Skills for Success on the USMLE

Step 1

- Step 1 Prep Sessions
  - Long-Term Prep & Registration Jul-Aug 15
  - The Final Months Nov-Dec 15
  - The Final Days (individual consultation) Jan-Feb 16
USMLE Step 1 Preparation

Long-Term Prep & Registration

- Quick review of the basics
- Student Performance at USU
- Step 1 Registration and Payment
- Step 1 Study Time Line
- NBME News and Info
Exam Description

- Purpose of the Step 1
  UNDERSTAND and can APPLY important concepts of the sciences basic to the practice of medicine, with special emphasis on PRINCIPLES and MECHANISMS underlying HEALTH, DISEASE, and MODES OF THERAPY.
Exam Description

- Exam Description
  - One-day, 8 hour, MC exam
    - Small number of audio/video clips
  - 7 one-hour blocks, 44 (was 46) items each
    - About 308 (was 322) questions total
  - 45 minutes + 15 tutorial (max. 8 hrs)
  - Minimum passing score is 192
Exam Description

- **Organization**
  - Step 1 classifies test items along two dimensions

- **Dimension #2 - Process**

  **Dimension #1 - System**

<table>
<thead>
<tr>
<th></th>
<th>General Principles</th>
<th>Organ Systems</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal Processes</td>
<td>XX</td>
<td>XX</td>
</tr>
<tr>
<td>Abnormal Processes</td>
<td>XX</td>
<td>XX</td>
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</tbody>
</table>
Exam Description

- **Systems Dimension**
  - 15% - 20%  General Principles of Foundational Science
    (Genetics, Aging, Immunology, Nutrition, Molecular and Cell Biology)
  - 60% - 70%
    - Immune System
    - Blood & Lymphoreticular System
    - Behavioral Health
    - Nervous System & Special Senses
    - Skin & Subcutaneous Tissue
    - Musculoskeletal System
    - Cardiovascular System
  - 15% - 20%
    - Multisystem Processes & Disorders
    - Biostatistics & Epidemiology/Population Health, Interpretation of the Medical Literature
    - Social Sciences
  - Respiratory System
  - Gastrointestinal System
  - Renal & Urinary System
  - Pregnancy, Childbirth, & the Puerperium
  - Female Reproductive & Breast
  - Male Reproductive
  - Endocrine System
Exam Description

- **Process Dimension**

  - **10% - 15%** Normal Processes
    (Questions about normal structure and function that may appear in the context of an abnormal clinical presentation.)

  - **55% - 60%** Abnormal Processes

  - **15% - 20%** Principles of Therapeutics

  - **10% - 15%** Other
    (general principles, biostatistics/evidence-based medicine, or social sciences)
Elements of a Good Plan
-- Study Strategy

Three Pillars for Proper Progress

1. *Subject Review* – for building knowledge base
2. *Organ System-based Review* – for integration and understanding
3. *Practice Questions* – for practicing application of knowledge and building reasoning skill
Elements of a Good Plan
-- Study Resources

Subject Review – Pathoma, BRS Phys, BRS Biochem, Goljan’s Path, Sketchy Micro, Lange Pharm, H-Yield

Organ System-based Review – First Aid, DIT, Kaplan

Practice Questions – U-World, Kaplan Q, CBSSAs, USMLE Rx
Elements of a Good Study Plan
--Study Resources

- **NBME Self Assessments (CBSSA)**
  - 200 question practice tests (multiple forms, e.g. 15, 16 & 17)
  - **FREE** voucher for all; self admin or group take, 4 Jan 16
  - Go to NBME Self-Assessment Services
  - [https://nsas.nbme.org/nsasweb/servlet/mesa_main](https://nsas.nbme.org/nsasweb/servlet/mesa_main)
  - Take at least 2 more (cost - $60)

- **Computer-based Testing (CBT) Practice Session**
  - Get familiar with the Prometric test center environment
  - All test items are drawn from the **practice materials** that are available for free download; CBT requires registration
Exam Correlations with Step 1 Performance

- UGPA-S: 0.25
- MCAT-V: 0.15
- MCAT-B: 0.25
- MCAT-P: 0.33
- Practice Materials: 0.75
- CBSSA: 0.81
USMLE Step 1 Preparation

Long-Term Prep & Registration

- Quick review of the basics
- **Student Performance at USU**
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Student Performance at USU (2015)

- Class mean – **230**, sd = 16.9
  - Minimum passing score = 192
- First time pass percentage – **100%**
- Range of scores – 190s to 260s
Mean Scores on the Step 1 Examination by Year for USUHS and the Nation

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<th>Year</th>
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<th>USUHS</th>
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<td>2014</td>
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<td>228</td>
</tr>
<tr>
<td>2015</td>
<td>230</td>
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Mean Pass Percentage on Step 1 by Year for USUHS and the Nation

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</tr>
<tr>
<td>2015</td>
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<td>100</td>
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USMLE Step 1 Preparation

Long-Term Prep & Registration

- Quick review of the basics
- Student Performance at USU
- Step 1 Registration and Payment
- Step 1 Study Time Line
- NBME News and Info
Registration Overview:

- Register ASAP and coordinate payment through MDL, NLT 9 Oct 15
  - CY2016 On-line site opens Mid-Sep 15
- Complete “Certification of ID” form and take/send it to the Registrar’s Office
  - Scheduling Permit takes 3-4 weeks
- Take Step 1 NLT 13 Feb 16
  - NBME no testing first two weeks of January
Step 1 Registration and Payment

**NBME Licensing Examination Services Web Site:** (www.nbme.org/students/index.html)

1) Complete the on-line application
   - Name MUST exactly match photo ID on test day
   - Pick NBME testing window – “1 Jan -31 Mar 2016”
   - Select Payment Option – “Master Card/Visa”
   - Complete the Applicant Certification page, then click on the “Submit” button
   - Exit your application at this point, noting your “Reference ID” Number before doing so

2) Change your Password to:
   “usuhs” + exam number - e.g., “usuhs369”
Step 1 Registration and Payment

3) E-mail MDL your USMLE ID # and tell her your application is ready for processing (Yolanda.Bobbitt@usuhs.edu)

4) MDL makes payment and “processes” your application, notifying you when this is done

5) YOU then return to your application
   - Complete the “Certification of ID/Authorization” form
     – YOU must print, sign and take/send it to the Registrar
     – You do not need to provide a photo; done by the Registrar
   • Change your password to secure your site

6) Registration deadline – 9 Oct 15
Step 1 Registration and Payment

What happens next?

- NBME processes your application
  - Will e-mail you of any problems with application
  - Will e-mail you when your “Scheduling Permit” can be accessed via the website
    - Print a copy of your permit ASAP and store in a safe place, will be required on test day
    - On test day, Permit is matched to photo ID
  - Select a test date and location
    - Follow the instruction on the Permit
    - USU testing window – 1 Jan – 13 Feb 16 (six weeks)
    - Local area test centers only
    - No leave/passes until after the exam
Step 1 Registration and Payment

Registration Summary:

- Register ASAP and coordinate payment through MDL, NLT 9 Oct 15

- Complete “Certification of ID” form and take/send it to the Registrar’s Office

- Take Step 1 NLT 13 Feb 16
USMLE Step 1 Preparation

Long-Term Prep & Registration

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# Step 1 Registration/Study Time Line, 2015/16

<table>
<thead>
<tr>
<th>September</th>
<th>October</th>
<th>November</th>
<th>December</th>
<th>January/Feb</th>
<th>Test Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Complete and “Submit” Application; save/log-out</td>
<td>Notify MDL via e-mail (<a href="mailto:Yolanda.bobbitt@usuhs.edu">Yolanda.bobbitt@usuhs.edu</a>) that application is ready for payment</td>
<td>Schedule Test Date with Prometric [<a href="http://www.prometric.com%5C">http://www.prometric.com\</a>]</td>
<td>Get familiar with your review books and study materials</td>
<td>Retake Free CBSSA, Form 13</td>
<td>Complete final CBSSA</td>
</tr>
<tr>
<td>DO NOT make payment; Testing Window: Jan – Mar 15</td>
<td></td>
<td>MDL makes payment and processes your application</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Access 2016 Application Materials mid-September (15th or later)</td>
<td>Registrar verifies enrollment</td>
<td>Secure study materials (First Aid, Q-Bank, CBSSA, other supplemental resources)</td>
<td>Make a reasonable study plan</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Before Testing:**
- 100% of Q-Bank
- Review all of First Aid
- Complete 2 CBSSAs
- NBME Sample Material (software tutorial)

**By Mid-January:**
- Review all of First Aid
- 60% of Q-Bank
- 1st NBME CBSSA

**Before Testing:**
- Notify MDL via e-mail (Yolanda.bobbitt@usuhs.edu) that application is ready for payment
- Complete Certification of Identification and send/take it to Registrar (gail.hewitt-clarke@usuhs.edu)
- Complete Certification of Enrollment

**Test Date**
- Schedule Test Date with Prometric

**Before Testing:**
- Notify MDL via e-mail (Yolanda.bobbitt@usuhs.edu) that application is ready for payment
- Complete Certification of Identification and send/take it to Registrar (gail.hewitt-clarke@usuhs.edu)
USMLE Step 1 Preparation

Long-Term Prep & Registration

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NBME News and Announcements

- **USMLE website** (www.usmle.org)
  - 2016 Bulletin of Information
    - A “must read” document
  - Step 1 Content Description
  - Sample Test Materials and Tutorial
    - Download software
Announcement:

Updated practice materials for Step 1 examination
Posted: March 2015

Sample Test materials for the Step 1 exam have been posted to the USMLE website.

- 4 blocks of downloadable practice test items, with tutorial
- USMLE Step 1 Sample Items booklet (PDF)
- USMLE Step 1 Content Description and General Information booklet (PDF)
Announcement: Changes to USMLE 2015-2016
Posted: April 2015

<table>
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<tr>
<th>USMLE STEP 1</th>
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<tbody>
<tr>
<td>What WILL change?</td>
<td>What WILL NOT change?</td>
</tr>
<tr>
<td>In 2015, examinees will see an increased focus on quality improvement principles and safety science.</td>
<td>Step 1 will continue to focus on traditional content areas in the basic sciences within a clinical context. The format will continue to be a computer-administered examination, using multiple-choice questions.</td>
</tr>
</tbody>
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Announcement: Expanded Version of USMLE Content Outline

Posted: April 2015
Announcement: Expanded Version of Content Outline
Posted: April 2015

- The **USMLE Content Outline**, which provides a common organization of content across all USMLE examinations, is now available.

  - Provides detail about subcategories of the 18 sections of the content outline
    - 32 page document
    - Subtopics of timely importance
      - Quality Improvement & Measurement, Patient Safety, Health Care Policy
  - Each exam emphasizes certain parts of the outline, and no single examination will include questions on all topics
Announcement:  Windows 10 Upgrade  
Posted: May 2015

- MS Windows 10 Upgrade – release date, 29 July
  - “During the month of June, NBME plans to evaluate how the Secure Browser performs on the pre-release version of Windows 10.”
  - “At this time we recommend that you advise examinees not to update their computers until we officially announce support for Windows 10.”
USMLE Step 1 Preparation

- **Additional Resources**
  - **Commercial Prep Courses**
    - Kaplan, Doctors in Training, etc.
  - **Your Classmates!!**
  - **Study partners**
    - Information and support
  - **OSA Consultations**
Skills for Success on the USMLE Step 1

- **Step 1 Prep Sessions**
  - Long-Term Prep & Registration: Jul-Aug 15
  - The Final Months: Nov-Dec 15
  - The Final Days (individual consultation): Jan-Feb 16