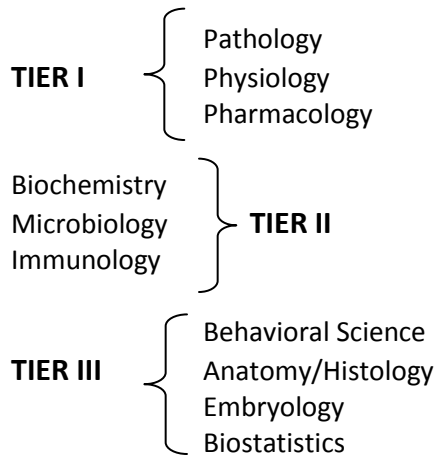


Preparing for the USMLE Step 1

Description of the Exam

- Assesses basic science mechanisms and principles.
- Contains 336 items, divided into seven 60-minute blocks, with 48 items in each block.
- Consists of multiple-choice questions with **one best answer**.
 - Includes no more than 5 multiple-choice items with associated audio and/or video clips.
- Often tests basic medical science concepts in the form of clinical vignettes.

High Yield Subjects (in order of suggested importance)



High Yield Systems (Kelly, 2003)

Cardiovascular
CNS/PNS
Renal/Urinary
Gastrointestinal
Endocrine

Comprehensive High Yield Books

- First Aid for the USMLE Step 1
 - First Aid for the USMLE Step 1 is an excellent template (Loeser & Papadakis, 2008).
- Step-Up, A High-Yield, Systems-Based Review for the USMLE Step 1
- Blackwell's Underground Clinical Vignettes

(Select resources that adhere to your learning style and study techniques)

Single Topical Resources

- Physiology BRS (Costanzo – Cases and Problems)
- Pathology BRS (Schneider), Rapid Review Path (Goljan), Robbins Review
- Pharmacology Lippincott, BRS, Rapid Review, or High yield
- Biochemistry Lippincott, BRS, or High yield
- Microbiology Clinical Microbiology Made Ridiculously Simple

- Micro & Immunology Lange (Levinson) Review
- Behavioral Science BRS or High yield
- Anatomy, Embryology,
and Neuroanatomy High yield series

(Larson, 2006; Tetreault, 2008; Trietley, 2008)

Board Study Plan Suggestions (Spring semester prior to the intense three to six week study period)

- Read through First Aid for Step 1 in its entirety and set it up for additional review during the intense study period.
- Study biochemistry or microbiology or pharmacology during the majority of the time or do a combination of two of those content areas.
- Go through the nine editions of Blackwell's Underground Clinical Vignettes.

(Tetreault, 2008)

Creating a Study Schedule

- Define your goal.
 - Develop a realistic study schedule (3-6 weeks).
 - Choose an approach that works best for you.
- **Sample schedules are attached****

Reducing Stress

- Your advance preparation will help to decrease test anxiety.
- Remember, each class you attend is preparing you to take this exam.
- Organizing and integrating your knowledge will enable you to review the material you already know in an effective and efficient manner.