

First Aid Checklist for the USMLE Step 1

This is an example of how you might use the information in Section I to prepare for the USMLE Step 1. Refer to corresponding topics in Section I for more details.

Years Prior

- Select top-rated review books as study guides for first-year medical school courses.

Months Prior

- Review computer test format and registration information.
- Register six months in advance. Carefully verify name and address printed on scheduling permit. Call Prometric for test date ASAP.
- Define goals for the USMLE Step 1 (e.g., comfortably pass, beat the mean, ace the test).
- Set up a realistic timeline for study. Cover less crammable subjects first. Review subject-by-subject emphasis and clinical vignette format.
- Simulate the USMLE Step 1 to pinpoint strengths and weaknesses in knowledge and test-taking skills.
- Evaluate and choose study methods and materials (e.g., review books, practice tests, software).
- Ask advice from those who have recently taken the USMLE Step 1.

Weeks Prior

- Simulate the USMLE Step 1 again. Assess how close you are to your goal.
- Pinpoint remaining weaknesses. Stay healthy (exercise, sleep).
- Verify information on admission ticket (e.g., location, date).

One Week Prior

- Remember comfort measures (loose clothing, earplugs, etc.).
- Work out test site logistics such as location, transportation, parking, and lunch.
- Call Prometric and confirm your exam appointment.

One Day Prior

- Relax.
- Lightly review short-term material if necessary. Skim high-yield facts.
- Get a good night's sleep.
- Make sure the name printed on your photo ID appears EXACTLY the same as the name printed on your scheduling permit.

Day of Exam

- Relax. Eat breakfast. Minimize bathroom breaks during the exam by avoiding excessive morning caffeine.
- Analyze and make adjustments in test-taking technique. You are allowed to review notes/study material during breaks on exam day.

After the Exam

- Celebrate, regardless.
- Send feedback to us on our blog at www.firstaidteam.com.