

## Rough step 1 study schedule

Resources: First aid, uworld, pathoma, sketchy, NBME's

- Before 1<sup>st</sup> week of studying:
  - All of pathoma in 3 days (annotate into pathoma book or first aid though FA annotating would take too long)
  - Get your copy of first aid spiral bound
- Weeks 1-5.5:
  - 1. Read first aid chapter
    - For memory-intensive, annoying chapters (eg biochem), used brosencephalon anki deck in the “preview all cards in order” mode. I would read a few pages of first aid then go through the corresponding cards in order from anki deck to reinforce the concepts. Once I got to cards in the next section, I would resume first aid reading
  - 2. During food breaks or depending on how well I felt I knew the subject:
    - Rewatch pathoma for that section (on fast speed)
  - 3. Watch related sketchy pharm (and sketchy micro for micro section)
    - Buy the subscription
    - Watch the video without taking notes (1.5x or whatever you feel comfortable with)
    - Immediately after, look away from the screen, and re-enact the entire sketch in your mind along with every picture association
      - Then, pull up the image on the website and check to see what you missed, then run through it in your head quickly with what you missed
    - When answering questions on uworld, think of the sketch. Go back to sketches frequently on the website to reinforce the information
    - I used sketchy path for renal and I found it helpful (used same method as above)
  - 4. Do subject-targeted uworld sets on timed test mode (1 hour)
    - After sets, read the entire answer explanation for every answer choice, for every question (even the ones you got wrong)
    - Annotate all information into first aid if it is not in there already (use a PDF of first aid and ctrl+f to quickly find the page number)
      - This takes 4 hours per set usually
  - 5. Go onto the next chapter
- Week 5.5+
  - NBME self assessments and uworld self assessments every 3 or so days

- Go through wrong answers and make a doc quickly explaining why you get questions wrong (eg stupid mistake, didn't understand question, didn't know information etc)
      - This is helpful to look over in the last couple days before the test
    - Between self assessments, read through first aid A-Z again (if you're running out of time, prioritize weaker subjects)
      - Make anki cards out of information you forgot and go through them every day (I ended up with 2200 cards)
    - Last 2 days also go over all sketchy pharm images +/- micro depending on your strengths and rewatch weak ones
  - Test day
    - Crush

#### Random thoughts

- Uworld 2x is not necessary if you are very thorough with your first pass
- Reviewing the material and going by system in uworld is best in my opinion
  - Reinforces ideas multiple ~3x instead of just once (see it during first aid review, then reinforce it while answering the question, then reinforce it again when you review the uworld set)
  - If you go into questions cold, you will have questions that you have absolutely no idea on. In those circumstances, you will not be reviewing the information until you are going over the test
- I did a lot of reviewing and did not take much time off - during the week ~12 hours per day, weekends ~ 9 hours. It helped that I was studying at school around my classmates (and complained with them), have an extremely wonderful SO who would help with groceries and food etc and had roommates to hang/talk with.

## **My Schedule:**

PASS 1 [4 weeks]- Goals: Get through FA and Pathoma once, Sketchymicro for the second time, and all of pathoma (with annotations)

### *Full days*

6:45 Wake up  
7:40 Leave for school  
8-11 Pharm/ biochem/ micro (1 hr each)  
11-1 Pathoma or Read FA  
1-2 Lunch  
2-4 Two targeted UWorld sets  
4-7 Correct UWorld sets by annotating FA and make anki flashcards  
7-8 Walk home, take a break, eat dinner  
8-9:30 Catch up

### *Half days*

6:45 Wake up  
7:40 Leave for school  
8-10 Micro/ Pharm (1 hr each)  
10-12 Pathoma or Read FA  
12-12:30 Lunch  
12:30-1:30 UWorld set (mixed)  
1:30-3 Correct set by annotating FA and make anki flashcards  
3-6 Go home, dinner prep, do laundry, go to the grocery store, etc.  
6-7 Dinner with friend  
7-9 Catch up

\*That hour for lunch? That went away pretty quickly. My idea was to have lunch with friends, or go for a walk, or something to give myself a break. But I found I was okay without that long of a break. BUT some people will go to the gym for 45min. mid-day everyday. I am not a gym person so I did not do this, but if you like exercise, then put it in your schedule.

\*I did go to yoga every Tuesday and Wednesday evening and did not do "catch up" work Tuesday nights. I also had an hour-ish every other Monday night to talk to my brother.

\*UWorld sets will take you FOREVER to correct the first few times. My first set took me 3 entire hours to correct.. And that first week I don't think I ever took less than 2 hours to correct a set. But, that's why I had catch up time. This also helped motivate me because I was constantly a little behind schedule and would need to catch up Thursday evenings on my half day.

\*I stopped doing an hour of biochem (I just used FA to study it) pretty quickly to make more room for FA and pathoma my first 2 weeks. So this first pass schedule was tweaked quite a bit after my first week.

\*At the end of my first pass I took UWorld assessment 1

PASS 2 [2 weeks]- Goals: 2<sup>nd</sup> time through FA, pathoma, and sketchymicro; finish UWorld & start 2<sup>nd</sup> pass through incorrect questions, this time on mixed mode

*Full days*

6:30 Wake up

7:15 Leave for school

7:45-8 Anki

8-10 Two UWorld sets

10-1 Correct sets

Lunch & watch sketchymicro

2-4 Biochem and Pharm

4-6:30 Read FA

6:30-7 Anki

7-8 Go home and eat dinner

8-10 Watch pathoma/ catch up

*Half days*

6:30 Wake up

7:15 Leave for school

7:45-8 Anki

8-9 UWorld set

9-10:30 Correct sets

10:30-12 Pharm and Biochem

12-1 FA

Lunch w/ micro

1:30-3 Reach FA

\*1 week into pass 2 I took NBME 18 + 2 UWorld sets then 5 days later I took UWorld 2 + 2 UWorld sets. At the end of pass 2, exactly 1 week before my exam, I took NBME 19 and 3 UWorld sets.

\*Pass 2 was rough. It made me feel awful that I had not retained so much and just reading FA was very hard for me. I highlighted this time around to help keep myself engaged, but in order to stay on schedule I had to average 1 chapter/ day.

PASS 3 [last week before exam]- Read through FA third time

-I'm not even going to write my schedule for this because it quickly morphed into something different.

-Originally I wanted to keep doing question sets AND read all of FA again. I don't think this is possible. During this last week I re-read all of FA in 4 days, which was my main focus (I think I stopped doing question sets all together). I did 30 minutes of biochem/ pharm/ micro a day and kept watching some of the high-yield pathoma videos (for a 3<sup>rd</sup> time) and doing flashcards.

-2 days (aka 4 days out) in I took my 5<sup>th</sup> and final NBME (17).

-My last day before the exam I did not do any questions. I went over some topics I had issues with, did a bunch of flashcards, and left school by I think 3pm. I went home and kept myself busy and (mostly) from freaking out by cooking a nice big pasta meal. I went to bed super early and took comfort in the thought that in less than 24 hours, I would be free.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Feb 28</b> FA: Behavioral Science 1 UWorld	<b>March 1</b> FA: Biochemistry Pathoma 1 3 UWorld	<b>March 2</b> FA: Microbiology Pathoma 2 3 UWorld	<b>March 3</b> FA: Immunology and Pathology Pathoma 3 3 UWorld	<b>March 4</b> FA: Pharmacology Pathoma 7 3 UWorld
<b>March 5</b> FA: Cardiovascular Pathoma 8 3 UWorld	<b>March 6</b> FA: Endocrine Pathoma 15 3 UWorld	<b>March 7</b> FA: Gastrointestinal Pathoma 10+11 3 UWorld	<b>March 8</b> FA: Heme/Onc Pathoma 5+6 2 UWorld	<b>March 9</b> FA: MSK/Skin/CT Pathoma 18+19 3 UWorld	<b>March 10</b> FA: Neurology Pathoma 17 3 UWorld	<b>March 11</b> FA: Psychiatry Pathoma 4 2 UWorld
<b>March 12</b> 2 UWorld FA/Pathoma Catch up	<b>March 13</b> FA: Renal Pathoma 12 3 UWorld	<b>March 14</b> FA: Reproductive Pathoma 13 3 UWorld	<b>March 15</b> FA: Respiratory Pathoma 9 3 UWorld	<b>March 16</b> FA: Microbiology Pathoma 14+16 3 UWorld	<b>March 17</b> UWorld Assessment 1 262	<b>March 18</b> FA: Biochemistry Pathoma 1 3 UWorld
<b>March 19</b> 3 UWorld FA: Pharm	<b>March 20</b> FA: Immunology and Pathology 3 UWorld	<b>March 21</b> UWorld Assessment 2 245	<b>March 22</b> FA: Behavioral Science Pathoma 7 3 UWorld	<b>March 23</b> FA: Cardiovascular Pathoma 8 3 UWorld	<b>March 24</b> FA: Endocrine Pathoma 15 3 UWorld 1 <sup>st</sup> pass UWorld	<b>March 25</b> NBME 17 252 FA: Gastrointestinal
<b>March 26</b> FA: Heme/Onc Pathoma 10+11 3 UWorld	<b>March 27</b> FA: MSK/Skin/CT Pathoma 5+6 3 UWorld	<b>March 28</b> FA: Neurology Pathoma 18+19 3 UWorld	<b>March 29</b> FA: Psychiatry FA: Renal Pathoma 17 3 UWorld	<b>March 30</b> FA: Reproductive Pathoma 4 24 <sup>th</sup> Bday 3 UWorld	<b>March 31</b> FA: Respiratory 3 UWorld- finish incorrects	<b>April 1</b> NBME 18 252 100 pages of FA
<b>April 2</b> Free NBME questions 100 pages of FA	<b>April 3</b> 100 pages of FA 2 UWorld	<b>April 4</b> 100 pages of FA 1 UWorld	<b>April 5</b> 100 pages of FA 2 UWorld: biochem, anatomy, biostats	<b>April 6</b> 100 pages of FA Micro review	<b>April 7</b> <b>Step 1</b> <b>265</b>	<b>April 8</b> Booze