

LWW has the Step 1 Resources to Cover All your Needs.

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THE SCOOP ON STEP 1

A Free Guide from Lippincott

For more information,
contact your
Lippincott Williams
& Wilkins Publisher's
Representative.

Available at your
Health Science
Bookstore.

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Williams & Wilkins

LOOK INSIDE FOR:

- Board preparation advice from LWW authors and students who have taken Step 1
- Study schedules and tips
- The best in review resources
- Your chance to win \$500 in free books!

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Take a look inside for more helpful advice from LWW review authors as well as students who have already succeeded on Step 1!

Thanks to our five student contributors for sharing their experiences!

Alejandro Andrade, MS4, *University of Southern California-Keck School of Medicine*

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◀ Linda Costanzo

About Linda S. Costanzo, Ph.D.:

We are proud to feature advice from Linda S. Costanzo, Ph.D., Professor of Physiology, Virginia Commonwealth University School of Medicine. Dr. Costanzo is the author of BRS Physiology and BRS Physiology Cases & Problems. She is the recipient of numerous teaching awards and takes a special interest in preparing medical students for USMLE Step 1.

GENERAL ADVICE

There is no “magic bullet” for USMLE Step 1. Successful preparation boils down to three things.

- (1) Work hard and learn well in your M1 and M2 classes. Students report that material tested on USMLE was learned in class, not crammed at the end. Keep up, go to class, and stay mentally and physically healthy.
- (2) Use standard board review books along with your M2 classes. For most subjects, this means faithfully reviewing physiology and previewing pathology, pharmacology, microbiology, neuroscience, and behavioral science.
- (3) For the intense month of study before USMLE, again use well-regarded board review books and question banks, make a study schedule, and stick to it. For a recommended sample study schedule, see Pages 14-15 of this booklet.

For preparation advice for COMLEX, see page 8.

RUMORS, MISCONCEPTIONS, AND URBAN LEGENDS ABOUT STEP 1: WHICH OF THE COMMONLY HEARD STATEMENTS BELOW ARE TRUE AND WHICH ARE NOT TRUE?

RUMOR: *"Each year, lots of people move their test date back, even several times."*

Not True. In my experience, most students take Step 1 as originally planned. Of course, special circumstances may justify moving the test date back.

RUMOR: *"My USMLE test had a theme."*

Not True. Students say this, meaning they felt their exam had topics that were tested several times. I've heard students say they had a diabetes test, or a parathyroid test, or an autonomic test. As far as we know, your exam is randomly generated, and the randomness could result in some duplication. But what difference will that make in your preparation? None!

It is a complete waste of time to worry about a theme test. You will prepare broadly in important areas, and yes, that will include diabetes, parathyroid and autonomic.

RUMOR: *"Most of what I had on USMLE was material I 'just knew.'"*

True. I hear this often, and it seems reasonable. If USMLE tests what's important and you've been taught what's important, then you are already prepared for USMLE. The question, then, is why a 4-week review period? In part, because there are levels of "just knew." There's a level of recognition and general familiarity, and there are higher levels of confidence in one's knowledge and the ability to apply it. Repetition, practice, and consolidation in the 4 weeks of review reinforce learning, make connections, and build confidence; they are not introducing brand new concepts.

RUMOR: *"Time is a big factor on USMLE."*

Not True. The NBME knows how to write timed questions--they are the masters. You will have 60 minutes for each 50-question block, and most of you will finish with a little time to spare.

RUMOR: *"The USMLE has some surprisingly easy questions."*

True. A portion of the test will be on very basic material. Students vary in their estimates from 20%-30%. If you are not expecting this, you might look for a trick. There are no trick questions; the NBME must write clear, unambiguous questions that are statistically valid. So, answer the easy questions when you see them and rejoice that you probably got something right!

Look for other Rumors and Urban Legends about STEP 1 throughout this booklet!

COMPREHENSIVE USMLE REVIEW



Ayala: PATHOPHYSIOLOGY FOR THE BOARDS AND WARDS, 5E

Consistent, no-frills outline format with tables, illustrations, and buzzwords. Covers all body systems and has all you need to master frequently tested material.

978-1-4051-0510-1 • 2006

BEST SELLER!

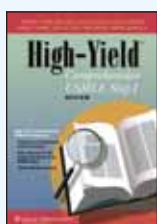


Swanson: UNDERGROUND CLINICAL VIGNETTES; STEP 1 BUNDLE BOOKS, 5E

Includes all 9 basic science Step 1 titles. Save when you buy the bundle, and get access to 350 interactive USMLE-style questions online!

978-0-7817-6362-2 • 2007

Save on Series Bundle!



Fadem, et al: HIGH-YIELD™ COMPREHENSIVE USMLE STEP 1 REVIEW

Ultra-quick review with tabular format; size of a high-yield book. Contributed by successful review book authors.

978-0-7817-7427-7 • 2006

PEARL: “*Medicine is an art, not a science. .*”

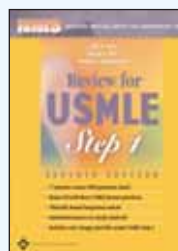
However, over the course of your four years of medical school, there are certain facts you are expected to know and recall. This recall is not a random event, but rather a function of reading, studying, and constantly expanding your medical knowledge.

Obtain a comprehensive review book Day One of medical school. Use it as an adjunct to coursework, along with your textbooks. Annotate it while studying and use it to review for course examinations. Develop a study schedule for USMLE Step 1, and review your comprehensive resource at the end of your study schedule.

Samir Mehta, MD,

Lead author, Step-Up to USMLE Step 1 and Step-Up to the Bedside

COMPREHENSIVE USMLE REVIEW, cont'd



Lazo, et al: NMS REVIEW FOR USMLE STEP 1, 7E

This comprehensive review of 850 questions is rated as a top study tool. The text is divided into 17 tests of 50 questions each. The CD provides electronic practice. Clinically oriented illustrations are included, such as MRIs and CTs, and approximately 80 color plates.

978-0-7817-7921-0 • 2005

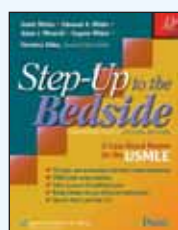
Mehta, et al: STEP-UP TO USMLE STEP 1, 3E

Step-Up to USMLE Step 1 is designed as a single-volume, concise yet comprehensive review book for the USMLE Step 1. Incorporates a systems-based orientation, clinical integration of content, and clinical cases. Includes comprehensive illustrations and tables, and “Quick Hits” in the margin.

978-0-7817-8090-2 • 2007 • *Fourth Edition coming October 2009*



BEST SELLER!



Mehta, et al: STEP-UP TO THE BEDSIDE, 2E

Step-Up to the Bedside is a compilation of 100 classic case presentations with basic science coverage of material that is frequently tested on USMLE Step 1. Lavishly illustrated, the cases are also interspersed with helpful tables and “Quick Hits.”

978-0-7817-7964-7 • 2007

Mehta, et al: STEP-UP PACKAGE

Save when you buy both bestselling reviews!

978-0-7817-7425-3 • 2007



Save on the Package

Tip for integrating Step 1 preparation into your basic science study:

The best thing you can do from the beginning of medical school is keep up with your school work, but at the same time, regularly pick up a review book for Step 1 to make sure that you are familiar with all the topics in there. There are a number of great resources out there to help you with your USMLE Step 1 preparation, but it is important early on to figure out a few resources that fit your learning style and stick to those. It's much more efficient if you know a few resources REALLY well, rather than superficially reading many review books.

Priya

COMPREHENSIVE USMLE REVIEW, cont'd

Reinheimer: USMLE STEP 1 RECALL: BUZZWORDS FOR THE BOARDS, 3E

The question-and-answer format of the Recall series helps students memorize the facts that are most often tested on the USMLE. Book purchase includes full access to audio files of the second edition, and a separate audio version of the 2nd edition is also available.

978-0-7817-7070-5 • 2007 • 978-0-7817-6554-1 (Audio only)

Comes With Audio

Caughey: CASES & CONCEPTS FOR STEP 1: BASIC SCIENCES REVIEW

This exciting new resource allows you to master basic science concepts by working through over 100 clinical cases. Covers microbiology, immunology, pharmacology, biochemistry, genetics, embryology, behavioral science, neuroscience, and epidemiology. Also includes USMLE-style practice questions.

978-0-7817-9391-9 • February 2009



NEW

Caughey: CASES & CONCEPTS FOR STEP 1: PATHOPHYSIOLOGY REVIEW

Students work through 88 clinical cases that emphasize the most frequently tested pathophysiology concepts, organized by organ system. Covers cardiovascular, pulmonary, renal, gastrointestinal, hematology, oncology, endocrinology, rheumatology, reproduction, and nervous system pathophysiology. Also includes USMLE-style practice questions.

978-0-7817-8254-8 • February 2009



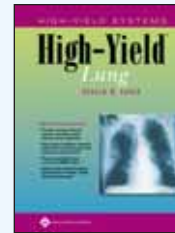
NEW

Tip for integrating Step 1 preparation into your basic science study:

First of all, there is no ONE correct way to do this. If your neighbor is taking 4 hours of study time every weekend dedicated to Step 1, don't get apprehensive and think you need to do the same. Get comfortable with your class work, find out how much free time you have and want to keep as free time, and consider how well you want to do on Step 1 before you decide how to spend your time. In the end, the best thing you can do for Step 1 is to do well in your first and second year classes. Make sure you have a good foundation in the core principles because you will find these are very hard to re-learn and especially difficult to learn for the first time right before Step 1.

Jeremy

SYSTEMS-BASED REVIEW



Dudek: HIGH-YIELD™ LUNG

Integrated, heavily illustrated review of basic science as relates to the respiratory system.

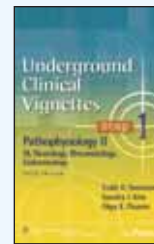
978-0-7817-5570-2 • 2006

Swanson: UNDERGROUND CLINICAL VIGNETTES



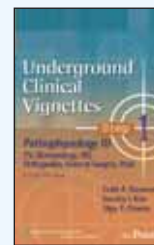
PATHOPHYSIOLOGY I: PULMONARY, OB/GYN, ENT, HEMATOLOGY/ONCOLOGY, 5E

978-0-7817-6465-0 • 2007



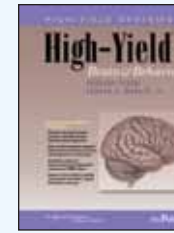
PATHOPHYSIOLOGY II: GI, NEUROLOGY, RHEUMATOLOGY, ENDOCRINOLOGY, 5E

978-0-7817-6466-7 • 2007



PATHOPHYSIOLOGY III: CVS, DERMATOLOGY, GU, GENERAL SURGERY, 5E

978-0-7817-6468-1 • 2007



Fadem: HIGH-YIELD™ BRAIN AND BEHAVIOR

This unique USMLE review integrates topics in neuroscience and behavioral science.

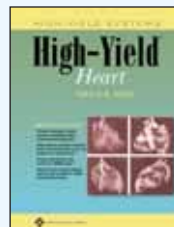
978-0-7817-9228-8 • 2007



Dudek: HIGH-YIELD™ KIDNEY

Integrated, heavily illustrated review of basic science as relates to the renal system.

978-0-7817-5569-6 • 2006



Dudek: HIGH-YIELD™ HEART

Integrated, heavily illustrated review of basic science material as relates to the cardiovascular system.

978-0-7817-5568-9 • 2006

HIGH-YIELD™ SYSTEMS BUNDLE

Now all four **High Yield™ Systems** titles can be purchased at one low price.

978-0-7817-7966-1 • 2007

NEW SERIES!

Save on the Series Bundle!

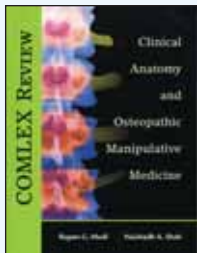
COMLEX REVIEW

So, you've decided to become a D.O. Congratulations!

In addition to the excellent advice contained within this guide for USMLE Step 1 review, you must integrate the Osteopathic Practices and Principles (OPP) into your study schedule for the COMLEX-USA Level 1. OPP will require approximately one and a half to two study days to be adequately prepared. Reviewing OPP with Anatomy would be an ideal way to effectively integrate two subjects that complement each other very well.

Information and Practice Items for the COMLEX-USA Level 1 can be found on the National Board of Osteopathic Medical Examiners' website, www.nbome.org. USMLE Step 1 practice exam questions will also be relevant to your COMLEX preparation, however keep in mind that it will lack OPP and that the scoring system differs.

Rupen Modi, DO and Naishadh Shah, DO



Modi, Shah: COMLEX REVIEW: CLINICAL ANATOMY AND OSTEOPATHIC MANIPULATIVE MEDICINE

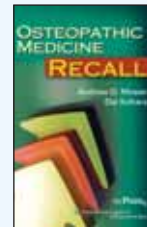
- Comprehensive review for COMLEX Steps 1, 2, and 3
- Two-column Q&A review format
- Over 150 images showing key anatomy and techniques
- Mnemonics

978-1-4051-0448-7 • 2005

Mosier, Kohara: OSTEOPATHIC MEDICINE RECALL

Quick question-and-answer format in the Recall Series style that has proven popular and successful with medical students. Provide high-yield information for COMLEX examinations and office and hospital rotations!

978-0-7817-6621-0 • 2007



COMLEX Advice

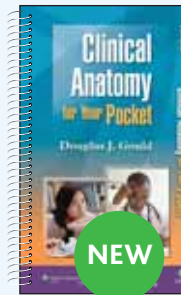
If taking both USMLE and COMLEX, I recommend taking the USMLE first, with 2-3 days off before taking the COMLEX. I took the USMLE on a Monday and COMLEX that Friday and in hindsight I wouldn't have changed a thing. I took all of Tuesday off to relax, studied OMM on Wednesday, and did a quick review of micro and pharm Wednesday night and Thursday morning. If you are well prepared for the USMLE and do a decent OMM review, you will be as prepared as you could be for the COMLEX.

What to study between USMLE and COMLEX: OMM, Micro and Pharm

- Topics more heavily represented on COMLEX: Micro, Pharm, OMM, Extremity Anatomy, Neuro, and Ob/Gyn
- Less heavily represented (but still included): Biochem, Molecular, Genetics, Biostats

Dave

ANATOMY



Gould: CLINICAL ANATOMY FOR YOUR POCKET

Presentation of gross anatomy in bullet and color-coded table format streamlines study and exam prep.

Clinically significant facts and images, mnemonics, and easy-to-learn concepts complement the tables. Pocket-size with spiral binding offers quick access.

978-0-7817-9193-9 • 2008

Antevil: ANATOMY RECALL, 2E

978-0-7817-9885-3 • 2005

Swanson: UNDERGROUND CLINICAL VIGNETTES: ANATOMY, 5E

100 patient cases helps you prepare for the USMLE Step 1.

978-0-7817-6475-9 • 2007

Chung: BRS GROSS ANATOMY, 6E

Concise outline format with 500 USMLE-style Q&A.

978-0-7817-7174-0 • 2007

Swanson, Kim: BRS GROSS ANATOMY FLASH CARDS

978-0-7817-5654-9 • 2004

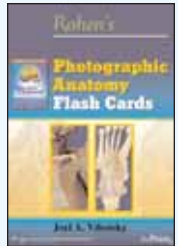
Dudek: HIGH-YIELD™ GROSS ANATOMY, 3E

978-0-7817-7015-6 • 2007

Vilensky: ROHEN'S PHOTOGRAPHIC ANATOMY FLASH CARDS

225 flash cards include full-color photographs of actual cadaver dissections.

978-0-7817-7835-0 • 2008



Gould: CLINICAL ANATOMY FLASH CARDS

Flash cards based on images and concepts in **Moore's Clinically Oriented Anatomy** and **Grant's Atlas**. Features concise versions of COA's clinical "Blue Boxes."

978-0-7817-6509-1 • 2007

Gest: CLEMENTE'S ANATOMY FLASH CARDS

This regionally organized, full-color flash card set is based on **Clemente's Anatomy: A Regional Atlas of the Human Body**.

978-0-7817-6526-8 • 2007

BEHAVIORAL SCIENCE

Swanson: UNDERGROUND CLINICAL VIGNETTES: BEHAVIORAL SCIENCE, 5E

978-0-7817-6464-3 • 2007

Fadem: HIGH-YIELD™ BEHAVIORAL SCIENCE, 3E

978-0-7817-8258-6 • 2008



NEW EDITION

Fadem: BRS BEHAVIORAL SCIENCE, 5E

Outline review, abundant tables and clinical examples, updated USMLE format Q&A in every chapter, plus comprehensive exam. New edition includes online text and question bank from the book, plus a comprehensive exam.

978-0-7817-8257-9 • 2008



NEW EDITION

Tips for the final weeks leading up to the exam:

Understanding the concepts is actually more important than remembering the facts. While mnemonics are good for learning key facts and recognizing key words, understanding the physiology and pathophysiology will not only help with learning the disease, but being able to understand the treatment.

Alejandro

Trust yourself and the plan you are following. Generally, students perform as well on the actual exam as they do on the practice exams. Make sure you have done some questions and have an idea of your performance so you can estimate where you will fall. Do not leave subjects you don't feel strong about for the last few weeks. You might find you need to tweak your schedule to dedicate more time which in the end might not be there. Leave subjects you feel like you have a good grasp on for these final weeks.

Jeremy

Most important advice: You will never know everything that will be on this test. Trust yourself that you have not forgotten what you have studied in the weeks before your exam.

The week before the test: Sleep on a set schedule that will be the same as test day, no naps. For the few days before your test, my advice is to review those topics that have a lot of small details to memorize and tend to only stick in short-term memory. I chose biochemistry, molecular, genetics and pharmacology. Everyone has different topics that fit these criteria and you just have to honestly ask yourself what you need to look at one more time without having "everything" as your answer.

The day before the test: Relax, work out, watch a movie, etc. Avoid stress, just as you wouldn't run a practice marathon the day before the real race: i.e., rest your brain.

Dave

BIOCHEMISTRY



BEST SELLER!

Champe: LIPPINCOTT'S ILLUSTRATED REVIEWS: BIOCHEMISTRY, 4E

- Signature outline format
- Over 600 full-color illustrations
- Cross-references to other titles in the series
- Over 500 review questions

978-0-7817-6960-0 • 2007

Swanson: BRS BIOCHEMISTRY AND MOLECULAR BIOLOGY, 4E

Outline format review for course review or USMLE Step 1.

Includes board-type questions with answers and explanations. Heavily illustrated and now in color. Features a new author team, an online question bank, expanded clinical information, and more coverage of molecular biology.

978-0-7817-8624-9 • 2006

Swanson: BRS BIOCHEMISTRY AND MOLECULAR BIOLOGY FLASH CARDS

978-0-7817-7902-9 • 2007



Wilcox: HIGH-YIELD™ BIOCHEMISTRY, 3E

Very concise outline format, including only the most testable material.

978-0-7817-9924-9 • February 2009

NEW EDITION



Swanson: UNDERGROUND CLINICAL VIGNETTES: BIOCHEMISTRY, 5E

100 patient cases to help you prepare for the USMLE Step 1.

978-0-7817-6472-8 • 2007

ORDER OF SYSTEMS

Recommended for a Systems-Based USMLE Study Schedule

- Basic Concepts/General
- Endocrine
- Nervous
- Cardiovascular
- Respiratory
- Renal
- GI
- Musculoskeletal
- Reproductive
- Heme/Lymph
- Wrap-up days

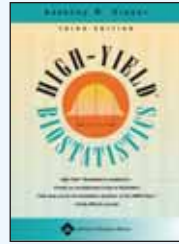
See pages 14-15 for a Subject-Based Study Schedule

BIOSTATISTICS

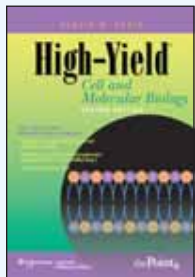
Glaser: HIGH-YIELD™ BIostatistics, 2E

Very concise outline format, including only the most testable material.

978-0-7817-9644-6 • 2004



CELL BIOLOGY



Dudek: HIGH-YIELD™ CELLULAR & MOLECULAR BIOLOGY, 2E

Very concise outline format, including only the most testable material.

978-0-7817-6887-0 • 2007



Gartner: BRS CELL BIOLOGY AND HISTOLOGY, 5E

Concise outline format with over 600 USMLE-style Q&A.

978-0-7817-8577-8 • 2007

Tips for getting help in your weak areas:

I found classmates to be a great source of knowledge. Having a classmate explain a concept/disease will sometimes open your eyes in a new direction. I found myself taking the exam and remembering what my classmates had said. *Alejandro*

Talk to your friends and upperclassmen about good resources for that subject area. Also use an additional resource to do more questions related to that subject area. It is important to identify your weaknesses early on, preferably before your study period for Step 1, and start to read additional resources in your spare time. For example, I knew Microbiology was an area of weakness for me, and so I read an additional resource 3 months before my exam. *Priya*

Find a mentor that suits your style of learning. Don't choose the person that studies a couple of hours each night and aces the exam if you are someone who needs to study 4-5 hours per night. Likewise, don't choose a visual learner if you learn best through narrative. Use this mentor to help guide your plan and do it early so you do not get behind and have to play catch up. For specific subjects, you should consider different review sources and find one that fits your style, just as you did for a mentor. You will find some subjects that certain review series cover well, and others that are better covered with an entirely different series.

Jeremy

What is the overall importance of Step 1 to my career?

While this exam is crucial for many specialties as you plan your career in the near future, do not burn yourself out before the exam. I am not advising that you take the exam lightly, because every specialty will have great programs that are more competitive to get into. So, study hard, but remember that there are other aspects of your application that also play an important role: research, membership in a student organization, doing well in your third year rotations, and rotating at the programs you want to match into. Additionally, not that this should be a reason to take Step 1 lightly, but if you find your score not to be what you expected it to be, you have an opportunity to take Step 2 early for another opportunity to shine.

Alejandro

This exam is the most important 8 hours you will spend in medical school when it comes to determining your field of choice. The most highly competitive fields are getting tougher and tougher to enter and even previously "easy entry" fields are becoming saturated with applicants. Remember, the first way residency directors have to shorten their list of applicants to interview is to set up an unofficial Step 1 cutoff. If one does not make the cutoff, often times your application will not get a second glance. So study hard, buckle down the last few weeks, and then smile and enjoy the fruits of your labor for the rest of your life!

Jay

EMBRYOLOGY

Dudek: HIGH-YIELD™ EMBRYOLOGY, 3E

Very concise outline format, including only the most testable material.

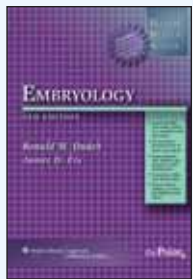
978-0-7817-6872-6 • 2007



Dudek, Fix: BRS EMBRYOLOGY, 4E

Concise outline format with over 550 USMLE-style Q&A.

978-0-7817-7116-0 • 2007



RUMOR: "USMLE Step 1 is just a 'big picture' exam."

Not True. The USMLE tests important topics, not just random minutiae. It expects you to know the important topics well and at a certain level of detail (the level of detail in the major review books). Let's take an example from physiology: ion channels. Do you need to know every ion channel ever identified? Absolutely not. However, you absolutely must know the ion channel for the upstroke of the action potential in nerve, for the upstroke in SA node, for the plateau in ventricle, and the channel that is closed by ATP and sulfonyleurea drugs in the pancreatic beta cell. In each of these examples, there is a critically important function that raises the "stature" of the particular ion channel.

Linda S. Costanzo, Ph.D.

GENERIC 30-DAY STUDY SCHEDULE FOR USMLE STEP 1

Count the number of days available from your last M2 class until the day of your Step 1 exam. The schedule below assumes a total of 30 days. If you have greater or fewer days, adjust the schedule up or down accordingly. Also, you may need less time for Behavioral Science or Gross/Embryo — add the gained time to other subjects or to wrap-up.

Wrap-up (re-review Step-Up) = 3 days before your exam
Days off (schedule as rewards for doing your work) = 2 days
Total full study days (excluding wrap-up and days off) = 25 days

Allocation of days by subject:

Pathology = 4 days
Physiology = 4 days (*may be less if you are strong in physiology*)
Pharmacology = 4 days
Microbiology/Immunology = 4 days
Biochemistry = 3 days
Behavioral Science = 2 days
Gross/Embryo/Cell/Histo = 2 days
Neuroanatomy = 2 days

Note: A "day" for each subject means an 8-hour day (see below). An "hour" means a 55-minute hour. In addition, you will do 3 hours of questions daily (see sources for questions below).

See page 11 for an adapted Systems-Based Schedule.

RUMOR: "One can adequately prepare for USMLE Step 1 by just doing questions." Not True. I don't hear this much, but it's worth addressing in case it crossed your mind. The point is that doing questions is very helpful. And, doing questions is less painful than hardcore study from the books. Since we hate pain, it is logical and tempting to wonder whether, fingers crossed, this might somehow be enough. It is not recommended, however, because questions, great as they are, will leave gaps and will not be systematic. And, equally important, because 'just questions' is not standard preparation, you will not have that all-important confidence of having adequately prepared when you go into the exam. Sorry...no to questions only.

Linda S. Costanzo, Ph.D.

Order of subjects:

In general, long-term memory subjects should be early and short-term memory subjects should be later. What is considered long- or short-term will vary among students, but a possible sequence is:

Physiology
Pathology
Behavioral Science
Day off
Microbiology/Immunology
Pharmacology
Day off
Biochemistry
Neuroanatomy, gross/embryo/cell/histo
Wrap-up days (re-review in First Aid or Step-Up)
Take USMLE Step I

Note: Some students prefer to overlap subjects to break up the monotony. For example, instead of 4 days straight for physiology followed by 4 days straight for pathology, make 1/2 day of physiology and 1/2 day of pathology into 1 day. Microbiology and immunology can be overlapped with pharmacology. There's no magic to either approach, just your preference.

Suggested daily schedule:

8-12 Study
12-1 Lunch
1-5 Study
5-8 Exercise, dinner, errands, phone calls
8-11 Questions
11-midnight Bedtime

Note: Evening questions should be done randomly — do not link them to what you studied during the day. Initially, do not time yourself; but do the questions to learn and to spend time with the explanations. Later, time yourself and pay attention to your scores.

USMLE Practice Test 3 (download from USMLE.org):

Note: Do it timed and simulated (150 questions in 3 hours) 3-4 days before the actual USMLE. If your wrap-up period is 3-4 days, you can take it on the first day of wrap-up. (Preferably, do it early morning and shift your study day forward; no 'evening' questions that day.) Take it as if it counts; then review it 2-3 times in the next few days to be completely comfortable with the screens, the way questions are posed, and to understand what you missed, and why.

GENETICS



Dudek: HIGH-YIELD™ GENETICS

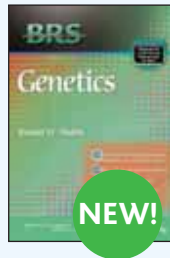
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HEMATOLOGY

Schmaier: HEMATOLOGY FOR MEDICAL STUDENTS

978-0-7817-3120-1 • 2003

What is the overall importance of Step 1 to my career?

The importance of the score you get on Step 1 is to get you in the door for the residency program of your choice. It's also important if you plan to go into a very competitive specialty. A good step 1 score will certainly influence residency program directors to take a closer look at your application. After that, your grades, letters of recommendation, research experience and your performance at interview will determine whether or not a program will rank you highly. So don't sacrifice everything else (especially graded work at school) just in order to get a stellar Step 1 score. Passing all three steps of the USMLE ensures that you will be a doctor, so don't get disheartened if you don't get the sort of score that you wanted on Step 1. *Priya*

Determining how hard you should study based on your specialty goals is potentially disastrous at this time. You don't want to be in the position of finding yourself loving a competitive specialty at the end of your 3rd year and not having the board scores for it. On the other hand (and I know this is common sense) if you secure an excellent board score you put yourself in the driver's seat regardless of specialty competitiveness. The bottom line is that doing well can only help you. You can make the next few years of your life a lot easier and less nerve-wracking by giving this test everything you have. Don't close any doors on yourself before you know which one you'll want to walk through. *Dave*

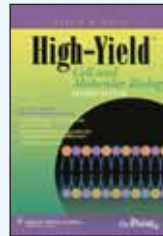
Obviously, the answer to this question is highly dependent on what you want to do. I am planning on doing Radiation Oncology, a specialty that requires good board scores. Dermatology, Orthopedics, Otolaryngology, and a few other specialties require very strong board scores, where certain fields such as pediatrics and family medicine do not have this requirement. However, no single board score precludes you from pursuing a specialty, just as no strong score guarantees you an automatic acceptance into the residency of your choice. I would suggest researching areas you are interested in and what their average resident looks like in terms of grades and board scores. If you are undecided, aim high because whatever field you choose, a stronger board score will allow you to not only choose what field you go into, but also the location. *Jeremy*

Tips for test day:

In the last week before the exam, do not try to learn and cram new facts. It will overwhelm you! Your last week, you need to REVIEW only and try to get plenty of sleep for the big day to come. The exam is nerve wracking, but it goes by really fast because you are so pressured for time, it will fly; yes, all eight hours. Make sure you read exactly what paperwork you need to bring to the exam, and take some time before the exam to check and make sure you have your ID and all paperwork prepared. *Alejandro*

Start setting your sleep schedule for the exam a week in advance. Always arrive early and make sure you have EVERYTHING you need before leaving your home. Take enough snacks with you to keep your energy up throughout the day, as you will not want to take a large lunch and experience any postprandial sleepiness. Even if you do not regularly drink caffeine, bring a couple of caffeinated beverages "just in case". Finally, when it comes to the test itself, relax and just do the best you can! Yes, it sounds corny but remember that you worked hard for this day and if one question is really bothering you it probably is stumping everyone else! How you feel on test day has NO correlation to your final score. *Jay*

HISTOLOGY



Dudek: HIGH-YIELD™ CELL & MOLECULAR BIOLOGY, 2E

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978-0-7817-6470-4 • 2007

VOL II: BACTERIOLOGY

978-0-7817-6471-1 • 2007

Tips for test day:

Prepare for a long hard day, both mentally and physically. Be sure to take some longer practice exams to avoid test fatigue. You would not run a marathon without doing extensive preparation, so you should not go into test day without experiencing what several test blocks in a row does to your stamina. Taking a full length practice exam is a good idea if you have the chance. Also, if you take a test block and feel like it was especially hard, it probably was. The exam is set up to have questions that test your general knowledge as well as some finer points. You need a very short memory during the exam so you can forget test blocks you feel you performed poorly in. The lingering thought of what you put down for a prior question will only hurt you on the current test block. **TAKE BREAKS!** You have ample time for breaks so use them. You do not want to take a break when you are already fatigued, you want to take the break before you get to that point.

Jeremy

Diallo: MICROBIOLOGY RECALL

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Tips for test day:

Relax. Get some sleep the night before. This is easier to do if you've been regularly sleeping early and waking up early in the days leading up to the test day. Try to get to the testing center early—most will let you in up to an hour earlier than your appointment time. Figure out a strategy for your breaks and use them well. I personally went outside and took a walk while eating my lunch, and it really helped me get refreshed. It's also important to pace yourself during each section and not run out of time at the end of any section. If you don't know the answer, make a reasonable guess, mark the question, and move on. Running out of time will just make you more nervous for the remaining sections. It's natural to feel nervous before you begin your exam. However, once you do begin, it'll feel like just another practice test.

Priya

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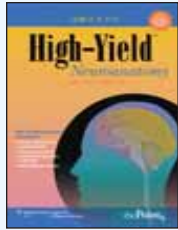
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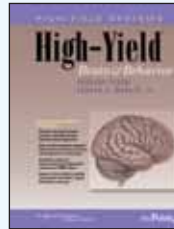
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Fadem: HIGH-YIELD™ BRAIN AND BEHAVIOR

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978-0-7817-9228-8 • 2007



Tips for the days and weeks following the exam:

The thought in my mind after the exam, along with many of my classmates, was “I failed.” It is a very daunting thought, but most people pass. Have confidence in yourself that your education and your dedication to studying will prevail. In the meantime, concentrate on the present. If you have started 3rd year, concentrate on doing well on your rotation. If you are on vacation, enjoy it!

Alejandro

Try and relax and catch up on activities that you deprived yourself of after the exam. You will keep remembering questions that you found hard or may have gotten wrong, and will have the urge to run and look them up. DON'T. It's counterproductive. Your overall score depends on how you did on the test relative to other U.S. medical students and a few questions right or wrong are unlikely to make a difference. Realizing you got a question incorrect on the test will only make you more anxious leading up to your score.

Priya

Scores are generally available at midnight on Tuesday night/Wednesday morning, three weeks after you took your test (i.e. all test-takers from Monday-Saturday of a given week will get their score on the same day). It's pointless pressing “refresh” a dozen times on Tuesday--they don't release them any earlier than midnight (trust me, I kept checking!).

Priya

PATHOLOGY

Chhabra: PATHOLOGY RECALL

978-0-7817-3406-6 • 2002

Damjanov: HIGH-YIELD™ PATHOLOGY 2E

978-0-7817-9899-0 • 2005

Fenderson, Rubin: LIPPINCOTT'S REVIEW OF PATHOLOGY:

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978-0-7817-9580-7 • 2006

Hansel, Dintzis: LIPPINCOTT'S POCKET PATHOLOGY

Readable and concise; suitable for learning concepts when there is no time to read the big book chapter. Includes free CD with 400 color images.

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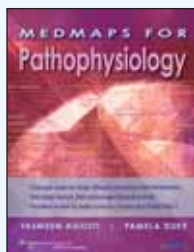
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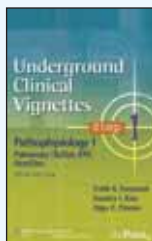
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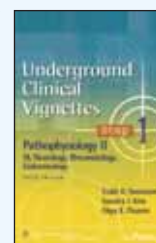
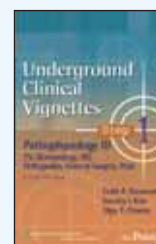
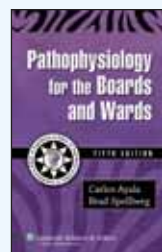


PATHOPHYSIOLOGY II: GI, NEUROLOGY, RHEUMATOLOGY, ENDOCRINOLOGY, 5E

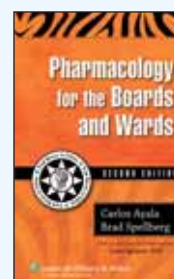
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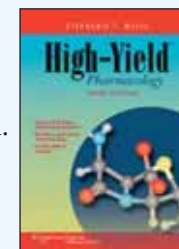
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RUMOR: "Most people finish the USMLE saying "I hope I passed; I hope I don't have to take it again." True, although some students don't want to jinx themselves with overconfidence. Even students who end up with 260 will say something like, "I recognized most everything, I don't know how I did. I probably passed, but I don't think I did well."

Almost everyone passes, yet most students do not have a sense of how they did. Because the questions require step-wise thinking and application of knowledge, you will not know how often you are getting them right (unlike recall, minutia questions). Expect this, do not let the feeling scare you, and forge ahead.

Linda S. Costanzo, Ph.D.

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REFERENCE



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978-0-7817-3390-8 • 2006

EXTRA POINTS

Avoid copying someone's plan simply because they have done well in first and second year classes or copying an upperclassman who did well on Step 1. You have to adapt a plan that works best for you. I spent 3 days on biochemistry and a half day on pharmacology, a schedule that reflects my comfort level with these subjects, but in no way reflects what emphasis Step 1 puts on them. Your plan should take into account how you study, how comfortable you are with each subject, how much emphasis test makers put on subjects, and how much time you are willing to spend each day. Finding someone with your same study and learning habits is a good place to start, but make sure your plan is best for you.

Jeremy

Don't procrastinate. The oldest advice ever, but it will save you anxiety and build your confidence if you push yourself to study.

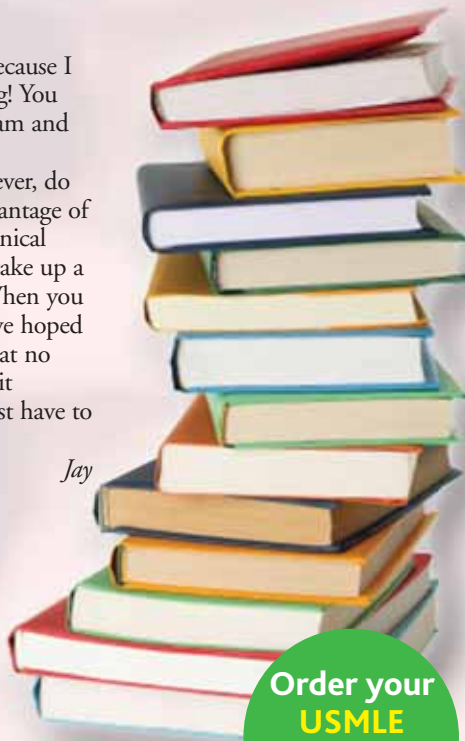
Alejandro

The day of the exam I felt awesome afterwards because I was finally free of the worry and stress of studying! You will feel a little worried about a week after the exam and start having doubts about the 5-6 questions you remember from the 350-question monster. However, do not let worry consume you! If anything, take advantage of any free time between studying for Step 1 and clinical rotations to do something fun: travel the world, take up a new activity, or just hang out with old friends. When you get your score, if you did as well as you could have hoped for pat yourself on the back and feel confident that no doors will be closed to you because of a three-digit number. If you are disappointed, chin up! You just have to work that extra bit harder to get what you want.

Jay

- Know the meaning of all buzzwords (you won't see the actual word often).
- Start with your weakest subjects.
- Memorize basic/commonly used equations.
- Memorize all common lab values.
- Look at the tutorial on usml.org and learn the locations of all buttons, labs, etc.
- Always keep scheduled breaks during studying.
- Study like a job—clock in, clock out, and when you're done for the session, you're done.

Dave



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10 LAST THOUGHTS FOR THE USMLE STUDY PERIOD (IF SELF-DOUBT CREEPS IN.....)

1. Don't worry about the pre-review you didn't do. Start now!
2. Your goal in reviewing is not to feel confident that you know everything. Your goal is to feel confident that you prepared as well as you could.
3. As you review, you will be surprised that the material does come back.
4. JUST DO IT, and don't sweat the small stuff.
5. If you have a really bad day, with crying spell/meltdown, close the books mid-afternoon, take the evening off, and don't open the books again until 8 the next morning. You can't be effective in that state, so it's better to rest in the hours that you would have lost anyway. (Those few hours can be recouped.)
6. Get adequate sleep and exercise during the study period. Treat yourself to a few favorite things.
7. Every USMLE question will have a BEST answer. Go after it on every single question. That attitude alone will improve your performance.
8. There should be some very basic questions on USMLE. Answer them straightforwardly, and don't look for tricks.
9. As you take the USMLE exam, you will not know how you're doing. Expect this, and don't let it undermine your performance.
10. The day after Step 1 (when you awaken and realize you have nothing to do) could possibly be one of the best days of your life. Keep that image in the back of your mind while you're doing the hard review work.

Linda S. Costanzo, Ph.D.

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