

ACADEMIC SUPPORT: USMLE STEP 1 SUMMER PREPARATION



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Presentation Agenda

- Step 1 Information & Content Outline
- Changes to Step 1: Pass/Fail
- Career Advising Information
- Step 1 Timing
- CBSR Course
- Step 1 Study Planning & Resources
- Step 1 Test Day Information
- CAS & CBSE Exams
- Lessons Learned
- Summary
- Questions

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 (now 196), 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 no earlier than January 1, 2022
- This year is the first-year students took Step 1 as a Pass/Fail exam.
- It should not change your study plan.
- The test is not "easier" because it is Pass/Fail, in fact the internal minimum passing score increased 2 points to 196 this year.
- May shift how program directors assess residency applications



CAREER ADVISING

SPECIALTIES & RESIDENCY APPLICATIONS

Specialties & Residency Applications

- There is a lot that we still don't know about the impact of Step 1 going P/F.
- Anticipate that the following factors will continue to be important in the absence of Step 1 scores: Step 2CK, clinical grades, Letters of Rec, Personal Statement, etc.
- Emphasis on Step 2CK, as some programs want a numerical score for cutoffs.
- UWSOM students historically do well on Step 2CK (National Avg 245; UWSOM Avg 246)
- Please reach out to your Career Advisor if you have questions or concerns regarding residency applications and specialties.

ACADEMIC SUPPORT

The background of the slide is a photograph of a person wearing a white lab coat and glasses, looking down at several petri dishes on a table. The image is overlaid with a semi-transparent purple gradient.

CREATING A STUDY PLAN & TIMELINE

Dr. Brice & Dr. Tyler

When Should I take Step 1?

- The deadline to take Step 1 is March 15th, 2023; Most test dates fall between Jan and March.
- Step 1 is taken after all foundational coursework is 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.
- An early action Step 1 delay or formal request for deferral is required to move the USMLE Step 1 deadline after March 15.

STEP 1 Timeline

- Winter/Spring of Foundations (Right Now)
 - Keep up with coursework!
 - Start exploring study resources
- Summer of Foundations
 - Review content
 - Pick 3 weaker areas
 - Example: Path/Pharm/Micro
 - Start assessing strengths and weaknesses
 - Stay engaged with the course material



STEP 1 Timeline, Cont.

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



CBSR Course

Comprehensive Basic Science Review Course (CBSR):

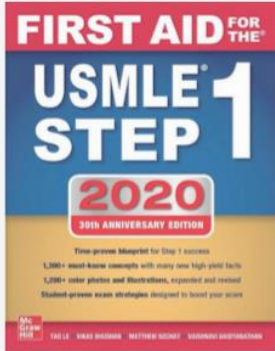
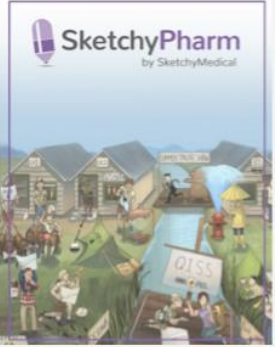

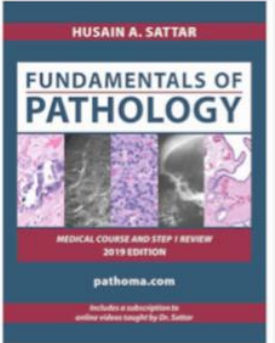
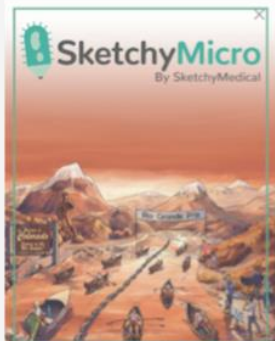

- At the conclusion of foundations overall performance in the blocks, threads, and courses; trajectory during the foundations phase; and extenuating circumstances will be weighed.
- Scores on the NBME Comprehensive Basic Science Exam (CBSE) will be used to confirm mastery.
- Students who need additional time to master the basic science curriculum will be offered the opportunity to delay sitting for Step 1.
- Step 1 deadlines will differ for CBSR students and are in middle to late June.

Academic Support & 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

- AMBOSS
- USMLE Rx QBank (Great for summer study)
- Anki Flashcard Decks
- Kaplan Q Bank
- Pixorize

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

STEP 1 Study Plan

- You can work with your learning specialist to create a study plan based on your test date.
- Inform your learning specialist of any study preferences or specific challenges.
- 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. Plans require flexibility.
- Plan your practice exams days and 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
 - Ex. A pass of First Aid Review Book
- Adequate amount of practice questions
 - Ex. A pass of Question Bank (3,500+ questions)
- Attend Step 1 group sessions offered weekly during dedicated period; Individual tutoring sessions for Step 1 if more support is needed

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



Metacognition



KNOWING YOUR STRENGTHS AND WEAKNESSES

CAS Exam

The CAS is a great opportunity to see actual NBME questions and test your current knowledge.

- Although it is optional, taking this test seriously can be very helpful in providing data on your test taking skills, and content strengths and weaknesses
- Sign up to take it by filling out a survey emailed to you from somtests@uw.edu (usually at the beginning of June)
- It is 2.5 hours long
- Questions? contact: somtests@uw.edu
- You should have received an email from Dr. Cunningham regarding the CAS exam on 5/19/22

CBSE Exam – Comprehensive Basic Science Exam

- November 2022
- 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

Lessons Learned – 1st Year of PASS/FAIL

- CBSE Scores and block averages were a good predictors of potentially needing more time to study.
- Extenuating circumstances tend to have an impact on Step 1 timelines
- If you receive a CBSR invitation, reach out to your Learning Specialist to discuss and talk through the possible benefits the course may have for you.
- Don't start preparing or studying for Step 1 at the last minute
- Consider building a few weeks of cushion into your plan in case you need to push it back
- Work the Consolidation course and winter holidays/special events into your study plan
- Utilize tutoring services (group, individual and drop-in) for Step 1; prioritize your weakest areas.
- Step 1 can impact wellness and mental health; establish a support system - Counseling Services is a great resource

What Can I do right now?

- Keep up with coursework, it is the most important priority right now!
- Identify the topics you've struggled with the most.
- Start planning, exploring and/or purchasing your study resources
- Start incorporating a few practice questions into your routine
- Begin to take a second look at material from CPR, MCBD, I&D or Pathology
- Start to practice retrieving information by reviewing flashcards or other retrieval methods that you prefer (ex. Concept Maps).
- Plan to take a short break before starting your dedicated study period!

Words of Encouragement & Advice

- Reflect on what you've been taught to be a great and capable clinician so far; you've done A LOT and learned A LOT this year.
- Dedicated period will be here before you know it; start early and plan things out a little at a time so you're not overwhelmed when it gets here.
- You are not alone in this process; we are here to help you!
- Step 1 is tough, but so are you!
- Hold yourself accountable for following through with your study plans as best you can.
- Be flexible! You may have to adjust your plan as needed, that is okay.
- Most importantly.....give yourself some grace!

QUESTIONS?



CONTACT INFORMATION

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