1. **How did you plan your study schedule for Step I?**

4 weeks to get through all of first aid, thee USMLE WORLD Qbank and 3 practice tests. I left a week at the end to focus on my weakest areas.

5 weeks of study. Used primarily USMLE world as study method doing full length testlets (46?). Also used First Aid for supplemental information.

As far as what materials to study when, I sort of winged it. I did the things that I found toughest during the school year first, spending the most time on that, then went through everything else. In terms of a daily schedule, I just tried to keep a school-like schedule with built in breaks for things that were important to me (cooking dinner, going to the gym, coffee breaks w friends, etc)

Asked classmates and older students.

Based on advice from peers/internet.

Based on graphs presented in class for date then just divided resources I wants to use up to fit

Based on advice from other students and information I found on forums on-line

Based on advice from other students and information I found on forums on-line

Based on the Doctors in Training program

Based on the plans of other high-scoring students.

Based on the recommendations of others.

By talking to other friends and online blogs

Cram fighter

Cram fighter app

Cramfighter app - didn't really adhere though

Cramfighter.com. I set it up to go thru first aid 3x, 1000 usmle rx q's, and 2000 usmle world q's. I started out with strictly rx questions to gain a foundation and then did only world questions the last 3.5 weeks or so.

Discussion with friends

DIT

DIT and USMLEWorld qbank in the five weeks following the end of classes

Divided up the doctors in training lectures and did a certain number per day.

Doctors in Training

Doctors in training

Doctors in Training First Aid 2012

Doctors in Training and UWorld

Doctors in Training study Schedule

Dr in training. 8 lectures per day. uworld 30 questions per day

Early in my second semester of M2 year, I organized my 3-4 resources I would use (and no more). Then I planned each of the semester for studying a particular subject (or number of pages) with a friend. We taught each other material and annotated our review books. Finally at the end of the semester I sat down and organized a daily study schedule where I would complete a subject plus 46 or 94 questions until the day of the exam.

Followed a plan I received from an upper-classman.

Followed Doctors in Training (Step 2) study guide + 50 UWorld questions per day starting after school was out

Followed Doctors in Training for 5 weeks, then First AID and Q Bank for last week

Followed doctors in trainings instructions

Followed th advice of DIT and the advice of the upperclassmen panel

For every core of second semester, I began supplementing material from First Aid. Much of First Aid wasn’t covered in core, so I felt it was important to learn while learning the rest of the related material at once. I also supplemented core with questions from the Kaplan Qbank and lecture from Pathoma.
After core was over, I finished Pathoma and began studying for Step I specifically. This entailed 4 hours of UWorld questions in the morning. I annotated First Aid with material learned from these questions and was able to finish 60 questions every morning. The afternoon and night was devoted to Pathoma and First Aid. In a little over 6 weeks of studying approximately 13-14 hours a day, I was able to finish both Pathoma and First Aid 3x through, complete all of the UWorld questions (2,200 in total), ~500 First Aid Rx questions, and take 3 practice tests- 2 of which were from UWorld and 1 of which was the most recently released NBME test.

I asked students ahead of me and recent grads what they did to prepare and figured out what I wanted to use to study. Then I planned out weekly what I needed to cover.

I asked upper classmen how they prepared for step 1

I chose a date 6 weeks from the end of school and began with rapid review and uworld and then did first aid and pathoma

I did not have a set schedule. I had books and questions to get done but did not have a rigid timeline.

I did the Doctor's In Training program which came with a schedule.

I didn't.

I gave myself 4 1/2 to 5 weeks to prepare. I then decided how many times I wanted to get through each of the books I had picked and then let CramFighter help divide the number of pages I needed to get through each day to get through each book at least twice.

I gave myself 5 weeks and used First Aid to guide a review of important topics 3 times. I basically tried to memorize details in First Aid and supplemented it with various other texts. I also went through Kaplan Qbank during the year and USMLE World Qbank during the 5 weeks. I only finished about 40% of the Kaplan qbank, but did the USMLE World Qbank once completely through and then reviewed all the questions I got wrong. This meant about 1.3 times through the Qbank. I also took two NBME practice exams and one USMLE World practice exam.

I googled it. Basically, I alternated studying first aid and doing questions from uworld and usmlerx for 7h/d 5 days/w for 6 weeks.

I knew that I wasn't going to be able to use any books besides First Aid to review because I'm not a 'textbook person,' so I decided how many and which question banks I would use and how long I wanted to spend studying First Aid each day. I decided to do Kaplan and UWorld question banks and only go through First Aid once.

I looked online for example plans and created a personal schedule to get through the information that I wanted to cover each day, along with practice questions.

I made my own schedule based on my strengths and weaknesses. I didn't utilize a computer/phone application to plan my schedule. I mixed reading first aid and pathoma on a topic each day with a certain number of Uworld questions.

I planned it based on conversations with other students and from upper-classmen

I planned my schedule out myself with the help of the DIT suggested schedule.

I planned to spend 4 weeks studying. I did a prep program called Doctors In Training, then also completed the USLME World question bank, and read the majority of First Aid.

I purchased and followed the Doctors In Training Course.

I reviewed everything in First Aid while doing DIT, then I reread First AID 2x while doing UWORLD questions focusing on my weaknesses.

I scheduled my exam 6 weeks after the end of the last core. I took a vacation the first week and studied for five weeks.

I sought a lot of older medical friends for help.

I spent 5 weeks studying for step 1. I took the first week to go through First Aid thoroughly and take a practice test afterwards to gauge my progress. Then I took 3 weeks for Doctors in Training, while doing some practice questions intermittently. For the last week, I took another practice test, squeezed in 3 days of Pathoma, did more USMLE World practice questions, and glanced back through first aid one more time. Also, throughout the 5 weeks I maintained my exercise schedule, reserving at least 1 hour for exercise each day, but I would listen to Goljan lectures on my headphones while doing so.

I talked to my M2 buddy, who recommended using the cram fighter app and minimizing my resources to two things: first aid and rapid review pathology (goljan)

I took 5 weeks to study. I used First Aid book as my primary source and listened to DIT lectures and reviewed Step Up book. I feel that DIT lectures helped me to manage my time wisely.
I took 6 weeks to study. Should have only taken 5. I took an assessment day 1 and then another 3 days before the test. I used first aid and usmle world. I wish I had used pathoma.
I tried to do some practice questions through USMLERx during the M2 year. I then took an NBME assessment at the beginning of my 5 weeks of study to get a baseline of strengths and weaknesses. I then planned my study period by systems and tried to dedicate a few extra days to subjects on which I needed more work.
I Used a website called cram fighter to plan my studying
I used an app
I used an online application and suggestions from previous students.
I used DIT, and then I plotted out the remainder of my study time so that I could get through First Aid again and try to go over some topics that I felt weak in.
I used doctors in training all morning and then used Pathoma and Uworld questions in the afternoon. I used doctors in training and did a preplanned program. However, I also added in extra time everyday to do usmle world questions.
I used doctors in training and I also took a pretest and focused more on my weaknesses in the beginning of my studying and on my strengths towards the end of my studying. I also did USMLE World Q bank throughout.
I used Firecracker over Winter break to study Anatomy and Biochemistry and also used it intermittently over the spring semester to review GI, Cardiology, and Pulmonology. I then used Doctors in Training and Pathoma to study once M2 Spring Semester classes ended.
I used the app cram fighter to come up with a set amount of material to get through each day.
I used the cram fighter app on my phone
It was a day to day thing.
Just talking to M3’s, and from what study material I had available. I also, did it on the fly some with things that I needed to spend more time on and less time on depending on my ability on the practice questions.
Like a lifting meet. I knew how many times I wanted to get through my resources and based on the UNMC lecture on when scores tend to peak. I then scheduled backwards from that date.
Looked at the number of days until my exam and calculated what I needed to get through by then.
Made a daily schedule for myself
Not very well. I intended to do DIT and USMLEWorld, but funds were short, so just did USMLEWorld question bank. About two weeks before my test I was able to get the USMLE World self assessments.
Older student advice and online forums
On my own? I am not sure what this question is asking me.
Online research and talking to older students about their test prep.
Paid for an hour of DIT phone scheduling/calendar planning
Personally
Self-determined schedule. Resources utilized (Kaplan course/ First Aid / UWorld questions) were divided so that I could complete each one time. I went through First Aid twice.
Started with my weakest areas and went through First Aid for Step 1
Studying 12+ hours per days from First Aid and USMLE World Question Bank. A few supplemental text was used occasionally
Talked to former students, read on student doctor network (big mistake), listened to USMLE Rx seminar with Dr. Tao
Talked to older students.
Talked with my older brothers, both of whom passed step 1 within the past 4 years.
Talking to classmates and older medical students
Talking to classmates and upperclassmen.
The first day of studying I did a practice exam to assess weaknesses and that first week I also did 3 blocks of questions per day, I then did 10 lectures per day of doctors in training with one question block per day during the week and 2-3 on Saturday with an NBME assessment on Sunday mornings. The week before the exam I divided up first aid into 7 sections and went through everything one last time.
Used DIT with a week on each end to go through First Aid on my own.
USMLE RX with first aid and pathoma. Lots of practice questions from RX and uworld.
Uworld question blocks in the morning and night and First Aid 2012 during the day. Week before started studying and adjusted as I went through study period. Worked with a schedule planner from doctors in training.

2. **When did you start reviewing specifically for Step I?** (n=108)
   - During the first semester of M2 year: 2.78%
   - During the holiday break or prior to spring break M2 year: 14.81%
   - During or after spring break (before the last core ended): 17.59%
   - After the last core of the M2 year ended: 64.81%

3. **Did you feel the M1 Comprehensive Exam was useful in preparing for Step I?**
   22 of 103 felt it was useful.

4. **Did you utilize the UNMC exam feedback reports to guide your studying (i.e., more focus on areas of weakness)?**
   16 of 105 students used it. Comments on how they used it are listed below:
   - Helped to identify weaknesses and focus some studying
   - I did not find them helpful and felt they were probably out of date. Since I had not covered much of the material in weeks to months, I did not feel that reports from each test were up to date with my current knowledge set.
   - I reviewed my breakdowns after each exam and at the end of M2 year to try to focus my efforts
   - I used the advice of only studying for 5-6 weeks and any more than that could become counterproductive due to burn-out. I found this to be accurate, since by the end of the 5th week, I felt like anymore studying would not produce a significant increase in my score.
   - I used the exam feedback reports by focusing my studying more on those areas that I performed below the class average.
   - It best helped me determine how well I did on pharmacology
   - Just to note my areas of weakness and make sure not to neglect them
   - Looked at my weaknesses and spent more time on them. In the beginning, pharm was my worst score. By Christmas, it was one of my highest.
   - Mainly for resources
   - Not detailed enough to be helpful. I used NBME subject reports to direct studying
   - Reviewed it
   - The superficial reports we receive are not helpful and completely contrary to the reports that I received from USMLE world. That program was much more helpful in pointing out the areas which were most effective for my studying.
   - The topic areas are too vague to help focus studying.
   - The worst subjects I studied first and repeated many times.

5. **Please indicate which item(s) you used that were most helpful and which were least useful**
   (Items are ranked by the percentage of respondents who found the resource most useful):

<table>
<thead>
<tr>
<th>Item</th>
<th>Count</th>
<th>Did not use</th>
<th>Least Helpful</th>
<th>Most Helpful</th>
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<tbody>
<tr>
<td>First Aid for the USMLE Step I</td>
<td>105</td>
<td>1.90%</td>
<td>1.90%</td>
<td>96.19%</td>
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<tr>
<td>USMLE World question bank</td>
<td>105</td>
<td>5.71%</td>
<td>0.95%</td>
<td>93.33%</td>
</tr>
<tr>
<td>Doctors in Training</td>
<td>103</td>
<td>50.49%</td>
<td>4.85%</td>
<td>44.66%</td>
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<tr>
<td>USMLE/NBME websites (question banks)</td>
<td>98</td>
<td>42.86%</td>
<td>13.27%</td>
<td>43.88%</td>
</tr>
<tr>
<td>Goljan lectures</td>
<td>97</td>
<td>64.95%</td>
<td>7.22%</td>
<td>27.84%</td>
</tr>
<tr>
<td>Goljan Pathology Review book</td>
<td>98</td>
<td>66.33%</td>
<td>10.20%</td>
<td>23.47%</td>
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<tr>
<td>Pharmacology Flash Cards</td>
<td>96</td>
<td>73.96%</td>
<td>10.42%</td>
<td>15.63%</td>
</tr>
<tr>
<td>Kaplan Q Bank</td>
<td>96</td>
<td>73.96%</td>
<td>15.63%</td>
<td>10.42%</td>
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USMLE Survey - 2013 | 4
<table>
<thead>
<tr>
<th>Resource</th>
<th>Class (N)</th>
<th>Overall (%)</th>
<th>Area (%) 1</th>
<th>Area (%) 2</th>
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<tbody>
<tr>
<td>Board Review Series (Lippincott, Williams &amp; Wilkins publisher)</td>
<td>99</td>
<td>82.83%</td>
<td>9.09%</td>
<td>8.08%</td>
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<tr>
<td>Step-up: A high-Yield, Systems-based Review for USMLE Step I series</td>
<td>96</td>
<td>87.50%</td>
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<td>Kaplan High Yield review</td>
<td>94</td>
<td>93.62%</td>
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<td>4.26%</td>
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<tr>
<td>UNMC syllabus material</td>
<td>95</td>
<td>84.21%</td>
<td>11.58%</td>
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<tr>
<td>Exam Master online (McGoogan Library website)</td>
<td>97</td>
<td>92.78%</td>
<td>4.12%</td>
<td>3.09%</td>
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<tr>
<td>High Yield series (Lippincott, Williams &amp; Wilkins publisher)</td>
<td>96</td>
<td>91.67%</td>
<td>6.25%</td>
<td>2.08%</td>
</tr>
<tr>
<td>NMS Review for USMLE Step I series</td>
<td>96</td>
<td>96.88%</td>
<td>1.04%</td>
<td>2.08%</td>
</tr>
<tr>
<td>Kaplan Medical USMLE Step I book</td>
<td>94</td>
<td>96.81%</td>
<td>2.13%</td>
<td>1.06%</td>
</tr>
<tr>
<td>USMLE Step I Recall: Buzzwords for the Boards</td>
<td>94</td>
<td>96.81%</td>
<td>2.13%</td>
<td>1.06%</td>
</tr>
<tr>
<td>Underground Clinical Vignettes series</td>
<td>96</td>
<td>98.96%</td>
<td>0.00%</td>
<td>1.04%</td>
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<tr>
<td>USMLE Road Map series (Lange)</td>
<td>97</td>
<td>94.85%</td>
<td>4.12%</td>
<td>1.03%</td>
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<tr>
<td>Appleton &amp; Lange Review for the USMLE Step I</td>
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<td>98.98%</td>
<td>1.02%</td>
<td>0.00%</td>
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<tr>
<td>Princeton Review</td>
<td>96</td>
<td>100.00%</td>
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<tr>
<td>USMLEasy (McGraw Hill publisher)</td>
<td>96</td>
<td>100.00%</td>
<td>0.00%</td>
<td>0.00%</td>
</tr>
</tbody>
</table>

**Other resources:** Please comment on how helpful or least useful they were:

- Class notes - useful
- cramfighter - helps you make a schedule, very useful.
- Firecracker USMLE Step I; Most Useful fundamentals of pathoma
- Gunner Training. Most useful.
- Pathoma - extremely useful, one of the best resources available. USMLERX - good job of quizzing first aid concepts.
- Pathoma - Most helpful (21 of 105 students recommended this)
- PATHOMA - Most Useful, USMLE-Rx - Useful (not most or least)
- Pathoma - most useful, USMLERx - most useful
- Pathoma book plus lectures! Better than Goljan
- Pathoma highly recommend
- Pathoma is awesome! It is the new Goljan and way better. Dr. Sattar does an awesome job lecturing and his book is great. I would tell anybody taking Step 1 to use it for their pathology review.
- Pathoma lectures
- Pathoma lectures were very useful
- Pathoma was EXTREMELY useful. I used it during the Cores and it supplemented/surpassed lecture teaching in some instances. For instance, for the Heme/onc core, pathoma was awesome!
- UNMC review lessons (blackboard) least useful
- USMLE RX and Pathoma
- USMLE Rx question bank
- USMLERx q bank - most useful
- USMLE-Rx Qbank: most useful
- usmlerx- useful!
- Uworld questions most helpful
4a. For review books or websites you used, please comment why particular resources were most useful.

1. Firecracker - Helpful in that it tracks what concepts you have difficulty with and repeats those concepts more frequently than other concepts that you have mastered. The only downside is that the number of review topics snowballs very quickly if it takes you a while to master certain topics. Can be very time-consuming if you don’t start using it early. I would recommend using it concurrently with coursework starting at the beginning of M1 year.  
2. Pathoma - Dr. Sattar explains concepts in a very clear and concise fashion. 
3. Goljan Audio - Very convenient to listen to high yield concepts on the way to and from school.

Although I didn’t use the Goljan review book as much to study for boards, I listened to the lectures a lot. (I used the review book a lot during cores, but it was almost too much information when I had a limited amount of time to study before boards.) Goljan lectures were amazing for cementing concepts and for developing the thought processes needed to figure out and think through exam questions. I listened to lectures when I was working out and when I was getting ready in the mornings. (I started doing this right after Christmas, and I thought these lectures were beneficial for cores too). First Aid is essential. Almost all the answers to questions in UWorld can be found in First Aid.

Anything by first aid or usmle world.

Cram fighter scheduler.

DIT - helpful for making schedule and getting through first aid in detail one time  
Pathoma - useful for concepts that were particularly difficult to grasp  
USMLE world Q bank - most useful in simulating the exam and reviewing high yield topics 

DIT helped to focus my study and I used it along with first aid to get through all of the material. The Q bank was great because each question was a mini review due to the amount of feedback we received. Doctors in training is a LIFE SAVER and gives a lot of guidance on what you should be doing so you aren’t spending time worrying if you are studying correctly.

Excellent big picture teaching. This resource has lectures online that walk through the book and is only around 100$ for a year subscription.

Fast, succinct facts that I needed to know for the exam.

Firecracker, formerly known as Gunner Training, is an online test prep site. It is essentially all of First Aid in a digital/flashcard review style. It works by allowing the user to rank their knowledge on a specific topic and then using an algorithm to determine the next time you will see that same question. This seemed to facilitate better retention of knowledge and helped me focus more on my weaker subjects.

First Aid and uworld

First Aid cuz duh

First Aid does a great job of summarizing everything. Helps you get the big points of each subject. I think Pathoma is better for the pathology than First Aid though. 
First Aid for Step 1 is an excellent source and I used it as my primary source of studying. It seems like pretty much everyone studying for step 1 uses it so it might put you at a disadvantage if for some reason you decide not to use it. The book is very high yield and has great mnemonics to make it easier to remember facts. The only disadvantage of using this book is that a lot of it is really just a list of facts, so if you don't already have certain background knowledge gained from the M1 and M2 years, some parts of the book will not exactly be an easy read. This is why doing well and really understanding material from first and second year helps tremendously.

First Aid gave a good overview of all of the information in a condensed form so that it was more manageable.

First aid had lots of info crammed into its pages.

First aid has 90% of what you need to know. Know this book inside and out.

First Aid is a great guide book. You study that and what you are lacking in you branch off and look elsewhere.

First Aid is a great resource just because it it organizes all the information for you. NBME practice exams are also great for determining how you are doing (it approximates your score) and tells you about your weak areas. One source that is not listed is Pathoma (review series organized by Univ of Chicago pathologist Dr. Sattar). This is AMAZING for the entire year. He teaches you high yield facts for
boards and provides an explanation for everything so you actually understand what you are learning.
First Aid is a great, comprehensive review book that does not go into unneeded details. It also has a lot of great tips on how to remember things.
First Aid is absolutely necessary. It reviews almost all areas I encountered on the USMLE. UWORLD QBank supplements any areas not covered by FA.
First Aid is great for an overall review, although it is pretty bare bones, Goljan path review book helped fill in additional information
First aid is great, with pathoma lectures and book, and goljan audio and book for extra reinforcement. I recommend pathoma during the school year.
First Aid is solid, but doesn’t go in depth enough. Doctors in Training fills in most of those gaps. The Uworld question bank does a great job of preparing you for what the actual test would be like.
First Aid is the best combination of organization, overview of topics and emphasis on high yield material.
First Aid is the gold standard
First Aid is the most high yield. Every core director NEEDS to look in the respective section of First Aid to make sure they are covering topics in a comprehensive manner. Nothing is worse than learning NEW material while trying to review for boards.
First Aid is what is most important and combined with the question bank explanations were the best.
First Aid lays out everything in a format that is quick and easy to go through. It’s not complete, so you have to supplement it with something, but it’s definitely a good starting point and it has nice tables to lay out the information. Gunner training is a website that basically helps you memorize First Aid. I did this along with what we were studying in core starting in January. I wish I would have used it all of second year, and maybe even first year. However, it’s not very cheap.
First aid lays the foundation of topics covered. USMLERx reinforces it. UWorld teaches you how to apply it. Goljan lectures are great for the car and passive studying.
First aid- One source to make notes in and go back to for revenue. Various tables of information, etc very helpful for quick review.
First Aid really contains all the information on the exam. It might not seem like it first pass because it does not explain every concept but I assure you its there.
First Aid very helpful with good summaries of all the sections tested on by USMLE Step 1. It focused on high yield principles without going into too much detail.
First Aid was a good review of everything.
First Aid, high yield facts with great pictures
First Aid. Great mnemonics, concise.
Goljan was most helpful because it was more comprehensive than first aid
I felt like DIT was not helpful due to the fact that most of the time was spent simply watching videos that read through first aid. I however did feel that the study guide that went with DIT was useful and would be better used post first aid to test what details I needed to study more.
I found the Qbanks in combination with First Aid to be the most useful and highest yield - for areas where I needed more in depth review, I found Goljan’s rapid review and Pathoma lectures to be very helpful.
I highly recommend Pathoma by Dr. Sattar for use both during boards studying as well as during all of second year.
I just used first aide
I mainly used First Aid and referred to my biochem and neuroanatomy review books when I needed additional explanation.
I personally found that none were exceptionally adequate for the form of step 1 that I recieved. That being said, I did feel that First Aid was probably the most useful for assimilating “High yield” information, and USMLE world was useful for learning the type of question stems and the format of the exam form itself.
Nbme practice exams were most similar to the actual exams even though they were shorter
Patagonia gave a quick overview of everything pathology related
Pathoma provided a great understanding of fundamental knowledge that was not only taught and tested during second year but also on step 1.
Pathoma really made things simple and actually explained WHY things happened. -Everyone should
use First Aid and UWorld (the Step 1 exam questions were similar to UWorld)
Pathoma simplifies topics that are otherwise difficult. The lectures are very high yield and actually entertaining. Cram fighter was absolutely essential for maintaining my study schedule.
Pathoma was a great set of lectures for high yield pathology
Pathoma was good for quick reference from a book I took notes in all year. Doctors in training provided structure and usmle world was good review.
Pathoma was great at high lighting important points and helping to separate the more difficult subjects (nephrotic and nephritic). Going through first aid especially with the USMLE Rx videos. The Uworld questions and explanations were very good.
Pathoma was great because Dr. Sattar explained the most difficult concepts in the most simple ways and had both video lectures and a book. He hit extremely high yield concepts in a short amount of time. In my opinion, there is probably no other source for pathology that can get someone more points on Step 1 than Pathoma.
Pathoma was great to review all the pathology at once.
Provided information in a manageable way and also delivered questions that were in very similar format to the actual test
Questions are vital - NBMEs were predictive and similar to the actual questions. UWORLD was an excellent source - helped me learn how to answer questions, plus some of the questions showed up on the actual test. First Aid is a must - DIT did a great job of teaching and quizzing the FA material.
The NBME test was more expensive than the UWorld ones, and had no question explainations (I paid the $10 more for feedback only to see my wrong answers...they did not even give the correct choices!)
They contained concise explanations of the information that I felt I needed to cover. They provided the best combination of content review and questions to assess knowledge and strengthen test-taking skills
They were concise and highly rated
USMLE world was most helpful because it prepares you the most for the types of questions you will see on Step 1. First Aid was good, but lacks some information. Need to supplement with other materials if First Aid is primary resource.
UWorld--questions were very similar to the test Goljan Book/Videos--good succinct review of high yield topics First Aid--most comprehensive review Were the most similar to the actual exam.

4b. For board review courses (either live or online), please comment why the course was most useful.

Because they were structured and DIT incorporated a lot of helpful video supplementation.
DIT
DIT - large chunks of information, pieced down to the most important facts or relevant material. DIT - useful in getting through first aid in detail and explaining concepts. I like the pre session and end of session quizzes because they forced me to remember important concepts. Also was helpful in planning a study schedule because I could set a goal number of lectures per day.
DIT did a great job of teaching and quizzing the FA material. There are before session and after session quizzes that are extremely helpful. It takes you through all of first aid at a necessarily quick pace. DIT guides you through First AID and makes studying seem less tedious. You know you’re covering the most high yield info.
DIT has multiple self-quizzes which forces you to recall the material. Multiple times over DIT helped keep me on pace
DIT helped me stay on a good schedule.
DIT- Helped work my way through First Aid and provided review questions for retention.
DIT is great because they utilize questions throughout the entire course to review previously presented material and recently presented material and also covers topics that are tested and not in first aid. They also use lots of different memory tools to help you remember details
DIT- It ensured I went through all the material in a more structured way. DIT made it easy to annotate First Aid.
DIT provided structure and some entertainment.
DIT was good to make sure that you got through all of the material of First Aid at least once. It also explained and supplemented a few things that were only briefly covered in First Aid.

Do DIT! I would have paid double to have it!

Doctors in Training - very helpful in that it provided a very structured, methodical process for approaching the review process. It also incorporated active learning into the review process which was helpful.

Doctors in Training gave great explanations and correlated well with First Aid.

Doctors in training gives a very well rounded review of the material and emphasizes the high yields.

Pathoma is great for all pathology.

Doctors in training had great neumonics and repeated certain concepts throughout the course.

Doctors in Training is just First Aid read out loud but provides structure.

Doctors in training kept me on tract and helped me manage how much time to spend on each topic.

Doctors In Training sucks. Waste of time. They just read to you.

Doctors In Training was a good course, but most of the points that they felt were particularly important did not show up on my form. It left me with a sense that I had prepared well for the type of test they were expecting, but not the one that I actually had to take.

Doctors in Training was great because it kept me on a schedule, went through First Aid and gave tips on how to remember things that weren’t in First Aid.

Doctors in training was incredibly high yield.

Doctors in training. Verifies I would get through all material.

Goljan and Pathoma are both fantastic at developing the story of pathology so that memorization isn’t needed as much as understanding. If you can tell the story, you don't have to memorize nearly as many details. They are also fantastic at exposing important distinctions between diseases or important aspects in clinical medicine of a particular disease. These are both commonly tested aspects of material.

I did Kaplan. I liked it but I also liked having their two practice exams and their 2000 Qbank with it. It is good for someone who needs more of a schedule, like me.

I did not find DIT useful. Sitting and watching lectures is not my preferred learning method, hence the last two years have been absolutely brutal.

I felt DIT did a good job but they basically just read first aid, they did do a good job explaining some topics. It was helpful because I am a very auditory learner.

I liked the structure it provided and I am an auditory learner.

I took Doctors in Training online, and I truly believe that what made it so strong was the study guide. I'm sure the content was similar to other review courses, but by actually having students write in the answers to questions, I think that reinforces learning substantially.

I used Doctors in Training as a review course, Let's just say this course saved my life. Studying for step 1 is an incredibly daunting task due to the huge amount of material that you need to know. First Aid might not seem like a very thick book, but it's pages are just covered with facts, which makes it difficult to get through and retain all the information. I'm very lecture oriented in the way I learn and need organization by knowing exactly what material I need to cover on a daily basis. If you are like me, then DIT is probably the best way to go. It’s an excellent way to make sure that you cover all of the relevant and high yield material that you need to know for step 1.

I used Kaplan not completely but as a supplement to first aid.

I used USMLERx, which is not listed above, and it went right along with First Aid. It was nice to have a video series to go along with the book as I was not sure really how to start attacking it in the first place. It gave me something to keep me focused and gave me a path to follow when studying.

Pathoma broke material down several steps in a very understandable way.

Pathoma was very helpful in explaining pathology.

The Kaplan HY course follows the material in First Aid, providing around 30 hours of lecture. I found it extremely useful, as it elaborates the summarized material in FA. I used it alongside FA for the first run through and then went through FA a second time on my own.

Uworld is the best dt content and description and similarity to real thing.
4c. **For question banks, please comment why the question bank was most useful.**

Best way to study. Practice and comfort with the testing format is important.

Even if you know all the material but haven't done any questions - you will not do well on the exam.

Questions help you integrate and apply your knowledge. Very little of the exam is based on primary recall of facts.

Explanations provide a lot of information

Explanations were great to receive. This is something that we do NOT get from our core exams. When they can show you why particular questions are right and wrong it is helpful and you Remember that concept or problem much more vividly.

Good simulation on what to expect regarding time management, test format, and question format

I actually did not focus on doing qbanks as much as some of my fellow students. I did about 50 Q's a day as a way to check topics I had just studied.

I thought that the USMLE world question bank was great because it really asked questions in a format similar to the actual test. The difficulty was a little easier than the real test, but overall a fairly representative qbank in my opinion. Also, there were LOTS of questions.

I used Exam Master's question banks to fill in the gap where I had begun my serious studying but before my UWorld subscription's 30-day window prior to my test date, and I found it to be pretty good. And it's free. Seemed like a lot of my classmates hadn't heard of it before. And of course, UWorld cuz it's a beast

I used the USMLE World question bank. Like First Aid, almost everyone studying for step 1 uses this to practice doing questions, so it might put you at a disadvantage if you don't. I felt that this question bank was a great supplement to First Aid. The answers to the majority of the questions on this question bank can be found in First Aid, so using these two resources to

I was able to learn why I was getting questions wrong and at least adjust to how test writers write the questions. Additionally, there is a plethora of research that has established the efficacy of student's learning from their mistakes. Yet UNMC seemed to have missed that concept somewhere along the way.

It showed the explanation directly in First Aid after I finished each question

It simulated the real exam via its interface; moreover, it helped me develop test-taking skills that are vital for test-day

Kaplan - used throughout year as last minute review before exams. Not as useful for my devoted step 1 study time. USMLE world - great for devoted step 1 study time. Questions were more difficult than the real exam but they introduced the question style of boards and tested important concepts. I went through once completely and repeated the ones I missed.

Kaplan tested specific facts too much, UWORLD questions were more similar to USMLE

Kaplan was decent, but USMLE World was the best.

Level of questions was much different than we get from core tests so it was very important to get use to the different style

Lots of practice with board style questions and great detailed explanations.

NBME 13 questions were by far the closest in difficulty level of the actual test. USMLE WORLD had a lot of questions and tracks your progress so it was nice to pick out the issues that I really wanted to focus on the last week. However, it was not very representative of the actual test questions.

Plenty of questions with good explanations.

Practicing questions solidified material while presenting in different format.

The Qbanks (any, but especially USMLE World) were fantastic at testing understanding and promoting depth of knowledge. The practice tests (USMLE World and NBME) were good for developing endurance, understanding test strategy and developing confidence.

The questions had me think in multiple steps and and helped me understand concepts better because I had to connect all of the information together with tertiary questions.

The questions were very similar to the actual exam

The usmle world q bank covered a wide range of topics. Correct and incorrect answers each had learning points. The questions seemed similar to actual boards questions

They had an I pad app so I could take it anywhere. Also they explained why the answers I picked were wrong not just what the right answer was.
U World covers a lot of information in First Aid, but to deeper level of detail. Question banks are great to cover a lot of material in a relatively rapid manner.

U World had awesome explanations, more than you could ever get through. My advice is to start early using them.

U world was most useful because the majority of the questions are high yield. I also purchased kaplans question bank but their questions are sometimes poorly worded and sometimes go in depth on low yield topics.

U world-best for question content Usmite Rx-exact representation of what testing format is

USMEL World was the only question bank I completed. I felt it was useful due to its in depth questions and the quantity of questions (2200).

USMLE Rx helped me memorize first aid facts

USMLE Rx was helpful because it based its questions on First Aid which I was reading at the time. This provided a good test of how well I was reading the material. UWorld was a great resource due to the difficulty of the questions which were slightly harder than the actual test questions. It was challenging, but I learned a great deal.

USMLE World - question format and difficulty was similar to that of Step 1. Explanations for correct and incorrect answers were very helpful.

USMLE World has great explanations.

Usmle world I thought reflected the questions on the usmle most accurately.

USMLE World is the most helpful because it is the most similar to the exam

USMLE World modeled the actually exam and felt it was very helpful for that reason.

USMLE World question bank seems to still be the standard to fully prepare for the boards due to its ability to best simulate the testing experience.

USMLE world questions were a bit harder than the actual test but very similar

USMLE world questions were difficult, but gave answers to each answer which was helpful in knowing why an answer was correct or incorrect. It is best if you can get through the entire Q bank. I marked questions that I had not only gotten wrong, but also that I had gotten correct for the wrong reason. After I had finished my question bank I could then go back over all of the questions I had marked to make sure I had learned the concepts.

USMLE World was most helpful because you could choose your subject content.

USMLE World was most similar to the real thing. The practice tests on the NBME website were basically the real thing, but a bit pricey.

USMLEWorld provided the most helpful and realistic questions to prepare for step 1.

UWORLD - by far the best question bank. Difficult questions that are very similar to Step 1 questions. Integrates knowledge.

UWorld and NBME simulate the format of the exam. Lab values are available along with a calculator, highlighting features, etc. Also it times you in a fashion that mimics the exam: 46 questions in 1 hour. UWorld has great questions, lots of variety and is exactly like Step 1 format. Don't get too bogged down in content with UWorld just how questions are asked.

UWorld is a great question bank. Each question has explanations for why the right answers are right and why the wrong ones are wrong. It gets you exposed to questions which are formatted like the questions on the test and you can get practice tests which give you a very good idea of what your score will be.

UWorld is a must have. Question stems are similar to boards and the explanations for each question are a lesson with 5 high yield facts per question.

Uworld is absolute because its the most like the real test period.

uworld is hard, and the explanations are thorough, so it was the best. I had been using Kaplan Q bank to study for core exams and had extra questions left, so I would use it for topic specific questions.

Uworld was my randomized, timed study bank.

UWorld question bank is gold. I also got the RX question bank, but I didn't end up doing all the questions. Answering as many questions as possible is essential to figure out what you know and what you don't know. UWorld is also great in explaining answers to questions.

Uworld Question bank was very similar to actual step 1 questions

UWorld question style is very similar to Step 1, and the software is identical so it made me a lot more comfortable on test day
Uworld questions are great! I thought they were pretty similar to the actual test. Uworld questions were harder than the actual test questions which helped me learn to think more critically and learn more throughout studying.

UWorld simulates test day software and closely approximates the style and level of difficulty of USMLE test questions. By reading through all answer choices I learned the most from this resource. UWORLD was by far the most helpful thing I used to study; I also found it helpful to use NBME assessment exams to gauge my progress.

Uworld was definitely more realistic than Kaplan. Uworld was most helpful because of the question difficulty and explanations. Uworld was very similar to the real thing.

UWorld went through different sections and looked like the actual exam.

Uworld, most similar to test

Uworld. Looks most like exam

UWorld's practice questions with tutorial.

UWorld's questions were difficult and required a lot of thought (aka memorizing facts doesn't help you with it). Uworld's explanations were very helpful and complete. The Kaplan Qbank was also difficult, but it asked more random, memorization questions that you might not be able to think through to the answer if you don't just know outright. Kaplan's explanations were not very complete. I thought Kaplan was helpful, I did it in the first 2 weeks of studying and then I did the Uworld question bank in the least 2 weeks of studying.

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

35 days as recommended from 1st day of studying
4 weeks of study time
4.5 weeks
5 weeks worked best for me
5.5 weeks was the goal
6 weeks post course work, seemed like a common time to take it.
6 weeks was recommended in class
advice from other students.
Advice from the year ahead.
After discussion with friends and faculty at UNMC

All through medical school, I've tended to stop preparing for our exams sooner than my classmates, so I took the test around the 30 day range since it was on the lower end of the range Dr. Stoddard presented for best performance. However, in retrospect I would have taken the exam after 25 days of studying because I was just spinning my wheels so to speak for the last few days.

As long as allowed before wedding.
based on advice from upperclassmen
Based on family responsibilities and knowing I needed the extra time for prep; although I did not use it very wisely.
Based on graphs in class
Based on the information provided by Dr. Stoddard earlier in M2 year.
Based on the statistics they told us at the beginning of 2nd year for people who passed. I also knew I would need a little time off before rotations.
Based on timing recommendations given to us in class and resources online.

Chose 5 weeks after finals as recommended by Dr. Stoddard but then panicked and delayed another 1.5 weeks.

Communicated with 3rd year students. Majority found 4-5 weeks enough time to be best prepared for the exam.

Dr. Stoddard said 4.5 weeks was perfect for most students. I gave myself a few extra days (5 weeks total) for a break after the last core ended and some time if needed during study.

From advice given from Dr. Moore at the Review sessions over our lunch hour gave myself 5 weeks exactly allowing time off after the last core and before J-term started Gave myself 5-6 weeks to prep. I could have done 4-5 weeks.
Gave myself at least 1 month to study and decided how much time off I wanted. 

Guess I needed more time than most-June 19th

How much I wanted for break!!!

I allowed myself 6 weeks of study as recommended during one of the presentations we were given during 2nd year

I asked a friend when they were taking it.

I asked around, and most people suggested 5-6 weeks. I included a few "free days" and set my exam for exactly 6 weeks study time

I based it on the lecture we received that correlated our first two years average grade with optimal test prep time.

I based this off of when UNMC needed my Step 1 score so that I could transfer.

I chose 6 weeks based on prior student feedback. I felt that 4-5 weeks would have been sufficient.

I chose in between the recommended four and a half and five and a half time frames.

I counted 35 days like dr. Stoddard suggested.

I decided based on reading the feedback from previous years and talking to upperclassmen.

I decided not to take a break after class and then aimed for a date about 5 weeks out. I did not talk to a single person who felt that studying beyond 6 weeks was helpful and this held true for everyone I talked to in my own class. It was a bit difficult to fit 3 times through First Aid into those 5 weeks so depending on speed, I'd go somewhere between 5-6 weeks. I studied about 14 hours a day, but I like a more intensive plan so that can affect the choice of date also.

I decided that 4 weeks would be enough. I had done very well throughout my M1 and M2 years, and felt that I could condense information and more importantly, retain it for that amount of time. Lots of individuals wanted more time, but I felt that if I had spent more time preparing the information that I had reviewed first would be lost, and it really wouldn't be any more efficient.

I didn't want to take a break after M2 year was done, because I knew that it would be easier for me to make a continuous transition from M2 year to studying 100% for step 1 rather than take a break for a week or 2 and then start studying again. I also wanted to have a decent summer break so I decided to take Step 1 on June 3rd, 4 weeks after M2 year ended.

I figured I wouldn't want to study for much more than 4 weeks.

I gave myself 5 and a half weeks of studying

I got married two weeks after school ended so I scheduled y boards 5 weeks after my wedding date to allow for more focused study after the wedding

I had to take it on the day I did so I could transfer.

I knew I wanted as much time as possible to study for this seeing as it is the most important test to decide my residency opportunities. I figured I wanted a week off before third year started, so I took it June 21.

I knew I would stress if I took it too early. I gave myself time in case family issues came up.

I knew that I wanted to try to get through the question bank at least once and read through first aid at least twice before my exam. I also had one week off where I was busy with a a couple weddings. Factoring all those in I ended up taking 6.5 weeks (with 1 week off in the middle).

I thought about how much time I would need to finish specific tutorial programs/q banks and also, how much time I wanted to take a break before third year.

I took 6 weeks to study so that I could take a half day or day off every week.

I took advice from a M4 that rocked Step 1 and took the information that was presented to us in lectures at UNMC from Dr. Hugh Stoddard.

I took it early to have a longer break.

I took mine later, because I am a slow studier and I knew it would take me longer to get through what I wanted to.

I took the exam a bit later (last week in June) because I wanted as much time as possible to study. If I didn't do as well as I wanted, I wanted to be able to know that I gave it everything that I had and did as much as I possibly good. However, I would not exactly recommend this approach to everyone, as burn-out can definitely be a problem. I enjoyed studying the material, took care of myself, and scheduled a few breaks, so I didn't really burn out until the day or two before the exam. (However, the stress of the exam probably would have caused this the day or two before the exam no matter what date I had
scheduled it on. I ended up taking most of the day off the day before the exam.
I wanted 2 weeks of vacation after the exam.
I wanted 3 weeks of summer break for family time. Also there is a well established base of statistical evidence that 4-5 weeks of studying is the optimal amount of time.
I wanted 5.5 weeks (June 13) but the closest available was right at 5 weeks (June 10).
I wanted 6 weeks to study so that is when I scheduled mine.
I wanted a few weeks of break time before rotations officially started
I wanted around 5 weeks bc I had weddings I was in.
I wanted enough time to go to Germany and Phoenix.
I wanted time to take a couple weeks off and go on vacation before 3rd year so I would feel refreshed.
I wanted to give myself a break after school was over before I started studying. I also go through material slower than most so I wanted more time.
I wanted to give myself at least 6 weeks to get through First Aid thoroughly 3 times. It's literally impossible to do this in under 6 weeks if you also want to supplement with a pathology source (e.g. Pathoma) and attempt to complete over 3,000 questions (recommended)
I wanted to go on vacation in may so I based my step 1 date around my vacation
I wanted to take a vacation and thought I would burn out if I studied too long
I was getting married in mid-June so knew it had to be before then.
I was getting married the same summer and wanted to be done before the wedding
It was suggested by in the USMLE talks at lunch.
Kind of based on what UNMC predicted based on grades. I studied for 6 weeks and it was a bit too long. Peaked around week 5.
Length of time and comfort level
Material provided by unmc.
May June was best time due to M2 and M3 scheduling needs.
Most people take 4-6 weeks, so I settled right in the middle with 5 weeks
No particular way- just not too early.
Older students said 5-6 weeks was perfect and, if anything, I should've taken it earlier.
Picked my favorite number
Stoddard’s research regarding class rank and Step1
The furthest date out with a little break between it and J term.
The info session during second year said to take 5 weeks. I wanted an extra week just to be cautious and to give myself time to get through everything I wanted, so I took 6. The last week was less stressful, which was helpful leading up to test week.
the lunch meeting that discussed the best timing to take the exam, although in retrospect I would have taken it sooner
The open dates around the 5.5 wks that Dr. Stoddard recommended to us, UNMC Recommendation
UNMC recommended 5 weeks of studying after the last day of class. I pretty much stuck to that.
UNMC suggested 5-6 weeks. I wanted some time off so I took 6 weeks after classes ended and had 2 weeks off.
used the average of when most students took the test and aimed for that area to take my test
VACATION! I waited to plan a vacation then scheduled my date a couple days before that.
Wanted to give myself 5-6 weeks to study

5a. Did you have difficulty getting your preferred examination date?
   Yes: 3         No: 102

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

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<thead>
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<th>Individually</th>
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<tr>
<td>Avg</td>
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<td>34.58</td>
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<td>Min</td>
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<td>1</td>
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Please make additional comments about the preparation and examination process that would be helpful to next year's students.

Become familiar with first aid as soon as possible as this makes the review books easier.

Buying a question bank early and working through with class material may have been helpful.

Decide on how you want to study and stick to it!

- Do LOTS of questions. I wish I would have done more. - Don't worry about classmates' performance on Qbanks or NBMEs; it made me feel inferior to some and just added stress. - Don't worry about your performance on NBMEs or Qbanks; use them as a LEARNING TOOL, not a measure of your knowledge.

Do your absolute best... that's all you can do. You'll feel like you failed when you walk out of the exam, but at least you'll know that you gave it everything you have.

Doing q bank questions was most helpful for me. Pathoma is also a great lecture series.

Don't rush lunch. Take your time and eat. Don't take an hour but take more than 10 minutes. I wish I had followed First AID through 2nd year more than I did.

Find time to Excercise or be outside.

First Aid First Aid FIRST AID!!!!

Get through the Q bank at least once. This is very important because after a while, it becomes pattern recognition, and the more questions you do, it becomes easier to interpret what they are asking and how to think through the problem. My biggest frustration with studying was going through questions and thinking, "I dont even know what is being asked of me right now." it gets less confusing and easier as you get through the Q bank.

Getting a good foundation during second year is the most important thing you can do in my opinion.

Have a number in mind that you want to get and keep that in your mind. If you have a goal that will keep you motivated. Don't just wish for a good score. People that rock boards don't do it just naturally. They studied really hard. Therefore, hit it hard for 5 weeks with that score in your mind and don't let the summer fun everyone else is having distract you.

I am not sure what my score will reflect, but I have seen comments that state that it is most important to do well 1st and 2nd year, and I would highly support this comment. I felt that the aim of the exam was different this year than years past (though I don't know if this is true or just a typical post-exam bias). That being said, I felt as though I wouldn't have done anything different, as I felt I knew the review material (DIT, UWorld, First Aid) very in depth, and had my test been more representative of this data I would have been exceptionally prepared. To all yet to take Step 1, good luck!

I feel like that exam would've sucked just as much no matter whether i took it a week earlier or if i had given myself an extra week to study. Life was so much better once it was over with. I think that my classmates that waited until the absolute last minute to take it made a mistake.

I only studied by myself. Groups can be distracting. I studied about 7 to 8 hours a day every day including weekends until the exam. I did take a few days off after the last core.

I spent about 15 hours per day.

I would have spent more time on micro and less on biochem.

I would highly recommend cram fighter. Setting a schedule is crucial and keeping on task is difficult. This website made that process much easier. Other than that, just find study materials that you like and run with it!

It's difficult to not focus on core as much as you did first year, but I would recommend finding a way to put "boards time" in before the dedicated boards studying period after M2 year. Even if it's just 10 questions on Uworld a day, I was really glad that I wasn't freaking out about studying like most of my classmates were at the time our dedicated boards study time started. Also, in retrospect, I would use a BRS pharmacology book or something to supplement our pharm class because I did not think our pharm class prepared me for boards as well as some of the other cores.

Key things: 1) minimize your resources to 3-4 and ignore what everyone else is doing, do what works for you 2) start early (try to get through First Aid BEFORE May so you are familiar with the book before it's time to cram and 3) try to do questions from UWorld throughout M2 year just so you are familiar with the format.
Memorize first aid and do all the uworld questions, that's all you need. Microbiology is the most insufficient core for board preparation. Everything I learned about microbiology that matters to the USMLE board examiners occurred through First Aid- not through core. Unfortunately, what Dr. Booth teaches does have the breadth to prepare us. There are several microbes that are MUST KNOW information that were simply not covered in core. Viruses are a prime example of this. Adding an overview of viruses would be extremely helpful to next year's students. Additionally, the way Dr. Booth organizes the information is helpful for test taking. For instance, we learned the difference between enterobacteiraceae and non-enterobacteiraceae in core as a primary dichotomous learning tool. This is not how USMLE tests gram negative bacteria. The dichotomous keys listed in First Aid were not mentioned once in core and these are absolutely essential to doing well on boards. For instance, M2 students need to know how to organize all of the gram negative and gram positive organisms in a fashion that allows them to have a big picture (as listed on pg. 155 and pg. 161 of USMLE First Aid 2012). This big picture was never developed in Dr. Booth's core and I believe it ultimately did a disservice to students not to learn it up front. Finally, I think it would be a good idea to emphasize microbes throughout other cores as well. For example, during cardiology it would be pertinent to learn the bugs that cause endocarditis (e.g. strep viridians, strep bovis, and enterococcus). During respiratory core, it would be pertinent to learn the bugs that cause lung abscess, pneumonia, and those that are related to aspiration. I know for certain that many bugs were never mentioned through out my entire first 2 years of medical education at UNMC including Mycobacteria, Nocardia, Listeria, Corynebacterium diphtheria, Leptospira, Coxiella, etc. This is unfortunate since many of these bugs are high high yield for examination purposes. Again, spending your time reviewing for boards should not be spent learning new material that was grossly underrepresented in core.

My only regret with the way I prepared for the exam was not starting early enough. If I were to go back and do it again, I would start preparing for the exam and reading First Aid much sooner rather than waiting until the end of second year to crack open the book. That way, there's a lot less cramming and a little bit less stress.

Read first aid and then do as many practice questions as possible

Set a study schedule, ease into it early in 2nd semester. Don't try to jump head-long into studying extreme amounts each week. Make the transition for yourself as easy as possible by just starting early, but only a little bit at a time. Gradually increase your studying as you become more comfortable with it and have figured out a schedule that will work for you. After M2 year finishes, set your study schedule and stick to it. Commit to being done studying each day at the same time so you have a goal in mind each day, and do NOT allow yourself to study beyond that time. The key is to give your brain and body some time to relax and stay sane!

Start using a Q bank early so you have time to really go through all the answers.

study hard all year long for cores

Take a practice exam early and use it to build confidence as you improve. I would not let more than a third of your study time go by without measuring yourself against a standardized test. It may be extremely difficult to convince yourself to take a practice exam before you feel prepared, but my classmates who were most comfortable going into the exam had taken a practice exam early.

TEST REVIEW!! and allow professors to explain the processes associated with their questions.

The best preparation for Boards is doing well and studying during the school year.

There is such a thing as trying to go through too many review materials.

Treat it like a job. Put in your set amount of hours per day and give yourself nights off. I gave myself Sundays off also and thought I did fine.

Use First Aid from day 1 of M2. I annotated it all year and it was extremely helpful to be comfortable with the book long before summer started and the "real" studying began.

Use first aid throughout the year and take some notes in it, that way you would have already gone through it by the time you start studying and it can help in your cores as well

Use Pathoma (pathology resource) early in second year. Looking through First Aid and its corresponding Qbank (USMLE Rx) along with coursework could also be very helpful. In the end, learning the material presented in the syllabus is absolutely essential.

Use Pathoma throughout the year. Do USMLE world on random, timed mode in smaller blocks to start and work your way up to blocks of 46 each time. Don't use USMLE world during the year because you'll waste good questions. Buy Kaplan or USMLE Rx if you want a question bank for the year. Take practice
exams to simulate taking multiple blocks in a row.
UWorld is a must. It is the exact format of the real test and teaches you how to think the way you need to for a good test score.
While I don't know my score yet, my suggestion would be to stay calm, keep good exercise and dietary habits, and just do your best. The anxiety of the whole thing drops some peoples' scores several points. Even with that being said, I had an incredibly hard time sleeping the night before my exam, getting only 2 hours of sleep, and that definitely impacted my score negatively.