

# Step 1 Preparation: 2020 Hindsight

A Presentation On Step 1 Preparation by  
the Class of 2020

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First and foremost...

relax, you got this!

# Reasons to trust yourself

- You are all master students
- You all have incredible work ethic
- You are all innately driven

# Reasons to trust your preparation

- The TEC curriculum
- NBME finals
- UWorld
- Dr. Howard and Dr. Ingersoll

You are on the path  
to success, and we  
are here to help!

# Session Outline

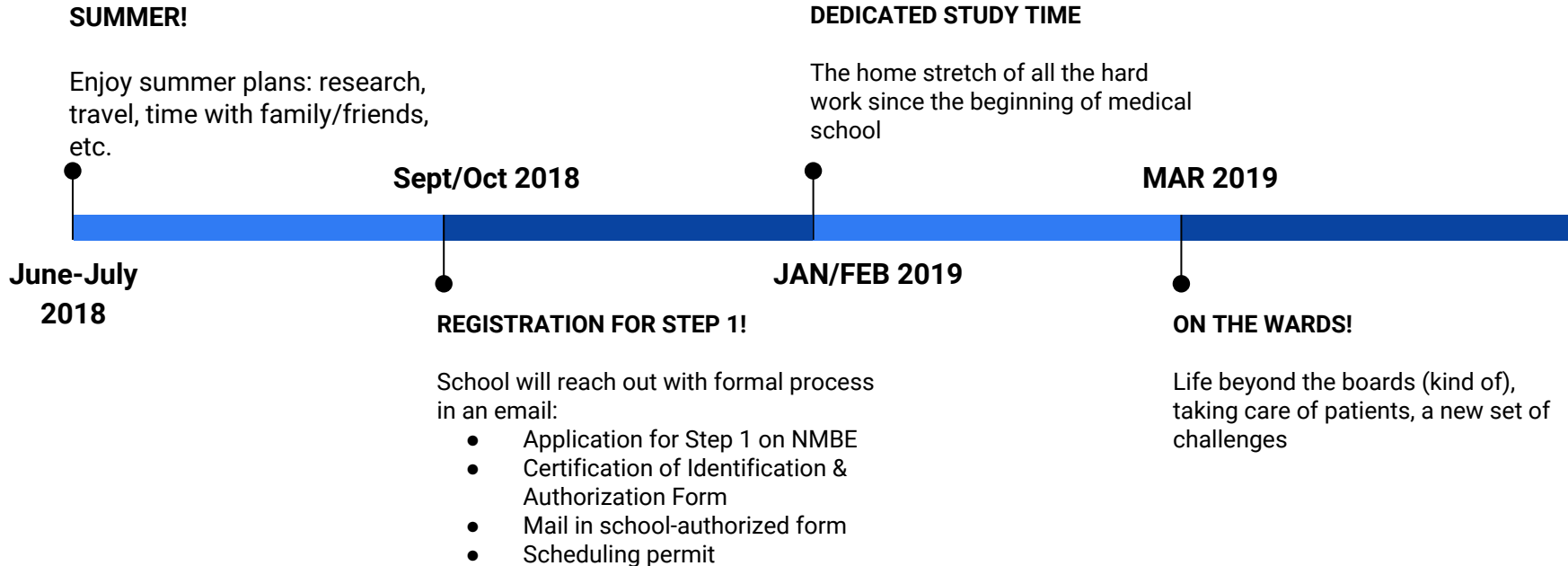
1. Timeline until Step 1
2. Survey-based advice
3. Student panel
4. Closing thoughts

## Aug/Sept 2018: Neuro

### Recommendations:

- FOCUS ON NEURO! JUST NEURO. NOTHING ELSE.
- High yield neuroanatomy and localization of lesions

# TIMELINE



# DEDICATED SCHEDULE

- Recommendations from Dr. Howard
- Personalize it to your needs and personal goals
- DO NOT have to make a dedicated schedule now
- Be sure to schedule time for yourself! BURN-OUT IS REAL!



# DEDICATED SCHEDULE

Time/Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am							SLEEP!!!
9:00am	UWORLD	UWORLD	UWORLD	UWORLD			CHURCH
10:00am							
11:00am	GOLJAN	GOLJAN	GOLJAN	GOLJAN		REVIEW	
12:00pm	SKETCHY	SKETCHY	SKETCHY	SKETCHY	NBME	SKETCHY	SKETCHY
1:00pm							
2:00pm	REVIEW	REVIEW	REVIEW	REVIEW			GOLJAN
3:00pm							
4:00pm	GOLJAN	GOLJAN	GOLJAN	GOLJAN		REVIEW	REVIEW
5:00pm	PHARM	PHARM	PHARM	PHARM	REVIEW	PHARM	PHARM
6:00pm							
7:00pm	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
8:00pm							
9:00pm	BIOCHEM			CARDIOLOGY			PUBLIC HEALTH

# Data-driven advice: A survey of our class on Step 1 preparation

53 respondents (29.4%)

Topics covered:

Dedicated study schedule

Resource utilization

Changing your exam date

Pearls for your class

During what time period did you start studying for Step 1 for more than five hours per week?

Result:

41/53 (81.1%) started after summer break

14/53 (26.4%) started in August

17/53 (32.1%) started in December

During what time period did you start to do more than 5 UWorld questions per week?

Result:

13/53 (24.5%) started in June

37/53 (69.8%) started in August or after

How many weeks did you commit to dedicated studying for Step 1?

Results:

Wide range: 5-14 weeks

Average: 7 weeks

After taking Step 1, what do you think is the ideal number of weeks to commit to dedicated studying?

Results:

Wide range: 5-14 weeks

Average: 7 weeks

When did you develop your schedule for the dedicated study period?

Result:

45/53 (84.9%) made theirs within 4 weeks of dedicated or during dedicated  
26/53 (49.1%) made theirs within 1 week of dedicated or during dedicated

Please rate your agreement with the following statement: I closely followed my schedule for the dedicated study period for Step 1.

Result:

35/53 (66.0%) agreed or strongly agreed  
11/53 (20.8%) somewhat agree  
7/53 (13.2%) neither agree or disagree, disagree, or strongly disagree

Rate your agreement with the following statement: I developed an effective schedule for the dedicated study period for Step 1.

Result:

44/53 (83.0%) agreed or strongly agreed

How many preparatory resources did you use for most of the dedicated study period for Step 1?

Result:

Wide range: 2-9 resources

**Average: 5 resources**

# How satisfied were you with each of the following Step 1 preparatory materials?

Resource	Rating (1-7)	Utilization (%)
UWorld	6.9	100
Pathoma	6.6	96.2
Sketchy Micro	6.6	94.3
First Aid	6.3	98.1
Sketchy Pharm	6.3	83.0
NBME CBSSAs	6.1	98.1

Resource	Rating (1-7)	Utilization (%)
Goljan Lectures	5.7	30.2
USMLE-Rx	5.6	62.3
Kaplan Q-bank	5.5	39.6
USMLE Secrets	5.1	52.8
Lange Pharm Flash Cards	4.3	60.4



Is there another key preparatory resource that you used for studying? If so, please name it here:

Result:

8/21 (38.1%) comments mentioned Anki. Some made decks from scratch, others downloaded existing decks (Brosencephalon, Zanki, etc.)

If you used First Aid to study for Step 1, please describe how you most effectively utilized it. If you did not use First Aid to study for Step 1, please describe why you did not use it.

Result:

- Reference/Outline/Note-taking with annotation with UWorld
- Structured resource for comprehensive review (certain pages per day)
- Difficult as a reading resource - focused on other resources to bring concepts together

If you used UWorld to study for Step 1, please describe how you most effectively utilized it. If you did not use UWorld to study for Step 1, please describe why you did not use it:

Results:

Pre-dedicated, it was utilized to study for blocks and review past subjects.

During dedicated, it was used each morning (2 blocks of 40 questions) to simulate the actual test.

Explanation review and recall methods were focused (not exclusively) around missed questions.

Other Q-banks were utilized when answering questions came from familiarity.

Every respondent used UWorld.

On what day did you originally schedule your Step 1 exam?

**Mid-February**

On what day did you actually take your Step 1 exam?

**Mid-February**

Result:

10/53 (18.9%) students moved their exam date.

Range: 7 days earlier to 10 days later

# If you changed your Step 1 exam date after beginning your dedicated study period, what were your reasons?

## Results:

- Not feeling prepared, needing more study time, feeling burn out, underestimated amount of time needed (2/10 students for each reason listed)
- Not meeting personal goal scores on practice exams (3/10 students)
- Other (4/10 students)

Please rate your agreement with the following statement:  
Changing my test date positively impacted my Step 1 performance.

Result:

7/10 (70.0%) agree or strongly agree

# Changes to dedicated period? What worked for dedicated? What did you wish you knew? Any advice for 2021?

- Be adaptive! Dedicated schedule is a work-in-progress!
- Helpful to have some resources done before dedicated
- Don't stick to just one resource
- DO SKETCHY and DO IT EARLIER: Difficult to feel like getting through all the videos available.
- A study buddy is helpful for dedicated - keeps you accountable, nice to have company, etc.
- Take care of yourself and your needs. Burnout is real!

Please rate your agreement with the following statement: I met my goal score on Step 1.

Result:

40/53 (75.5%) agree or strongly agree

45/53 (84.9%) somewhat agree, agree, or strongly agree



# Why you do what you do!

