

## 2016 USMLE Step I Survey

### 1. When did you start reviewing specifically for Step I? (n=95)

During the first semester of M2 year	8.4%
During the holiday break or prior to spring break M2 year	17.9%
During or after spring break (before the last core ended)	14.7%
After the last core of the M2 year ended	58.9%

#### Comments:

- I started doing 15 UWorld questions a day during spring break. I would do questions on topics relevant to the core while we still had classes. I started reviewing everything after the core.
- Summer after M1 year
- The summer before M2 year
- Completed 500 quiz bank questions prior to the end of the year but did not specifically designate time until after the last core
- I did not intensely start doing boards thing, but I had step prep in mind as I studied for CORE classes.

### 2. How did you plan your study schedule for Step I?

- Made my own daily schedule with each book or program I wanted to work on and how far I wanted to get that day.
- I planned to do what my sister did.
- Other student's feedback
- I tried to get through first aid twice during my dedicated period. Also used pay homage to study pathology and sketchy medical to help study micro and pharmacy sections
- I used Cramfighter
- Studied every day using Doctors in Training, First Aid and UWorld Qbank and took breaks to avoid burnout.
- I read first aid, went through sketchy micro, then answered uworld questions.
- Plan from previous student
- Based of peer schedule
- Doctors in Training schedule
- Osmosis study schedule, random UWorld questions every day.
- Using Cramfighter, an online study plan program. I put emphasis on getting through all of First Aid and put the subjects in the order we learned them 2nd year, so older material was reviewed first.
- Weekends after exams I would study for step.
- Dividing my sources into 5 week period. Asked upperclassmen how best to divide the material.
- CramFighter
- I used an outside resource to plan my schedule
- Determined what resources I wanted to get through, and when I wanted to be done/reviewing them again
- Based on CramFighter schedule, but made some adjustments.
- From previous suggestions/did not have a very concrete schedule
- Based on advice from upperclassmen: Allot 30-35 days for dedicated Step 1 study time. I used Cramfighter to set-up my schedule (make sure someone from your class gets a discount code for this!). I used Sketchy, Pathoma, Doctors in Training, First Aid, and UWorld. However, after a few weeks, I realized that I realistically couldn't complete all of these resources and ended up focusing on DIT, First Aid, and UWorld. I also took 2 practice tests.
- Went over Pathoma during spring semester. During dedicated I did DIT/FA in about 2 weeks. Then did a second pass on FA and Pathoma as well as Sketchy Micro and Sketchy Pharm (antibiotics only), used Anki Cards for most of pharm. I also tried doing 1 to 2 UWorld blocks everyday.
- Cramfighter and study plans found online

- Matched up the first aid chapters with their corresponding Pathoma chapters and just dove into it.
- Decided to do 6 wks around DIT schedule
- I spent a few days reviewing each organ system using my study resources and then doing UWorld. I didn't have a set schedule/specific goal for each day of how much info I wanted to cover because if I didn't get to my goal endpoint for each day it would make me anxious. My goal was to maintain a laid-back schedule so that I would be as relaxed as possible for the exam. My basic plan was get up early each morning (around 7 or 8 AM), study for a few hours, work out, then get back to it and study until I was mentally checked out for the day (varied from 9 PM to midnight).
- Using Osmosis
- Talked to students ahead of me to get ideas, determined how many pages / questions of each resource I needed to get through and spaced it out accordingly.
- I tried to do an hour of studying in the morning during the spring semester. I was able to consistently do that for about a month and a half, but as the semester heated up, I focused on my current course work instead.

After the spring semester was over, I started studying 10-12 hours a day. I used DIT, UWORLD, Pathoma, and SketchyMedical. I used DIT in the morning, UWORLD in the afternoon, and Pathoma/SketchyMedical in the evening.

I would fairly consistently work out at 5:00 p.m., and I took off Friday evening and Sunday morning.

- Used cram fighter.
- Cram fighter
- I used Doctors in Training/Uworld for the first 3 1/2 weeks and then spent the last 1 1/2 weeks going through First Aid on its own while finishing Uworld.
- I used Kaplan Qbank during the second semester to practice questions on current or past topics. Once the semester ended, I planned my study schedule for a duration of 5.5 weeks that allowed me to review first aid and pathoma twice each and the uworld Qbank 1.5 times.
- Not well enough.
- By going through First Aid chapter by chapter.
- I made a list of things I wanted to get through and divided it into the number of days I had.
- I made a schedule before school got done, but it ended up being very hard to adhere to so I changed it multiple times throughout my dedicated study period.
- Bought a month of Cramfighter and used their program. Highly recommend.
- I compiled all the material I wanted to try and get through over the summer and failed miserably at sticking to it. So just ended up just trying my best.
- Used an M3's schedule and modified to my plans
- Osmosis
- I used the recommendations provided by Doctors in Training as well as M3 or M4 students.
- I had a 21 day plan from a M4 that I repeated twice after the last core of M2. This covered Pathoma, UWorld, and First Aid. During M2 year, I did 40 UWorld Qs per day and tried to memorize Pathoma covering the core we were in. Also did Sketchy Micro, Pharm.
- I had weekly goals of chapters I wanted to review and the amount of questions I needed to get done.
- Cram fighter
- Talking to people who have taken it, online sources
- I primarily set goals for when I wanted to be done with specific review materials and followed up with problem areas while moving along.
- I studied for about 5 weeks. I planned to do DIT alongside First Aid in about 3 weeks which worked well then I spent the last 2 weeks looking at my weaknesses, doing practice questions and pathoma.
- Recommendations from older students.
- Chapter each day in the morning of FA, pathoma videos, and Uworld questions in the afternoon. Rinse and repeat.

- I used a friend's study schedule that his medical school wrote up for him.
- I was on the internet a lot googling my goal score in the summer of M1/M2 year and reading advice on how to get to that goal. I followed the advice given because those scoring really high seemed to all have same advice.
- Practice question in the first four hours of the morning review of missed or unsure questions after each question block. Review of First Aid, Pathoma, and sketchy medical in the afternoons.
- DIT calendar
- I tried to go through the corresponding section in first aid for each core. After spring break, I started doing practice questions on USMLE Rx at a pace so that I could finish them by the end of the school year.

All I used during the designated period was Uworld, First Aid, and Pathoma.

- I made a plan using other students' DIT schedules and several other online resources to get an idea of a layout, then used Cram Fighter to stay on track throughout.
- Initially I tried using cramfighter, but about three days in I abandoned that and made my own schedule.
- Cramfighter
- CramFighter scheduled the resources I used, leaving one week of almost exclusively NBME review and UWorld questions at the very end
- Previous student advice.
- Cram fighter
- Based on other students (from other med schools and UNMC) who were successful
- I dedicated two weeks for doctors in training and spent 3.5 weeks reviewing first aid and other review materials.
- Talked to other students, planned schedule.
- Look on student doc and around internet
- Talked with friends, researched online
- Book review for half of the day and questions for the other half
- I scheduled study time and breaks like if it was a job.
- I used CramFighter which helped. I used it to be sure that I would finish Pathoma, Sketchy Micro, and Sketchy Pharm before the year ended. I also got through the DIT videos (not the Primer ones) in about 3 weeks during my dedicated study period while also finishing UWorld. After taking a second practice test to assess my progress, I made a second pass through UWorld and reviewed topics that I kept getting wrong.
- I took the first week to broadly review anatomy, biochemistry, pharmacology and microbiology using the BRS books, my own course flashcards and sketchy micro, in addition to practice questions from Uworld. During the next 5 weeks I worked through first AID multiple times spending a day to two days working through first AID.
- Talked to upperclassmen
- Mostly used Doctors in Training and UWorld quiz bank questions with the goal of studying 10-12 hours daily
- Cram Fighter
- DIT
- Talked to upperclassmen/did what I thought would be most effective.
- I didn't really have a schedule at the beginning. I decided the materials I wanted to get through and then a couple weeks into studying, when I had a better idea of how long certain tasks would take, I made a loose schedule just to make sure I finished on time.
- Found a schedule online, it stated to study 50 pages of First Aid Monday-Thursday and do 50 UWorld practice questions a day. Fridays were for taking full length practice tests. Saturday and Sunday were for review of those questions.
- Cram Fighter

- Based it on a DIT schedule passed down to me from older student
- DIT
- UWORLD, FA, Pathoma, study in class. Just woke up and started studying.
- Finishing UW step 1 qbank, and read the explanation. FA really does not work for me. Instead, I use my own note throughout M1 and M2. Besides, I use Kaplan qbank, but turns out finishing only half of the questions.
- I used CramFighter to put together a schedule. I used the Brosencephalon Deck to go through First Aid and Pathoma. I also printed out all the various SketchyMicro and SketchyPharm materials. I started each day with Uworld simulating testlets and filled the rest of my study days with all the other materials.
- I used First Aid to plan out any additional study materials I wanted to use, then planned out a schedule for the semester and summer to get through the material I bought.
- Cramfighter
- DIT study schedule
- USMLE Rx during 2nd semester, then UWorld + Pathoma + Sketchymicro review during dedicated
- I used a DIT study schedule

**3. Did you feel the M1 Comprehensive Exam was useful in preparing for Step 1?**

5 of 97 (5.2%) felt it was useful.

**4. Did you take the M1 Comprehensive Exam a second time before starting the M2 year?**

8 of 97 (8.2%) did take it a second time.

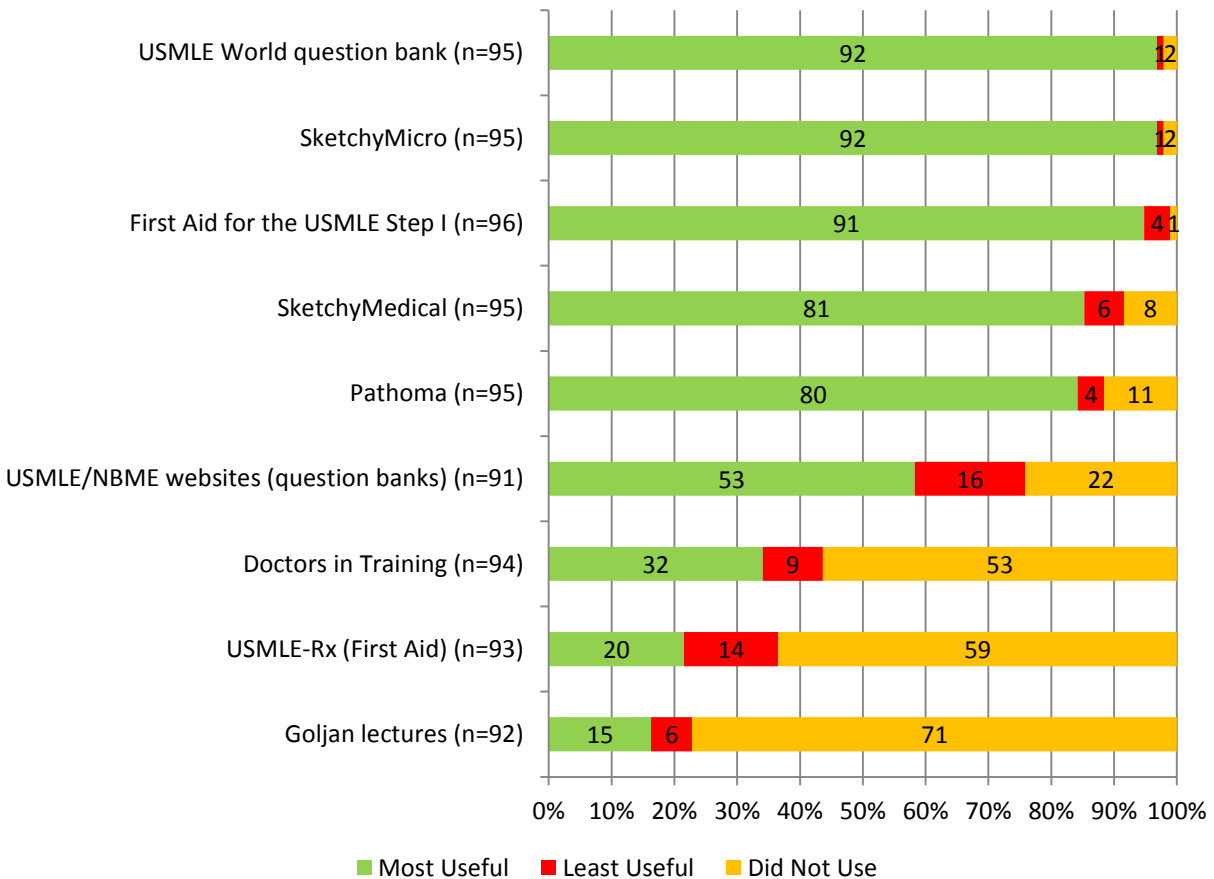
**5. Responses to “Please indicate if the UWorld subscription was helpful and if we should continue to get for M2s”**

- Yes. It is a must have study aid
- Yes, very helpful.
- I didn't use it so I don't know
- The most helpful
- Very helpful. I wouldn't have known what to expect on the test without it.
- This was an absolute must!!!
- You should. I had trouble finding it.
- Absolutely. It was the best tool I used.
- I thought the questions were a good supplement to be used while reviewing material to get yourself to think in the mindset of how Step 1 questions are asked.
- I think it's very important to have. For me, I'm not sure if it improved my score, but I would have had zero confidence without it.
- COM should definitely continue to purchase UWorld. It is the best way to practice thinking the way USMLE expects you to think about questions.
- Definitely. Most helpful study resource
- I do not know how you could pass Step 1 without UWorld. I recognized several questions on my actual board exam that were basically word-for-word questions I remembered from UWorld.
- Qbank was one of my favorite resources.
- Very helpful. I wish I could have finished the whole Qbank
- UWORLD is essential for studying.
- Yes, get it for them.
- Yes, please continue to get it for students. The U World Q bank is the most important resource for step 1.
- It was very helpful for students. I did not get it in time, but I bought it on my own and it was very helpful. This was a very nice gesture for all the students.

- Very useful. Most important study tool.
- Extremely helpful. Please continue to provide this for students and perhaps even for Step 2 CK.
- Definitely keep doing this! It was super helpful and so nice that we didn't have to pay for it
- Lots of questions and was very helpful.
- Absolutely. UWorld is by far the best resource available for STEP 1.
- Yes it was very helpful. Keep doing that
- Literally the best and most important resource for Step 1.
- QBank was a must for me. Used it all through M2 year which requires an extended subscription.
- Extremely helpful
- Yes continue this!
- Extremely helpful
- Yes! Qbank is one of the best pieces of study material you can have.
- Yes USMLE is absolutely necessary in studying for Step 1. It's an invaluable tool.
- Uworld is the best resource for students. If you can help make it cheaper for m1s that is great
- Yes!!!
- Yes it helps tremendously!
- This was not terribly useful as the questions were not all that similar to those of the USMLE step 1
- This was extremely helpful, and should continue to be purchased for students. UWORLD is considered the unofficial #1 resource for step 1 prep. Nowhere else can you get such a vast array of accurate questions with perfectly detailed explanations.
- This was the best resource that I used. Please continue to buy the subscription!
- very helpful
- Yes, very much so
- Yes!!
- Yes, but I would recommend getting a longer subscription. I activated mine at the beginning of the spring semester of M2 year and felt a lot less stressed and more prepared by May. I had to purchase an additional subscription after mine ran out, but it was worth it, so even if you can only afford the 3 month free subscription, I'd still recommend encouraging students to start Q bank early. I think some of my classmates waited to activate their free Q bank and were more stressed during their dedicated study time.
- Yes. Absolutely helpful. This subscription was one of my main study tools.
- Very helpful. Most helpful resource for Step 1 studying.
- Yes. UWORLD is essential
- It was helpful
- I thought it was one of the more helpful tools I used and I would highly recommend that it be provided for the class of 2019.
- Yes very valuable. Excellent for providing information to help with pattern recognition.
- Extremely helpful
- Yes continue to get this!
- I didn't realize you bought it for us until too late. I knew you bought something but didn't know what uworld was at that time
- Absolutely. Great investment.
- Absolutely, this is the best resource for exam-like questions.
- YES. Most helpful resource.
- Very helpful
- Very useful. Questions and explanations are well written and worth reading. The interface is similar to the real test, so it helps reduce the anxiety during the test day.
- This was not only helpful, but probably the most important resource. It was really helpful to practice doing questions to make going through the style of questions second nature.
- What Qbank?
- Yes, Qbanks are crucial. Everyone will use it.

- Yes!
- The most helpful resource I used to prepare. Please don't remove this.
- Yes
- This should always be purchased for students, it is the most helpful tool and most accurate representation of the exam.

**6. Please indicate which item(s) you used that were most helpful and which were least useful (Items are in descending order of Most Helpful percentage of respondents):**



**Additional Resources**

- Cram Fighter: most useful
- Anki, while downloading some of the decks made by other users for Step 1, was a huge aid for me.
- I highly recommend DIT.
- Cram Fighter is a new schedule resource to help keep you on track. I thought it was most useful in my preparation.
- Cram fighter to organize all of the resources
- Brosencephalon - Most useful
- Lange Microbiology and Infectious Diseases Flash Cards - most useful
- The Brosencephalon Deck using Anki. I also made flash cards from the First Aid Rapid Review and shared them. I found them useful and heard from a couple class mates they found them useful as well, if not during their studying they might be useful as a quick review towards test day.
- USMLE Step 1 Secrets by Brown and Shah - Most Useful

**7. For review books or websites you used, please comment why particular resources were most useful.**

- First Aid was great because it covered all topics on a manageable level of detail.
- First Aid explained things well & was very high yield.
- Pathoma and Sketchy Medical were useful for targeted studying/high yield material.
- Pathoma was concise but contained a lot of high yield material. Sketchy is a great way to study material that requires rote memorization. Uworld had difficult questions that were similar in difficulty to the actual test
- First Aid was very useful as it outlined key concepts in a clear and concise format.

Pathoma was excellent for reviewing key pathology factoids.

- First Aid - succinct and gets rid of the fluff covered in classes that isn't tested by the USMLE or it includes material that was not taught to us during the pre-clinical years.
- DIT, First Aid, UWorld
- DIT helps you keep on track by telling you what to study and when. Good review boon for studying.
- Pathoma, first aid, UWorld all the way
- First aid was fairly comprehensive. Pathoma gave the "why" things happen, which helps with understanding the clinical picture. Sketchy medical/micro gave a fun way to memorize material that is just rote memory.
- Sketchy was a great learning style. Pathoma was well organized.
- The review books for I listed as most useful were most useful because they presented high yield information.
- First Aid- Helped structure review

UNMC material- Helped fill in gaps in First Aid info

Sketchy- Best way to remember bugs

- DIT does a good job keeping you focused and on track.
- First Aid gives a useful gauge of the scope of material covered on Step 1.
- First Aid is a must. I would aim for going through this one time rather thoroughly, then spending the last ~10 days of your study time going over the more high-yield items.
- FA was the most useful.
- First Aid, UWORLD, NBME practice tests, SketchyMicro, Goljan audio during the year and when driving or running.
- Pathoma is the best supplement for pathology because it's so succinct and high yield. First Aid covers probably 60-70% of the content, and with UWorld and Pathoma you can cover up to about 95% of the content on step 1.
- DIT is a great place to start if you don't know how to study 2 years of material in a few weeks. First Aid is great to use throughout the school year to solidify concepts you learn so you can review it during USMLE studying rather than reading it for the first time.
- Sketchy - our class was lucky this year that the Pharmacology section was added, although a lot of the chapters were added right around the end of the school year, so there were a lot of videos to watch (and some of them are longer too, around 20-30 minutes). But well worth the time! I had at least 10 (if not more) questions that pertained specifically to pharm knowledge (several of them weren't the "high-yield" pharm drugs either), and SketchyPharm was SUPER helpful. Same goes for SketchyMicro which has been out for a few years now, so I won't belabor the benefits on that end.

Pathoma - did it throughout the school year and as a refresher during my boards study period. Great resource for getting clear explanations and hitting high points for frequently tested topics on boards without getting too caught up in the random factoids that show up in lecture powerpoints but have no contributory value to boards questions. If something showed up in both Pathoma and class lectures, I

studied it. If it showed up in lectures but not in Pathoma, I didn't bother memorizing it.

First Aid - hits the high points of everything you need to know. However, if you're looking for a more in-depth explanation, that's where UWorld question explanations/Pathoma/YouTube videos come in.

- First Aid, Pathoma, and U World are the best resources. NBME and U World practice exams are also helpful to gauge progress.
- UWORLD was the most useful because it not only told you if you were wrong or right, but gave you a detailed explanation as to why.
- First Aid was a great source I supplemented with Pathoma and Sketchy medical to review constantly.
- Pathoma explains the "why" behind the important stuff we studied in lecture.

First Aid is a broad overview of all aspects of the first two years of medical school.

Sketchy (micro/pharm) will save you for those two subjects, but needs quite a few repetitions to get it to stick.

- First Aid was a great overview.
- Sketchy medical was the best by far. They go over a lot of material in a way that's easy to remember. Everyone should use it.
- First Aid is the go to and covers almost anything that could possibly be on the test.

Sketchy Micro / Pharm is great for visual learners and gives you easy ways to remember otherwise small details that you would forget.

Pathoma does a great job explaining disease processes and what you are seeing histologically.

- First Aid was extremely useful (but NOT AT ALL inclusive of all the material that is needed for the exam)
- Pathoma provided a good, conceptual skeleton that I could use first aid and Uworld to add to.
- Pathoma 2. UWorld 3. Sketchy Micro/Pharm. Do these during M2 year along with core. I reserved using First Aid until dedicated Board Time (sometimes flipped through during core. If you like FirstAid, then go for it. For me, I had to get a grasp on big picture using Pathoma and UWorld first.
- Pathoma and First Aid covered everything you are going to need to know. They are also useful to use throughout the year
- Followed first aid
- First Aid and UWorld were the two most useful pieces of review material. Everything else was used as reference material.
- Sketchy was incredible especially for pharmacology. Knowing all the of the side effects and mechanisms of actions saved me on a lot of test questions that day.
- Pathoma and First Aid provide the most comprehensive and boiled down essential information in one place.
- Clear and concise - UWorld, FA, Pathoma has always been thought of as the holy three for studying
- USMLE UWORLD - the best source - hands down. It had questions that were exactly like the format of those on the actual exam.
- LOVED Firecracker because it kept me on my toes all of M2 year and helped with class questions. I felt like I retained a lot of info when it came time to do board studying! I did questions a few hours each day to review for class and then also to review past material. This helped so much.
- Pathoma was great in that it provided a framework to think about pathology without allowing the students to get lost in the details of the pathology
- DIT was most useful because it gives you a framework to make sure you are reviewing at a fast enough pace. Sketchy was most useful - I can't imagine trying to memorize all of the micro info without it.
- First Aid was most useful for a general overview of (almost) all topics covered by Step 1. SketchyMicro and SketchyPharm were my only resource for these subjects, which I felt I mastered. UWORLD is by far the best way to practice and get used to the way USMLE asks questions. Although most people seemed to



find Pathoma very useful, I did not. I didn't watch the videos, but I did read each section of the book as it corresponded to First Aid for a reiteration of each topic.

- Sketchy and uWorld are a MUST.
- First Aid- A great skeleton of everything I felt like I needed to know.
- UWorld question bank was definitely the best resource. Has great examples and is also a great teaching tool. Sketchy Medical and Pathoma were also great for high-yield information. I liked FirstAid but it's almost better to use it throughout the year to supplement lecture material. FirstAid is great to review material while doing UWorld if you need to brush up on details.
- DIT

SketchyMedical

Pathoma

First Aid

- Pathoma (Dr. Sattar) breaks down pathology into a way students can better understand. He does a much better job than anything I've seen at UNMC. Sketchy medical was made by medical students and thus, they relate to students very well.
- Sketchy sketchy sketchy

And pathoma

- U World Q bank was by far the most useful of all the resources, with its explanations to all the questions, and I went through all the questions approximately 1.5 times. Starting U World during second semester (I started beginning of February) helped alleviate a lot of stress and got me acquainted to Step 1 style questions.
- UWorld and First Aid are the most useful.
- Uworld sketchy pathoma
- Brosencephalon is amazing if you start it early
- Brs anatomy and physiology were helpful to do first, followed by first aid and pathoma used concurrently with uworld questions
- Sketchymicro allowed me to review microbiology and others microorganims. UWorld was also a good review of different topics. First Aid was helpful and I used it as a guide to make my study schedule.
- First Aid is definitely a must-use resource. The questions that you see in UWorld will often be covered in First Aid. It's also really important to read all of the answer explanation for UWorld questions, even if you get the question right. They have really good explanations and often review other related topics, so you get more repetition.
- I thought the BRS books were useful, but it is easy to spend too much time on them. First AID is by far the single most useful book. Pathoma is very helpful especially the online videos the book a little less so. UWorld was the best for practice questions.
- First Aid was the best. Along with QBANK and NBME/USMLE questions.
- First Aid/Uworld: most popular, well done.
- First Aid was well organized. Pathoma helped explain First Aid in a little more depth. SkeychyMedical helped me memorize things that would have been otherwise very difficult.
- Pathoma and First Aid were the most helpful for me
- Sketchymicro/medical/pharm was incredible. Also Pathoma
- First aid- concise
- First aid. Even though how to use it is pretty tricky. It's most helpful along the cores, when I am able to search for the key points in FA and integrate them into core materials. If one has not done so, it will be impossible to rote remember all the high yield facts in FA.
- I used Anki during most of the end of my second year and like not having to just read. I like to have something more active that helps me hone in on things that I am not getting. So I used to Brosencephalon deck to more actively go through First Aid/Pathoma.

- First Aid - Good broad overview that condensed what we'd learned throughout the year.

Step 1 Secrets - Focuses only on high-yield topics and provides explanations of commonly tested physiology and pharmacology.

Uworld Qbank - Toughest questions and best explanations

SketchyMicro - Used during the micro core and barely had to review it in May.

Pathoma - Good wide-lens overview of pathology that can help you reason through answers that you might be unprepared for.

- Pathoma explains material clearly- helpful to have throughout the course of M2 year. SketchyMedical/Micro was essential for me to learn the different bugs and drugs, there's no way I could have kept them straight without it.
- USMLERx for getting you to read first aid a bit during the year
- Pathoma has concise high yield info. Sketchy pharm was absolutely the best. Helps you remember the tiny details you would never recall without their visual cues.

**8. For board review courses (either live or online), please comment why the course was most useful.**

- Doctors in Training was great because it made your studying very comprehensive and organized with good review questions throughout the program.
- Pathoma was helpful to review pathology before reading through the First Aid section. Very high yield & explained things well.
- Pathoma and Sketchy Medical were efficient/succinct study tools.
- Doctors in Training - provided structure to my study schedule and helps you get through First Aid and provides high yield mnemonics and insight into the most frequently tested topics.
- DiT
- N/a
- USMLE-Rx was well organized and comprehensive.
- DiT was useful for the built in repetition. Pathoma gave better explanations of many concepts than UNMC faculty and was very useful during the school year.
- DiT was great for me because I knew that I would not be able to sit down for 6 hours a day and just read through First Aid on my own. DiT does a really good job of reinforcing material as you go along, and has practice questions at the end of each video. This was well worth the money for me!
- Pathoma is a relatively quick review for general pathology. It's a good way to refresh material that we learned during M1 and M2 years at the beginning of the study period.
- DiT was pretty effective at reviewing a lot of the material and explaining physiology; however, things like pharm you have to pretty much work on by yourself.
- Did not use
- Khan Academy on YouTube - I used it briefly for cardio review, particularly the anti-arrhythmic drugs/arrhythmias and the cardiac action potential (I personally struggled with that content last winter but Khan Academy did a really nice job of explaining it)
- Pathoma helped tie in key points in lecture format so it wasn't all reading.
- DiT was a focused comprehensive review that hit the highlights and incorporated review questions to keep the material fresh.
- Doctors in Training was helpful because it sets you on a schedule. However, at times it can be a little superficial in its teaching--that's why it's important to supplement with Uworld and First Aid.
- It seemed like DiT just read first aid to me which was actually helpful for the first pass through because the book is so big and can be daunting, but I'm not sure I'll use it for step 2 because it's so expensive.

- I basically used DIT to learn First Aid. Whatever chapter of FA I was learning that day, I would also go through the relevant DIT videos and annotate them into the book. I found that that to be beneficial because I found it hard to just "read" through First Aid when it is composed of mainly bullet points.
- DIT works for some, and doesn't work for a lot. It takes up a lot of time. Don't buy it just because it is expensive and you'll assume it will work.
- DIT was incredibly helpful--in addition to the review material, it provided excellent study tips and structure.
- Did not do.
- DIT was probably the most useful of these. It's comprehensive and easily laid out. It also gives good review plans to help with scheduling.
- I liked DIT because I'm an auditory learner- I would learn nothing by just sitting and reading First Aid. It was easy to go along with the workbook and super helpful. They always do pre-session quizzes on the high yield stuff so you hear important things over and over again.
- n/a
- DIT keeps you on task and reiterates material as you go.
- Did not use any board review courses, but heard nothing but bad things about DIT.
- Doctors in Training- It was a relatively entertaining way to keep on track with my studies. It also helped force me to study topics I didn't like as much.
- Helped to hear the material explained again and also helped to review everything in a structured manner
- I did not use a board review course as I heard DIT was a waste of money and after taking step 1, I would agree that there are sufficient resources available without DIT (including pathoma, sketchy medical, uworld, and simply youtube videos)
- Pathoma
- DIT along with First Aid was a great way for a guided first pass through most of the material, especially for auditory learners. Pathoma throughout all of M2 year was a great supplement to lectures, and during second semester I went through approximately a chapter a week with a friend.
- DIT wasn't that useful. It's overrated, but it's helpful because it provides structure.
- DIT is a nice overview for people who have a hard time going through FA. If I were to do it again, I would finish DIT ASAP so I could get a solid pass of FA after doing it to fill in the blanks.
- N/A
- I did not take a board review course.
- I used DIT, but I skipped the primer videos and only did the part 3 videos. It basically goes over First Aid, but they added some useful memory tools and kept me on track and focused.
- Doctors in Training was a good way to go through all of the information with a clear schedule
- N/A
- DIT helps you quickly get through a first pass of first aid

**9. How did you decide on a date range to take the exam?**

- I wanted enough time to study but enough time to relax before third year started.
- I was told 6 weeks would be a good amount of time, and I made my schedule on Cram Fighter & planned it out.
- Older students' feedback.
- I knew i could only handle about 5 weeks of intense board studying
- I picked a date 35 days from the end of the last core exam.
- Wanted as much time to study as possible so I could take days off during my study period to avoid burnout.
- Everyone else was taking it at that time.
- Wanted to allow roughly 6 weeks of study time as well as a decent break after before start of third year
- I wanted around 6 weeks with a few days off after M2 year ended
- I wanted two weeks of break
- I don't like having too much time to study. I felt that 5 weeks would be enough for me.

- As much dedicated study time as possible.
- I always feel like I am ready to take tests early, so I scheduled it at the early end most students do.
- I wanted plenty of time to review things after classes ended.
- I decided based on previous medical students, and how long they decided to take to study.
- Wanted 5 weeks or so for studying, and then to have a little time after the test before J-term.
- I wanted to take it at the end of the window because I knew I could use the extra time.
- I knew that I wanted have about a week and a half of vacation before j-term because I was planning on going on a couple trips. I also had to factor in time that I would be presenting research at a conference and would not be able to study as much. I had heard that people usually recommend 5-7 weeks. I ended up closer to 5. By that point I was so sick of studying that I don't know how anyone could go longer.
- 30-35 days of studying, allowing myself about a week off before J-term
- I wanted to study as much as humanly possible before I got burned out. I gave myself exactly 6 weeks and I think it worked out alright.
- Wanted 6 weeks to take the exam. I wish that we would have had a 2 week Christmas break instead of a 3 week break so that we would have had the extra week for Step studying.
- As late as possible, but also giving myself a week off before J-term.
- I wanted at least 1 week of break before J-term started.
- Initially gave myself 5 weeks, but a week into studying I wanted another week, so I moved my exam date back. Pretty straightforward process, and as long as you do it within a month of your exam date, Prometric won't charge you.
- I knew I would want to use most of the allotted time to study for step, but that I would also need a week or so off between step and 3rd year to recover.
- I wanted about 5-6 weeks.
- 5-6 weeks. I wanted a week off after.
- To give myself at least 1 week of vacation and at least 5 wks to study for boards.
- I wanted a date that would allow me to review all material twice. Upperclassman suggested 5 weeks, which was perfect.
- I wanted some time (not enough unfortunately) for a break after the exam, but enough time to study.
- I took it June 1st, which gave me 3 1/2 weeks to study. I did that because I was going to Australia on June 6th and I still wanted a last summer to have fun. I would highly recommend it.
- I wanted to take it as late as possible but still have at least a week to spend at home.
- I heard that 5 weeks was enough and you get burned out after anything longer. What I heard was correct.
- I got married this summer so it had to be before then.
- About 5 weeks is the perfect amount of time. I wouldn't be able to do much longer, even though I felt like I wasn't as prepared as I thought I would be.
- M3 advice
- Recommendations from M3 or M4 students
- Six weeks was what I had planned out for myself. I also wanted some time after my exam to spend with my wife before M3 year started.
- My gunner friends guided me through this process
- Personal preferences
- My choice was mainly do to personal factors.
- I took it later because I had no planned vacations and struggle with my vision so I knew I needed more time.
- Recommended study time from faculty/older students and the amount of break I wanted before J-term
- Wanted a little time off before M2, but wanted enough time too.
- I felt 6 weeks was the correct amount of time to review, giving myself one week to relax before third year started.
- I didn't want to have regrets ("what if I would have had one more week") so I scheduled it at the end and took some days off at the beginning.
- That seemed to work out best with my schedule for the summer while allowing for maximal prep time

- Six weeks after school was out.
- It was based on how much free time I thought I would want afterward. I knew if I started studying during the school year, I could take boards earlier
- Most people say 4-6 weeks is plenty of time to adequately prepare. I decided to shoot for 5 weeks because the longer I pushed it back, the more I would forget.
- 2 days before a family vacation
- I had heard five weeks was a solid amount of time.
- Talked to M3s to get an idea based on what they recommended
- 5-6 weeks was a timeframe recommended by peers and others who took the exam I talked to
- Advice from my M2 buddy
- I wanted a honeymoon
- Had a wedding I was in that I worked around and wanted at least 5 full weeks of study period so I had time to take a few personal days off throughout
- Speaking with other students about their time frame and working within the time constraints we had between the end of the last core and the start of j term.
- We weren't given much freedom to choose a date range outside of June because J-term started in the last week of June..
- Recommended 4-6 weeks
- Just picked a date that would give me some kind of a break but enough time to study
- I chose a later date than most so that I could feel comfortable and not rushed, knowing I had to take a couple days off during my study period.
- I needed two free weeks for personal reasons. So, I scheduled my test date two weeks from J term.
- I gave myself 5.5 weeks to study, which I felt was a good amount of time. That also gave me about a week and a half vacation before J term which was very necessary.
- I tried to max out my time for studying and tried to take a few days for a break.
- Did five weeks out from the exam based on asking upperclassmen. Seems like the consensus was consistently 5 weeks.
- Advice from 3rd year medical students
- Wanted 2 weeks of summer vacation.
- Upperclassmen Advice
- I wanted a week off before J term.
- Decided mid June was best as it left some time for break but also gave sufficient time to study.
- Had to take it before my wedding on June 18th
- I wanted vacation time to go to Hawaii
- I wanted a break after
- 5 weeks
- Before the J-term, and having at least 30 days for dedicated study.
- I gave myself about 5.5 weeks. That left me over a week of break before J-term. I feel pretty refreshed as I fill this out during J-term.
- I took 4.5 weeks after Heme-Onc because I wanted to know that each day I had had to be valuable for learning, and I didn't want to get burned out before the test.
- I gave myself one week between J-term and step1 so that I could start third year fresh. I feel as though we deserve at least a small break in between the 2 very busy years.
- I was told 5-6 weeks was enough time.
- To have a summer break
- Based on what older students recommended

**10. Did you have difficulty getting your preferred examination date?**

Yes: 8                      No: 86

**11. Please estimate the amount of time (in hours) that you studied**

	Individually	Small Group
Avg	71.29	0.25
Min	13.00	0.00
Max	120.00	8.00
N	92	63

**12. Did you feel prepared for Step I?**

Yes: 70      No: 23

*If No, the following comments were made:*

- I always feel like there is more information than I have time to cover and remember.
- Can you ever feel prepared for an exam covering such a wide breadth of material and tested in such excruciating detail?
- I felt like I didn't know enough once classes were over. Despite doing well in every core of the first 2 years, my baseline score when I started studying was extremely low. This made me very frustrated and gave me extreme anxiety about the test. I think I needed a whole month more to study for it.
- It still asked ridiculous questions that more studying probably wouldn't have even helped me for.
- I'm not sure if you can ever feel prepared for Step 1. I never felt like I knew absolutely everything. I felt as prepared as one could feel.
- Had trouble synthesizing information. Wasn't confident in some of the areas UNMC was weak in teaching (esp. pathology images).
- I just felt like it was impossible to remember everything. I don't think it's possible to feel 100% prepared.
- I never feel prepared for any exam, to be honest. But I was sick of studying and ready to get it over with, for what that's worth.
- I don't think anyone could possibly feel prepared to take this exam.
- I felt like I could have used another week to study.
- you'll never feel prepared
- Not 100% prepared (I've never felt 100% ready for any med school exam), but didn't feel completely unprepared for it either. I did everything I could to prepare in the timeframe I had and then got through it.
- You won't ever feel completely prepared.
- But I don't think you ever feel prepared and I don't think I would've wanted to study any longer.
- I felt prepared going into the exam but I did not feel as good leaving the test. I guess I won't know for sure til I get my score back.
- I don't think one ever really feels prepared
- But I felt I could have been more prepared
- The composition of my exam didn't feel similar to the practice materials.
- Yes, but also knowing that this is an exam that one can study endlessly for
- I'm not sure you ever feel 100% prepared. My practice scores were near 245 so I would be happy with that.
- Wasn't enough time to study. What we learned during the year was not applicable to the exam. The classes didn't teach us how Step 1 asked questions.
- I felt that I needed to review more and there was some information that I was not able to review. I felt that I needed more time to study.
- There wasn't an intermediate choice here. I felt as prepared as I was going to realistically. I completed the tasks I assigned myself or almost did. I felt like I hit a wall where I just realized that you need to take it and move on.
- I felt prepared when I walked in to the test because of the UWorld Q bank and I had taken several practice tests that estimated a decent score for me, however I felt the test had very different content than what I had experienced on the NBME practice exams.

- Feel a lot of information learned first time during studies.

**12. Please make additional comments about the preparation and examination process that would be helpful to next year's students.**

- I recommend taking a UWorld Exam followed by an NBME exam at least once so you can experience what the actual exam will be like and figure out snacks/breaks. It makes the test a lot less anxiety provoking since this practice exam will be longer. Also BRING FOAM EARPLUGS to the exam, even if you don't think you'll need them!
- Talk to older students about what worked for them. Get a number of opinions. Then just set your plan and stick to it, and be confident.
- Watching the pathos videos during the year was very helpful for retaining pertinent information. It's a lot of work but totally worth the time. Sketchy micro and pharmacy is a must-have. Don't use the Uworld question bank until the school year is over. Usmle-rx is a useful tool to use during the school year to help get a good grasp of the lecture material.
- Do as many practice questions as possible, this is way more important than getting caught up in memorizing facts from First Aid and Pathoma!!
- Do your best and be done with it. It's a hurdle, not a career definer, and your score is not going to make you a good or bad Doctor.
- I just feel like the cores need to prepare students for step 1 more. it would be helpful if teachers looked at what information is in step 1 so that they can help tailor some of the information they cover in their lectures to cover it. That way we've seen everything at least once before even studying
- Get more than 3 months of UWorld and do them throughout the year during each core. The dedicated prep period wasn't enough time to go through it twice.
- Go through first aid throughout second year. At least be familiar with diseases not discussed in class.
- Start studying as soon as possible. It's difficult to study comprehensive information you haven't covered yet, but go over anatomy sections of First Aid, or maybe the firsts year the BRS books. Keep the info fresh.
- Not sure if getting through all of the U-World questions is the best idea. I felt like I sacrificed time studying for doing questions, and didn't get as much out of it.
- Use Pathoma and Sketchy during the year because they are also helpful for core exams and then you can just do a quick second pass during board review. For the last core I also watched the corresponding DIT lectures, which may have helped my exam scores, but also the lecture instruction during the last core was much better than average so it's hard to tell. In retrospect, I probably would have started doing 15 UWorld questions per day after winter break. That said, I heard you can only reset the question bank if you have already had the subscription for 6 months, so remember to mark questions as you go for later review otherwise they are lost to the vortex. Do as many practice questions as you can. I made it all the way through UWorld about one and one third times. I did UWorld and NBME practice exams back to back to simulate a full length exam, once about half way through my review period, then again just over a week before my exam date. I also took a practice exam at Prometric to help me get a feel for finding the testing center and the exam security protocols. Doing a "dress rehearsal" helped ease some of my anxiety about logistics. Having to register for exam dates over winter break after a series of panicked emails from OME was unnecessarily anxiety provoking. I'm grateful that I happened to be sitting at my computer at the right moment to quickly sign up for the date I wanted. The lack of communication between UNMC and Prometric was disappointing. In the future I think it would be useful to get some idea of how people's UWorld and NBME practice exam scores as well as their Qbank performance percentages correlate to their actual USMLE scores. Also, it might be useful to set the deadline for this exit-survey after we've gotten our results back. Walking out of the exam I have no idea how I did so I have no idea how effective my studying was and how valid my advice is.
- My biggest piece of advice would be to focus on a few key resources from the beginning and try your best to not take on too many! Getting through several resources even just one time is a beast---it is far better to know a few important resources well than to know many resources poorly. First Aid and

UWorld should be priorities---figure out how much time you want to focus on those and then filter in other resources as time allows.

- Study HARD during the school year, that way recalling material during dedicated will go much more smoothly.
- Start earlier. I wish I would have gone through first aid and UWorld during my 2nd year and then I could have used the entire dedicated period to actually review instead of having to learn so many of the high yield information that wasn't covered in our lectures, or at least wasn't emphasized in the format that is critical to approaching USMLE questions.
- Pick the resources that work best for your learning style, you'll get overwhelmed if you have way too many resources to use. Pick a few resources and know them well!

The test is 99% identical to UWorld in terms of the software format and the question style, so you won't need the full 15 minutes for the tutorial before you actually start the exam. But take 2 minutes of the tutorial to make sure your headphones work because you will probably have a few questions where you have to listen to heart sounds. That way, the rest of your tutorial time gets added to your 1 hour of break time. Don't forget to bring snacks/lunch!

There will be a few weird questions where you have no idea, just make an educated guess and move on! Most of the time, those questions are for research purposes only.

Have a set routine for each day and take care of yourself! Maintain some sense of normalcy while you're studying!

- I would say that it would be good to advise students to buy UWORLD questions at the beginning of second year, and to use those as practice questions for the particular section they are in throughout the year.
- Really only need 5weeks to study. Beyond that you will get burnt out and it could lead to a decline of your knowledge.
- I know it's a lot to do, but try to start looking at First Aid as you go through your courses. It will make it so much easier when you see it again the second time studying for Step 1.
- Studying for class is studying for boards. Don't feel like you need to subtract time from studying for your UNMC classes to devote to board studying. Instead, use materials like Pathoma or First Aid to help you solidify your M2 course material.
- Pick a few resources and stick with it.
- If they can afford it, Qbank all year with practice during each core helps.
- I don't think the tiny details in class that we had to memorize for class exams were that helpful. It would improve everyone's scores on Step 1 if our instructors used First Aid as a guide and then went into detail about what they think is important as clinicians for us to know.
- Take advantage of the fact that sketchy pharm is finished and start using that from day 1 so that you have it down by test day.
- Start doing the corresponding sections in First Aid from the beginning of the year and start doing practice questions (other than UWorld) during the Spring semester.
- #1 tip for success:

UFAP- UWORLD(all the way through + incorrects if you have time), First Aid(at least 2x through), and Pathoma(use during school year, review once during dedicated). I would also highly recommend printing every single SketchyMedical picture and take notes on them so you don't have to spend time watching each video 2x.

- Scheduling our Step 1 exams would be helpful
- UNMC needs to do a better job teaching to Step 1. The majority of the student body uses materials other than what UNMC offers and at times, it feels as though I'm paying UNMC for a certificate instead of getting an education.
- Start early!



- The studying process and exam itself was frustrating. Students were disillusioned because most of the effort we put in during the school year seemed like a waste of effort and time. Most of the information we learned wasn't tested on, and we weren't prepared for how the questions were asked.
- Make sure to study hard for classes. Some people will try to just do board prep all of M2, but many questions on step 1 wouldn't have gotten had I not remembered them from a lecture.
- Don't get resource overloaded. Choose a couple that add different ways to learn and really concentrate on those.
- Start UWorld during the spring semester. Just study as much as possible and review sketchy/micro.
- Do the best you can during the school year to learn the material well. Doing Pathoma and Sketchy during the year was very helpful for me to learn material the first time. Don't do practice tests before the year ends. You haven't covered all of the material yet, and a low score will just freak you out. For context of my situation, I was a student somewhere in the top 25% of the class by the end of the second year. My first practice test score was in the 230s, so doing well during the year can put you in a great position at the beginning of dedicated boards prep with a little less stress. At the time of this survey, we do not have our results yet, but my final practice tests were somewhere in the range of 250-260. I would also recommend really focusing on comfortably finishing question sets in the Timed mode of UWorld. By the end of my prep, I was finishing question sets with about 20 minutes to spare. On test day, I didn't usually have more than 5 minutes left on each set, so having that extra cushion for time really helped to make sure my test day anxiety didn't interfere with my ability to finish questions in the allotted time.
- I felt academically prepared for the exam but felt extremely pressured by faculty and advisors to perform well on this exam. My ICE Advisor's advice was to "study my brains out" because this was the most important exam I will take. I was already very anxious about the exam and that made it much worse. I would have appreciated more encouraging statements and messages from UNMC faculty. Looking back, I probably studied too hard for this exam and let my anxiety drive me to a very low emotional state during the study period.
- Make sure to use First Aid and Pathoma as you go through the cores. I found it helpful and then when you study for boards in May you have seen it once. Do the same with QBANK questions!
- Learn the material well the first time (during school)
- I would advise people not to try to do too much. The most important thing is to try to figure out what kind of learner you are. Sketchy is wonderful for the visual learner. I've heard DIT is great for auditory learners, which I am not so I stayed away. I think it is necessary to center your studies around DIT or First Aid. It is also very important to do UWorld because it helps with pattern recognition.
- I have no idea how I did yet, so I'm not sure what was helpful.
- Study in class, not everything is from FA on the exam.
- Cramfighter. You input the various materials you want to complete and it helps you organize a schedule. It also reminds you that you are making progress, because often you feel like you are just treading water. It is basically a super awesome checklist. It was only \$60 for this piece of mind. USE IT.

2. Pathoma. Dr. Sattar is a god among men. He explains all the topics in such an amazing way and helps you understand how examiners are going to get at you. START USING THROUGHOUT M2.

3. SketchyMicro/Pharm. Pharm was being released as we were studying. But, we all noticed sketchy micro stick was memorable even though we had watched it all a long time ago. I would recommend becoming familiar with it as you go through M2. START USING THROUGHOUT M2.

4. First Aid - It is going to be the best reference you have. I would recommend getting a copy and becoming familiar with it throughout M2.

5. I really liked the Brosencephalon Deck. This is a massive Anki deck. But, it follows closely First Aid and Pathoma. I would go through cards and annotate key things in both books. This also allowed me to begin to isolate things that I wasn't locking down. Ideally I would have had this sooner and could have done more of it throughout M2 so that I could just be reviewing it during the prep time.

6. Uworld - This is gold. Do as many questions as you can. The actual exam looks exactly like this format.

7. NBME practice exams - I took 12 and 16. The anecdotal evidence floating around in the rumor mill was that these were a good estimate of actual performance, which I couldn't tell you as we don't have scores back yet. Get the feedback, but it only tells you what you got wrong without telling you the correct answer or providing an explanation.

8. Uworld practice exams (forms) - Similar to above, but these were said to over estimate. Feedback plus explanations are provided.

Pick your items or things you know you like. Drop the idea of doing other things. Just hammer on the things you like. Everyone does different things, but you just need to focus on your own studying. I get bored with videos, so I didn't add in DOT. It would put me to sleep.

I heard from people up the chain that it may be a good idea to do two practice tests one day to make sure your brain doesn't turn to mush on test day. I felt like that was a good idea. I did an NBME then Uworld one day to make sure I could cover the distance. Might be a good idea.

Talk to classmates who are looking for scores similar to what you need. Don't compare yourself to people who are in a heavier weight class. Don't forget to get out once in a while. You can't study effectively if you become apathetic.

Good luck!!

- Know that there are questions covering topics you've never heard of on test day regardless of how long you study.

It's good to learn as much information as possible, but remember that since it's an exam you should be able to ask, "What concept do they think I should know?" for each question that comes up.

In the last week or few days before the exam, I had to struggle between reviewing what I'd gone through, which felt somewhat futile, and trying to master new material, which made me feel like I was forgetting previous information I'd learned.