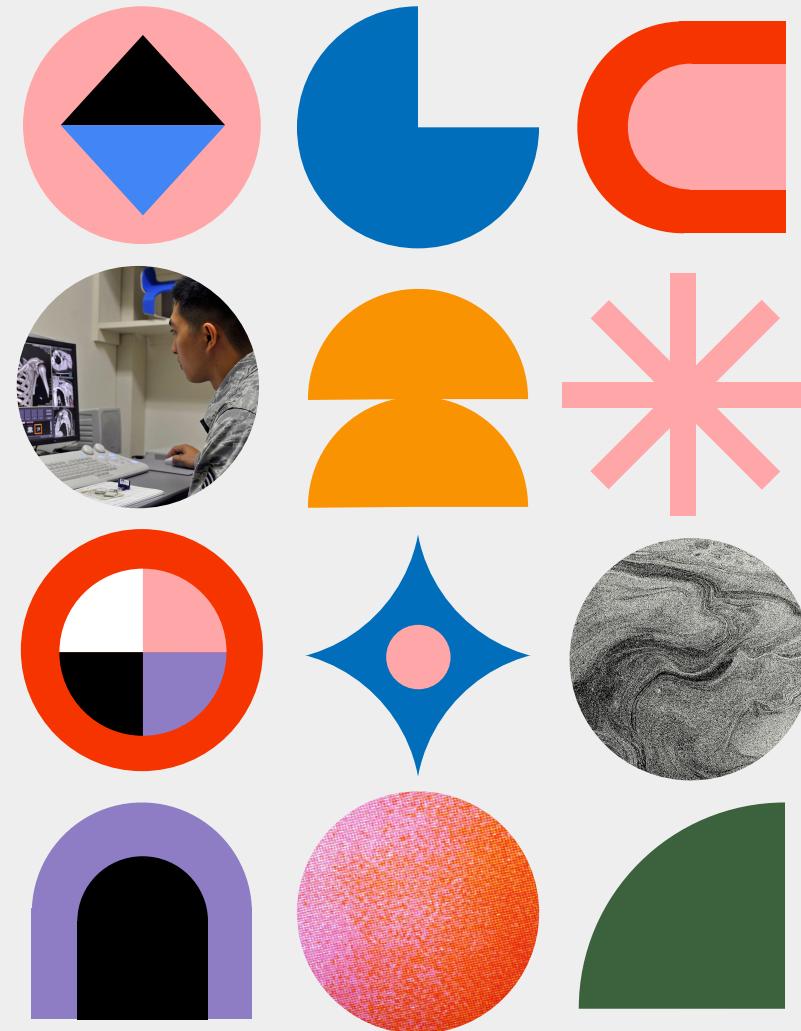


# USMLE STEP 1!

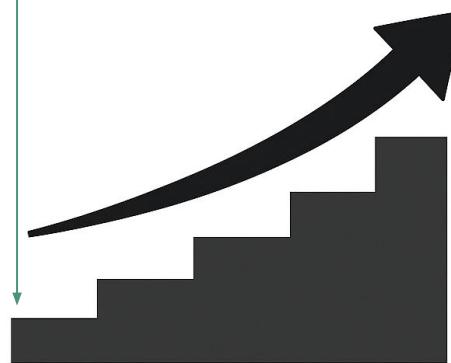
AMBREEN DEOL



# 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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2. Kaplan
3. USMLE Rx
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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

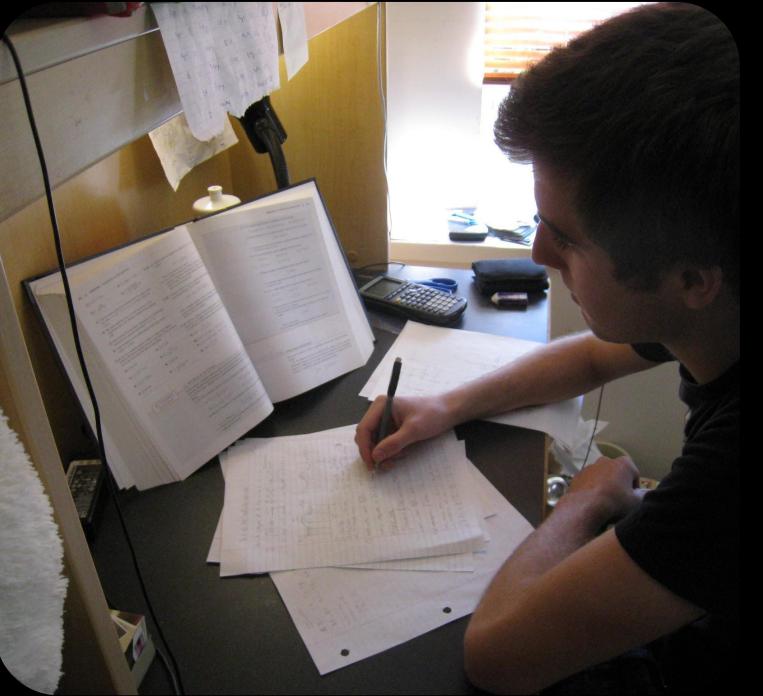
# Number 1 mistake: Not Starting soon enough and waiting for the “perfect time”

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



New staff members



Freelancers



Collaborators

# Intended Audience

# Team

Team Name



Full Name  
Role



Full Name  
Role



Full Name  
Role



Full Name  
Role



Full Name  
Role



Full Name  
Role



Full Name  
Role



Full Name  
Role



Full Name  
Role

Link #1

Link #2

Link #3

Link #4

Communication channels you can join:

#channel

# Useful Links

# Next steps

For Employee Name

## This will be a long quote that defines how the team works



# Hey

Lorem ipsum dolor sit amet, quo graecis expetenda reprehendunt et. Lorem ipsum dolor sit amet, quo graecis expetenda reprehendunt et. Lorem ipsum dolor sit amet, quo graecis expetenda reprehendunt et. Lorem ipsum dolor sit amet, quo graecis expetenda reprehendunt et. Lorem ipsum dolor sit amet, quo graecis expetenda reprehendunt et.



## This will be a long quote that defines how the team works

# How We Work

## **Title**

Lorem ipsum dolor sit amet, quo graecis expetenda.

## **Title**

Lorem ipsum dolor sit amet, quo graecis expetenda.

## **Title**

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## **Title**

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# Tools

# Meetings

# Title

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# Title

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# 4 step process

# Title

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# Ideas & suggestion

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# Mistakes I made

## Rule 1

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  reprehendunt et.*

## Rule 2

*Lorem ipsum dolor sit amet, quo graecis expetenda  
  reprehendunt et.*

## Rule 3

**“Lorem ipsum dolor sit amet, quo graecis expetenda  
rehendunt et.”**

## Rule 4

**“Lorem ipsum dolor sit amet, quo graecis expetenda reprehendunt et.”**

## Rule 5

**“Lorem ipsum dolor sit amet, quo graecis expetenda reprehendunt et.”**



# Tips For Success

Team Name

1.

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# Resources

For Employee name

## Contact info 1

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## Contact info 1

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## Contact info 1

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## Contact info 1

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# Contact Point



Full Name

Job Title  
123-456-7890  
[info@example.com](mailto:info@example.com)

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Full Name

Job Title

Contact info

Full Name

Job Title

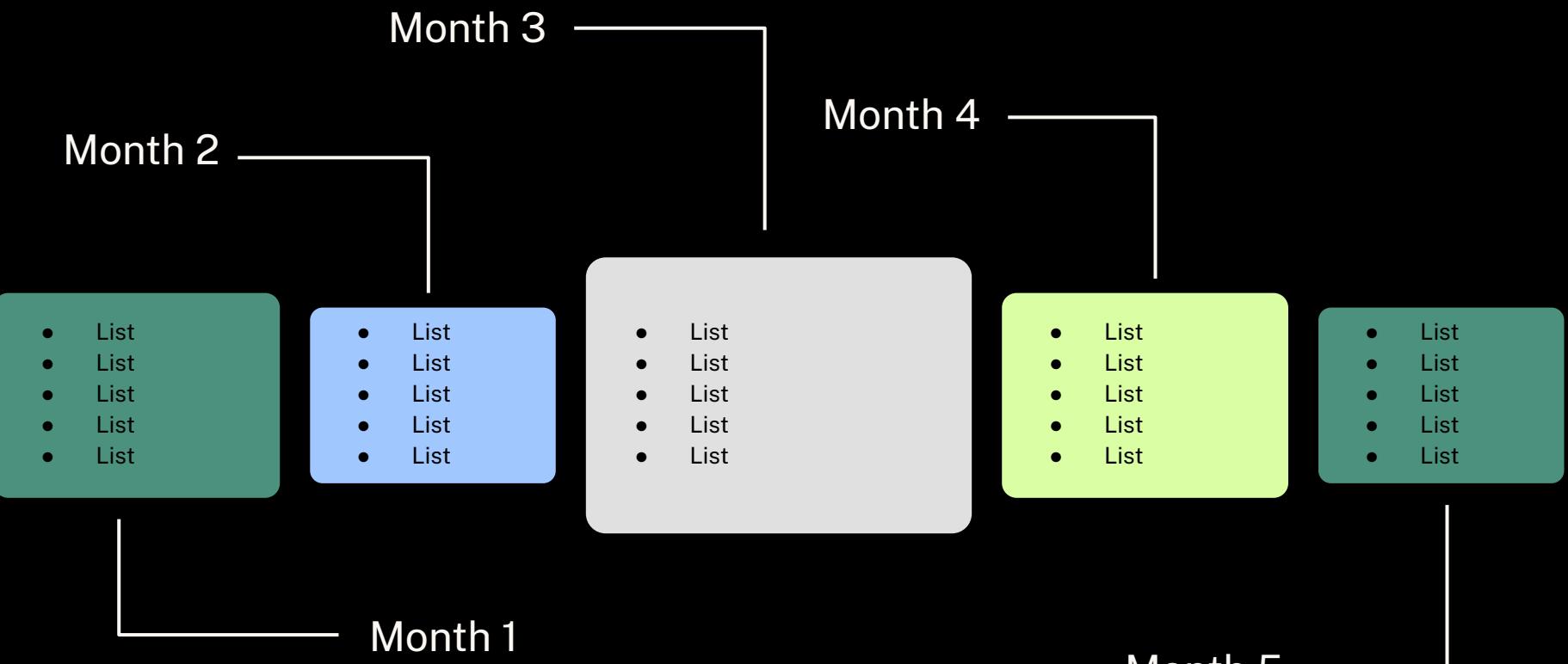
Contact info

Full Name

Job Title

Contact info

# HR Contact



# Roadmap

Thank you  
& welcome  
again



JANUARY 1

# Company Sales Deck

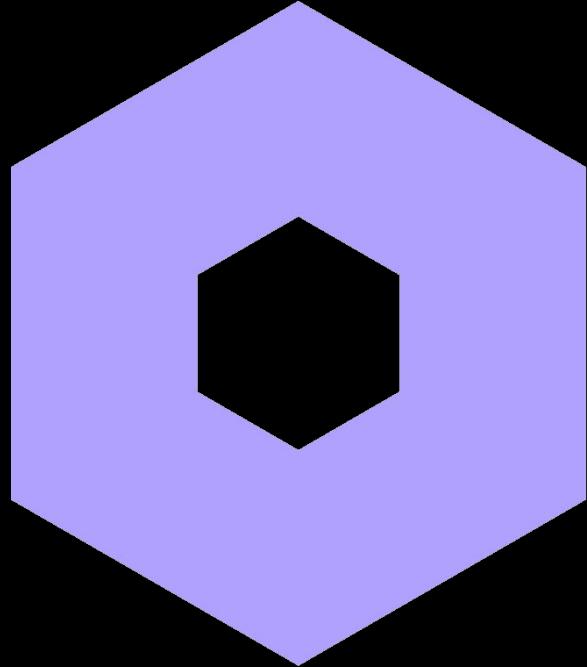


**Contributor**  
Full name

**Contributor**  
Full name



JANUARY 1



# Company Sales Deck

**Contributor**  
Full name

**Contributor**  
Full name



# Agenda

01 Title 1

02 Title 2

03 Title 3

04 Title 4

# Agenda

01 Title 1

02 Title 2

03 Title 3

04 Title 4

05 Title 5

# Traditional resources

01 Title 1

02 Title 2

03 Title 3

04 Title 4

05 Title 5

06 Title 6

01

# Company Overview

Company Name

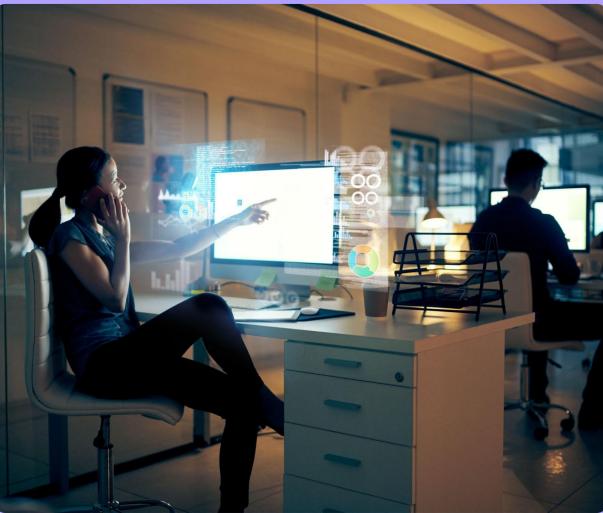
Company Overview



### Quote from CEO

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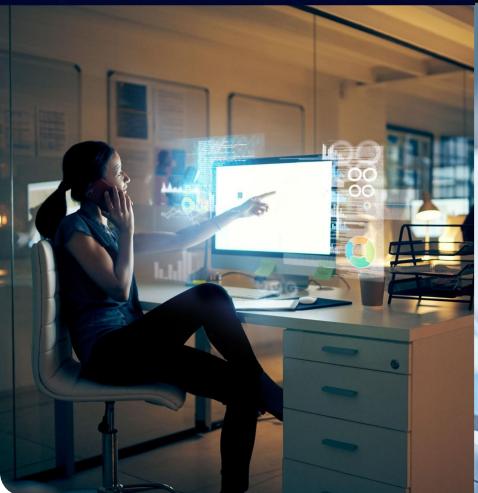






## Title

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Company Name

Company Overview



## Title

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## Title

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# Finding a Solution



## Subtitle

# The Problem

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Issue to Address



Major Dilemma



Big Trouble



Major Dilemma

Dilemma



Problem



# Challenge



Pro

Obstacles to Overcome



Major Dilemma



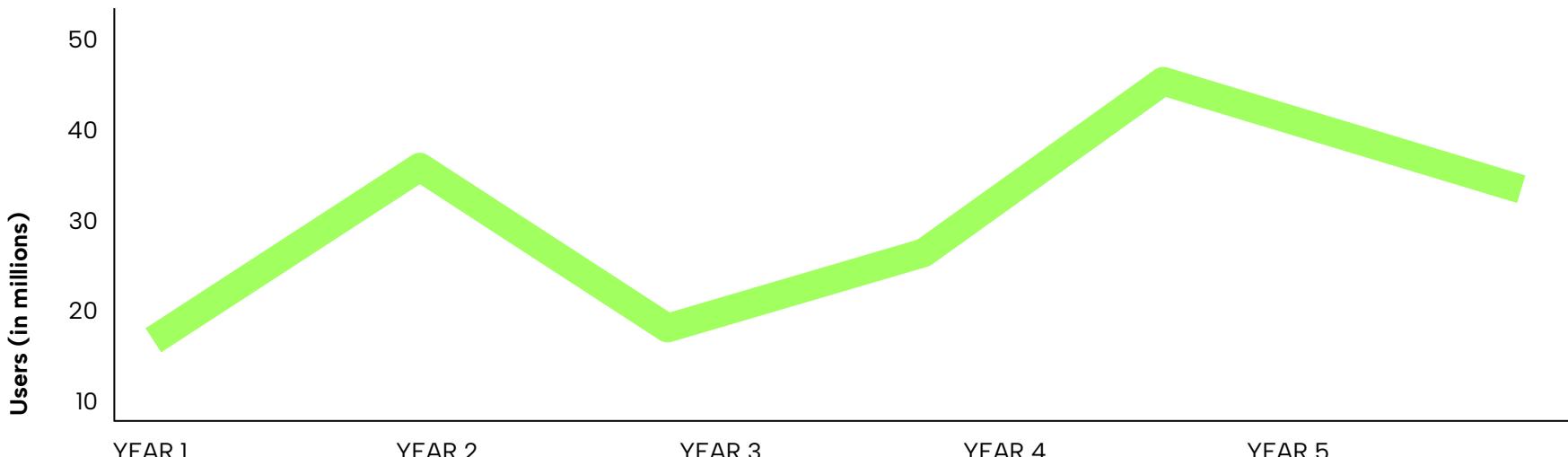
Big Trouble





Title

This is where you would fill in contextual information that supports the data.



Years

Company Name

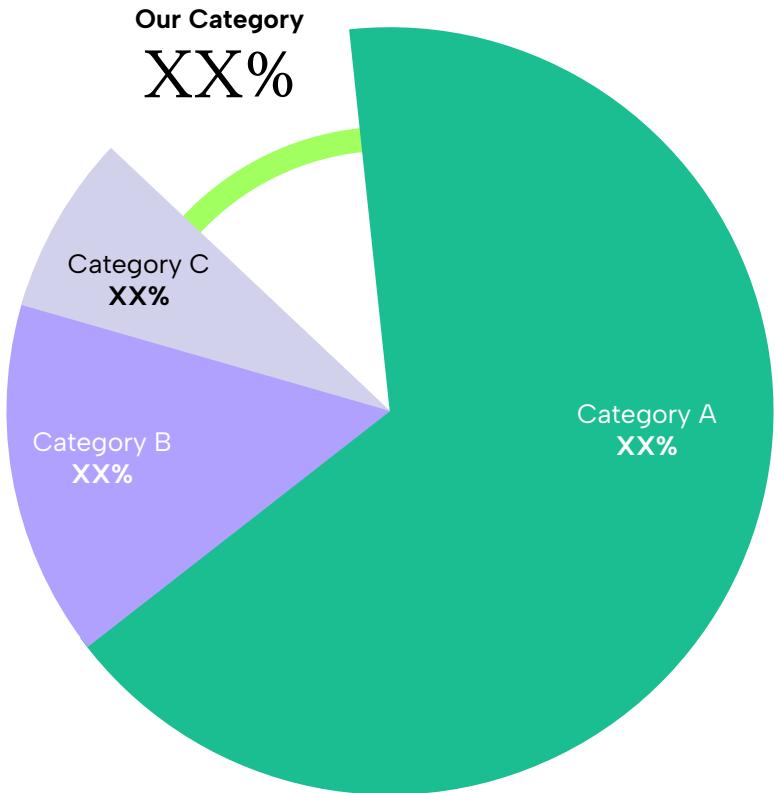
Finding a Solution

43



## High Level Stat Confirming The Problem

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**Subtitle**

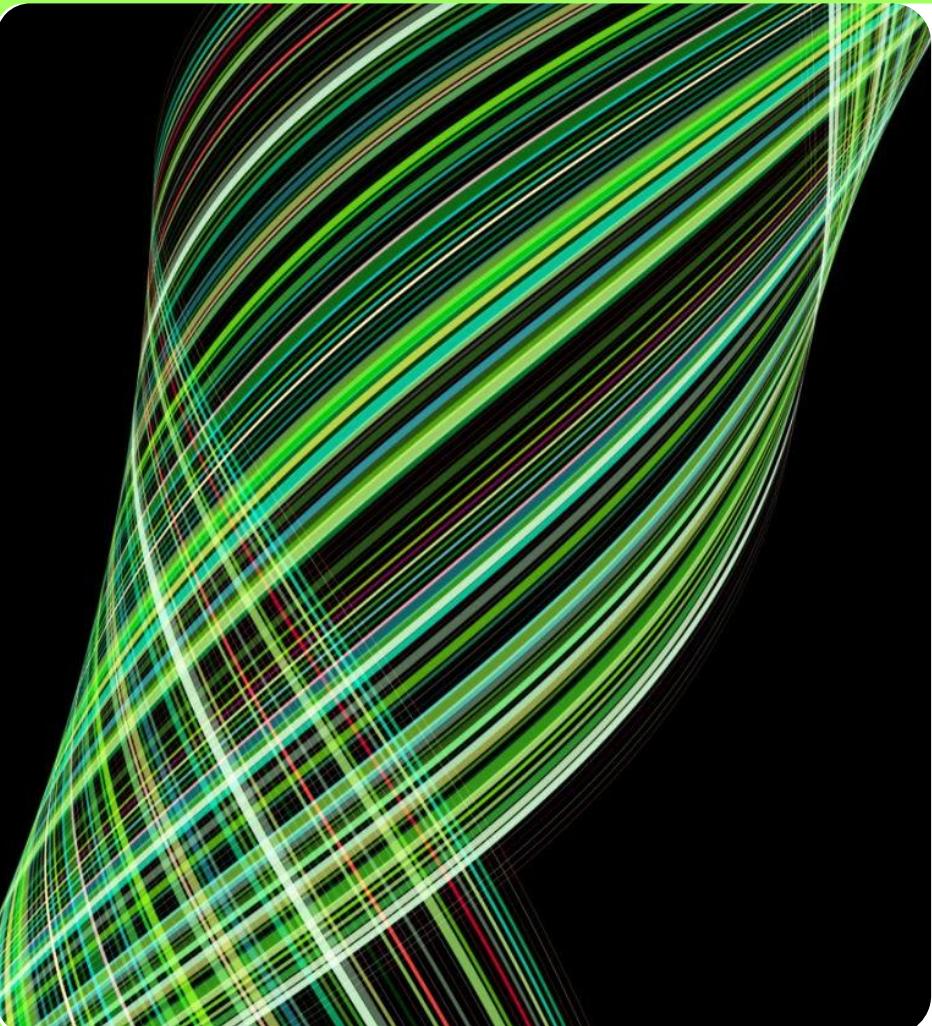
# Our Solution

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Company Name

Finding a Solution

45



### **Why it Works**

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### **Why it Works**

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expetenda.

### **Why it Works**

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# Market Analysis





## Our Audience



Company Name

Market Analysis



# Our Audience

## Market Segment

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## Our Audience

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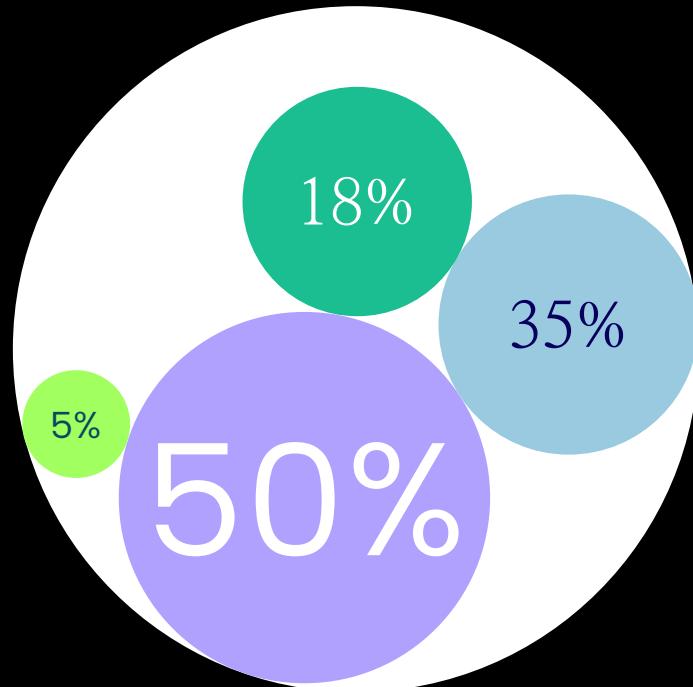
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### Market Segment

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# Market Size

- Customer Group A
- Customer Group B
- Customer Group C
- Customer Group D





## Competitor Analysis

### Competitor Name

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### Competitor Name

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### Competitor Name

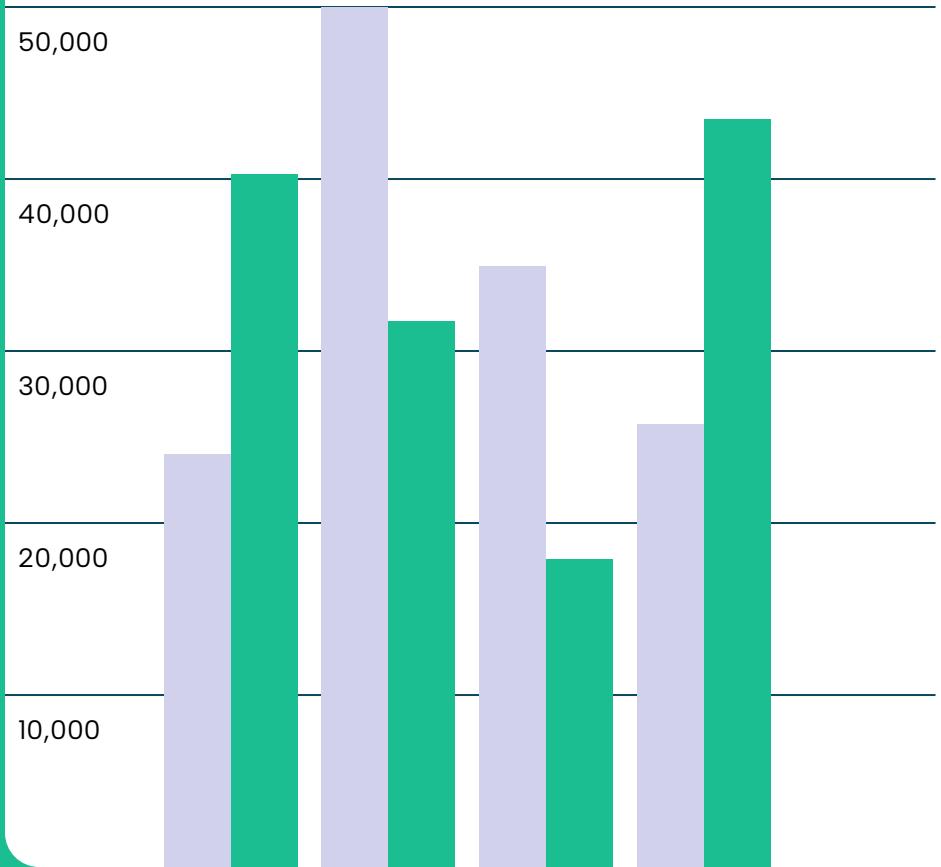
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### Competitor Name

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## Chart Headline



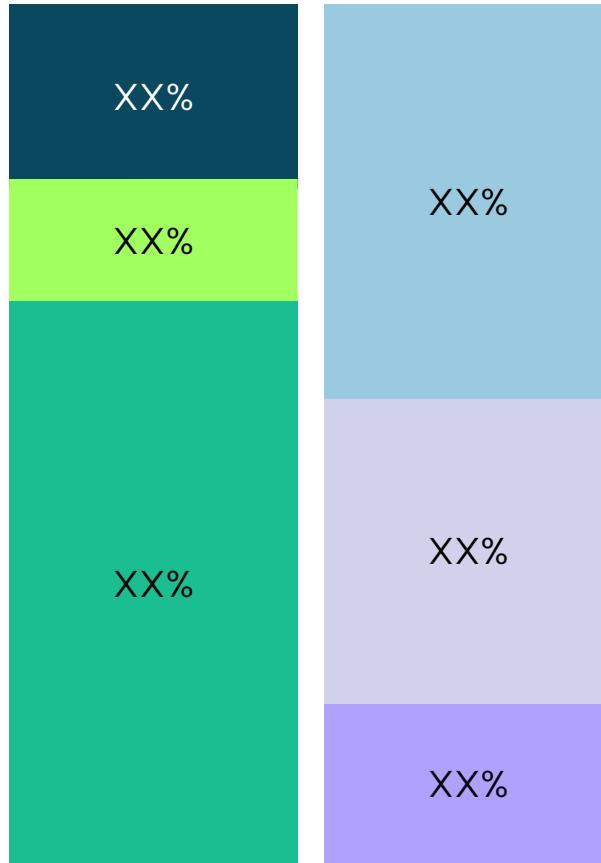
## Title

*Lorem ipsum*

- Section A
- Section B



## Chart Headline



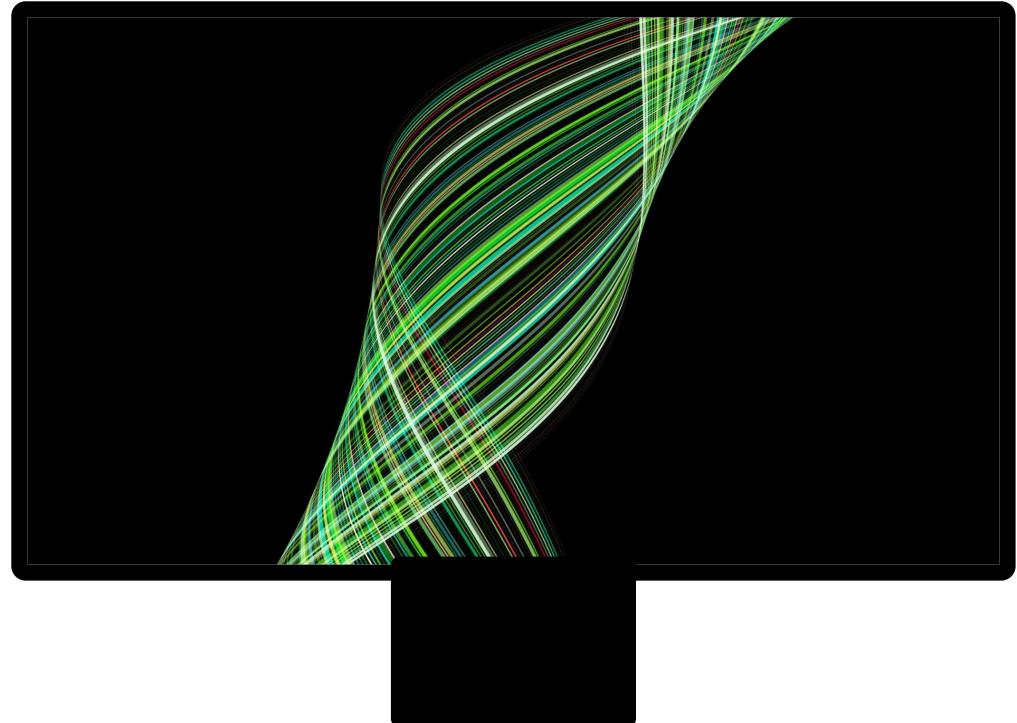
## Title

Lorem ipsum

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# Roadmap



Company Name

Roadmap

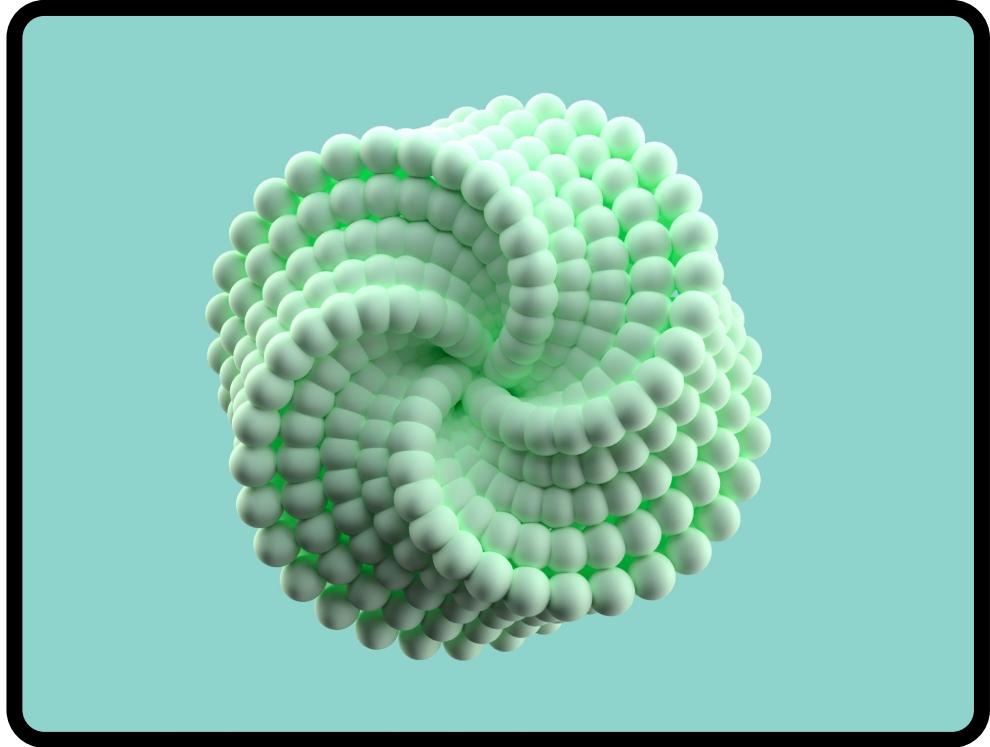


# Why Now?

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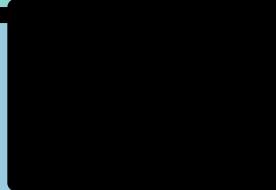
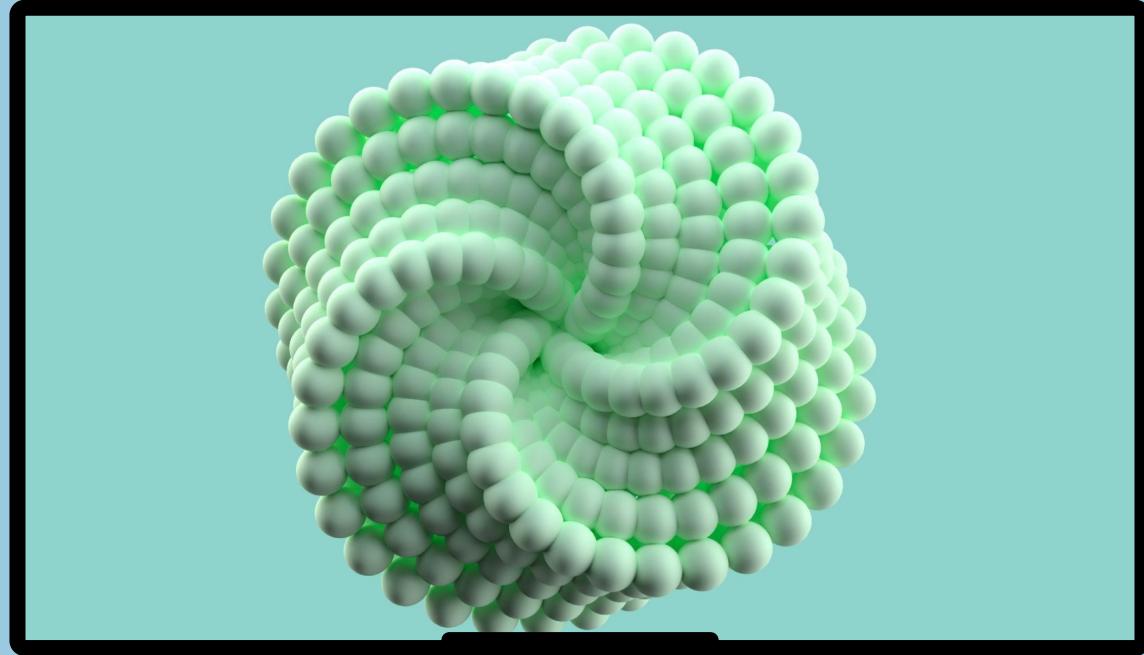
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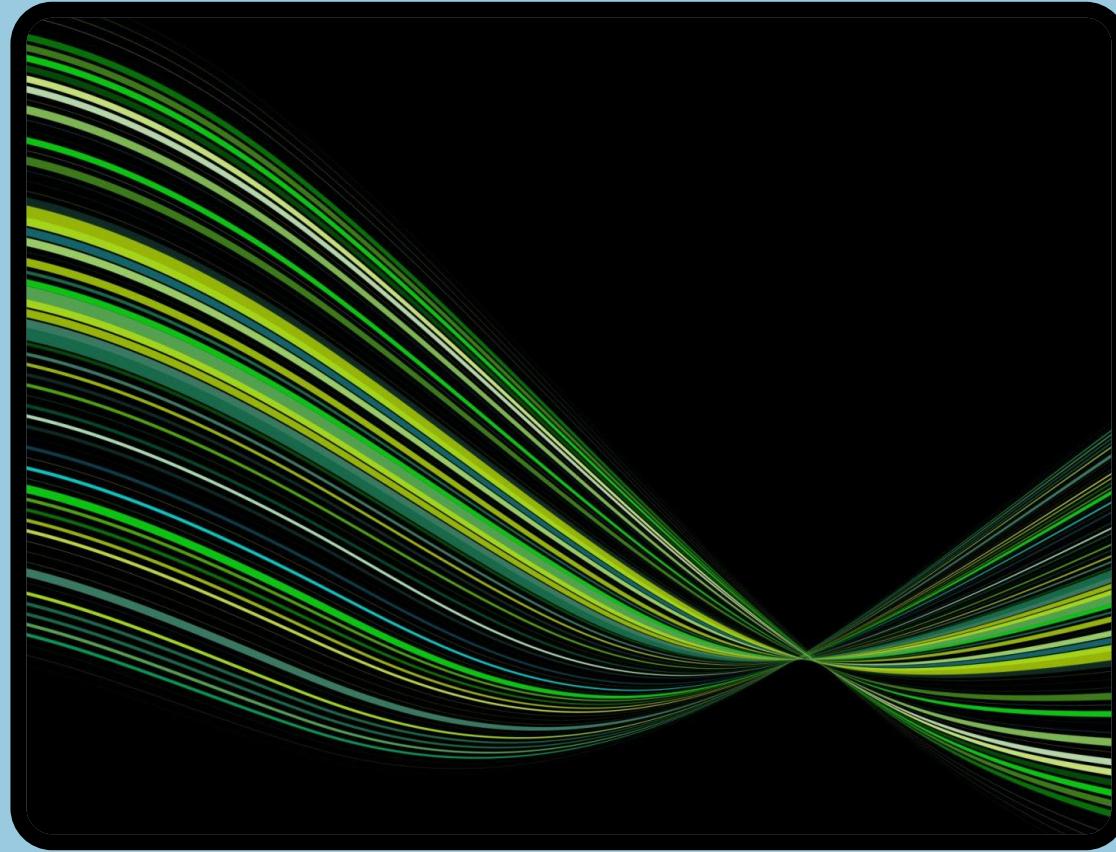
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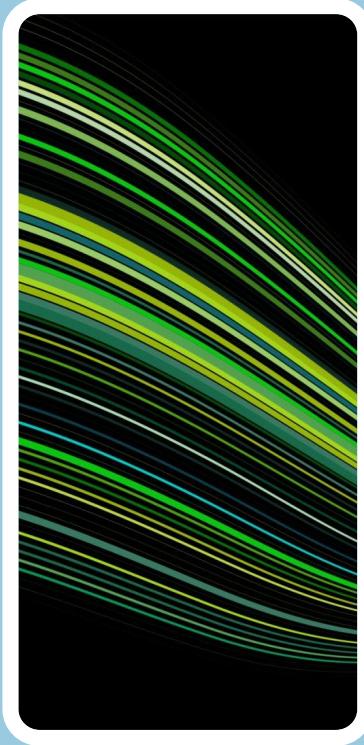
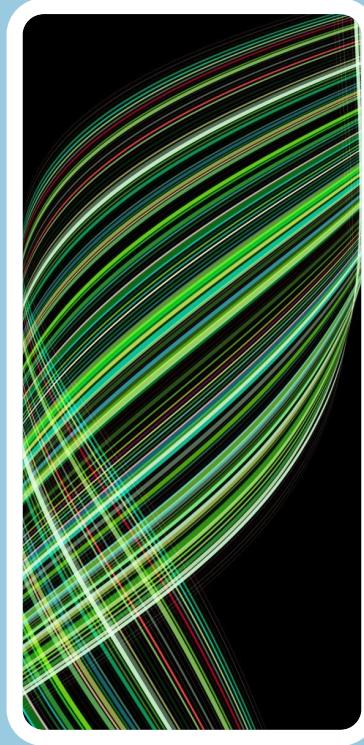


Company Name

Roadmap







## Future Focused

# Timeline

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September

Brand Strategy

October

Audience Surveys

November

Domestic Launch

December

First Update Build

Global Launch

Expand Features



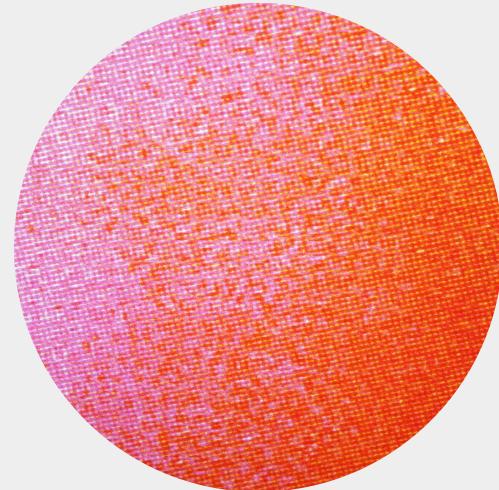
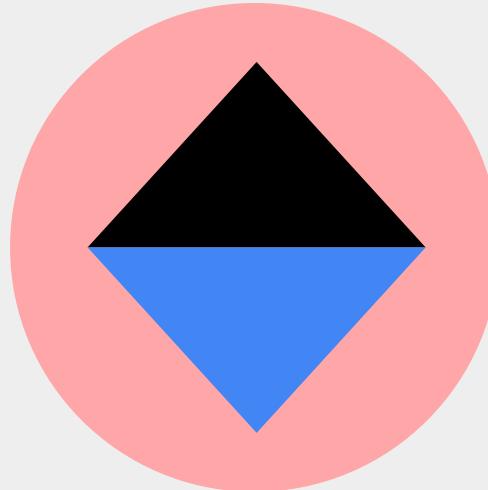
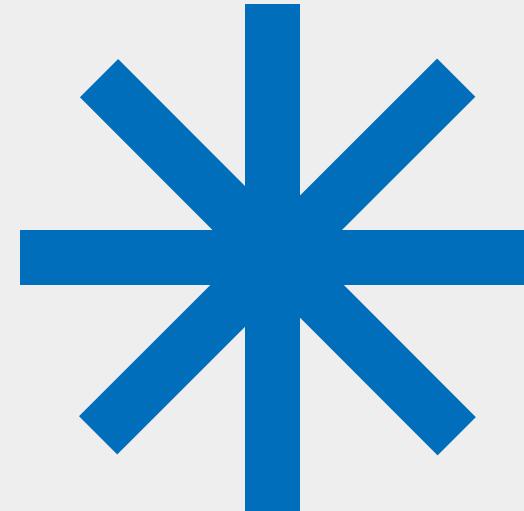
# CONGRATULATIONS ALEXIS VIDAL!

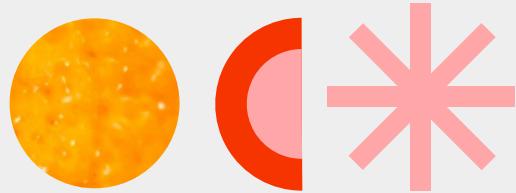
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dolore magna aliquam erat volutpat.



Working with Alexis has been an absolute game-changer for our team! Her unwavering dedication, innovative ideas, and exceptional teamwork has made a huge difference in our work.

**HANNAH WATSON**  
MANAGER OF TEAM





ALEXIS VIDAL



# ACHIEVEMENTS

---

## ACHIEVEMENT 1

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## ACHIEVEMENT 2

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## ACHIEVEMENT 3

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# YOUR MILESTON E

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volutpat.





Working with Alexis has been an absolute game-changer for our team! Her unwavering dedication, innovative ideas, and exceptional teamwork has made a huge difference in our work.

**TEAM B**  
PROJECT TEAM



# YOUR HIGHLIGHTS





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**TEAM B**  
**PROJECT TEAM**



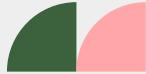
# YOUR ACCOMPLISHMENTS



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**Team B**  
Project Team



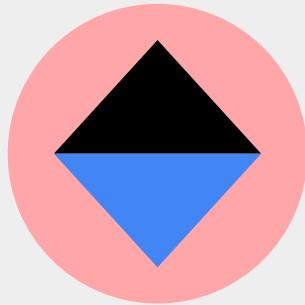
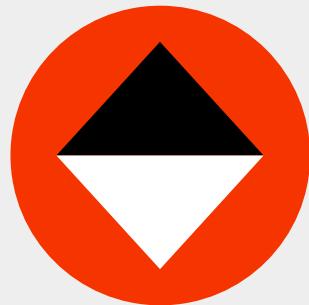
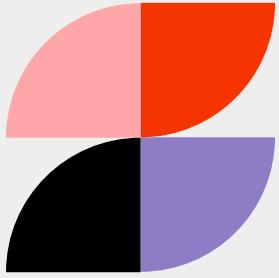


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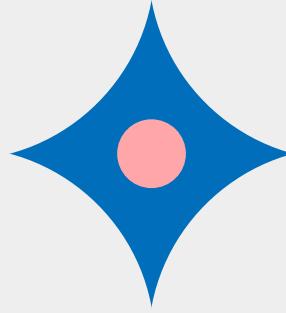
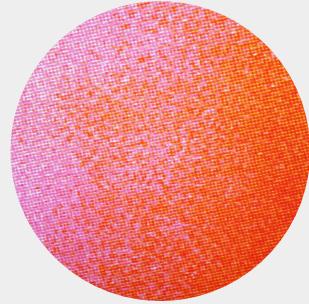
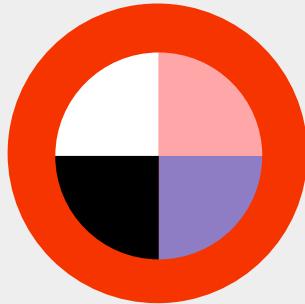
**TEAM B**  
**PROJECT TEAM**







# THANK YOU!



# STICKER SHEET