

**AMA and AEC USMLE Step 1 Student Panel—February 22, 2010**  
**AMA Student Study Strategies**

**Nicole Dominiak, MS3**

1. General advice about Step 1:
  - a. Rule #1: **DON'T FREAK OUT!** Yes this test is big, and yes it's important, but in reality it's not that different than what you've been doing for the past two years. Everything you have gone through, minded you learned the material, has completely prepared you for this test. You will be amazed at what comes back to you when you sit down and go back over all this stuff. Also, don't think you can just copy someone else's approach and have it work for you. You know how you study best, don't change all that for this test. Take what everyone has to say and formulate your own plan which plays up your study strengths. Don't listen to what your classmates are doing, or where they are in their schedules. Focus on yourself and what you're doing.
2. How did you approach this exam?
  - a. I approached this exam like any other exam we've had, just bigger. I planned everything out in advance; set up a study schedule for the five weeks I gave myself. I set aside time for each section and each subject based on how large it was and how well I felt I knew the material already. Then I took it day by day. I wasn't afraid to tweak my schedule based on what happened during that time. If I felt I didn't know something very well, I spent more time on it; if I felt like I didn't need as much time on another subject, I didn't spend more time on it. And if I felt like I needed a break, I took one. I tried to make sure to never get burnt out because I knew I wouldn't be any good to myself that way. So set yourself up with a sturdy guideline, but don't be so rigid that you can't adapt it for what you need.
3. Did you use a subject review or a systems-based approach, and how well did that prepare you?
  - a. I used both. I used a subject review for biochem, general anatomy, I&I, genetics, behavioral science; and then I used a systems-based approach for the rest. I found that this approach worked really well for me. Using the systems-based approach was great because it was just like going through organ systems again. And you're really familiar with that format already. And there's really no other way to go through the others than just doing the entire subject at once.
4. Did you form study groups, how did you go about forming them, and how effective were they?
  - a. I never studied in a group. I've found that it's not the best format for me. A couple times I got together with a single friend and just went over stuff like drugs and such; things that were easy to quiz on.
5. What books were essential for preparing for this exam?
  - a. First Aid of course; it's kind of like your Step 1 bible. I also used BRS Pathology and Physiology. I used these to clarify any concepts I wasn't quite sure of and as something to just read through when my brain got tired.
6. What other books did you use?
  - a. Those were really about it. I've never been a huge text book kind of student.
7. What review courses did you use? Did you use your notes from 1<sup>st</sup> and 2<sup>nd</sup> year?
  - a. No real review courses. I did attend the PASS program which had some good points.
  - b. Yes I did use my notes, mainly second year ones. These are primarily what I annotated from into my First Aid. I went through these with First Aid to help me weed out what was important from the notes and what wasn't so high yield. But there are some great tid-bits of information in the notes which come in handy.
8. Do you have any recommendations or general comments about Question Banks? How useful were they in your studies? Which ones did you use?
  - a. I got both the Kaplan Q-bank and USMLEWorld. World was much more useful I found. The questions were hard, which was good. And the explanations were much better. I

only got World for one month, which for me was plenty. I found doing questions to be really helpful.

9. How early did you begin studying? How early did you REALLY begin to study? Would you go back and change that if you could?
  - a. Technically, I had been studying all year. Paying attention and doing the work during Organ Systems is a huge part of studying. Actually learning the concepts the first time is a huge help when you go through them the second time. So I suggest really paying attention and putting in the effort during the year.
  - b. I actually really started studying the Monday after the PASS program. I spent about 5 weeks preparing with two days off for a wedding.
  - c. If I were to go back, I might actually have taken the test the week before I scheduled it. Other than that, I gave myself plenty of time.
10. How long did you prepare for?
  - a. I planned to study for 5 weeks with 2 days off for a wedding.
11. What was your everyday schedule like once you really began to study? How did you prevent burnout?
  - a. I would wake up around 8/8:30 and eat something. Then I'd do a set of World questions and read through the explanations. Then I'd start on my topic of the morning and work until I was hungry. Then I'd eat lunch and maybe watch a little TV while I ate to give my brain a break. Then I'd either go back to that subject or move on to the next if I had finished. I'd work until dinner. Then I'd do one more set of World questions to end my day. I'd end somewhere between 6:30-8 everyday, depending on how quickly I got through everything. (Some days I had more of an attention span so I would work until I got tired, and others I found that I couldn't concentrate very well so I'd stop early.)
  - b. To prevent burnout I made sure I had some down time every night, especially before I went to bed. I also didn't stop doing things with my friends completely. They are a nice breath of fresh air, especially those who aren't taking Step 1. Spend time with your family, if you can, they can be very grounding and supportive. But make sure to take time for you; whatever you love to do make sure you still do it.
12. How did you plan your schedule?
  - a. I learn the best going through things multiple times, so that's what I did. I blocked out times for each subject, but ran through the material as many times as I could within the allotted time. Sometimes I found I needed more time than I budgeted and other times I needed less. So I spent more time if I thought I needed to and less time if I was comfortable with the material. Be flexible. Go with your gut on how well you think you know the material.
13. How many days did you dedicate to each subject? What was the breakdown?
  - a. That's going to be so variable based on what your strengths and weaknesses are. Focus mainly on the organ systems stuff, that's most of the exam. Go through everything at least once. Figure out what you're comfortable with and maybe plan to skim through that again quickly a couple days before the exam. What you are having trouble with is stuff you should spend more time on. You should review these things multiple times.
14. What did you do a week before the exam? Few days before? Night before?
  - a. The week before I took practice exams, did a lot of questions, and reviewed.
  - b. The last few days were mainly questions and skimming through First Aid as review.
  - c. The day before was only questions. And I didn't do anything the night before to give my brain a rest.
15. How did you deal with difficult questions? Thoughts on changing your answer?
  - a. Work through them as best you can at the time. Dwindle down the answers and go with your gut. Flag it and come back to it if you have time.
  - b. There were times I changed my answer for the better, and times I changed it for the worse. You know your habits. But unless you're really sure it's wrong I wouldn't change it.

16. How did you avoid fatigue? When did you take your breaks during the exam?
- I tend to be a fairly quick test-taker and can sit for prolonged periods of time without a problem. I know I skipped the tutorial (you can go through it all online), which gave me more break time. I think I took a break every two blocks, just five minutes to go to the bathroom or walk around. And I made myself take 20-25 minutes for lunch. By that time, I just wanted to finish.
17. What was your strategy at reading and answering the question in the allotted time/dissecting a question stem?
- I tried to hone in on what they were asking in the first couple sentences. But don't neglect the rest of the question just because you have an idea of what they want, you might miss something important. Don't dissect the labs, that takes too much time. They're there to support what's in the question, not give you the answer. Do read quickly though.
18. If you had to redo it all over again, what would you do differently, and what would you keep the same?
- The only thing I would do differently is maybe move my test up a week. I feel like I peaked the Friday before I took it. Everything else was right on for me.
19. Closing remarks?
- Again, **DON'T FREAK OUT!** It's just a test, like all the others you've taken, just longer. Focus on you and what you're doing, not what everyone else is doing. Make a schedule to guide you, and keep you on track, but don't be afraid to be flexible and make alterations. During the test, know what you know and what you don't know. There **WILL** be questions you don't know. Deal with them and move on; don't dwell on them. Don't forget to give yourself some breaks while studying otherwise you'll go crazy.
20. Please fill out the following 2010 2-month schedule based on your study recommendations and test date:

This is five weeks of studying with two days off. I think I was able to cover everything twice between scheduled days and review days. But I work fast and like to go over things quickly multiple times.

**MAY**

SUN	MON	TUES	WED	THUR	FRI	SAT
		OS EXAM 6	PASS/ Light Review	PASS/ Light Review	PASS/ Light Review	1
2	3 Cardio Phys	4 Cardio Phys/Cardio Path	5 Cardio Path/Renal Phys	6 Renal Phys/Renal Path	7 Renal Path/Heme	8 GI
9 Neuro/ Musculo	10 Neuro/ Musculo	11 Psych	12 Micro	13 Micro	14 Micro	15 Immuno
16 Immuno	17 NBME Practice Test/ Review	18 Resp Phys	19 Resp Path	20 Repro	21 Endocrine	22 OFF

23 OFF	24 Cardio Review/ Renal Review/ Resp Review	25 Embryo/Anat/ Basic Path and Pharm (FA)	26 Behavioral/ Stats/Ethics/ Genetic Disorders	27 Biochem	28 NBME Practice Test/Review	29 Review
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### JUNE

SUN	MON	TUES	WED	THUR	FRI	SAT
30 Review	31 NBME Practice Test/Review	1 Review	2 Review	3 Questions Only	4 <b>TEST</b>	5

### Jeremy Stoller, MS3

1. General advice about Step 1
  - a. Don't necessarily study for it during the school year. Just study your given material really well and use First Aid to complement what you're learning in class. Annotating First Aid isn't all that necessary.
2. How did you approach this exam?
  - a. The most I thought about it was to make a general schedule and when to take the test. That's it.
3. Did you use a subject review or a systems-based approach, and how well did that prepare you?
  - a. First Aid for the first two weeks generally speaking. Then USMLE World question bank for the last four. Occasionally I would go back and study the biochem section from First Aid and all the drugs in the pharm sections. For World questions, I always did 48 question sets, completely random (including all subjects), all new questions, and timed. This got me used to the exam and since I have ADD I didn't get bored studying just one subject all day long. Nothing else.
4. Did you form study groups, how did you go about forming them, and how effective were they?
  - a. No.
5. What books were essential for preparing for this exam?
  - a. First Aid and USMLE world questions
6. What other books did you use?
  - a. none
7. What review courses did you use? Did you use your notes from 1st and 2nd year?
  - a. No courses. Did not use notes from 1st and 2nd year to study.
8. Do you have any recommendations or general comments about Question Banks? How useful were they in your studies? Which ones did you use?
  - a. USMLE World is absolutely awesome.
9. How early did you begin studying? How early did you REALLY begin to study? Would you go back and change that if you could?
  - a. Class ended on a Tuesday. I took the rest of the week off. On the following Monday, I took that NBME practice test thing that is only 4 hours long. Then I studied. I probably studied around 8 hours max a day while reading First Aid, then when doing questions I would just do as many 48 question sets a day. This was usually 4-5 on some days and 3 on others: you do the questions and then go through the answers. I'm slow. Two weeks I maybe put in 2-3 10 hour days. On average, though, 6-8 realistically. By week four I peaked. The last two weeks I studied 4-6 hours a day because my brain was fried. The most I studied on the weekends was just 4-6 hours on an occasional Saturday and that's it. I took most weekends off because my brain was fried. I would study shorter if I could change anything. Probably 5 weeks max.
10. How long did you prepare for?
  - a. Around 6 weeks

11. What was your everyday schedule like once you really began to study? How did you prevent burnout?
  - a. See question 9. I prevented burn out by simply not studying. If I was burned out, I didn't study. Pretty simple. This translated into not studying on the weekends all that much.
12. How did you plan your schedule?
  - a. Go through First Aid in the first Two Weeks, then World the last four. In reality, I mixed this up a bit. During the first two weeks if I was bored with First Aid, I did questions. So it took about 2 and a half weeks to get through First Aid. Also if I was burned out with questions I would go back and look at organ systems sections in First Aid. The last week I studied the Biochem section again and all the drugs in the organ systems sections along with some questions.
13. How many days did you dedicate to each subject? What was the breakdown?
  - a. See above
14. What did you do a week before the exam? Few days before? Night before?
  - a. Week before – studied. Week of – maybe studied 4 hours on M,T,W...just things I wanted to touch up on. Maybe 2 hours or less the day before .
15. How did you deal with difficult questions? Thoughts on changing your answer?
  - a. Read the last sentence first which usually has the actual question in it, then read the body of the question if you have to. If I have to think too long, pick an answer, mark it, then just move on and come back if I have time. Otherwise, just pick an answer and move on.
16. How did you avoid fatigue? When did you take your breaks during the exam?
  - a. I think I did 2 question sets, took a bathroom break, did 2 more, then about an hour lunch break, then 2 sets, took a comfortable break, then my last set.
17. What was your strategy at reading and answering the question in the allotted time/dissecting a question stem?
  - a. See question 15
18. If you had to redo it all over again, what would you do differently, and what would you keep the same?
  - a. Keep everything the same, except do it in 5 weeks instead of 6
19. Closing remarks?
  - a. Find your own study methods. Mine won't work for everyone, as you know.
20. Please fill out the following 2010 2-month schedule based on your study recommendations and test date:

OS Exam 6 on April 27th, break until May 2nd. Start First Aid May 3rd...mix in questions here and there. Begin World Questions hardcore the 15th, 16th, or 17th...mix in First Aid if necessary. Take Test June 7, 8, or 9

### **Kristen Noon, MS3**

1. General advice about Step 1
 

First and foremost, DO NOT FREAK OUT! Whether you know it yet or not, you have been well prepared to take Step 1 over the past two years. Dr. Rosenberg, Dr. Gohara, and the rest of the second year crew are experts. Trust that their guidance and your countless hours of hard work are going to get you through this.

Also, the most important thing that you can do is to take care of yourself. Make sure to slot time for exercise, healthy meals, down time with friends or family, and sleep. Studying for this test is a marathon and you need to make it to the finish line.
2. How did you approach this exam?
 

Like many of you, this exam was in my head all of second year. I continually agonized over studying for "boards vs class". Finally, I decided to go with what seemed most logical to me. As the major majority of the exam is second year material, I did not go back to biochem, anatomy, etc during the actual school year. Organ systems is gold- learn it, be able to use it in

conversation, know it so well that when you're 90 with Alzheimer's you can still tell people what type of anemia they have based on their MCV.

If you have really learned the second year material well, the six weeks of devoted "boards studying" will not be as painful as you have imagined. You will have time to go back and hit the most important biochem or neuro facts and you will be reviewing rather than learning organ systems.

3. Did you use a subject review or a systems-based approach, and how well did that prepare you?  
I utilized both. I went through the subjects sequentially (i.e. biochem then anatomy...). Then when I studied organ systems material, I went by systems. It seemed the most natural for me to look at organ systems material by system as this was how it was taught to us.
4. Did you form study groups, how did you go about forming them, and how effective were they?  
I never found study groups to be particularly helpful. I had a couple trusted friends that I called with questions during the school year but my studying was almost solely independent during boards.
5. What books were essential for preparing for this exam?  
First Aid+ BRS phys+ BRS path = money.  
I had a system for studying throughout the year and during boards. First, I annotated First Aid with class notes throughout second year (especially during organ systems). I also read / highlighted BRS phys and path during the year to better understand the material. During boards time, I read the BRS section again, wrote anything important in my First Aid and read First Aid again. Repetition is key.  
The pharm in first aid is honestly all the pharm you need to know. I made flash cards of all the drugs in First Aid and went through them as much as possible. They were the last things I looked at the day before taking the exam.  
Finally, Goljan= a god among men. I'm sure by now most of the second years have received a bootlegged copy of his path lectures. Listen to him, love him. I can't tell you how many times some Goljan quote came to me out of nowhere while studying or taking the exam. There are also transcribed notes of his lectures. I used these during my first week of studying to ease into things.
6. What other books did you use?  
I dabbled in BRS biochem (honestly, too much material), High Yield Behavioral Science (quick read but probably still too much), BRS anatomy (good for little boxes on clinical correlations, do NOT read the whole thing), Micro Made Ridiculous Simple was incredible for I & I but I didn't look at it during boards studying.
7. What review courses did you use? Did you use your notes from 1<sup>st</sup> and 2<sup>nd</sup> year?  
I did not use a review course. I may have looked at something from my 1<sup>st</sup> and 2<sup>nd</sup> year binders once or twice if I remembered some diagram or chart that was particularly useful.  
Honestly, you're not going to have time to go back and read through thousands of pages of material and you really don't need to. You are not being tested on the minutia that you had to regurgitate for those exams. You will be tested on a select number of very important facts.
8. Do you have any recommendations or general comments about Question Banks? How useful were they in your studies? Which ones did you use?  
Question banks are essential. You need one. There are some facts that are very important for the boards that were never taught during the first two years and this is what the Q banks are for. I personally used USMLEWorld and it was awesome. Make sure to really devote a chunk of every day for Q bank questions. What Step 1 emphasizes, USMLEWorld emphasizes.

9. How early did you begin studying? How early did you REALLY begin to study? Would you go back and change that if you could?  
As I said earlier, I prepared myself for Step 1 by going home and learning the material really well every day of first and second year.  
After the last organ systems exam, I took until the next Monday to listen to Goljan, clear my head, organize myself, and go home to visit for Mother's Day. When I came back to Toledo, I was ready to work.  
I would not change how I prepared for the exam.
10. How long did you prepare for?  
About 5 ½ weeks.
11. What was your everyday schedule like once you really began to study? How did you prevent burnout?  
I woke up every morning at 6AM and went for a run. By 7:30, I was at my desk studying and studied until noon. After a half hour lunch, I studied until about 5PM, made dinner and did questions until about 10PM. I tried to do 2 blocks of questions a night on tutor mode, writing down anything that I didn't know. The only exception to this was Sunday night when I usually caught up on anything I hadn't done during the week rather than doing questions.  
I used 10- 10:30PM as phone time with friends or family and then was in bed by 11PM. I usually took Friday nights off to relax with a group of my friends. Also, I took Sunday mornings off to go to church, grocery shop, and run errands.  
I prevented burnout by sticking to my routine. Knowing that I was on track helped me to stay calm and study well. Also, staying with my schedule helped me to break boards down into many small pieces. I didn't feel like I was cramming, I was just doing my work every day.
12. How did you plan your schedule?  
I combined the schedules of a couple friends who had taken it the year before. Then I just went with what felt right based on my level of confidence in each area. There are definitely subjects that you know better than others so it is a good idea to know your strengths and weaknesses before you start studying.
13. How many days did you dedicate to each subject? What was the breakdown?  
See schedule below.
14. What did you do a week before the exam? Few days before? Night before?  
A week before the exam, I went into hyperstudy mode. I was basically going back through as much of the material as I could as fast as I could. I spent roughly the last two weeks going back through all of my notes in First Aid.  
The night before the exam, I had two very close third year friends come over and have dinner with me. We talked about everything but boards for a couple hours and then I went to bed around my normal time.  
Also, I think it is important to note that it is very normal to have a 1-2 week before the test freakout. I have noticed that it frequently happens when one is 10 days away. Mine was at 13 days. When/if it happens, just understand that it is normal. Get through it and move on. You'll feel better afterwards.
15. How did you deal with difficult questions? Thoughts on changing your answer?  
**ALWAYS ALWAYS ALWAYS go with your gut.** I cannot emphasize this enough. Your knee jerk reaction to a question is usually right. Trust it. Do not overanalyze or try to reason out a

question if you really don't know it. This test is all about cherry picking the questions you know and not wasting time when you don't.

I really wouldn't advise changing answers unless you have a good reason. Seriously, your first instinct is usually right.

16. How did you avoid fatigue? When did you take your breaks during the exam?

Once I was in the exam, time seemed to go really quickly. The entire day felt like only a couple hours. I had planned to take my entire allotted break time but didn't actually use it. By hour three, I was in a rhythm and only took short breaks every 2 hours to quickly eat or stretch my legs.

17. What was your strategy at reading and answering the question in the allotted time/dissecting a question stem?

I found that it was best to quickly skim the stem looking for buzz words and then look at the last line. Often it is a direct question that you don't really need the stem for. Also, looking at the last line of the question makes reading the question more efficient. Don't waste time trying to analyze every detail of every question.

18. If you had to redo it all over again, what would you do differently, and what would you keep the same?

I really would not change anything except for possibly adding even more time into the schedule for questions.

19. Closing remarks?

This was said to me by a wise third year last year. "You already know this crap. Just don't get nervous."

20. Please fill out the following 2010 2-month schedule based on your study recommendations and test date:

MAY						
SUN	MON	TUES	WED	THUR	FRI	SAT
		OS EXAM 6	Goljan Path notes	Goljan Path notes	PRACTICE NBME	1 Goljan Path notes
2 Off	3 Behavioral	4 Behavioral/ Stats	5 Immuno/ Micro	6 Micro	7 Micro/ Micro drugs	8 Biochem
9 Biochem	10 Biochem	11 Hem/Onc (Embryo, Anat, Phys)	12 Hem/Onc (Path, Pharm)	13 Cardio (Embryo, Anat, Phys)	14 Cardio (Path, Pharm)	15 Respiratory (Embryo, Anat, Phys)
16 Resp (Path, Pharm)	17 Renal (Embryo, Anat, Phys)	18 Renal (Path, Pharm)	19 Renal (Path) Genetics	20 GI (Embryo, Anat, Phys)	21 GI (Path, Pharm)	22 PRACTICE NBME



23 Neuro (Structures & lesions)	24 Neuro & CNS (Phys, Path)	25 CNS (Path)	26 CNS (Pharm)	27 Endo (Embryo, Anat, Phys)	28 Endo (Path, Pharm)	29 Repro (Embryo, Anat, Phys, Path, Pharm)
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**JUNE**

SUN	MON	TUES	WED	THUR	FRI	SAT
30 Mus/Skel Statistics	31 FULL LENGTH NBME	1 Hem Onc	2 Cardio	3 Renal	4 Resp	5 Biochem/ Genetics Biostats
6 Embryo Micro Immuno	7 NBME ?'s GI Neuro	8 Mus/Skel Pharm cards	9 TEST	10 VACATION!!!	11	12

**Christopher Frisch, MS3**

1. General advice about Step 1

Everyone knows what is on the line when it comes to taking this test. Take everything you read and hear with a grain of salt. Know that you cannot exactly replicate what somebody did and guarantee yourself the same, or even similar, score. The test will vary. The amount of material you master compared to someone else will vary. How you intrinsically think about and synthesize information will vary.

Having said that, I would go through all the information you are given by our class, and get an idea for yourself what sources seem to be common, what an average day should look like, and start putting together a frame in your mind as to how you are going to approach the exam and the amount of time you allow yourself to study.

2. How did you approach this exam?

You need to approach this exam like a marathoner approaches his next race. You are going to block out anywhere between 3-8 weeks to study, depending on who you are, what kind of student you are, what kind of score you want to get, etc. Regardless, 10-12 hour days for that amount of time is mentally draining. Looking at all the sources and all the topics alone is mentally draining. After you draw up a schedule, you need to approach this exam **on a day to day basis**. Don't think about, or get caught up in all the other things that will have to be studied. Just approach each day with all you've got, focus, study hard, and stay on track. Each day is like one more mile in a marathon.

3. Did you use a subject review or a systems-based approach, and how well did that prepare you?

Both. You just can't get around (in my opinion) a subject review approach when it comes to things like biochem, behavioral and psych, and I & I. When it comes to those topics, you need to just study the entire subject at once. Now obviously it's going to take 2 or 3 days at a time to get through biochem the first couple of times (around 50 pages in first aid), so it's not like you can go after it in 1 day like you can something like the endocrine system.

However, when approaching organ systems, I highly recommend taking this as a system based approach. With each system (cardio, renal, pulm, etc), study anatomy (don't go crazy, stick to first aid), physiology, pathology, and pharmacology. Again, it will probably take a couple days for something like cardio for the first time, but some systems you will be able to cover all of those in a day.

4. Did you form study groups, how did you go about forming them, and how effective were they?  
I have never studied in a group. I had a couple of close confidants throughout my 6 week study block and stuck to asking them any questions I may have had if they were studying at the same place I was. Avoid collaborating with too many people come study time. You'll find that everyone is different and some people will just stress you out. Avoid neurotic people.
5. What books were essential for preparing for this exam?  
#1=First Aid. This is like your backbone, but you need to branch out a bit.  
#2=BRS pathology. I love this book, you should get the newer addition with pictures (the one I wish I had). I didn't use it during the year...but I'm not sure I would recommend doing that anyway. Remember, they are review books for a reason. They start to lose their purpose when you write 5,000 extra point in each chapter.  
#3=BRS physiology. Honestly, some of this is overkill. However, cardio, pulm, renal, and endocrine are great.  
#4=Clinical Microbiology Made Ridiculously Simple-I read this once, the first time I went through I and I. Read it quickly.  
#5(optional in my opinion)=Goljan Rapid Review of Pathology. Now this is a book that I would seriously consider getting now and reading along with the rest of systems. This book is big (like 600 pages) and much more dense than BRS, but it's because it's highly integrative with other subjects. I got this at the end of organ systems when I started studying, and I regret that. I only made it through about 25% of the material, but of the material I did, I knew the best. If you decide to get this book you have to commit to it because of its length. And you wouldn't need BRS path if you used this.
6. What other books did you use?  
I recommend Hot Lights, Cold Steel by Michael Collins. Yes, it's for pleasure reading at night when you need to wind down. It's hysterical. Plus it's about orthopaedics residency training and he makes fun of orthopods like Torrie. A win, win in my opinion. (j/k).
7. What review courses did you use? Did you use your notes from 1<sup>st</sup> and 2<sup>nd</sup> year?  
No review courses, and I never used my notes. (may have referenced them for a couple odd-ball facts at some point, but can't remember.)
8. Do you have any recommendations or general comments about Question Banks? How useful were they in your studies? Which ones did you use?  
I used USMLE World. Absolutely essential to your studies. The questions are very hard and they will always push you. The explanations are great, and you need to read them in their entirety (including why certain answer choices are wrong). You will fill in many gaps (such as anatomy, biochem, and ethics) with this question bank. Plus you need to get used to taking questions obviously. I think it works out almost perfectly if you do one 48 question block a day for 6 weeks, it will be finished.
9. How early did you begin studying? How early did you REALLY begin to study? Would you go back and change that if you could?  
I went through first aid's biochemistry section pretty vigorously over spring break (like 4 hours a day I guess). Enough to get through it once well. Then during the final 2 organ system blocks, I tried to put in about 15 hours per week towards step 1 stuff, whether it be going back through cardio, I and I or whatever. **However**, just because those last 2 organ system sections are a little easier, and though your grade may be pretty set, you need to approach them intensely. Those last sections of systems class cover a TON of path, phys, and pharm. I'm just saying if you can, try to study a little. But that being said, I don't know how effective my 10-15 hours a week was and whether it helped all that much.
10. How long did you prepare for?  
6 weeks with 3 days off (2 for brothers wedding, one for one year anniversary with wife)
11. What was your everyday schedule like once you really began to study? How did you prevent burnout?  
Got up early and did my questions first. Taking 48 questions (max number per test on Uworld ) and going over them **thoroughly** will take 3-4 hours. After this I would exercise while reading

BRS path, or listen to Goljan. After lunch I would study probably from 12 or 1 to 6 or 7 at night. I would say 75 % of days I would be done then and I would relax with my wife. The other 25% of the time I probably tried to do another hour or two after dinner. All said and done, probably an average of 10-12 solid hours spent studying per day.

**To avoid burnout you have to do something you love every day for at least an hour.** Whether that be exercising, watching TV with family/friends, going on nature walks, whatever, you have to do this every day. And don't ever study right up until you go to bed. Give yourself at least an hour before you try to fall asleep. (you need to get used to letting your mind wind down---you can't study that late when it gets close to exam time anyway)

12. How did you plan your schedule?

This will be highly variable depending on who you are. Some topics you will just need to spend more time on the first time you go through them because you may not be as strong. However, I would pick out biochem, I & I, psych/behavioral/ethics, and each different organ system and try to go through each of them at least twice. If you feel weak on a big topic like cardio, do it 3 times. (In fact, you may want to do cardio three times regardless).

13. How many days did you dedicate to each subject? What was the breakdown?

Again, it will be variable, depending on how well you learned it the first time, and how big the topic is. Look at the topic listings in the newer first aid and see how many total topics there are. Then decide how long you think it will take to get through each and just sprinkle them into your calendar on a day to day basis. I tried to vary it a bit...so instead of doing 10 organ system days in a row, I would mix in some biochem, embryology, etc.

14. What did you do a week before the exam? Few days before? Night before?

Week before-nothing changes really. With your last 2 or 3 days, you'll know where you're still a little weak, and what rapid-fire things you need to go over. I think the last day and a half I did nothing but look at pharmacology. That is very high yield, but again, that's because I finished going through all my sources 2 times with like 3 days to go, and I could think of anything else that would be as high yield.

Night before-I studied pharm until lunch. Then took the afternoon off and walked around Wildwood Metropark with my wife. I took the time to reflect on the journey and what I had accomplished. Then I went out to my favorite dinner location,

15. How did you deal with difficult questions? Thoughts on changing your answer?

Difficult questions are going to hit you. If you can't reason through something after 2 minutes or so, flag the question (which is a tool you'll learn how to use in the testing software, also in Uworld), noting that you'll come back to it. Know that you can't do this too often or you won't finish. Do it on the really tough ones, because you need to just keep yourself moving.

Unless you go back and have a **very** clear indication to change your answer, don't do it. Your first choice will likely be right.

16. How did you avoid fatigue? When did you take your breaks during the exam?

Let's be honest, 336 questions in 48 question blocks is horrible. If you eliminate the tutorial, you'll have about 50-55 minutes of break time I think. I took some time between each section. I never did 2 sections in a row. Know that you can't stop one if you start...so you may feel sweet at the beginning of a section, but then tire half way through. That's when that break would have been dandy. You have enough time to take about 5 minutes or so after each block, and still have a 20-25 minute lunch. Trust me, that will be enough time. You won't want to sit around eating anyway.

17. What was your strategy at reading and answering the question in the allotted time/dissecting a question stem?

I did approach each question by **quickly** looking to see the last sentence, to see what kind of question they were trying to ask. Other than that, you'll likely recognize what they're going after in the first 2-3 sentences. It's ok to channel in on that kind of thinking as long as you read the rest of the question. Use lab values given to support your thinking, don't sit there and ponder over them. You don't have time.

18. If you had to redo it all over again, what would you do differently, and what would you keep the same?  
 I would keep the amount of time and my day to day approach the same. I would have loved to go over that Goljan rapid review book however.
19. Closing remarks?  
 Step 1 is an exam...just like the ones you've been taking for 2 years, it's just a little bit longer. You already know what is on the line, so don't let other people's agendas throw you off. Stick to the schedule you draw up, and always keep your goals in mind. Study hard for the rest of organ systems and don't worry about starting before systems is done (unless you want to do a little over spring break, etc.) Just know that It's a long road and then you must prepare yourself mentally. And again, don't let yourself get too pessimistic/negative about all the things that must be mastered. Just remember to take the marathon one mile at a time.
20. Please fill out the following 2010 2-month schedule based on your study recommendations and test date:

Again, this is just an example of a 6 week block with a couple days off, in which you can cover all topics twice. Keep in mind I only list 2 biochem days. This would have been impossible had I not reviewed that material before my 6 week block.

**MAY**

SUN	MON	TUES	WED	THUR	FRI	SAT
		OS EXAM 6				1
2	3	4	5	6	7 Cardio	8 Heme-onc
9 Renal	10 Behavioral/ Ethics/stats	11 Psychiatry	12 biochem	13 embryology	14 I&I	15 I & I
16 I & I/ catchup	17 endocrine	18 GI	19 Musculo	20 neuro	21 repro	22 pulm
23 off	24 Basic path and pharm First aid	25 Immunology *first run- through done	26 NBME Scored Practice test	27 biochem	28 Behavioral/ Stats/ethics	29 embryo

**JUNE**

SUN	MON	TUES	WED	THUR	FRI	SAT
cardio	endocrine	1 GI	2 Heme-onc	3 musculo	4 off	5 off

6 psych	7 neuro	8 I & I	9 I & I	10 immuno	11 Basic path/pharm in first aid	12 renal
13 repro	14 pulm	15 Behave/ Stats/ethics	16 drugs	17 drugs	18 test	19

**Gregory Tomc, MS3**

Kaplan: 64% (prestudy)

UW: 75%

FA Q&A: ~80%

Money Spent: \$1000+

Total # of Questions: 7350

1. General advice about Step 1

I have so much advice, I don't know where to begin. First, most of my comments are directed for people who did well in their classes and are shooting to score above a 240. If you're looking for a study strategy to pass the test, my advice isn't helpful for you. I'll pass along the general strategy that has produced success at UT over the years, **First Aid (FA), BRS Pathology, BRS Physiology**. These books have produced a 273, a 268, and a 262. My score is the lowest, probably because I didn't really use BRS Phys (mistake). Limit your resources, know them cold.

Assorted Advice:

- 1.) EMPHASISE YOUR WEAKNESSES. I can't tell you how many people wasted way too much time hitting material that they were already experts at. This sounds like common sense, but if you got a 94% in I&I, why would you reread Clinical Micro Made Ridiculously Simple? What a waste of your time. You'd be better learning the liposomal storage diseases or something you don't already know.
- 2.) DO NOT SPEND TOO MUCH TIME "MAKING A SCHEDULE". Some of my classmates spent literally hours designing what order of subjects they were going to study and how many days they were going to spend on each. Some go farther and plan out an hourly schedule. Guess what? The time you spend making a schedule could be spent studying.
- 3.) TAKE PRACTICE TESTS. Again, common sense, but the best predictor of your score are score predictors. I liked this one at <http://www.clinicalreview.com/USMLECalculator.php>. Don't be afraid to compare yourself to others. To motivate myself, I would compare my NBME progression to others and see how they did on the actual shelf (Student Doctor Network). *Generally*, I would say people improve about 40 pts from their initial practice test. For your consideration, I provided all of my practice test scores. No one test is exactly like your USMLE.
- 4.) DO A TON OF QUESTIONS. You may have memorized first aid, but if you have no idea what types of questions they are going to ask on the exam then you've wasted your time. A guy online (Pollux) got a 276 on SDN by doing 10,000 questions (averaging about 85% correct). I did about 7,500 and got a score proportionately lower than him. Questions are key.
- 5.) **KNOW FIRST AID**. Almost everything you need to know is in this book. You can do very well just doing first aid and questions. This is not like memorizing your notes, they expect you to know *everything* in first aid. I'm talking about information in parenthesis, in the margins, etc.
- 6.) DON'T PUSH BACK YOUR TEST. (This comment is directed only at those pushing back their tests to get a 280, not those trying to pass) If you can't do it in 6-8 weeks, you can't do it in 12.

7.) DON'T USE SOMEONE ELSE'S FIRST AID. Why? Add stuff from questions that YOU'VE done. I've gotten offers from anonymous people online to buy my FA. It's not like I have the answers in there.

8.) GOLJAN – Excellent audio, worth putting into first aid. I suspect his path book would be an adequate substitute for BRS Path if you were so inclined.

9.) DO NOT SLACK OFF NEAR THE END. DO NOT SLACK OFF NEAR THE END! DO NOT SLACK OFF NEAR THE END!! Best advice given to me by a classmate who was a year older. He took it easy the week before the test and did about 10 points lower than he was scoring. Why waste your last precious time the day before the test playing basketball? Stress relief? Give me a break! This is the time when you are closest to the test and the material is freshest. Pharmacology is VERY high yield and great to hit soon before the test. I made sure the HY facts at the end of FA memorized in the last week.

10.) This is my secret advice. I learned early on that the USMLE loved cell signaling. So I memorized the pathway of every hormone. Before you gasp, it's not that bad! You just got to tackle it right. Google peter90036 and zahque to bring up a great PDF about hormone receptors. Memorize that, then memorize the list of hormones in FA (In 2009 edition it was page 226 pharm, and 285 endocrine). Bam! You're done! A solid afternoon or two of memorizing and you just learned all of cell signaling!

2. How did you approach this exam?

- |   |   |
|---|---|
| a.) First two years                             | I tried to do well in classes             |
| b.) Jan 1 <sup>st</sup> – Mid February          | 20 Kaplan Qbank questions every day       |
| c.) Spring Break                                | Read FA x1, 500ish Kaplan Qbank questions |
| d.) March – May                                 | nothing                                   |
| e.) May 5 <sup>th</sup> – June 11 <sup>th</sup> | Dedicated Study Period                    |

Dedicated Study Period

In general I spent all of my day studying. I would take about an hour a day to veg out, the rest of my day was 100% focused on the USMLE. I would recite chromosome numbers in my car on my way to the library, I would recite liposomal storage diseases on the way home. I quizzed my friend at lunch but studied alone. I had no set schedule which gave me flexibility.

MY PLAN – Read a FA chapter x5 each day. Do the FA Q&A questions the next morning. Then read the same chapter once each day for the next three days. For a total of 8 times (plus once over spring break). I'd read BRS Path/Phys to reinforce FA. I would try to do about 200-250 questions per day. Then I was going to do all of USMLE world, Kaplan QBank, BRS Path/Phys questions, all the NBMEs, both USMLE world self assessments, the 100 goljan questions, the free 150 questions online, and more.

ACTUALITY – Most of the time, I couldn't get through FA x5. Cardio, Micro, and especially Neuro were way too long for that. I got through them about 2-4 times. I got through 80% of BRS Path and 15% of BRS Phys. I did however get through most of the question sets. I took one two day semi-vacation back home, where I studied at about 50% of the usual. My practice test score dropped 4 points. Try not to slack off, especially near the end.

3. Did you use a subject review or a systems-based approach, and how well did that prepare you? I don't think it matters. Just know FA and do questions.

4. Did you form study groups, how did you go about forming them, and how effective were they? I worked alone. At lunch, I ate with a friend and we quizzed each other.

5. What books were essential for preparing for this exam?  
**First Aid (FA), BRS Pathology, BRS Physiology** (Though I really didn't use BRS Phys)
6. What other books did you use?  
 FA Q&A – a surprisingly challenging question book of 1000 questions for \$50! Bargain!
7. What review courses did you use? Did you use your notes from 1<sup>st</sup> and 2<sup>nd</sup> year?  
 No course. Occasionally I would put my pharm notes (Beavis) and path notes (Gohara) into my FA and a brief review of some of my I&I outlines.
8. Do you have any recommendations or general comments about Question Banks? How useful were they in your studies? Which ones did you use?  
**QUESTION BANKS ARE ESSENTIAL.**  
 USMLEWORLD \*\*\*\*\* - The most valuable resource in studying for step 1  
 Kaplan Qbank \*\*\* - Very useful. More detail specific than USMLEWORLD, though not quite as representative. When I used it, it wasn't updated to the FRED2 interface of the USMLE.  
 NBME \*\*\*\* - Again very much like the test. Though slightly easier than the real test, they are actually standardized, so you can see how you match up against other real individuals.  
 FA Q&A \*\*\* - Good book, 1000q, great value.s
9. How early did you begin studying? How early did you REALLY begin to study? Would you go back and change that if you could?  
 January to February 20 q Spring break FA x1. After Organ Systems I REALLY began studying for 5 weeks. I felt this was sufficient time.
10. How long did you prepare for?  
 5 weeks.
11. What was your everyday schedule like once you really began to study? How did you prevent burnout?  
 All but an hour per day. I enjoyed having time to myself, so burnout wasn't really an issue.
12. How did you plan your schedule?  
 Day to day.
13. How many days did you dedicate to each subject? What was the breakdown?  
 I dedicated enough time as it takes to learn the subject. If it was getting excessive (like cardio), I would move on and come back to it.
14. What did you do a week before the exam? Few days before? Night before?  
 I studied.
15. How did you deal with difficult questions? Thoughts on changing your answer?  
 I answered them, or skipped them and came back to them. You probably already know how to do this after being in medical school for two years.
16. How did you avoid fatigue? When did you take your breaks during the exam?  
 I would take breaks, but you really don't get too much time, so I would ration them.
17. What was your strategy at reading and answering the question in the allotted time/dissecting a question stem?  
 Doing so many questions gave me a sense of pattern recognition. But on the actual test the

questions were much longer (like a half page at times).

18. If you had to redo it all over again, what would you do differently, and what would you keep the same?

I would have studied BRS Physiology more. Calcium homeostasis was all over my test. If I had just read that chapter I would have done better on about 10 questions.

19. Closing remarks?

My Top 3 things on USMLE

- 1.) Homeless man comes into ER. Started on IV glucose. Develops encephalopathy. What happened?

- Wernicke Korsakoff. IV Glucose depletes remaining thiamine, particularly in alcoholics.

- 2.) A post-op patient asks you if you are an exterminator because there are bugs climbing up the walls. He develops a seizure. What happened?

- Delerium Tremens. Give benzodiazepenes. (This was actually the 3<sup>rd</sup> question on my test)

- 3.) A diabetic on propranolol develops a seizure.

- Beta blockers suppress the hypoglycemic response (increased HR, sympathetic) in diabetics after taking too much insulin.

20. Please fill out the following 2010 2-month schedule based on your study recommendations and test date:

**MAY**

SUN	MON	TUES	WED	THUR	FRI	SAT
		OS EXAM 6	Studied a chapter of FA	Studied a chapter of FA	Studied a chapter of FA	1 Studied a chapter of FA
2 Studied a chapter of FA	3 Studied a chapter of FA	4 Studied a chapter of FA	5 Studied a chapter of FA	6 Studied a chapter of FA	7 Studied a chapter of FA	8 Studied a chapter of FA
9 Studied a chapter of FA	10 Studied a chapter of FA	11 Studied a chapter of FA	12 Studied a chapter of FA	13 Studied a chapter of FA	14 Studied a chapter of FA	15 Studied a chapter of FA
16 Studied a chapter of FA	17 Studied a chapter of FA	18 Studied a chapter of FA	19 Studied a chapter of FA	20 Studied a chapter of FA	21 Studied a chapter of Fa	22 Studied a chapter of FA
23	24	25	26	27	28	29

**JUNE**

SUN	MON	TUES	WED	THUR	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11 Test	12



**AMA Student Study Strategies- COURTNEY KAUH**  
**AMA and AEC USMLE Step 1 Student Panel—February 22, 2010**

21. General advice about Step 1

For me, one of the most important factors that helped me get my score was having a plan and sticking to it. I didn't just plan what subjects I wanted to cover each day but also how I was going to cover them. Having this all planned out beforehand meant that I was able to wake up each morning and know exactly what I was going to be doing for the rest of the day, I knew which books I would be using and how much I wanted to cover in them, as well as how many questions I would be doing. This really helped me stay focused and goal-directed throughout the whole process.

22. How did you approach this exam?

Again, I tried to be scheduled and organized during my boards studying time to eliminate any wasted efforts. Trying to cover 2 years worth of material in just a few weeks can be overwhelming and a bit of a crunch so having a very organized study regimen can really help to eliminate any wasted time.

23. Did you use a subject review or a systems-based approach, and how well did that prepare you?

I ended up using both approaches. The method I used is best explained by my study schedule. I feel that this approach worked very well for me and if I had to do it over again I would study in the exact same manner. For the days when I covered an organ system, e.g. Cardio system → read Cardio section of BRS phys then did Cardio phys questions in USMLEworld. Then, read correlating cardio chapters in Goljan, and did Cardio path questions in USMLE world. For cardio, this system had to be broken up into 2 ½ days in order for me to finish reading all the correlating chapters in BRS phys and Goljan path as well as do all the Cardio path and phys questions in USMLE world before moving onto the next system. Did this method with BRS and Goljan 2x through for all the systems but on 2<sup>nd</sup> run was just doing 100-150 random questions/day rather than just questions correlating to the system.

24. Did you form study groups, how did you go about forming them, and how effective were they?

No.

25. What books were essential for preparing for this exam?

BRS physiology, Goljan pathology and First Aid.

Goljan and BRS phys were my bibles.

I also used the Lange infectious diseases cards, which I had also used during I&I. These were extremely helpful. I transferred important points from the cards into my First Aid.

26. What other books did you use?

For the 1<sup>st</sup> year subjects, First Aid and USMLEworld were my main resources but I also had several other resources on hand to supplement when I felt like I was unable to get a complete understanding from these 2. Books I turned to for additional help were Goljan Rapid Review Biochemistry, HY Anatomy, HY Embryology, Pharm cards.

27. What review courses did you use? Did you use your notes from 1<sup>st</sup> and 2<sup>nd</sup> year?

Did not use a review course. There were times when I did turn to my organ systems notes when I remembered a good diagram or chart that had been given to us that helped me remember something.

28. Do you have any recommendations or general comments about Question Banks? How useful were they in your studies? Which ones did you use?

USMLEworld was EXTREMELY helpful.

I used USMLEworld more as a learning tool rather than a testing tool. At the beginning, I would take probably 3 or 4 hours just to get through one set of questions because I would take my time reading the explanations to make sure I thoroughly understood the concept being tested and transferring any important points into First Aid. Also, I did not do the questions in 'random' mode but rather in 'tutor' mode and only did questions that correlated with the subject that I was studying for that day. My schedule lays out not only the time frame I committed to reading

for each subject but also the time frame that I gave myself to cover all the USMLE world questions pertaining to that subject. During my 2<sup>nd</sup> run through material I then did 100-150 random, timed questions/day, enough to allow me to get through all the questions for a 2<sup>nd</sup> time. I believe that this whole process along with how I studied path & phys are what enabled me to do as well as I did.

29. How early did you begin studying? How early did you REALLY begin to study? Would you go back and change that if you could?  
At the beginning of 2<sup>nd</sup> year I had this grand plan to begin preparing for boards at the start of the year and I also thought that I would be done with USMLE world by the time boards time arrived. This did not happen. Instead I decided to focus on learning the material that was being presented to us the best that I could so that I would have a strong foundation and understanding of all the material in the hopes that when boards time came it would just be a time of reviewing rather than learning.
30. How long did you prepare for?  
6 ½ weeks.
31. What was your everyday schedule like once you really began to study? How did you prevent burnout?  
Started studying around 9:30-10am and stuck to my study schedule and made sure I got everything done that I had planned for that day and stopped studying whenever I was done which was usually around 10:30-11pm. How much I studied for that day was not framed around a devoted amount of time to studying but rather around what I had scheduled to get done for the day.
32. How did you plan your schedule?  
Went through several revisions. I had gotten the study schedules from friends who I knew had done well on the exam just to see how they broke up their study schedule. I even got the study schedule from a friend from a different medical school because I wanted to see how he prepared given that his school curriculum was completely different from mine. Getting their schedules didn't really help much because the schedules didn't tell me HOW they approached each day; they only told me how many days they appropriated to each subject. The 'how' was something I had to figure out for myself. In the end, I figured out an approach that would work best for me and made a study schedule that would allow me to complete what I wanted to accomplish. I ended up revising my schedule here and there throughout my studying to make sure that I would be able to thoroughly get through everything.
33. How many days did you dedicate to each subject? What was the breakdown?  
Shown on study schedule.
34. What did you do a week before the exam? Few days before? Night before?  
A week before, I was finishing up my 2<sup>nd</sup> run through the material. A few days before, I was doing my review run through First Aid. Day before I rented a movie and just tried to relax the best I could.
35. How did you deal with difficult questions? Thoughts on changing your answer?  
Just kept calm and when I absolutely had no idea, I just tried to convince myself that it was probably an experimental question!  
I am such an answer changer!! It's hard for me to stop because it probably works out for me just as equally as it doesn't...don't really have any helpful thoughts on that☺
36. How did you avoid fatigue? When did you take your breaks during the exam?  
When you sit down at the computer and the first questions pop up, fatigue does not even enter your mind until you hit that last question. Surprisingly, the time flies and before you know it...you're done! I took a bathroom break at the end of every single section (stress seems to shrink my bladder size) and half an hour for lunch halfway through the exam. Didn't want to take too long breaks cause I was running on adrenaline and wanted to keep that energy going.
37. What was your strategy at reading and answering the question in the allotted time/dissecting a question stem?

I didn't really have a strategy. Just tried to balance reading the questions and answers at a quick pace while also trying not to misread or skip any important words.

38. If you had to redo it all over again, what would you do differently, and what would you keep the same?

If I had to do it again I would have taken the test a week earlier than I did. This was when I peaked and during that last extra week I felt unfocused and burnt out. The days where I scheduled time to go through First Aid were unproductive and of no help. Those days really were just a way to fill up time. Students from years past told me that more than 5 weeks would be overkill but I thought that that would not be an issue for me. I thought that my stress and desire to do well would pull me through and I would be able to get good studying done during that extra week...I was wrong! In my opinion, I do not think that more time scheduled for studying equals better scores because when you put yourself on a time crunch you tend to be more regimented and focused when studying. Too much scheduled time makes you prone to be a little more relaxed and distracted during that time when others are crunching hard. Then when it does get close to the test you hit burn-out because it's been so long that you've been stressing about the exam and so many around you are done and enjoying their time off.

However, I'm not saying this is the case for everyone, this is just what I found to be true for me. Others may feel that the extra time benefitted them.

39. Closing remarks?

Don't freak out when you hear all the study strategies that your classmates are using and you are not or that others have already started studying for boards while you haven't even bought First Aid. Everyone learns differently and what works for one person may not work for you. Take this time to really learn the material that you are being taught well because it really will help you out come boards time. Our school does an EXCELLENT job of preparing us for the boards...take advantage of it. Also, try and figure out what kind of study schedule will work for you. It doesn't have to be finalized by the time boards comes around but at least when it does come you will have thought about it and won't feel overwhelmed about how you are going to approach the abundance of information to be learned.

40. Please fill out the following 2010 2-month schedule based on your study recommendations and test date.

This is what my study schedule looked like:

**JUNE**

SUN	MON	TUES	WED	THUR	FRI	SAT
					1	2
3	4	5	6 NBME 1	7 Biochem	8 Biochem	9 Biochem
10 Genetics & Embryo	11 Anatomy	12 Neuro	13 Micro	14 Micro	15 Micro	16 Review Day
17 Immuno	18 Heme/Onc	19 Heme/Onc	20 Cardio	21 Cardio	22 Cardio/Renal	23 Renal
24 Renal/Resp	25 Resp/CNS	26 CNS	27 GI NBME 3	28 Endocrine	29 Reprod.	30 Musculo/Derm

**JULY**

SUN	MON	TUES	WED	THUR	FRI	SAT
31 Hepatobiliary	1 Pharm	2 Pharm	3 Pharm	4 Behavioral/ Biostats	5 NBME 4 Musculo/ Derm/CT	6 Immuno/ Micro
7 GI	8 Heme/ Lymph	9 Resp.	10 Cardio	11 Cardio/ Renal	12 Renal & G.U.	13 CNS
14 Behav/Stats/ Psych	15 Endocrine/ Reproduc.	16 Biochem & Embryo	17 NBME 6	18 REVIEW First Aid	19 REVIEW First Aid	20 REVIEW First Aid
21 REVIEW First Aid	22 Relax	23 TEST DAY	24	25	26	27
28	29	30				