**Resources** \

**USMLE Sample Step 1 Study Schedule**

**Exam day**: Friday, June 12, 2009

|  |  |  |
| --- | --- | --- |
| **Title** | **Author** | **Edition / Year** |
| **First Aid for the USMLE Step 1** | Tao Le | 2009 |
| **Rapid Review Pathology** | Goljan | 2nd |
| **First Aid for the Basic Sciences: General Principles** | Tao Le, Krause |  |
| **First Aid for the Basic Sciences: Organ Systems** | Tao Le, Krause |  |
| **BRS Pathology** | Schneider, Szanto | 4th |
| **BRS Physiology** | Costanzo | 4th |
| **BRS Cell Biology and Histology** | Gartner | 5th |
| **Rapid Review Biochemistry** | Pelley, Goljan | 2nd |
| **High-Yield Neuroanatomy** | Fix | 4th |
| **High-Yield Immunology** | Johnson, Clarke | 2nd |
| **High-Yield Biostatistics** | Glaser | 3rd |
| **High-Yield Behavioral Science** | Fadem | 3rd |
| **High-Yield Cell and Molecular Biology** | Dudek | 2nd |
| **High-Yield Gross Anatomy** | Dudek, Louis | 3rd |
| **High-Yield Embryology** | Dudek | 3rd |
| **High-Yield Genetics** | Dudek, Wiley | 2009 |
| **Robbins and Cotran Atlas of Pathology** | Klatt | 1st |
| **Katzung and Trevor’s Pharmacology Exam & Board Review** | Trevor, Katzung | 8th |
| **Clinical Microbiology Made Ridiculously Simple** | Gladwin, Trattler | 4th |

**Clinical Scenarios and Cases** \

|  |  |  |
| --- | --- | --- |
| **Title** | **Author** | **Edition / Year** |
| **Blackwell Underground Clinical Vignettes Step 1 Bundle** | Bhushan, Pall, Tao Le | 4th |
| **First Aid Cases for the USMLE Step 1** | Tao Le | 2nd |
| **BRS Physiology Cases & Problems** | Costanzo | 3rd |
| **Case Studies in Immunology** | Rosen | 4th |
| **USMLE Step 1 Secrets** | Brown, Brown | 2004 |
| **Robbins and Cotran Pathologic Basis of Disease CD Cases** | Kumar, Abbas, Fausto | 7th |
| **StudentConsult Platinum Vignettes (Samples)** | Brochert | 2003 |

**Qbanks and Questions \**

|  |  |
| --- | --- |
| **Qbanks and Exams** | **Books** |
| **USMLERx** | Robbins and Cotran Review of Pathology, 2nd |
| **Prometric Practice Exam** | First Aid Q&A for the USMLE Step 1, 1st |

**Flashcards and Quick Reference \**

|  |  |  |
| --- | --- | --- |
| **Title** | **Author** | **Edition / Year** |
| **Pharmacology** | Brenner | 1st |
| **MicroCards** | Harpavat, Nissim | 2nd |
| **Lange Biochemistry & Genetics** | Baron, Lee | 2005 |

**Study Period Schedule \**

|  |  |  |  |
| --- | --- | --- | --- |
| **Study Day & Date** | **Objective** | **Sources** | **Details** |
| -01, 21 April | Practice test | NBME | School-sponsored NBME session. |
| 00, 22 April (H) | GEB Considerations: Behavioral Sciences | HY Behavioral Sciences  FA | Full book (117 pgs).  Behavioral Sciences |
| 01, 23 April (H) | GEB Considerations: Behavioral Sciences | HY Behavioral Sciences  UCV Behavioral Science  SC Platinum Vignettes | Full book, continue (117 pgs).  Cases  Cases |
| --, 24 April | UCLA NBME Review  Biochemistry | DGSOM  Lange Flash Cards | 12-2 pm  Continue. |
| 02, 25 April | Review First Aid. | FA | Mental overview of the content landscape: high-yield and image review. |
| 03, 26 April | GEB Considerations: Behavioral Sciences | HY Behavioral Sciences  UCV Behavioral Science  SC Platinum Vignettes | Full book, continue (117 pgs).  Cases  Cases |
| 04, 27 April | Biology of Tissue Response to Disease (Inflammation) | HY CellMol Biology  Goljan RR | Ch 1-2: Cell Injury, Inflammation |
| 05, 28 April | Biology of Cells  Multisystem Processes. | HY CellMol Biology  Robbins  Robbins CD Images + Cases  Goljan RR FA | Select chapters.  Nutrition, temperature regulation, adaptation to environment, acid/base status  Inflammation and Repair, Neoplasia, Nutritional Disease  Ch 4, 6, 7 Pathology |
| 06, 29 April | Immunology and Neoplasia | HY Immunology  FA  Goljan RR  Robbins CD Images + Cases | All  Immunology  Ch 3, 8  Diseases of Immunity |
| 07, 30 April | Pharmacology | Katzung Pharm | Concentrate on weak areas. |
| --, 01 May (F) (H) | Personal event. |  |  |
| 08, 02 May | Practice test. Catch up. | Kaplan Qbank Sim Exam |  |
| 09, 03 May | Pharmacology | FA  Brenner Flash Cards | Pharmacology  Renal, Respiratory, CV |
| 10, 04 May | Human Development & Genetics | HY Genetics | Full book (128 pgs). |
| 11, 05 May | Human Development & Genetics | Thompson & Thompson  Goljan RR | 43 blue page cases.  Ch 5: Genetics and Dev Disorders |
| 12, 06 May | Biochemistry & MolBio | FA  RR Biochemistry | Biochemistry  205 pgs |
| 13, 07 May | Biochemistry & MolBio | RR Biochemistry | Continue 205 pgs. |
| 14, 08 May (F) | Biochemistry & MolBio | RR Biochemistry  Lippincott Biochemistry | Continue 205 pgs.  Review weak areas / clarifications. |
| 15, 09 May | Catch up. Questions. | Kaplan Qbank  USMLEWorld |  |
| 17, 10 May | Microbial Biology & Infection | CMMRS  Microcards | Block I  Block II |
| 18, 11 May | Microbial Biology & Infection | CMMRS | Blocks I – II |
| 19, 12 May | Microbial Biology & Infection | CMMRS  UCV Microbiology | Tables  All |
| 16, 13 May | Pathology | BRS Pathology | All |
| 20, 14 May | CNS/PNS | FA HY Neuroanatomy | Neurology |
| 21, 15 May (F) | CNS/PNS | BRS Physiology | Neurology |
| 22, 16 May | Practice test. Catch up. | USMLEWorld Dx 2 |  |
| 23, 17 May | Heme/Lymph | FA | Hematology |
| 24, 18 May | Heme/Lymph | Goljan RR | Hematology |
| 25, 19 May | Musculoskeletal | FA  HY Gross Anatomy | Musculoskeletal |
| 26, 20 May | Musculoskeletal | HY Gross Anatomy |  |
| 27, 21 May | Gastrointestinal | FA  BRS Physiology | GI  GI |
| 28, 22 May (F) | Gastrointestinal | Goljan RR | GI |
| 29, 23 May | Practice test. Catch up. | NBME 4 |  |
| 30, 24 May | Reproductive | FA  BRS Physiology | Reproductive  Reproductive |
| 31, 25 May (H) | Reproductive | BRS Pathology | Reproductive |
| 32, 26 May | Endocrine | FA  BRS Physiology | Endocrine  Endocrine |
| 33, 27 May | Endocrine | Goljan RR | Endocrine |
| 34, 28 May | Skin & Related Connective Tissue | Robbins Atlas  Fitzpatrick Color Atlas | Skin  Images |
| - - 29 May (F) | Personal event. |  |  |
| - - 30 May | Personal event. |  |  |
| - - 31 May | Personal event. |  |  |
| 35, 01 June | Renal/Urinary | FA  BRS Physiology | Renal  Renal |
| 36, 02 June | Renal/Urinary | Goljan RR | Renal |
| 37, 03 June | Respiratory | FA  BRS Physiology | Respiratory  Respiratory |
| 38, 04 June | Respiratory | Goljan RR | Respiratory |
| 39, 05 June (F) | Practice test. | NBME 5 + 6 | 8:30 AM commence. |
| 40, 06 June | Cardiovascular | FA  BRS Physiology | CV  CV |
| 41, 07 June | Cardiovascular | Goljan RR | CV |
| 42, 08 June | Review | FA | FA, areas of weakness. |
| 43, 09 June | Review | FA | FA, areas of weakness. |
| 44, 10 June | Review. Microbiology, Pharmacology, Quantitative Methods. | Harpavat MicroCards  Brenner PharmCards | All  GI, Reproductive, Endocrine |
| **- - 11 June** | **Day of rest.** | Pleasure read. | House of God (Samuel Shem) |
| **- - 12 June (F)** | **Step 1.** |  |  |

**Practice exam scores:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Exam** | **Date** | **Score** | **Scaled** | **Comments (Areas of Weakness)** |
| **USMLERx Simulation** | Tuesday, 14 April |  |  |  |
| **USMLE Practice (Prometric)** | Thursday, 16 April |  |  |  |
| **NBME School (Written)** | Tuesday, 21 April |  |  |  |
| **USMLERx Simulation** | Saturday, 02 May |  |  |  |
| **USMLERx Simulation** | Saturday, 16 May |  |  |  |
| **NBME CBSSA 4** | Saturday, 23 May |  |  |  |
| **NBME CBSSA 5+6** | Friday, 05 June |  |  |  |
| **USMLE Step 1** | Friday, 12 June, 2009 |  |  |  |

**Final exam score: \_\_\_ (\_\_th Percentile)**

**Tip: Error analysis is worth tracking in your Step 1 schedule. USMLERx keeps track of this for you, but you can create your own tables if you like.**

**USMLERx**

|  |  |  |
| --- | --- | --- |
| **Date** | **Category** | **% correct** |
| 28 March 2009 | CV + Respiratory | 62 |
| 31 March 2009 | CV + Respiratory | 64 |
| 08 April 2009 | CV | 83 |
| 12 April 2009 | CV + Respiratory + Renal | 75, 68 |
| 14 April 2009 | CV + Respiratory + Renal | 72 |
| 19 April 2009 | All | 56 |
| 23 April 2009 | Behavioral Science | 76 |
| 26 April 2009 | All | 62 |
| 28 April 2009 | Pathology + Pathophysiology | 64 |
| 28 April 2009 | All |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |