“Survive and Thrive” on the USMLE Step 1 Exam
Full Disclosure

- USMLE Step 1 ICD Test Development Committee: 2007-2011
- USMLE Step 2 CS Test Development Committee: 2012-2016
- USMLE Step 2 CS Interdisciplinary Review Committee: 2016-present
- USMLE Step 1 Committee: 2012-2014
- USMLE Management Taskforce: 2014-present
- Member-at-large, NBME: 2013-present
Overview

• Policies and procedures for USMLE Step 1
  • Registering for exam
  • Special considerations

• Strategies for Success
  • Time management
  • Resource management
  • Game plan
The USMLE, co-sponsored and co-owned by the NBME and the Federation of State Medical Boards, is a three-step examination for medical licensure in the United States.

- Step 1
- Step 2, Clinical Knowledge (CK)
- Step 2, Clinical Skills (CS)
- Step 3

www.usmle.org
Results of the USMLE are reported to:

- medical licensing authorities in the United States for their use in granting the initial license to practice medicine
- your home institution
- others (ERAS, residency programs, etc.) only with your permission

www.usmle.org
Key Web Sites

- NBME: [www.nbme.org](http://www.nbme.org)
- USMLE: [www.usmle.org](http://www.usmle.org)
- Prometric Test Centers: [www.prometric.com](http://www.prometric.com)
NBME Site www.nbme.org
Students and Residents

Licensing Exam Services:
✓ Apply for USMLE Step Exams
✓ Request score documents and certificates
✓ Check the status of your registration and document request history

Self Assessment Services:
✓ Create your own account
✓ View and purchase sample assessments
✓ Check status of purchased assessments
• 2017 USMLE Bulletin
  *** You must become familiar with and will be subject to the policies and procedures detailed in the 2017 Bulletin of Information.
  http://www.usmle.org/bulletin/

• Practice Materials
Prometric Site www.prometric.com

• Schedule your test
• Locate a test center
• Reschedule or cancel test
• Prepare for test day
USMLE Policies

• Time Limit
  • USMLE requires that the dates of passing the Step 1, Step 2, and Step 3 examinations occur within a seven-year period (MD/PhD students must apply for exception—See Bulletin)
  • allow no more than six attempts to pass each Step or Step Component without demonstration of additional educational experience acceptable to the medical licensing authority

• Retakes
  • For Step 1, you may take the failed/incomplete exam no more than three times within a 12-month period
  • If you pass a Step, cannot take it again
GRADUATION REQUIREMENTS

• Pass all required courses
• Pass competency assessment exercises
  • Pass all components of competency assessment weeks (MS1/MS2)
  • Pass OSCE end of third year (MS3)
• Pass USMLE Step 1 (MS2)
• Take USMLE Step 2CK and 2CS (MS4)
• Course requirements years 3 and 4
UMMSM Policies!!!!!!

- Be aware of deadlines and school policies
  - [Medical Student Rights & Responsibilities](#) Handbook
  - All students must SIT for USMLE Step I PRIOR to the start of any 3rd year clerkships
- MD/MPH Class of 2019
  - Competency Week/Last day of M2 classes Friday, March 10, 2017
  - Public Health Coursework begins Monday, April 24, 2017
  - USMLE must be taken by **APRIL 23, 2017**
- MD Class of 2019
  - Competency Week/Last day of M2 classes, Friday, April 28, 2017
  - Patient Safety Week begins Monday, June 19, 2017
  - USMLE must be taken by **JUNE 18, 2017**
- Policies regarding scheduling **DELAYS** will be discussed in Spring
Step 1 Content Outline & Specifications

http://www.usmle.org/pdfs/usmlecontentoutline.pdf

• System
  • 15-20% General principles of Foundational Sciences
  • 60–70%
    • Immune System; Blood & Lymphoreticular; Behavioral health; Nervous & Special Senses; Skin & SubQ Tissue; Musculoskeletal; Respiratory; Cardiovascular; Gastrointestinal; Renal/Urinary; Pregnancy & Childbirth; Female Reproductive & Breast; Male Reproductive; Endocrine
  • 15-20% Multisystem Processes & Disorders; Biostats/Epi/PH; Social Sciences

• Process
  • 10-15% Normal processes
  • 55–60% Abnormal processes
  • 15–20% Principles of therapeutics
  • 10-20% Other
Step 1 Scoring

- The number of test items you answer correctly is converted to a **three-digit score**.
- The minimum passing score is 192.
- Examinees typically must answer 60% - 70% percent of items correctly to pass.
- The score report includes a pass/fail designation, numerical scores, and graphical performance profiles by area.
- Results are typically available within 3-4 weeks, but may take up to 8 weeks.
Application Process

1. Review the 2017 USMLE Bulletin
2. Obtain and complete your application materials and submit them online at www.nbme.org
   (Request a 3 month eligibility period; pay 2017 fee of $605)/
   INCLUDE APRIL (MD/MPH) OR JUNE (MD)
3. Receive a Scheduling Permit verifying your eligibility and authorizing you to schedule the examination
4. Follow the instructions on your Scheduling Permit to schedule your test date at a Prometric Test Center at www.prometric.com
5. On the scheduled test date and at the scheduled time, bring to the test center your Scheduling Permit and the required identification.
Special Considerations

• **Test Accommodations:** The USMLE provides reasonable accommodations for examinees with disabilities covered under the ADA
  - You must obtain information from the USMLE website well in advance of applying
  - Your application, your request for accommodations, and documentation must be submitted at the same time. Additional documentation may be required
  - Processing may take up well over 90 days from the date sufficient documentation of the impact of your reported impairment is received

• When test accommodations are granted score reports and transcripts no longer include any annotation that an accommodation was granted.

• Discuss accommodations application with Dr. H. Mechaber
Risks for Poor Performance

• Consistently marginal / poor academic performance during the first two years of medical school
• Prior history of problems with board type exams (MCAT, SAT)
• Performing poorly on mock exams
• Thinking you can’t fail
• Thinking you can’t pass
• Not putting in the time / effort to prepare
• Prolonged study ≠ better retention
Strategies for Success
Strategies for Success

Game Plan

1. Recommendations
2. Develop study strategy
3. Time Management
4. Resource Management
5. Practice, practice, practice!
Strategies for Success

Recommendations

• Read all info on the USMLE website including the 2017 Bulletin of Information

• Familiarize yourself with content of exam

• Develop a schedule and study strategy... and stick to it!
  – Craft a WRITTEN plan by DECEMBER

• **Know your test date, and schedule studying accordingly**

• Review and purchase board review materials by holiday break, some will choose to purchase much earlier

• Acquaint yourself with the test software well before your test date

• Don’t procrastinate

• But above all...
Strategies for Success

Recommendations

Don’t distress ...
De-stress!!!
Strategies for Success

Study Strategy: Study Smart, Not Hard

- Explore resources best for YOU
- Commit to a process; trust in yourself!
- Seek advice but focus on YOU; not everyone is the same; not everyone learns the same way
- Be an active learner; Use visual elements
- Look for overlaps between subject areas and high yield information
- Assess – study – reassess
- ASK FOR HELP when needed
  - Dr. Adrian Reynolds
  - Dr. Hilit Mechaber
Strategies for Success

Time Management

• MUST create a WRITTEN, daily schedule
• Prolonged study ≠ better retention
• Keep reasonable study periods
• Set aside time to “decompress”
• Don’t forget fundamentals of maintaining health and wellness
• Include “me” time in your schedule
• Burnout is a real phenomenon; this is a marathon, NOT a sprint
Sample MD student schedule
Sample MD student schedule
Sample MD student schedule

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### Pre-Study-Period Goals:
- Finish 7 of 16 First Aid Chapters
- Finish 12 of 19 Pathoma Chapters
- Finish 25 of 50 UWorld Blocks

### School Schedule Week First Aid (16 chapters) DIT/Sketchy Micro Videos Pathoma Goal (19 chapters/109 videos total, >1/day) UWorld Blocks (2,222 Qs total, ~50 blocks; 3-4/week) Exercise/Life

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Sample MD/MPH student schedule
Strategies for Success

Resource Management

• You can’t review it all – so stick with what has worked for you!
  – Class notes
  – Videos
  – Textbooks
  – Tutors

• Other Resources
  – Board review books
  – On-line materials
  – Board prep courses
Strategies for Success
USMLE Study Guides

- First Aid USMLE Step 1
- USMLE Step 1 Secrets
- High-Yield Comprehensive USMLE Step 1 Review
- Underground Clinical Vignettes USMLE Step 1
- BSS: Body Systems Review I
- USMLE Step 1 Recall: Buzzwords for Boards
- Rypins’ Basic Sciences Review
- Kaplan USMLE Step 1 Home Study Program
- Rapid Review Series: USMLE Step 1
- Deja Review: USMLE Step 1 Essentials
- Cracking the Boards: USMLE Step 1
- Board Simulator: Normal and Abnormal Processes
- Laughing Your Way to Passing the USMLE
- Step-Up to USMLE Step 1
- BSS: General Principles in the Basic Sciences
- Rypins’ Q&A for Basic Sciences Review
- Blueprints Q&A USMLE Step 1
- PreTest: Clinical Vignettes USMLE Step 1
- USMLE Step 1 Made Ridiculously Simple
- PreTest Self-Assessment and Review
- Rapid Preparation for the USMLE Step 1
- Lange Practice Tests for the USMLE Step 1
- Research & Education Assn: USMLE Step 1
- Lange Q&A: USMLE Step 1
- Appleton & Lange Outline Review for USMLE Step 1

UMMSM Prior Student Survey Details will be posted
Strategies for Success
USMLE Study Guides

• How to Decide?
• Spend time exploring resources
• The more time you invest early on will improve your confidence
• Do NOT overextend your resources or suddenly change your plans midway
• Audio vs Visual, or BOTH
• Concepts vs Memorizing facts
• USMLE Step 1 Orientation and Practice Materials
  – The software has over 100 practice test items and a software tutorial
  – Cost = Free
Strategies for Success

Practice Exams

• Computer Based Testing (CBT) practice session at the Prometric Test Center
  – [https://apps.nbme.org/CBTPSRegistrationWeb/jsp/usmle_CBTPS_registration.jsp](https://apps.nbme.org/CBTPSRegistrationWeb/jsp/usmle_CBTPS_registration.jsp)
  – The session is a maximum of 3.5 hours and is divided into three 1-hour blocks of 46-50 multiple-choice test items each.
  – When you complete the session, you will receive a printed percent correct score.
  – Cost = $75
Strategies for Success

Practice Exams

• NBME Comprehensive Basic Science Exam

Cost= PRICELESS!

Provided for free by UMMSM
Strategies for Success
Practice Exams

• NBME Self-Assessment Services
  – Comprehensive Basic Science Self-Assessment (CBSSA)
    https://nsas.nbme.org/nsasweb/servlet/mesa_main

Six forms: 200 multiple choice items each
(One form has an expanded feedback option)
  Cost = $50
  Cost for expanded feedback form = $60

*There is no limit to the number of times you may purchase and take any form of a self-assessment*
Strategies for Success
Practice Exams

• Comprehensive Basic Science Self-Assessment (CBSSA)
  – Expanded feedback includes:
    • Number of items answered incorrectly by category
    • Average time spent on each incorrect item
    • Percentage of items answered incorrectly
    • Ability to review the text of incorrectly answered items

• Longitudinal Performance Profiles
  – Participants receive longitudinal performance profiles that display the 6 most recent completed assessments
Strategies for Success

- Game Plan
- Manage Time Wisely
- Study smart, not hard!
- Manage resources
- Practice, practice, practice
- Take care of yourself
USMLE Step 1 Mean Scores

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“Survive and Thrive” on the USMLE Step 1 Exam