

USMLE STEP 1 Seminar 22-23

By StudyAid and AMSA

Outline

- 1) Introduction to the USMLE
- 2) Registration
- 3) Study Resources
- 4) Presenters' Exam Experiences
- 5) Important Dates and Links
- 6) Closing remarks
- 7) Questions + Feedback

What is the USMLE?



USMLE®

UNITED STATES MEDICAL LICENSING EXAMINATION®

Exam sequence **required** to receive a medical license in the USA

Three “steps” required

- **Step 1 (MCQ)**
- Step 2 CK (MCQ)  Need to be taken in order to apply to residency
- Step 3 (Two-part MCQ) – after graduation

Step 1 Exam

- Computer based 280 question exam
- ~60% correct to pass
- 7 test blocks (60 min/block) + 45 min break time.
- Initial 15 min tutorial [skip to add 15 min to break time]
- All items must be placed in locker
- Others will be writing different exams - typing on keyboards

System	Range, %
General Principles**	12-16
Blood & Lymphoreticular/Immune Systems	7-11
Behavioral Health & Nervous Systems/Special Senses	9-13
Musculoskeletal, Skin & Subcutaneous Tissue	6-10
Cardiovascular System	5-9
Respiratory & Renal/Urinary Systems	9-13
Gastrointestinal System	5-9
Reproductive & Endocrine Systems	9-13
Multisystem Processes & Disorders	6-10
Biostatistics & Epidemiology/Population Health	4-6
Social Sciences: Communication and Interpersonal Skills	6-9

* Percentages are subject to change at any time.
 ** The Step 1 General Principles category includes normal and abnormal processes that are not limited to specific organ systems.

Content Outline

Discipline	Range, %
Pathology	44-52
Physiology	25-35
Pharmacology	15-22
Biochemistry & Nutrition	14-24
Microbiology	10-15
Immunology	6-11
Gross Anatomy & Embryology	11-15
Histology & Cell Biology	8-13
Behavioral Sciences	8-13
Genetics	5-9

* Percentages are subject to change at any time.

Competency	Range, %*
Medical Knowledge: Applying Foundational Science Concepts	60-70
Patient Care: Diagnosis	20-25
History/Physical Examination	
Diagnosis	
Communication and Interpersonal Skills	6-9
Practice-based Learning & Improvement	4-6

* Percentages are subject to change at any time.

Testing Center



Pass-Fail?

- The exam has switched to pass fail since Jan 26, 2022
- Step 1 P/F places emphasis on the **Step 2 score**
- Anecdotal experience of ~15% of a US M2 class failing
[Less prep time + underestimating the material]
- Studying for Step 1 is important!
- The best prep for Step 2CK is solid Step 1 prep (foundations)

Examinees from Non-US/Canadian Schools	2020 Number Tested	2020 Percent Passing	2021* Number Tested	2021* Percent Passing
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1st Takers	11,742	87%	16,952	82%
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Repeaters**	1,375	50%	2,258	45%
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Total	13,117	83%	19,210	77%
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Examinees from US/Canadian Schools	2020 Number Tested	2020 Percent Passing	2021* Number Tested	2021* Percent Passing
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MD Degree	20,343	97%	23,078	95%
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1st Takers	19,772	98%	22,280	96%
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Repeaters**	571	67%	798	66%
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DO Degree	5,274	95%	5,365	94%
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1st Takers	5,235	96%	5,309	94%
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Repeaters**	39	74%	56	75%
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Total	25,617	97%	28,443	95%
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ECFMG, a member of Intealth, serves the U.S. public and graduate medical education (GME) community by assuring that IMGs are ready to enter U.S. GME.

USMLE Step 1

	No. of Administrations	No. Passing	% Passing	Step 1: The data in this exhibit reflect examinee performance for Step 1 administrations from January 1, 2021 through December 31, 2021. Step 1 First Takers are those examinees with no prior Step 1 and no prior NBME Part I examinations.
Total	19,168	14,820	77	
First Takers	16,914	13,816	82	
Repeaters	2,254	1,004	45	
U.S. Citizens	4,861	3,521	72	
First Takers	4,011	3,137	78	
Repeaters	850	384	45	
Foreign Citizens	14,307	11,299	79	
First Takers	12,903	10,679	83	
Repeaters	1,404	620	44	

JUMC Requirements

- Good standing with the school (no outstanding fees or currently failed courses)
- Pass pharmacology and pathology to get approved by the school (may start registration beforehand - especially if exempt from pharmacology final)

Ask about early registration before finishing pharmacology.

Mainly: How much time the ecfmg gives the school to confirm the student's eligibility

- If GPA between 3.0-3.5 required to get 74 points on CNBME (or 210 on the Step 1 scale)

*Contact the school if unsure, they will make their decision on a case-by-case basis

Registration Process

Step 1: Create an ECFMG account on their Interactive Web Application

Click on “...never been issued USMLE/ECFMG Identification Number...” and fill it out

After about a week you will receive your USMLE ID

With USMLE ID and temporary password (sent via email) to create new password


ECFMG® EDUCATIONAL COMMISSION FOR
FOREIGN MEDICAL GRADUATES
On-line Services

Phone (215) 386-5900
 M-F, 9:00 a.m.-4:00 p.m.
 Eastern Time in the U.S.

Login for access to ECFMG's Interactive Web Applications (IWA)

If you have already received your **ECFMG On-line Services** password, enter your USMLE/ECFMG Identification Number and Password below to login.

IWA LINKS
 Application for ECFMG Certification

- [Overview](#)
- [Instructions](#)

Application for USMLE Examination

- [Overview](#)
- [Instructions](#)

Eligibility Period Extension Request

- [Overview](#)
- [Instructions](#)

[Web Applications Frequently Asked Questions \(FAQs\)](#)
[ECFMG's Provision of Performance Data to Medical Schools](#)

USMLE/ECFMG Identification Number:
(8 digits, no dashes)

PASSWORD:

If you forgot your password, click [here](#).

If you forgot your USMLE/ECFMG Identification Number, click [here](#).

If you have never been issued a USMLE/ECFMG Identification Number and want to request one, click [here](#).

If you have a USMLE/ECFMG Identification Number, but you are a first-time user of **ECFMG On-line Services**, click [here](#) to establish an account.

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[Terms](#) | [Privacy](#)

Step 2: ECFMG Certification and Form 186

Fill out application for ECFMG Certification (will be on the left-hand side when you login). **This will cost \$160 (woo)**

Form 186 (Certification Identification Form) will be sent to you via email. You will then use NotaryCam to verify your identify.

Link: <https://www.notarycam.com/ecfmfg/>

Verification takes about a week

The screenshot displays the NotaryCam website interface for ECFMG certification. At the top, the NotaryCam and ECFMG logos are visible, along with the text 'EDUCATIONAL COMMISSION FOR FOREIGN MEDICAL GRADUATES'. Below the logos, a message states: 'ECFMG has two programs that can be selected. *In order to prevent delays in processing*, please be sure you are selecting the correct program below.' A button labeled 'PLEASE CLICK WHICH PROGRAM FORM YOU WISH TO HAVE NOTARIZED' is present, with a note below it: 'If using a mobile device, please scroll down to choose the EPIC Identification form.' The main content area features two columns. The left column is titled 'Click here to complete your CERTIFICATION 186 IDENTIFICATION FORM' and contains a section for 'CERTIFICATION OF IDENTIFICATION FORM (FORM 186)' with a barcode and a 'Signatures' field. The right column is titled 'Click here to complete your EPIC IDENTIFICATION FORM' and contains a section for 'EPIC IDENTIFICATION FORM' with a barcode and a 'Signatures' field. A red arrow points from the link in the text to the 'CERTIFICATION 186 IDENTIFICATION FORM' section.

Step 3: Send consent for USMLE Transcript

While waiting for processing of ECFMG Certification/Form 186, send “Consent for Release of USMLE Transcript” to the School Office

<https://medschool.uj.edu.pl/medical-education/ecfmq/>

Hand in directly or send to smeoffice@cm-uj.krakow.pl



School of Medicine in English
Jagiellonian University Medical College
Faculty of Medicine

JAGIELLONIAN UNIVERSITY MEDICAL COLLEGE
STUDENT/GRADUATE
CONSENT FOR RELEASE OF USMLE TRANSCRIPT

Surname and name(s)*

Date of Birth (dd/mm/yyyy)

USMLE/ECFMG ID #

Email address

Telephone #

I hereby authorize and request the Educational Commission for Foreign Medical Graduates to release my official USMLE transcript to the Jagiellonian University Medical College (JU MC).

The data obtained thereby will only be used by the JU MC for statistical purposes and NOT shared with any third party.

Signature

Date (dd/mm/yyyy)

*please type

Instructions: Please TYPE in all required information and sign the form. Incomplete forms will NOT be recognized by the JU MC SME. Failure to deliver the form to the JU MC SME will prevent your USMLE application from being processed by the School Office. Please return the form to the JU MC by post, e-mail (only pdf files), or fax, or in person.

Contact information: Jagiellonian University Medical College, Faculty of Medicine, School of Medicine in English, ul. św. Anny 12, 31 008 Kraków, Poland; e-mail: smeoffice@cm-uj.krakow.pl; phone no.: +48 12 422 80 42; fax no.: +48 12 421 28 69

Step 4: Time to apply for USMLE Step 1

After being verified, complete Application for USMLE Step 1 on the ECFMG IWA website (this takes time)

Pay \$1000 (plus \$195 if taken outside the US/Canada) :(

Choose your eligibility period: This is a 3 month window where you intended to take the exam. Scheduling the exact date is the next step.

Processing the application takes about 4 to 6 weeks. Let the School Office know that you have applied so they can check for requests coming from ECFMG.

Somewhere between 4 to 6 weeks, you'll receive your Scheduling Permit via email. **This document is your life. Do not lose it. You will need it printed out and brought to the test center on exam day.**

Step 5: Sign up for the exam!

Once you received your scheduling permit, you can pick an exact date for the exam

This is done on Prometric's website. You can also check what dates and locations are available without signing up.

Spots open 6 months ahead.

Link: <https://proscheduler.prometric.com/>

You did it! You're signed up for Step 1



2024 ECFMG Accreditation Changes

ECFMG announced that a school's accreditation status will be done via a accrediting agency recognized by the World Federal for Medical Education

As of November 9, 2022, there is not an accrediting agency for Poland that is recognized by WFME

AMSA JUMC has been in communication with the School Office. There is a national committee for Poland and the underlying assumption is that everything will be ready for 2024. AMSA JUMC will continue to request updates regarding the matter

Costs? Yeah



ECFMG Certification: \$160

STEP 1 Exam Cost: \$1,000 (+ \$195 if taken outside US/Canada)

- ultimate cost really depends where you take it → consider airfare, transportation, accommodation

UWORLD: \$480 (180 day access, 2 free assessments, 1 reset option)

First Aid: \$60

NBME Exams: \$60

USMLE Self assessments: \$50 (4 blocks of 40 questions)

Boards and Beyond: \$250

Sketchy: \$400

Pathoma: \$85

Amboss: \$130 (yearly membership) + \$230 (unlimited Q-bank access)

- cheaper with AMSA's UJ student discount!



Resources

- Less is more: do not use too many. Choose your resources and **stick with them!**
- Check the last pages of FA for top-rated resources
- Step 1 resources are heavily relevant to our curriculum (not taking Step 1? Check out the resources anyway! You won't regret)

Practice Exams:

- NBME (25-30)
- Uworld self-assessments
- Free 120
- Amboss self-assessments

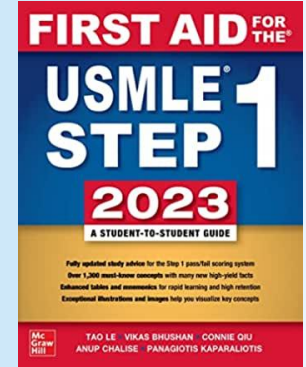
Question Banks

- Uworld
- Amboss
- USMLE RX
- Kaplan
- Passmedicine (UK)

Rank	Title (all editions)	% of students used
1.	First Aid for the USMLE Step 1	59.9
2.	UWorld	56.0
3.	Boards and Beyond	53.4
4.	SketchyMicro	47.1
5.	SketchyPharm	41.8
6.	Pathoma	41.3
7.	Anki	29.2
8.	Fundamentals of Pathology	21.5
9.	AMBOSS	15.7
10.	USMLE-Rx Qmax	10.6
11.	SketchyPath	8.5
12.	SketchyBiochem	5.6
13.	First Aid Cases for the USMLE Step 1	4.3
14.	SketchyPhysio	3.9
15.	Dirty Medicine	3.4
16.	Pixorize Biochemistry	3.1
17.	SketchyAnatomy	3.1
18.	Kaplan Qbank	2.7
19.	USMLE-Rx Express 2021	2.7
20.	Osmosis	2.4

First Aid

- “A bible for step 1”
- Get one (PDFs can be found online) ASAP and use it with lecture notes for any class
- Understanding > Memorization
- **INTERACT WITH BOOK!!!**
(Writing, highlighting, covering up, flashcards, annotate)
- Apply the knowledge! **Do questions and refer to the book!!!**
- Do not skip if you don't understand. Take some time, use videos or other sources.
- **REVIEW. REVIEW. REVIEW.**



Boards and Beyond

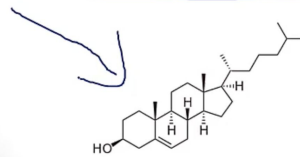
- GOLD
- Amazing for first round
- Covers FA so use in conjunction. Requires some time (f.e 2 hour video might take 4 hours)
- Easy to follow
- Substituted other video resources
- Watch for clinical rotations
- Personal experience: Used for the following UJ exams: immunology, clinical microbiology, neurology, infectious diseases...



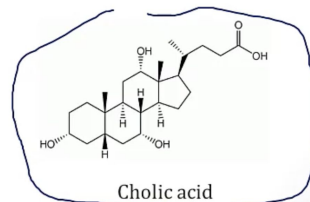
Bile Salts

Cholesterol Excretion

- Cholesterol not soluble in water
- Conjugated bile → water soluble → excretion in stool
- **Bile acid resins**
 - Cholestyramine, colestipol, colesevelam
 - Retain bile acids
 - Prevent reabsorption
 - More excreted in stool



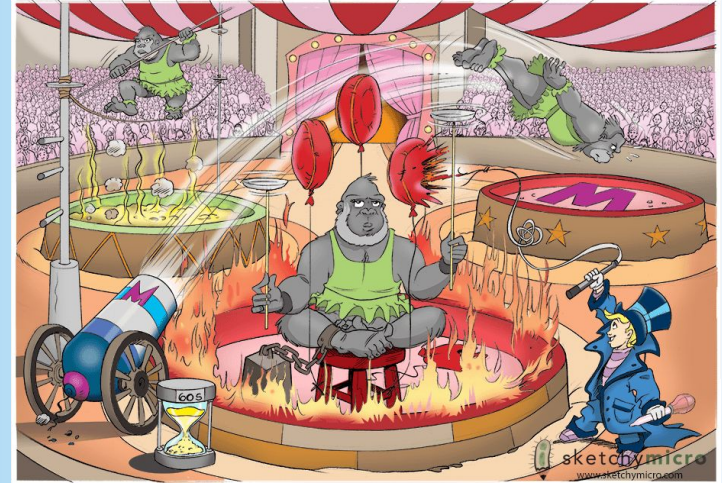
Cholesterol



Cholic acid

Sketchy Medical

- Watch alongside microbiology and pharmacology courses
- Take notes while watching
- Use with Anki → **active learning!**
 - Pepper Anki deck (pharm + micro)
- Does not include everything
 - Builds a solid base in pharm and micro
 - Fill in new information
- Supplement with UWorld/B&B/FirstAid

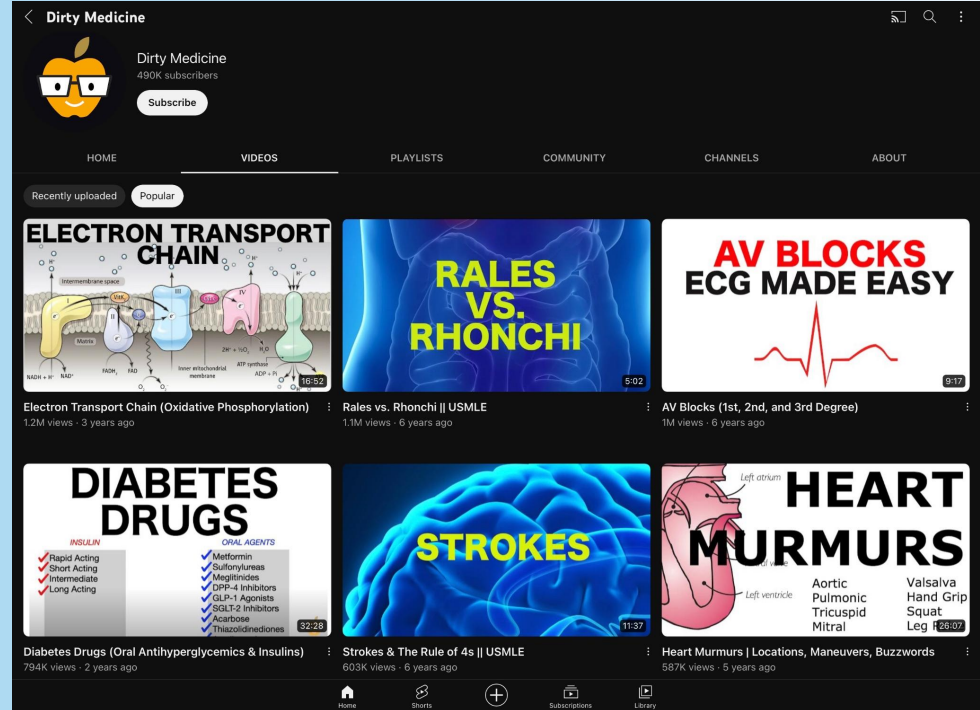


Dirty Medicine

Briefly covers very high-yield topics in simple terms

More importantly provides funny, stupid, ridiculous mnemonics/sentences/imagery to help you remember the concepts

A lot of easy points on the exam if you know these well



UWorld

Remember: UWorld is meant for learning
Don't worry about getting answers wrong.
Your UWorld average does not reflect
your Step 1 score



- Universally agreed upon: Most similar to the actual test
- Notes or flashcards?
 - Always maximize **active** learning: Flashcards/Anki, review them regularly.
 - Some annotate with FA
 - If you take notes, will you **recall** them regularly?
 - **Trap:** Annotate/take notes → no subsequent exposure → same mistake later
 - Ask yourself frequently: am I **actually** learning from this?
- 180 days = \$479
- 360 days = \$559
- Aim for > 40 questions/day during dedicated period
- Takes longer than you think
 - Recommended to spend 2-3x longer reviewing questions compared to doing them
 - 40 Q takes 1 hour to do + 2-3 hours to review: 40Q will take around 4 hours not including breaks!
- **Carefully review ALL answer choices, understand why all of them are wrong/right**
 - This means also reviewing your rights
- Use the UWorld self assessments closer to your exam

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

Item 5 of 10

Question Id: 545

Mark

Previous

Next

?

Lab Values

Notes

Calculator

Reverse Color

Text Zoom

A newborn girl is admitted to the neonatal intensive care unit with jaundice, hepatomegaly, and generalized edema. She was born by vaginal delivery to a 32-year-old woman, gravida 2, para 2, who received minimal prenatal care. The infant's laboratory results show a hemoglobin level of 6 g/dL and a positive direct Coombs test. A peripheral blood smear shows many nucleated erythrocytes. The infant has significant respiratory distress due to pleural effusions and ascites and dies soon after birth. Autopsy shows areas of extramedullary hematopoiesis in many tissues. Which of the following is the most likely cause of this patient's condition?

☐ A. Abnormal hemoglobin polymerization

☐ B. Absence of alpha globin chains

☐ C. Erythrocyte opsonization by maternal antibodies

☐ D. Glucose-6-phosphate dehydrogenase deficiency

☐ E. Red blood cell lysis by fetal antibodies

Submit

Block Time Remaining: 00:00:51
TUTOR

2

Feedback

Suspend

End Block

Common questions about Q-banks

- How to choose which order to do the questions?
 - **Random, all topics:** useful when you have been through things once, which you have during classes at JUMC if you are now in 3rd year or higher
 - **Subject by subject:** works well for the first time you learn about something, for example in physiology or pathology in 1st and 2nd year
 - It is highly recommended starting with Q-banks already in your first year. This will set you up nicely both for your JUMC exams and the USMLEs. **IMPORTANT:** save UWorld for your Step-specific studying, this is the most similar to the exam. There are other Q-banks out there that are cheaper and very good for learning things first time around
- Tutor vs timed
 - Tutor: good for first-time learning
 - Timed: very important to practice questions timed, start doing this as soon as possible
- 1 Pass or 2 Pass?
 - 2 passes may be useful for some, but you risk subconsciously remembering what you answered last time and it can give a false confidence. It is recommended to try a different Q-bank rather than doing one twice.
 - The exception is when you do a second pass at your wrongs - this is highly recommended, and a good idea to do if you are done with UWorld and still have time left before your exam.

Anki

- Flashcards with spaced repetition algorithm
- “Mechanical” memorization?
 - Downloading a deck and doing ALL the cards in that deck = Not good :-(
 - How to avoid it? **Choose specific cards** or make your own according to the topic you are currently studying/struggling with/questions you are doing:
UWorld + Anki = ❤️
- Tailor the cards to your needs:
 - Make your own: **Time consuming**, but might be worth it (depends on your knowledge base)
 - Download a premade deck: **Quicker**, suspend ALL the cards, and **unsuspend relevant cards** as you go.
 - Take some time to look for a deck that suits you
 - A mix of the two is also great

- Using Anki is **more tiring** than note-taking, reading, watching videos etc., but worth it if used properly
 - Shorter intervals, allow yourself more frequent breaks
 - Build stamina gradually
 - Better with 1 hour active learning + 1 hour more sleep/exercise/socializing than 2 hours of passive learning!
- Use AnkiWeb to sync your decks in the cloud, **always sync!!**



The left screenshot shows an Anki card titled 'Borderline personality disorder' with a text field containing a UWorld note: 'Key features present in **narcissistic**, but not in **histrionic** personality disorder'. The right screenshot shows the UWorld interface for the same question, highlighting the correct answer (E. Histrionic personality disorder) and providing a detailed explanation of its clinical features.

Histrionic personality disorder

Clinical features

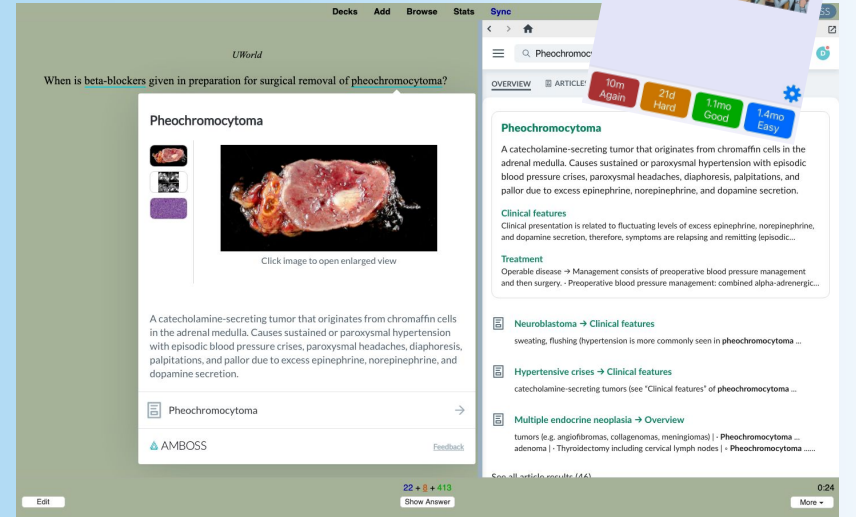
- Pattern of **excessive emotionality & attention-seeking** behavior since early adulthood
- Inappropriate, sexually seductive or provocative behavior; uses appearance to draw attention
- Shallow, shifting, dramatic emotions
- Impressionistic, vague speech
- Suggestible (easily influenced)
- **Considers relationships more intimate than they really are**

This patient's intense need to be the center of attention, preoccupation with physical attractiveness, and dramatic emotional displays are consistent with a diagnosis of **histrionic personality disorder**. Patients with histrionic personality disorder become distressed in situations where they are not the **center of attention**, frequently use physical appearance to attract attention, and often behave in a

Helpful Anki tips and Links

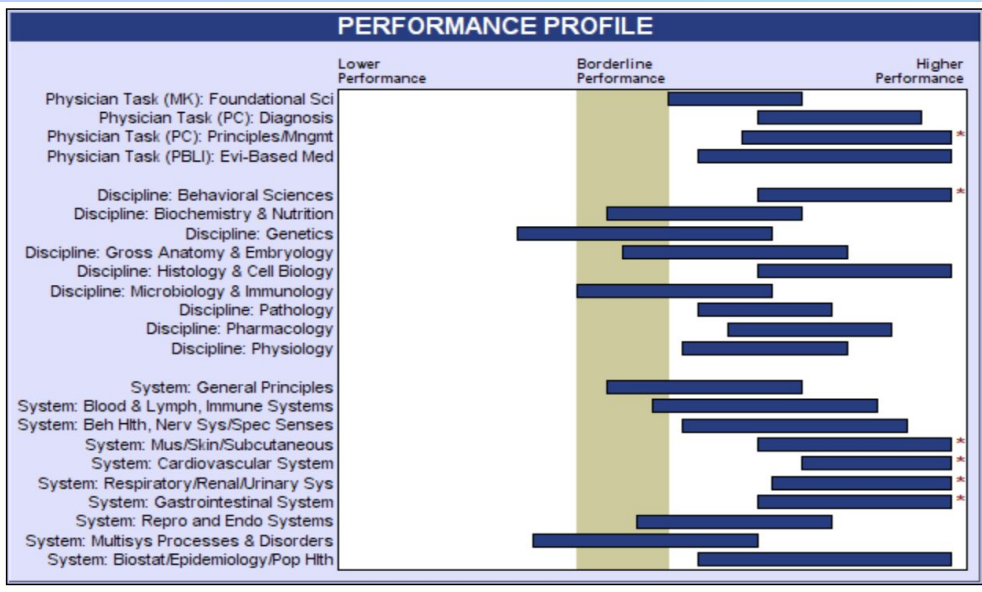
- Avoid getting overloaded with review cards (“Ease hell”):
 - Adding/unsuspending **30-50 new cards per day** is typically a tolerable amount, but experiment with it
 - Keep up with reviews!
- Step 1 AnKing deck: <https://www.ankipalace.com/step-1-deck>
 - This has > 30 000 cards, so **DO NOT** try to get through it all! Suspend all of them, and **unsuspend relevant cards**
- Anki + Amboss
 - If you have Amboss, download the Amboss add-on for great integration!
- AnKing + Boards and Beyond
 - Find the relevant tags and do the cards related to the video you just watched
 - <https://www.youtube.com/watch?v=ouGn9z-mV0g> (from 03.47 min if you are impatient)
- Everything about anki: <https://www.youtube.com/c/TheAnKing>
- How to adjust settings: <https://www.youtube.com/watch?v=vvF5Y2101Lk>
- Reddit: <https://www.reddit.com/r/medicalschoollanki/>
- Studyaids Anki Booklet (includes links to different decks): <https://studyaids.no/materials%2019-20/Beginners-guide-to-anki.pdf>

Download the app for on-the go studying (costs money, but frees up time!) →



There are many good YouTube videos about Anki, if you are interested, set aside some time to watch them!

Pro Tip (Free 120)



- Take the free 120 practice exam at your designated testing center!
- Format like USMLE but only 3 hours (possible 15 min break)
- Percentage of correct and incorrect printout
- 75 USD for candidates in US and Canada (155 USD outside)



Important Dates

- USMLE registration 6 months ahead
- CNBME: Feb 20th (online)
 - Registration closes on Feb 6th
 - 15 spots available
- Amboss self-assessment: Feb 9-19th
 - Registration closes Feb 8th
 - Register for free account with email
- CNBME in April?
 - Arranged by school office if enough students show interest



Our Experiences

Korina's Experience

Timeline:

- November
 - Micro + Pharm (Sketchy)
 - Pepper anki deck
 - Started Amboss Qs
- December
 - Register for USMLE
 - Biochem (Sketchy)
- January
 - Pathoma
 - Duke Pathoma anki deck
- February
 - Amboss self-assessment
 - CNBME (school)
- March/April
 - Pathology (Sketchy)
 - Salt anki deck
 - CNBME (school)
- May/June
 - Started Physeo
- Jul-Aug: Dedicated
 - Finished Physeo
 - UWORLD Qs + self-assessments
 - CNBME 25-30
 - Free 120

Test Day:

- Original date: Aug 20
- Rescheduled: Aug 30
 - Madison, WI
- Started exam before 8am
 - Skip tutorial
- Breaks after blocks 1, 3, 5, 6
 - Build up break time
- Results out after ~3 weeks

Damian's Experience

#1 TIP FOR ANYONE TAKING STEP: START QUESTIONS EARLY

RESOURCES USED:

- Uworld
- First aid
- Boards and Beyond
- Sketchy Pharm/Micro videos + pepperpharm/peppermicro anki decks
- Pathoma videos + duke's anki deck

TEST DAY EXPERIENCE

- Location: University of Illinois, Champaign
- Booked at hotel room in the no kids wing
- Sleep: 11 pm, Woke up: 6 am, ran on the hotel treadmill for 30 min, arrived at testing center just before 7
- Completed 3 blocks □ 25 min break □ completed the last 4 blocks

PLAN

- ❖ January – mid June □ Boards and Beyond review of all subjects, Sketchy Pharm/Micro Review, Start Uworld questions
- ❖ Mid June – September 28th □ Uworld and First Aid **DEDICATED**
- ❖ Take Uworld self-assessments the week before/of exam

ACTUAL

- ❖ I stuck to my plan for the most part, only regret isn't starting questions earlier
- ❖ Test date ended up being Sep. 30th (Prometric cancelled my exam on Sep. 25th)

Olek's experience

Consistency is key

Third year: started early

Mid October 2019 – June 2020: FA + B&B + UW

- Did a chapter of the FA, then watched B&B (same organ system) while annotating FA (added details) -> did 2 full passes of FA in one round
- Picked the order of systems depending on the rotations I had at school (f.e general surgery - gastro; cardiology - cardio)
- Around 50 questions a week (tutored, subject specific) - added info to FA
- 2 self-assessments (school cNBME and amboss)

June 6- July 28: dedicated review period (10-12 hours a day)

- Used **cramfighter** (helps you to build a personalized schedule)
- Morning: 40 uworld questions with review
- Afternoon: 15 FA pages then 40 incorrect from uworld
- Evening: 1 hour of Pathoma videos + 30 minutes of sketchy micro
- Self-assessment once a week, tried to finish reviewing the same day

July 29 – August 2 : questions + used different resources to fill in the gaps (ninja nerd, dirtymedicine) + **Pathoma chapters 1, 2, 3**

August 3- August 4 : rest

August 5, 2020 – exam day

Test day experience

Prometric in Berlin (New Horizons center; Berliner str. 112a)

Recommendation: Book a hotel in a quiet area (not hostel; last thing you want is a sleepless night)

Test was scheduled for 9:00, arrived earlier. Started at 8:40
Skipped tutorial : extra 15 minutes (**check your headset**)

Had to wear a mask (check your prometric center regulations)

Had a bite of protein bar during every break (avoid glucose surge)

Was out of food after 5th block, so bring enough

Recommendation: instead of doing 2nd round of UW, do other question banks (eg, AMBOSS)

Ida Marie's experience

Sep. 2020: Baseline NBME with very low score

- Used B&B, First Aid + Anki
- Bought UWorld, but didn't use it because I felt overwhelmed. Would start with a different (cheaper or free) Q-bank if I could do it again.

Nov-dec 2020: lots of personal stuff happened = Almost no studying

Jan. 2021: Got back into it

March 2021: More personal stuff happened, decided to postpone exam until December 2021

Summer 2021: Worked 50% at the hospital and studied on my free days

- Worked nicely for me

Jan 2021 - Sep 2021: B&B + UWorld + Anki

- Did around 2000 UWorld Qs in this time span = 8 Qs/day on average

Mid September - Mid December 2021 = Dedicated period

- Booked my Step 1 date in Berlin: December 13th
- Finished round 1 of UWorld, started going over my wrongs. Got through half of them.
- Limited time due to school, skipped as many classes as I could (big thank you to my class mates for covering <3)
- Did NBMEs at home almost every saturday with my friends

Last week before my exam: Germany changed their quarantine rules

- I wouldn't make it to my exam → Changed it to December 11th in Copenhagen

December 11th 2021: Took my exam and all was good :-)

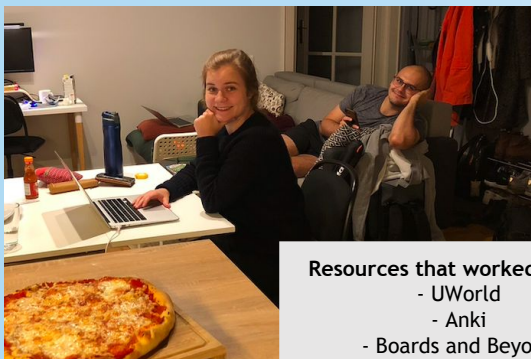
Estimated workload

- 910h/14 months = 16h/week = 2h/day (average!)
 - B&B ≈ 130 hours (passive learning)
 - I did not watch all the videos, takes longer than the actual run time!
 - Anki ≈ 370 hours (active)
 - UWorld ≈ 380 hours (Active and passive)

I tried to spend more time on active learning, ended up with 60/40 active/passive

Test day experience

- Travelled the day before, tried to take care of my physical health that day/evening
 - Avoided studying, did some Anki during my flight only
- Very comfortable test center in Copenhagen, fast security check = more break time!
- Got into my focus-bubble at 8 and came out on the other end at 17
- Snacked on nuts/fruit and drank water every break



Resources that worked for me

- UWorld
- Anki
- Boards and Beyond

Take-home message

Don't panic if things don't go according to your plan. Adjust and keep going, things happen and you can do great regardless!

David's Planned Experience

- **Sept 2020:** Baseline NBME
- **Oct 2020:** Start studying with FA, Pathoma, Sketchy
- **January 2021:** 2nd NBME, start uWorld, start FA 2nd pass
- **May 2021:** UWAS SA 1
- **Jun-Aug 2021:** Dedicated
 - 2nd pass of uWorld
 - Remaining NBMEs
 - UWAS SA 2
- **Last couple days:** Review highest yield
- **End of August 2021:** Take exam

David's Actual Experience

- **Oct 2020:** GPA requirement changed and became ineligible. Started studying for school's cNBME
- **Dec 2020:** Hospitalized for COVID lol
- **Feb 2021:** Took cNBME, did not get required score. Decided to focus on getting my GPA up instead
- **June 2021:** Became eligible and signed up for December 17
- **June - Nov 2021:** B&B and continued uWorld
- **Late Nov 2021:** Realized I wasn't going to be ready. Rescheduled for Dec 30
- **Dec 24, 2021:** Realized I'd pass but not get a good score and rescheduled to January 28, 2022 to take P/F
- **Jan 2022:** Went HARD
 - uWorld Reset
 - Anki Cards on what I got wrong
 - Dirty Medicine
 - Duke Pathoma Anki
- **Week before test:** Dirty Medicine, first 3 chapters of Pathoma via Duke Pathoma Anki, FA Rapid Review Anki
- **Jan 28, 2021:** Test Day
- **10 days later:** Passed :)

Filip's exam experience

Plan:

- Dec/Jan start of amboss + Review of biochem and micro +pharm
- April fail CNBME
- May Register for USMLE (too late)
- Dedicated: 1.5 months Jul - August
 - 80 uworld qs/day Uworld
 - Incorrect q/ tough concept flashcards
 - NBME on the weekend (26-30)
 - Melhman medical (arrows + Neuroanatomy pdfs)★
 - Dirty USMLE
 - Hy guru organ system videos (on Youtube) ★
 - Hy images (PDF)★
 - Goljan audio tapes ★
- Exam experience:
 - Mixed topics
 - Pathoma 1-3 especially HY
 - Not as heavy focus on communications as I anticipated

Important Links:

-ECFMG application website

[On-line Services \(ecfm.org\)](https://ecfm.org)

-School website for step 1 (CNBME registration)

[School of Medicine in English \(uj.edu.pl\)](https://uj.edu.pl)

-NBME website [Practice exams]

[Comprehensive Basic Science Self-Assessment | NBME](https://www.nbme.org)

-Official USMLE website

[Step 1 | USMLE](https://www.usmle.org)

Our suggestions

- To sum up, no matter what year you are in you should study with some board materials in mind
- 1st and 2nd year use board resources like Anki, FA, Pathoma, Sketchy etc
- For 3rd year onwards *start practise questions early*
- Become familiar with the USMLE test format and tutorial on their official website

Spring Seminar

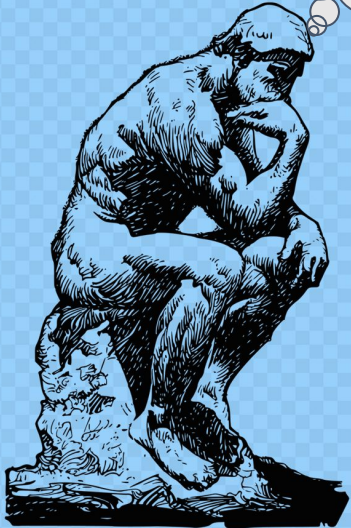
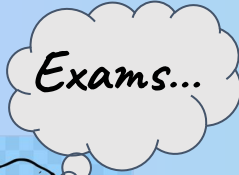
- ❖ Practice questions
- ❖ Test taking tips
- ❖ High yield concepts review/resources?

Feedback appreciated!

Questions & Feedback



**Thank you for your attention
and
*Good Luck!***



*Please take the time
to fill out the
feedback form ^ _ ^*