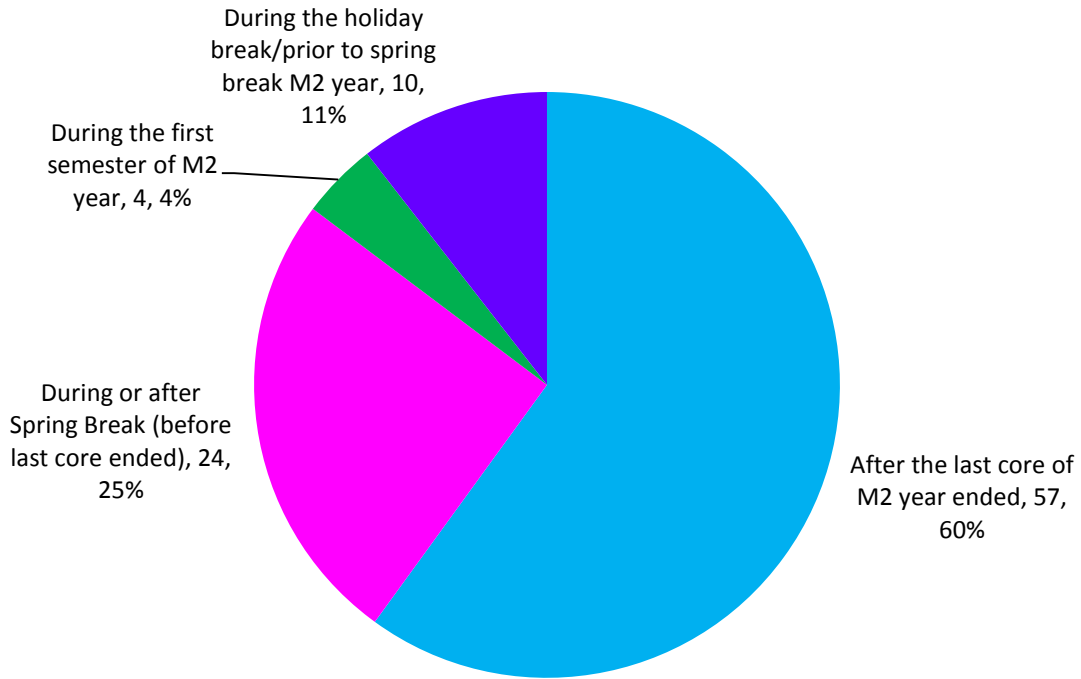
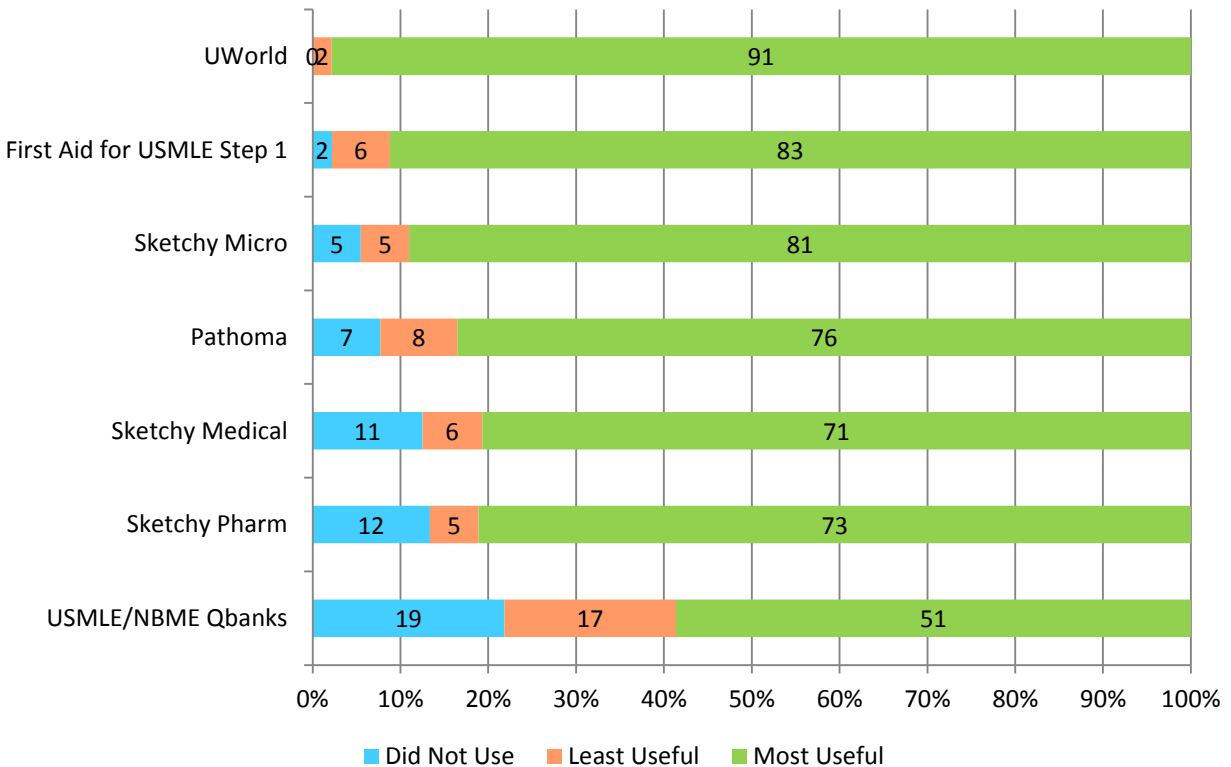


2017 USMLE Step I Survey

1. When did you start reviewing specifically for Step I? (n=96)



2. 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):



The following table lists all the items students were able to rate:

	Did Not Use	Least Useful	Most Useful
Becker Medical	86	0	0
Goljan Pathology Rvw Book	85	0	1
Osmosis	76	4	7
Firecracker	74	7	4
Goljan Lectures	72	6	9
UNMC Syllabus Materials	70	13	3
Kaplan Q Bank	68	11	7
Brosencephalon Deck	67	10	8
Sketchy Path	66	5	16
Anki	56	14	17
Doctors in Training	56	2	26
USMLE-Rx	56	11	22
USMLE/NBME Qbanks	19	17	51
Sketchy Pharm	12	5	73
Sketchy Medical	11	6	71
Pathoma	7	8	76
Sketchy Micro	5	5	81
First Aid for USMLE Step 1	2	6	83
UWorld	0	2	91

Additional Resources

- Cram fighter (3 students used)
- Board and Beyond
- HOUSE M.D.
- Kaplan USMLE Step 1 Course
- USMLE-Rx Flash Facts to review FirstAid and USMLE-Rx Qmax Qbank to supplement weak areas
- YouTube videos for some biochem

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

- Structured around personal events throughout June and July
- Asked m3s
- Wanted at least 5 weeks of studying
- The dates available were fairly limited. I knew I wanted at least a week long break before we started J-term so that only left me with two options to pick from.
- Wanted ample time, but also a break before year 3
- I wanted a few days to relax before M3 year started.
- I wanted it close to the start of J term but with a few days off
- I thought 5 weeks sounded like it was the right time to study from peers so that was the date I picked exactly 5 weeks.
- I originally had planned on 5 weeks to study, but moved it back after not passing NBME practice exams.

- Heard from M3s that about 5 weeks was a good range for studying
- Wanted to give myself at least 5 weeks.
- Asked around and researched the common amount of time people spent as dedicated period.
- Based on what previous students told me
- I wanted the most study time I could allot so I scheduled my test on what I thought was the second Friday before J-term. J-term ended up being one week earlier than expected, but I decided to keep my test date anyways.
- Wanted six weeks to prepare.
- I wanted to give myself around 5 weeks of dedicated study time.
- I wanted a week before clerkships so that I would not be too stressed before I started third year.
- I wanted as much time to study as possible.
- I wanted a full 6 weeks of dedicated test preparation.
- 5-6 weeks was recommended for studying.
- Students in grades above me said that reviewing Sketchy and Pathoma during/after spring break was effective
- I wanted to maximize study time but still have a week off.
- I got to pick the only available time slot before the J term.
- I want 5 weeks of solid study post M2 year
- Decided on approximately 6 weeks out from end of school date.
- My wedding was a couple of weeks after my final core exam, so I scheduled my Step 1 exam for 4 weeks post-wedding to have the most time to study.
- I just signed up for the last available day to take the exam to give myself the longest time to study.
- There were only 2 available.
- I took advice from students who took the test in previous years.
- June 15th seemed like a good day and was available.
- Whatever test date was open.
- From what others have previously told me was normal. And knowing I want to do well 3rd year, I knew I would need a week to recuperate
- I wanted 5-6 weeks of dedicated study time.
- A date that left me enough time after the test to relax before M3 year started.
- Advice from other people
- around the same amount of time that the majority of UNMC students take it
- Gave myself a little more than 5 weeks
- What was available.
- I decided based upon a study schedule.
- It was the only one available when I went to sign up
- Desired a 2 week vacation post-step1, used cramfighter to figure out the minimum amount of time needed, added 2 weeks for final review.
- 5.5 weeks so 1 week vacation
- Talked to members of the class above me and selected a date range consistent with what most of them were saying.
- 5 full weeks of studying accounting for weekends off with various weddings etc (ultimately 7 weeks)
- Open dates available. also had a wedding each weekend.

- I wanted to take it later in the summer so that I could study at a more casual pace and make sure I got to spend some quality time with my wife.
- I gave myself 5 solid weeks.
- Based on practice exam scores
- Osmosis helped me establish a study plan
- I heard 5 to 5-1/2 weeks was ideal.
- 5.5 to 6 weeks out, plus available seating
- Scheduling. Felt like I needed 4 weeks to study
- The recommended period of time, the best average scores from last year, and early enough to give myself a break before M3 year.
- Closest I could get to start of third year with a small break
- I wanted a minimum of 5 weeks to study but also wanted a week of vacation before beginning J-term.
- I was planning for 5 weeks with extra room if needed to push back.
- Had to take it in June due to 3rd year starting at the end of June
- I heard 5 weeks was a good amount of time and decided to go with that.
- Close to the last date before J-term to allow for 6 weeks of dedicated studying.
- I wanted a week off to travel before J-term.
- Amount of time wanted to study vs. amount of break desired before M3 year.
- I wanted to take it on the 16th but it wasn't available so I picked the 13th cause it was the closest date to the 16th.
- 6 weeks out from the end of M2 classes
- I wanted 5 weeks of studying and time to take a break before starting 3rd year.
- 5 weeks
- The conventional wisdom given to us was that after 5 weeks of studying it doesn't help your score too much, so I picked a date exactly 5 weeks out. I ended up pushing this back by a week and a half because I wasn't confident enough to take the test.
- Only had 1 reasonable date to choose from when registered.
- Talked to upperclassmen
- Based on how much vacation I would get after the exam.
- Personal scheduling needs
- 6 weeks from when class ended and what was available
- Availability in Omaha
- I scheduled my exam for the last day available because I wanted to have the most time possible to study.
- Vacation time desired
- I had a vacation planned already, so I wanted to take the exam before my trip.
- Didn't have many options
- I waited until the curriculum had taught me the majority of topics covered on the exam.
- Wanted about 5 weeks to get through first aid twice and picked the available day that week
- I wanted as much time to study as possible so I took the last possible date available
- Wanted to take vacation after my test was finished.
- Balancing preparedness with vacation time.
- I selected a date 5 weeks after the end of the school year based on advice from previous students.
- To balance between having enough time to study and giving myself some time off

- Talking to older students

4. Did you have difficulty getting your preferred examination date?

Yes: 29 (30.2%) No: 64 (66.7%)

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

	Individually	Small Group
Avg	71.2	2.3
Min	10	0
Max	110	50
N	89	66

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

- Begin using UWorld questions during second year courses (prioritize getting through all of them by test time) and always use Sketchy. For everything you can.
- Don't give yourself too much time (e.g. longer than 6 weeks to study - you will only begin to lose material!)
- There will definitely be days that you do not want to study or you feel like you are not retaining anything. Try not to have too many of those days. Recognize that it's happening and then try to refocus or switch your "1/2 day off" to accommodate for the lost time.
- Take the exams seriously throughout the year and it won't actually feel all that different. Be consistent in studying every day at a predetermined schedule.
- Keep grinding! The results will improve, but it's a slow, frustrating process.
- Make time for practice questions.
- In hindsight I think you should be studying for this exam your entire M2 year. Not seriously, but definitely be doing q bank questions on neurology when you are in that core to get a feel for what is coming.
- Know what study methods and resource styles work for you, and stick to them.
- Do lots of uworld questions, make sure to stay active and get plenty of rest.
- If you had trouble academically in medical school, plan to struggle passing this exam. You will need to find a way to work even harder - if there are no more hours then you must continue to improve efficiency. When people tell you that you do not need to start preparing until after 2nd year, ignore them. Holiday and spring break are a great time to get a jump on practice questions. Select UWorld questions from the block you just completed. Try to be at least 25% through UWorld prior to the end of 2nd year. Finish your first time through UWorld and all other resources your are using at least 2 weeks before your exam. Use that time to go through UWorld a second time and refer back to resources for questions that you are still missing.
- Make a scheduled that is attainable. Know your limits and realize that you will need time away from studying from time to time.
- Staying up to date on boards review materials alongside M2 year will go a long way towards reducing the workload/stress of dedicated period. Try to study similarly during dedicated as you did during M1/2 years. Familiarity, habit, and routine helped make dedicated more manageable for me. I gave myself 5.5 weeks to study and found this to be TOO much time. I felt I could have taken the exam 1-1.5 weeks earlier and done as well or better. NBMEs and UWorld are the most test-like resources, but the actual exam will still feel differently than any of the materials and include more unfamiliar questions and topics than you are accustomed to.

- Do as many questions as you can. A second pass at question banks is rarely a bad idea. Do simulated exams leading up to the exam to build stamina and practice real testing conditions, like when you plan to take breaks. Know and practice exactly how the day is going to go, regarding breaks, testing site and building, snacks, etc (familiarity minimizes anxiety).
- Start using q bank earlier and get through all of sketchy before end of school
- Focus on UWorld, SketchyMedical, and Pathoma. Utilize resource that encourage recall. Resources such as First Aid are good for refreshing your mind, but they aren't good when it comes to long-term learning and recall. Resources that you simply read are just reinforcing the "illusion of mastery" that is a part of "massed practice." Pathoma is the exception in that it presents the material in a concise manner that must be built upon from previous learning in order for it to stick.
- Make a plan. Do your best to stick to it. Trust your stuff!
- Do your best to learn and truly understand the material for you core classes. Although a lot of information covered in lecture or the cores goes beyond what the level of detail you need for Step 1, mastering the material the first time round makes it so you are truly reviewing material during you dedicated Step study period. You had 2 years to learn the material the first time round, chances are if you didn't learn it then your not going to be able to successfully learn 2 years of curriculum crammed into 5 weeks of dedicated study. Furthermore, First Aid and UWorld are fantastic learning tools but only if you have a foundation to build knowledge off of. They are not very good to learn material from if you have no basic understanding of it.
- Start early. Don't procrastinate. Don't push it off if you don't have to.
- Don't use too many study resources and start on UWorld question banks before dedicated study. UWorld should be used for studying, not just for practice.
- If you like flashcard style learning, I couldn't recommend Firecracker more. It was my favorite resource by far. But in order to make the most of Firecracker, I feel like it should be used throughout the M2 year. My other big recommendation would be to watch Pathoma videos throughout the M2 year as you learn about the topics in lecture.
- Be nice to yourself. It's a stressful time. Take breaks if you need them, find food and a shoulder to cry on.
- Study as hard as you can during the year. Learning things the first time is the most effective. Take pharm seriously b/c it should be easy points.
- Use Pathoma, First Aid, and Sketchy during the year as you study for classes. First Aid is designed to be a review and not to learn from, so use a QBank like USMLE Rx during the year and review the topics covered in those questions in First Aid right afterwards. UWorld is a must-use QBank. It takes longer than you think it will to review questions, so consider starting it a little bit before the dedicated study period if you think you'll be hard-pressed to get through the entire thing.
- Start early.
- do as many vignette style practice questions as possible and thoroughly review the ones you missed.
hate to say it, but also memorize as much pharm as possible
- Choose 2-3 resources to study from and stick with those. There a many good options for study materials, but narrow it down to a few that work with your study style. Set aside the necessary time that you will need to adequately study your chosen materials, but do not overdo the amount of time because you will burn out.

- Use as few resources as possible. You have to use U world and First Aid as your bases. Sketchy is a must for micro, pharmacology is hit or miss. Pathoma is great to go along with the pathology sections of First Aid.
- Uworld takes a long time, start it earlier and make it your focus.
- Know biochemistry!
- Try and hold on to as many bugs and drugs as you can throughout the year because those are not crammable. Try and get through a secondary Q bank during M2 and then use Uworld for dedicated. Use the resources you liked the best throughout the year during dedicated because your study style hasn't changed. Pathoma is a must review during dedicated. I used Anki to review topics on uworld questions I had missed, but that won't work for everyone.
- Begin UWorld question bank early. Have 2 things you look forward to during your weeks to break up the monotony of the days. Do sketchy throughout the year and you will find it a life saver. Especially if you are a visual learner. I also began writing notes over the sketchies (printed off the pictures at the library, and numbered/labeled each point). This was a GREAT resource to use during studying. It took me SOOOO much time to compile all of that, but I really think that it was the best tool I had.
- Practice questions were the most useful study aid.
- Dedicate time to UWorld and really put time into looking at the answers and study them closely.
- depends on what my score is when i get it back
- Don't take more than 5 weeks because after you finish the uworld qbank you just start to forget stuff and listlessly flip through First Aid.
- I would advise students to start using first aid along with the cores.
- Set a good schedule, go to the same place every day to study to minimize distraction, try not to get behind, and take a some time off
- Have a daily first aid reading schedule then aim to do 100 (or more) practice problems per day on Uworld (2.5 hrs in "timed" mode) encompassing all subjects. Also, to avoid being psyched out by my peers and lack of knowledge, I waited until completing First-Aid once until I took my first full-length practice test.
- Start studying early
- Schedule
- When learning the material, focus on learning how to integrate the systems. For me, thinking in depth about pathophys and potential downstream effects help me the most. I'm not a fan of anki.
- Be honest with what is working and what is not, and don't be afraid to change things quickly with respect to what is/is not working.
- Use review videos rather trying to read First Aide or your notes on your own. UWorld questions or similar Qbank are an absolute must!! Everything discussed in Pathoma is golden!!
- Know going into it that it's going to probably be the roughest 5-1/2 weeks of your life, but set a plan and stick to it.
- I would advise students to spend more time really learning the material as they review, rather than just on getting things done.
- Do questions and base your studying off of that. UWorld was by far the most helpful resource I used when compared to the real test. It helps you target your weaknesses and saves you a ton of time going over things you already know.
- Choose a few good resources and focus on really understanding them. Use a lot of practice questions to find your weaknesses (i.e. reading the question incorrectly or too quickly or not reading all the answer choices) and to practice timing. Use the cores during the school year to

gain a strong foundation in each area so that you are reviewing information and refreshing your memory rather than still trying to gain an understanding during board study time.

- Do what works for you. There are so many resources and everyone will be doing different things. You've studied for two years at UNMC and know what works for you. DO THAT. This test is no harder than a typical UNMC exam (though sometimes there are really easy questions on UNMC exams, you won't see those on boards) - what makes it hard is that it is comprehensive.
- Figure out a study plan that works for you but be flexible if you realize you need to alter it
- Pace yourself and try not to get overwhelmed by the amount of material you have to review
- Don't worry about studying during the school year. Study for your classes; that will help the most when it comes time for dedicated studying. Don't stress about studying for STEP while taking your classes.
- I'm not sure because scores have not been released and the exam felt very difficult even with studying 11 hours per day. I would say complete UWorld questions and redo the ones that you missed if possible.
- Don't study step materials until dedicated; focus on core material during the year. Sketchy would be the exception to the above statement- watch the videos and then use the pictures as flashcards.
Do take breaks.
Don't be tempted to use all of the time as study time, give yourself a break before J-term. I don't feel it would have affected my score to take an extra week of study time.
- Take breaks. It's really miserable, but everyone survives.
- Just have a schedule and try and stick to it. Prepare yourself for madness and sadness.
- Pick a question bank and 2-3 primary sources to review (don't get bogged down with the overabundance of available resources).
- Start Early
- Pick your core resources you're going to study from and stick to them. You can pick up other resources as you go, but it's better to use those to supplement your core studying and not to replace a resource halfway through your study period.

Also, I know everyone jokes/complains about how you don't get much of a break during the summer, but definitely do not try to plan your test date around a vacation. You won't enjoy the vacation if you're convinced you did poorly on the exam because you rushed your preparation. Take your time, then take the test, and rest easy.

And when you set your alarm make sure it's for AM and not PM. Bad way to start test day, that.

- Start studying early if possible and only utilize a few resources. You can easily overwhelm yourself by using too many study tools/materials. Also, don't focus on how your classmates are studying and their scores on the practice exams. Just put in the time and you will get improvement.
- Commit to reviewing all of the material in FirstAid e.g. don't skip biostatistics or psych because they are perceived to be "easier."
 2. Commit to doing UWorld questions daily every day during your dedicated study period except for days of practice tests.
 3. Take practice tests. Four or more would be ideal.
 4. Take care of thyself & thine mental health as well.
- Trust the system and the time you put in

- Do Pathoma, First Aid, and Sketchy during the school year with your classes. Make sure to start doing first aid specific questions from a Q bank for the core you are in during the school year.
- Do plenty of practice questions.
- Don't wait until the last school exam is done
- Don't focus on just "getting through" the material. Take time to fully understand the information you are studying. Even if you are unable to get to all the material you originally planned, you will have a high understanding of the material you were able to study.
- Don't spend too much, if any, time with other medical students while studying. It may just stress you out. And stick to your plan. I studied for 4 weeks and felt that it was plenty of time. The subjects that I would have studied had I taken more time would not have helped me on the questions I did not know during the actual exam, and I felt that the best way to prepare for step 1 was actually by mastering all of the core material resented during the first two years rather than reading/memorizing first aid.
- Make a plan and stick with it.
Don't get too bogged down with what other people are doing - you know your study habits best. Step 1 studying is not a time to change the way you study because someone told you that's how they are studying.
Make sure to give yourself free time once in a while, whether that means ending the day before dinner every day or taking a day off here and there - mental health is still important and you WILL get burnt out.
Life happens, so leave space in your study schedule for catch up days.
Study where you won't have any distractions.
Don't stress out about your uWorld/Qbank scores. Learning how to approach each question is equally as important as understanding the content presented. Step 1 takes a lot of logic and reasoning.
STAY CALM. Studying for step 1 is intense, but stay confident and be realistic about your goals for studying. Student counseling is still available after classes are done, so don't be afraid to utilize their resources.
- UWorld is pretty easily the best resource available. Cram Fighter is useful to help you pace yourself and avoid burnout.
- Pathoma, sketchy micro, and uworld are amazing. Take 2 practice tests back to back about one week before to simulate the exam.
- UWorld is formatted exactly like the test, and proved to be the most useful resource in preparing for the exam
- Learn it well the first time. Learning things the first time should not be the majority of your study time, but it's okay if you don't know everything when you start. Go over UWorld in it's entirety, watch through Pathoma, do the Brosencephalon for the detailed stuff that you don't remember, it can be daunting but that deck can be broken down into small topic sections. Take the entire day off before the test to give your brain a break and actively relax, like see family, do something nice for yourself (massage, etc). That helped me a lot with my mental state going in to the test.
- Study for long term retention during cores and coordinate that with pathoma and sketchy.
- Read every single explanation in UWorld, and focus more on the reasoning behind the question/answer than worrying about percentage correct. As well, pay the extra money on NBME exams to have access to which questions you missed.
- Stay calm and focused, but take it seriously.
- Don't look too far ahead. Focus on what you need to do that day.