

# STEP 1 RESOURCES



## THE PREP



- Start no later than the summer before you take Step 1; preferably earlier
- Study 3-5 hours a week
- Work on quick facts and associations, no big concepts

Anki



firecracker

Anki (Bros and Zenki decks) and Firecracker are great for flashcards and short study sessions

## DEDICATED



- Work with academic support to make a schedule and follow it! It's very easy to get hung up and spend a week on renal
- 6-8 weeks of dedicated with 10-12 hour days 6 days a week
- Do practice exams. The more the better
- Pick one comprehensive resource to stick with and fill in knowledge gaps as needed with others

2 random timed UWorld mock blocks per day. Pick 1 or 2 other resources to learn. Do not hop around all resources or you will get lost

## REMEMBER

- No one source will teach everything
- Start early with flash cards for the pesky "just memorize" content
- These are only guidelines, everyone is different

**Don't forget!**

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### UWORLD

The most important and best resource for students. It's a question bank with 2400 problems that strongly resemble the real thing. Each question comes with a detailed explanation of approximately a page and it is important to read the explanations for the wrong answers to learn everything. Recommended usage is one to two mock blocks every day in the morning followed by a detailed review of the questions. Review typically takes twice as long as taking the exam so prepare accordingly.  
\$299 for 90 days.

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### FIRST AID

First Aid is the Step 1 bible. It's a bullet point format of almost everything you need to know for Step 1. It is full of useful tables and graphs as well. Good for reference or learning those "just memorize" topics, it is an excellent tool to structure your learning or look up small facts related to a disease. One drawback is the bullet point form does not leave much room for explanations on how to reason through a problem.  
\$50

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### SKETCHY MICRO

Best resource for microbiology and infectious disease. A lot of these topics are straight memorization so they are difficult to learn. Sketchy provides cartoon scenes that integrate goofy, memorable pictures with a voice overlay to teach the content. Each bacteria or virus has its own scene so by remembering the scene you can also recall all the details about the pathogen.  
\$250 for 1 year.

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### PATHOMA

Highly detailed walkthrough on all of histology and pathology. It is extremely valuable for learning the cancers where histology is the main method of diagnosis. Dr. Sattar is excellent and provides memorization tips to keep many of the similar sounding pathologies straight in your head.  
\$100 for 1 year.

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### SKETCHY PHARM

Sketchy Micro for drugs. Included with Sketchy Micro.

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### SMACKDOWN

Dedicated one or two weeks to go through all of First Aid with a group of three or four people. Best to do it at the start of the dedicated study period and it provides a good framework of knowledge to add on to.  
Free

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### USMLE-RX 360 STEP 1

Includes a question bank, flash cards and videos. They're a little simpler than UWorld, but the question bank is very large and is very useful to work through before starting dedicated. Highly recommended as a learning tool both for class and for working up to higher level questions.  
\$299 for 1 year

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### DOCTORS IN TRAINING

Video form of First Aid. If you like to watch videos to learn then this is a great tool. They walk through EVERYTHING in First Aid in a very similar order. It's not quite as detailed as you need to score well on Step 1, but's a great way to start dedicated since it builds a framework to build with and refreshes all the content you may have forgotten though the year. The videos are also well organized it is possible to go and watch a video on a specific disease for a good overview and refresher.  
\$825.

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### HELPFUL STEP 1 SECRETS

Helpful book that walks through common Step 1 content in a way that teaches to the test. It phrases topics in a way that Step 1 would test on. Available for free at <http://guides.lib.uw.edu/hsl/consolidation>.  
\$30

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### FIRECRACKER

Has improved a lot in the past few years. It is a bank of flash cards based on First Aid. Great for easing into the dedicated study period. Work through firecracker beginning at the the start of summer prior to taking your test. This way, by the time you reach the dedicated study period you already have most of the nitty gritty straight memorization down and you can focus on the difficult core concepts for Step 1.  
\$180 for 1 year.

Video

Test/Quiz

Flashcard

Book