

ACADEMIC SUPPORT: USMLE STEP 1 PREPARATION

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What is USMLE Step 1?

- Assesses your understanding and application of basic sciences.
- Emphasizes principles and mechanisms, underlying health, disease and modes of therapy/treatment.
- The exam is multiple choice with one best answer.
- The exam previously had a minimum passing score of 194, with most scores falling between 140-260.
- It is a 1 day, 8-hour exam that is divided into 7 (1 hour) blocks .

Content Outline

Table 1: Step 1 Test Content System Specifications*

System	Range, %*
General Principles**	12–16
Behavioral Health & Nervous Systems/Special Senses	9–13
Reproductive & Endocrine Systems	9–13
Respiratory & Renal/Urinary Systems	9–13
Blood & Lymphoreticular/Immune Systems	7–11
Multisystem Processes & Disorders	6–10
Cardiovascular System	5–9
Musculoskeletal, Skin & Subcutaneous Tissue	6–10
Gastrointestinal System	5–9
Biostatistics & Epidemiology/Population Health	4–6
Social Sciences: Communication and Interpersonal Skills	6–9

* Percentages are subject to change at any time. See the USMLE website (www.usmle.org) for the most up-to-date information.

** The Step 1 General Principles category includes normal and abnormal processes that are not limited to specific organ systems.

Content Outline, Cont.

Table 2: Step 1 Physician Tasks/Competencies Specifications*

Competency	Range, %*
Medical Knowledge: Applying Foundational Science Concepts	60–70
Patient Care: Diagnosis	20–25
History/Physical Examination	
Diagnosis	
Communication and Interpersonal Skills	6–9
Practice-based Learning and Improvement	4–6

* Percentages are subject to change at any time. See the USMLE website (www.usmle.org) for the most up-to-date information.

Content Outline, Cont.

Table 3: Step 1 Discipline Specifications*

Discipline	Range, %*
Behavioral Sciences	8–13
Biochemistry & Nutrition	14–24
Genetics	5–9
Gross Anatomy & Embryology	11–15
Histology & Cell Biology	8–13
Immunology	6–11
Microbiology	10–15
Pathology	44–52
Pharmacology	15–22
Physiology	25–35

*Percentages are subject to change at any time. See the USMLE website (www.usmle.org) for the most up-to-date information.

TRANSITION TO PASS/FAIL

- On February 12, 2020, the USMLE Program announced it would change Step 1 score reporting to a pass/fail outcome
- United States Medical Licensing Examination[®] (USMLE[®]) Step 1 score reporting will transition to pass/fail outcomes on **January 26, 2022**
- Outcomes for Step 1 administrations occurring before January 26, 2022 will continue to include a three-digit score and pass/fail. Step 2 CK examinations will continue to be reported as a three-digit score.

DOES PASS/FAIL CHANGE ANYTHING?

- It should not change your study plan.
- There is potential for the Step 1 minimum pass 'score' to increase 0-2 points.
- More information is expected to come in December 2021.
- May shift how program directors assess residency applications



Registration

- Register at nbme.com: **\$645**
- If you have accepted all your aid, the money should be available to cover the Step 1 fee.
- Questions about Financial Aid : <https://uwsom-studentaffairs.as.me/schedule.php>
- Complete the “Certification of Identification” Form by **October 15, 2021**
 - Requires a photo of you, hand written signature, and ID
- Select an eligibility period (3 months) that includes March 2022
- Select a test day before **March 15, 2022***

Certification of Identification

- Print out the form and add your photo
- Sign the form BY HAND (no electronic signature accepted)
- Scan it and upload it to the specified website
- Scan and upload your ID (Make sure names & signatures match)
- The school officials will then send the form to the NBME on your behalf
 - Questions? Email the main UWSOM registrar: somreg@uw.edu

NBME Accommodations/Disability Resources for Students (DRS)

- Students who require test accommodations are encouraged to **begin their process with the NBME as soon as possible.**
- Student should also **begin their UWSOM process as soon as possible with Meghan Matthews, Access Coordinator from Disability Resource Services (DRS) .**
- DRS and NBME are two separate processes and have different requirements (NBME is more stringent)
- Supporting Documentation is required and NBME can take 60-90 days to respond
- No scheduling permit will be granted before NBME responds; cannot select a test date.
- For more information about NBME accommodations please visit: <https://www.usmle.org/test-accommodations/forms.html>

NBME Documentation Guidelines

- <https://www.usmle.org/test-accommodations/guidelines.html>
 - Request for Test Accommodation Form
 - Personal Statement
 - Professional Evaluation
 - Relevant Records of Impaired Functioning
- Your documentation is a key factor in whether your request is approved/declined
- Documentation must be within last **3 years** to establish current impairment and need. For psychiatric disabilities, they want documentation from last **6 months**
- Work in advance with your provider to get documentation that meets their specific requirements

Responsibility

- **Student Responsibility:**

- Learn and understand NBME requirements for accommodations
- Consult with DRS for support and guidance
- Submit required materials to NBME

- **DRS Responsibility:**

- Meet with students to guide answer questions related to NBME accommodations
- Complete Certification of Prior Testing Accommodations (CPTA) form
- Provide letter of support for denials (if desired; 3-week lead time needed)

When Should I take Step 1?

- The deadline to take Step 1 is **March 15th, 2022**.
- Step 1 is taken after all foundations courses are completed and passed. Remediation of foundations phase required work must be completed prior to taking USMLE Step 1.
- Students must prepare for and take Step 1 before starting any clerkships or clinical electives.
- You cannot retake Step 1 for a better score if you passed the first time.
- A Step 1 delay or formal request for deferral is required to move the USMLE Step 1 deadline after March 15 (All requests are submitted to Dr. Sardesai).

STEP 1 TIMELINE

- Autumn/Winter of Foundations (2nd Year)
 - Register for Step 1
 - Keep up with coursework
 - Meet with your learning specialist to talk about a study plan.
- Dedicated Study Time
 - Start 8-12 hours of daily study
 - Engage in content review; mock blocks and self-assessments.
 - Check in regularly with your learning specialist.

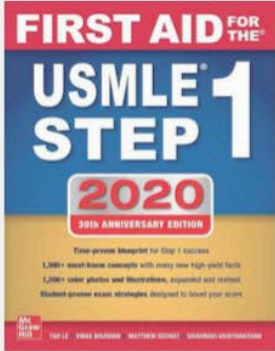
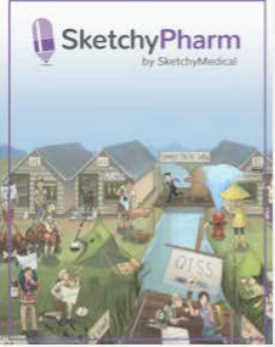

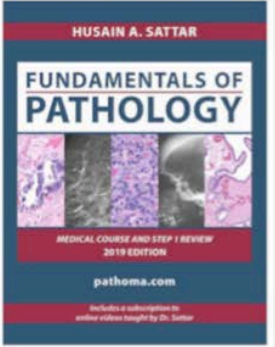
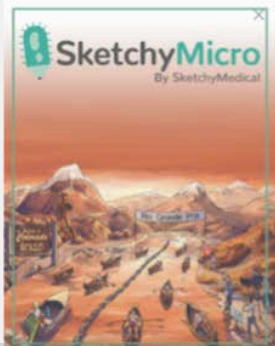



HOW TO UTILIZE YOUR LEARNING SPECIALIST FOR STEP 1 PREPARATION

- Help with choosing a test date.
- Help with registration.
- Help with anticipated testing accommodations.
- Help with organizing study resources.
- Help with creating a study plan that works for you.
- Help with accountability and encouragement
- Help with referrals if needed (counseling, proactive advising, tutoring, etc.)

STEP 1 RESOURCES

- Uworld
- Sketchy (Micro, pharm)
- Pathoma
- Anki
- First Aid

	FIRST AID		SKETCHY PHARM
	UWORLD QBANK		PATHOMA
	SKETCHY MICRO		BOARDS AND BEYOND

Data from E19 students post consolidation survey

Usefulness of Study Resources: Scale of 1 (Not Useful) to 5 (Extremely Useful)

Resource	Mean (Mode)	N	E18
UWorld	5.0 (5)	99	4.9 (5)
Sketchy Micro	4.8 (5)	91	4.8 (5)
Sketchy Pharm	4.8 (5)	89	4.7 (5)
Pathoma	4.5 (5)	92	4.5 (5)
Pixorize	4.3 (5)	33	-
Anki	4.2 (5)	81	4.2 (5)
First Aid for Step 1	4.1 (5)	99	4.1 (5)
Sketchy Path	4.0 (5)	41	3.7 (5)
Boards & Beyond	4.0 (4)	82	4.2 (5)
Smackdown	3.7 (4)	15	3.2 (3)
Amboss	3.7 (3)	42	3.8 (5)
Goljan's Pathology Audio Lectures	3.6 (4)	31	3.4 (4)
USMLE-Rx Qmax	3.4 (3)	49	3.7 (3)
Physeio	3.3 (3)	6	-
USMLE-Rx Flash Facts/Express Videos	3.3 (3)	16	3.0 (3)
Osmosis	2.8 (3)	12	2.6 (3)
Pastest	1.8 (1)	4	-

STEP 1 STUDY PLAN

- You can work with your learning specialist to create an individualized weekly and monthly study plan based on your test date.
- Check in regularly with your learning specialist to discuss progress of your study plan and with your practice exams.
- Review your practice exam score reports with your learning specialist and adjust study plan as needed.
- Plan your practice exams days each week.
- Plan your day off each week.

Sample Study Day

- 8am-12pm: Take Mockblocks and Review Answers
- 12pm-1pm: Lunch Break
- 1pm-5pm: Subject Specific Content Review
- 5pm-6pm: Dinner Break
- 6pm-8pm: Review Supplemental Study Materials



Sample Month View

FEBRUARY 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1 OFF
2 Review SA Psych	3 Renal	4 Repro	5 Resp	6 Anatomy	7 NBME 21 +1 MBs	8 OFF
9 Review SA Public Health Sciences	10 Biochem	11 Immuno	12 Micro	13 Cardio	14 NBME 22 +2 MBs	15 OFF
16 Review SA Endo	17 GI	18 Heme/Onc	19 MSK	20 Neuro	21 NBME 23 +2 MBs	22 OFF
23 Review SA Psych	24 Renal	25 Repro	26 Resp	27 Path/ Pharm Consolidation	28 NBME 24 +3 MBs	29 OFF

BEST WAY TO STUDY FOR STEP 1

- Adequate amount of content review
 - A pass of First Aid Review Book
- Adequate amount of practice questions
 - A pass of Question Bank (3,500+ questions)
- Attend Step 1 group sessions offered weekly during Dedicated Period

READINESS FOR TEST DAY

- Self-Assessments – NBME Forms (Step 1 Practice Tests)

Score >210

- UWorld Mock blocks (40 questions timed, all systems all subjects)

Average score: 60%-70%+

- If not reaching goal, reassess study plans and continue to work with learning specialists and tutors; perhaps take more time
- **Goal: Consider personal factors & concrete metrics to suggest if student is comfortably in the successful zone.**

TEST DAY SNAPSHOT

- Total Questions: 280
- Questions per block: 40
- Number of blocks: 7
- Time given per block: 1 HOUR
- Total exam time: 8 HOURS
- Total break time: 1 HOUR



CBSE Exam – Comprehensive Basic Science Exam

- November 8, 2021
- Standardized exam offered by the National Board of Medical Examiners
- Approximates the content on the USMLE Step 1 exam
- Designed to assess your knowledge from the pre-clinical years of medical training
- Tends to correlate well with step performance
- Can give feedback on areas on which to focus studying
- One of several data points used to identify students who might benefit from CBSR course

CBSR Course

- Comprehensive Basic Science Review Course
- 8 credit *invitation only* course that will be offered to students after reviewing the Foundations block, thread and CBSE performance of all students.
- Invitations will go out around late November and the deadline for acceptance will be sometime in early December.
- If you decide to participate in the CBSR course, your Step 1 deadline will be extended.
- Please contact Dr. Edith Wang ehwang@uw.edu with questions related to CBSR.

WHAT CAN I DO NOW?

- Keep up with coursework, it is the most important priority right now!
- Start the registration process
- Gather any paperwork or documentation you might need
- Start planning and exploring your study resources
- Determine who your learning specialist is; Dr. Brice (Cascade) & Dr. Tyler (Olympic)

QUESTIONS?



CONTACT INFORMATION

- Academic Support
 - Dr. Brice – ebrice@uw.edu (Cascade College)
 - Dr. Tyler – yvonneyt@uw.edu (Olympic College)
- Accommodations/DRS
 - Meghan Matthews -
meghanm7@uw.edu; <https://depts.washington.edu/uwdrs/>
- Financial Aid
 - <https://uwsom-studentaffairs.as.me/schedule.php>
- Registrar
 - somreg@uw.edu
- CBSR Course
 - Dr. Edith Wang ehwang@uw.edu