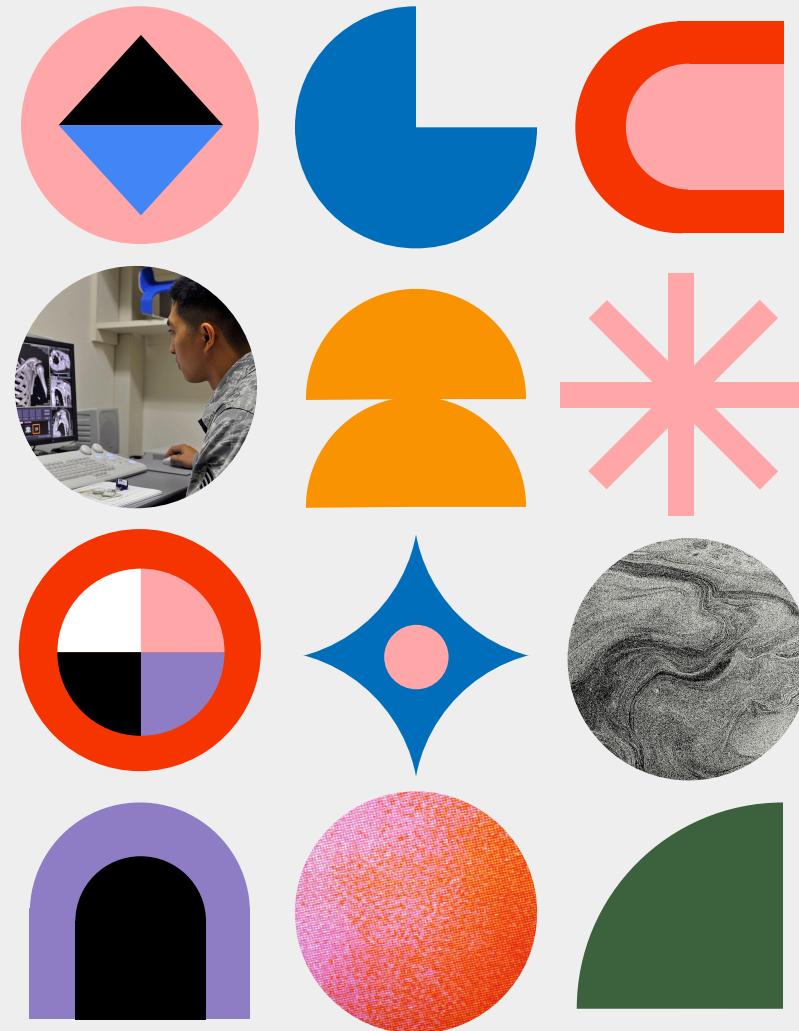


USMLE STEP 1!

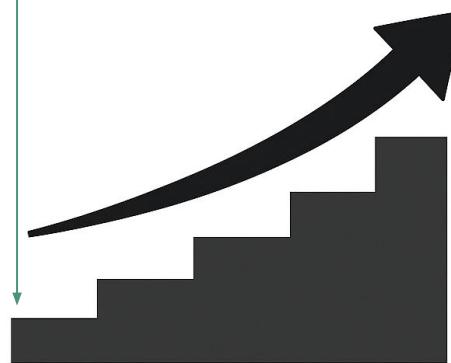
Dr. Ambreen Deol



USMLE Step 1: Resources and Strategies for Success

First Step = Step 1

STEP 1
USMLE
JOURNEY



Just start. Don't wait for the perfect time.

1. Pass Step 1 with confidence
2. -In minimum time
3. -Using minimal resources
4. Build a strong foundation for Step 2 CK and clinical rotations

Goals of Preparation

Trust the process, keep it simple, and go deep, not wide.

Don't be all over the place

1. Boards & Beyond
2. Kaplan
3. USMLE Rx
4. Pathoma
5. Sketchy
6. Anki decks
7. First Aid

Extensive Reading

1. Divine Intervention
2. Dirty USMLE
3. Mehlman Medical- Youtube and PDFs
4. Goljan PDFs
5. NBME images

Rapid Review/ HY

1. U-World
2. Amboss
3. USMLE Rx

Q banks

1. UWSA 1 & 2
2. NBMEs 25-29
3. Free 120

Self assessments

All Resources

one of the biggest mistakes students make during Step 1 prep is trying to use too many resources. Then they feel overwhelmed and end up covering everything shallowly instead of mastering the high-yield material. better to pick 2-3 solid resources like UWorld, First Aid, and maybe one video resource and focus on multiple thorough revisions of the same. mastery comes from revisiting the same material again and again, not from constantly switching to new books and videos.

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Core Resources

Pre-dedicated

6-8 months (Aug-March)
during internship

- First Aid
- USMLE Rx videos
- Rx flash cards
- Sticky notes
- Rx Q bank

Dedicated

(April, May)

- Revised First Aid
- U-World (started in May)
- Handmade notes from reviewing
- Dirty Medicine videos
- Mehlman videos

Dedicated

(June, July)

- 1st NBME (baseline)
- UWSA 1
- Weekly NBMEs (June)
- UWSA 2
- 85% U-World
- Free 120
- First Aid Rapid Review

How I did it

1. Getting U world too late

Don't keep putting it off till you feel "ready enough" or wait until you've "covered the everything".

2. Not revising my hand-written notes

Make daily revisions part of your routine.

3. Not using First Aid Rapid Review till 1 day out from the exam

Chanced upon it pretty late.

4. Not being consistent with solving blocks

Should not have missed even a single day. Bare minimum = solving 1 block every day, no exceptions

Mistakes I made

1. Passive reading without active recall
2. Ignoring question banks
3. Not reviewing ALL questions — irrespective of whether it's correct or not
4. Saving self assessments for "later"
5. Overloading with too many resources
6. Don't get discouraged by UW score

Other common mistakes to avoid

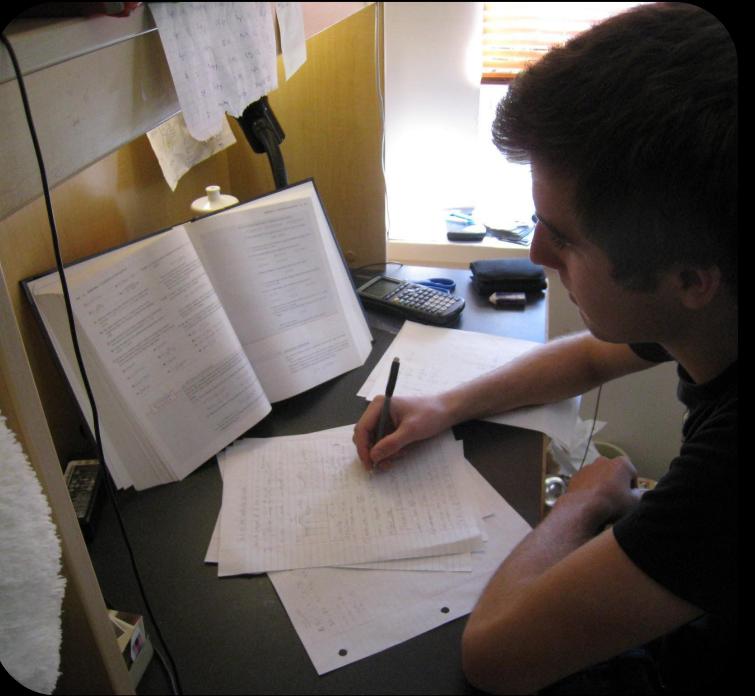
Number 1 mistake: Not Starting soon enough and waiting for the “perfect time”

NEWS FLASH: THERE IS NO PERFECT TIME.

YESTERDAY
YOU SAID
TOMORROW

JUST DO IT.





Strategy Overview

1. Early Phase (Foundation building)

Any 1 video resource +
First Aid + revision
(Flash cards/self-made notes)

3. Late Phase (Assessment)

- Review weaknesses aggressively
- Keep revising — Rapid review (FA/ Dirty/ Mehlman/ NBME images)
- Full-length NBMEs every 1-2 weeks

2. Mid Phase (Active learning)

- Start UWorld timed tutor mode
- Additional - Pathoma/Dirty Medicine/ Mehlman HY

4. Practice tests

- Take 1st NBME early to baseline
- UWSA1 ~6 weeks before exam
- NBME 26/27 — Mid-prep checkpoints
- UWSA2 ~2 weeks before exam
- Free 120 — Final readiness check

- ★ Consistency > Intensity
- ★ Quality > Quantity
- ★ Use U-World as a learning tool, not assessment tool!
- ★ Adapt based on your weak areas
- ★ Trust the process. You are learning for life, not just a test.

Key Processes

Don't plan so much.

Have a general structure/timeline — skeletal framework

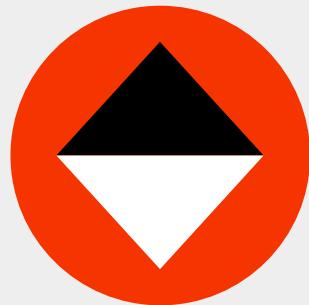
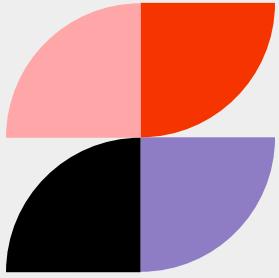
Start doing!

The biggest moments of clarity come from being in motion.

The biggest obstacles come from within when you spend way too much time looking for the perfect way to approach something — the further away you're pushing the test by that much time.

Plan forward through actual experience.

How to be Successful



THANK YOU!

