lecture, and the rule of 4's lecture. Netted me 1 question on the real deal.

Podcasts: Sawbones is entertaining medical history which brings life and context to many

relevant topics we studied. The Peter Attia Drive is a great podcast where an MD talks with a guest researcher about the state of clinical medicine in the level of depth that we need for step 1. Highly recommend if you want to take a walk and listen to a brain expert and neurosurgeon discuss the finer points of alzheimer's medications, pathology, incidence, and molecular mechanisms. Also really helped me understand the practical use of all the biostats.

Method: 80 Uworld Q's per day, timed, 40q blocks, no tutor, all subjects, randomized - If the Uworld explanation didn't cut it, I used Wikipedia. Reviewed whole blocks with a notebook, drawing pictures, flowcharts, lists, etc. to keep my mind engaged - filled 2 spiral-bound notebooks. Just did 1 pass. Then, 2 weeks out, I flipped through First Aid to review everything. Read the first 3 chapters of Robbins 3 days out. That's actually all.

Tips: Don't overdo it. I should have taken the exam after 4 weeks or so, when my nbme's were good to go. UWorld IS ENOUGH (if you read every explanation, correct and incorrect - I heard some people were being advised to not review questions they got right. Don't be ridiculous, review all 40 Q's, read every answer choice, every block. Good luck, you've got this.

Don't be scared to change up what you are doing. If what you are doing isn't working, try something new.

Study with a partner! They will help keep you on track and keep you grounded (and be there for you when you start feeling like you're not progressing). Take weekly NBMEs/UWSAs, even if you don't feel ready. Review them in detail and learn from them. Get an air bnb or rent a place so you can study without distractions. Actual score 1 point away from my highest NBME. UWSA over-predicted for me. Try to get through Uworld twice, but don't worry if you can't. I was only able to get through it 1.5 times.

Uworld all the way

Focus on weak areas. Do not delay your test

I wouldn't take that much time during dedicated to study. I felt like 8 weeks was too long if you also prepared during term 5.

Assess yourself honestly and often and then adjust your study plan accordingly

Create a schedule with 3-4 topics a week. The week before your test, do a quick review of your poorer subjects with 1-2 topics a day. DO AS MANY QUESTIONS AS YOU CAN.

Study UFAP, Boards and beyond, Reset Uworld do it again. step dedicated between 6-8 weeks should be detail once you went hard in T5 studying these outside resources.

Do multiple passes in Uworld and know first aid

Keep pushing. Studying for the step is exhausting. There will be days that will have you thinking

like it's not possible. Keep your head high, stick to your schedule and set your goals. You can do it!!!!!!!

Plan ahead, same schedule every day. 3 timed uworld blocks per day no matter what

Start U world early. Every question you miss put a brief summary of the answer in a notebook. Then review that notebook

UWorld + FA + nbme, repeat. HY info from Pathoma

Don't take the exam if you don't feel ready. Don't let your nerves get the best of you. Make sure you take time off during dedicated studying so you don't burn yourself out.

Use UWorld as a learning tool and use NBME exams as assessment tools. Take an NBME exam every week to monitor your progress. Do not judge your progress based on your UWorld percentages/percentiles. Try your best to be active as possible, such as doing practice questions, not just reading or even watching videos. You should have built your foundation during Terms 1-5. Now you're applying and solidifying that foundation with practice questions. Make sure you get enough sleep and take regular breaks to prevent burn out. Best of luck!

UWorld-Dissect the wrong answers.

Study really hard with a schedule

Start with UWORLD as soon as possible. Do not delay the questions because you have not read a First Aid chapter yet.

Use Sketchy if it suits your learning style, made micro and pharm much more fun. Start using first aid since day 1 in term 1 and annotate the crap out of it. Don't save it. More questions you do is better in preparation. Don't doubt yourself, no one ever feels prepared for the exam. Use the data from your practice tests to make an informed, evidence-based decision to take your exam.

Use the resources you picked in term 5 and stick to them. Find a study partner, if only to keep you accountable. Make sure to give yourself breaks to rest. Exercise, eat healthy, and sleep well.

Relax and give yourself some time to rest. Mental breaks are very important in order to study efficiently.

Do as many practice questions as possible and don't second guess yourself

Make a flexible schedule and don't worry about what everyone else is doing

Don't forget to take time for yourself while studying... Running yourself ragged won't get you more points

Don't wait to long, do a lot of questions.

Start U world early. Every question you miss put a brief summary of the answer in a notebook.

Then review that notebook

Do questions. Do questions again. Read and annotate. Questions were the most helpful and studying a lot of hours isn't necessary if you are efficient and don't need to listen to others, or let them influence you too much as everyone's different.

I recommend putting yourself in a situation that is conducive to studying a lot. Perhaps consider taking a program or not returning home if you will otherwise be distracted at all. Be prepared for some serious discomfort during your dedicated prep time as this will likely be the most monotonous and frustrating of your time in med school yet. Aside from that, by now you should know what your weakest subjects are and if you don't you will soon. For me it was pharm/micro/immuno. I had dedicated 1-2 hour study blocks for each of those subjects every day before I started with Uworld questions. If a topic came up to par I would back off the dedicated study and sub in whatever other topic had lower scores in Uworld. Finally be aware of the time you're spending and avoid wasting it. For example if you are normally crushing cardio but today your in a low percentile, take a moment to think about if you're using your time wisely. There is no real point to wasting perfectly good questions if your brain is fried and you won't learn anything. Sometimes you just need to take a break. It will be over before you know it. Good luck!

Do not take Kansas city program

High yield actually means high yield. 90% of the questions are on things you would have seen as the obvious choice. Overthinking is just as bad as under studying...worse actually cause you gave it your all. Confidence in the exam, go with you gut from the start, after 8 hours that's all you've got.

Schedule appropriately and stick to it