



STEP 2 CK WORKSHOP

WWAMI ACADEMIC SUPPORT : DR. BRICE & DR. TYLER

CAREER ADVISING : TONJA BROWN



WORKSHOP AGENDA

- Registration Reminders
- Content Outline
- Study Plan Considerations
- Study Plan Components
- Study Plan Template
- Study Resources
- Step 2 CK Tutoring
- Step 2 CK Scoring and Data
- Test Day Snapshot
- Changing Your Test Date
- Career Advising
- Words of Wisdom



STEP 2 CK REGISTRATION

REGISTRATION REMINDER

- Login to NBME
- Registration Fee: **\$645**
- If you have accepted all your financial aid, the exam fee would have been included in your MS3 fall quarter deposit
- Questions about Enrollment or Verification? Email UWSOM Registrar at somreg@uw.edu
- No need to complete a new CID form; you will use the same testing ID to register
- **Note:** MSTP students likely need to complete a new CID form as they only last 5 years.
- Select a three month eligibility period that includes June 2022
- Select a test day before **June 30, 2022**
 - For students completing their Patient Care Phase off-cycle from the projected timeline, Step 2 CK must be taken within 12 weeks of completing the Patient Care Phase.

DELAYED STEP I EXAM

- Students who have not taken Step I yet will need to do so before starting Explore & Focus
- Check in with your Learning Specialist regarding the timing of both exams.
- For questions regarding registering for Step I please contact your Learning Specialist or the Registrar



STEP 2 CK CONTENT



System	Range, %
General Principles of Foundational Science**	2-4
Immune System	3-5
Blood & Lymphoreticular System	4-6
Behavioral Health	6-8
Nervous System & Special Senses	6-8
Musculoskeletal System/Skin & Subcutaneous Tissue	6-10
Cardiovascular System	8-10
Respiratory System	7-9
Gastrointestinal System	7-9
Renal & Urinary System & Male Reproductive	4-6
Pregnancy, Childbirth & the Puerperium	4-6
Female Reproductive System & Breast	4-6
Endocrine System	4-6
Multisystem Processes & Disorders	4-6
Biostatistics & Epidemiology/Population Health/Interpretation of Medical Literature	3-5
Social Sciences: Legal/Ethical Issues & Professionalism/Systems-based Practice &	10-15

Table 2: Step 2 CK Physician Task/Competencies Specifications*

Competency	Range, %
Medical Knowledge: Applying Foundational Science Concepts	0**
Patient Care: History and Physical Exam	0***
Patient Care: Laboratory/Diagnostic Studies	13–17
Patient Care: Diagnosis	16–20
Patient Care: Prognosis/Outcome	5–9
Patient Care: Health Maintenance/Disease Prevention	8–12
Patient Care: Pharmacotherapy	8–12
Patient Care: Clinical Interventions	6–10
Patient Care: Mixed Management	12–16
Practice-based Learning & Improvement	3–5
Professionalism	5–7
Systems-based Practice & Patient Safety	5–7

Table 3: Step 2 CK Discipline Specifications

Competency	Range, %
Medicine	50-60
Surgery	25-30
Pediatrics	20-25
Obstetrics & Gynecology	10-20
Psychiatry	10-15



**STEP 2 CK
STUDY
PLANNING**

ACADEMIC SUPPORT – LEARNING SPECIALISTS

- Determine learning specialist; you will no longer work with your Foundations specialists in Wyoming, Spokane, Montana, Alaska or Idaho.
- Dr. Brice (Cascade, Wyoming, Montana, Alaska) & Dr. Tyler (Olympic, Spokane, Idaho)
- Check in about practice exam scores, strategies & skills, time management, etc.



Step 1 Score



Content Areas: Strengths & Weaknesses



Shelf Exam Performance



How long you want to study



Life events/Responsibilities

STUDY PLAN CONSIDERATIONS

Test Day

Practice Questions (Mockblocks)

Practice tests (NBME & UWORLD)

Consolidation/Content Review (Books, Videos)

Retrieval Practice (Flashcards)

Day off (1 consistent day of the week)

Topics (USMLE Content List)

STUDY PLAN COMPONENTS- THINGS TO INCLUDE IN YOUR PLAN

WHERE TO FIND A STUDY PLAN

Click on

Log in to the Academic Support Website
Click on "Step 2"

Scroll

Scroll to "How do I create a study plan?"

Select

Select a study plan template to download and follow the instructions

Upload

Upload your plan to share prior to meeting with your learning specialist

STUDY PLAN TEMPLATE (4 WEEK EXAMPLE)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Medicine	Neurology	Surgery	UWORLD 1 + Exam Review	Obstetrics & Gynecology	Pediatrics	DAY OFF
8	9	10	11	12	13	14
NBME + Exam Review	Cardiovascular	Respiratory System	Renal + Urinary	Infectious Disease (All Systems)	NBME + Exam Review	DAY OFF
15	16	17	18	19	20	21
Immune System + Heme/Onc	Endocrine System	Gastrointestinal System	NBME + Exam Review	Psychiatry/ Behavioral Health	Musculoskeletal System/Skin & Subcutaneous Tissue	DAY OFF
22	23	24	25	26	27	28
Ethics and Legal Issues	UWORLD 2 + Exam Review	Biostatistics & Epidemiology	Free 120 Step 2 CK	Rapid Review First Aid Book Step 2 CK	DAY OFF	STEP 2 CK TEST DAY

STEP 2 CK RESOURCES

Rank	Title (all editions)	% of students used
1.	UWorld	77.8
2.	OnlineMedEd Clinical	32.6
3.	Anki	32.2
4.	First Aid for the USMLE Step 2 CK Clinical Knowledge	18.9
5.	Boards and Beyond Step 2-3 Clinical	15.9
6.	AMBOSS	15.2
7.	Master the Boards USMLE Step 2 CK	9.8
8.	SketchyIM	5.4
9.	SketchyPharm	5.2
10.	Step-Up to Medicine	5.2

Source: Cramfighter

CONTENT REVIEW & MOCKBLOCKS

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- Mock blocks are 1 hour in length with 40 questions. (those with testing accommodations should practice using the time length that they will get per block on the exam)
 - Mock blocks are great for increasing stamina, timing, thinking broadly and training for test day
 - Consolidation is in depth review of content.
 - Your approach may change as your knowledge base grows.
 - May shift over time to spend more time on weaker subjects

RETRIEVAL PRACTICE



Drills are any mechanism for recalling facts as quickly and efficiently as possible.



Students may use Anki, other flashcards or alternative methods of self-quizzing.



Missed content is flagged and either revisited or reviewed later.



Anki Tutorial available on Academic Support website



PRACTICE EXAMS & FREE120

Self Assessments:

- Evaluates your readiness to take the USMLE Step 2 CK
- UWorld (1 & 2) and NBME (9-11)
- Diagnostic feedback highlights areas of strength and weakness
- View answer explanations to reinforce your knowledge and maximize study time
- Use your self-assessment score to estimate your approximate score on the USMLE score scale (Suggested 220+ on NBME exams)

Free 120:

- Features multiple-choice questions that are close to what you will see on test day
- Review the tutorial and overview before test day. If you skip these on test day 15 min will be added to your allotted 45 min of break time

TUTORING SERVICES

Step 2 CK group is on
Wednesdays 6:30
pm PST

Each group session will
have two tutors present
to facilitate the session.

Step 2 CK Individual
tutoring has begun



STEP 2 CK SCORING

SCORING UPDATE

USMLE announced today, 4/13/22, That the Step 2 CK passing score will increase 5 points on 07/01/22

Passing Score Before 07/01/22: 209

Passing Score After 07/01/22: 214

	Examinees from UWSOM	Examinees in U.S. & Canada
Passing Rate	99%	99%
Mean Score (SD)	246(13)	245(15)

UWSOM STEP 2 CK DATA - 2020

■*Data gathered from examinees during July 2020 to June 2021




STEP 2 CK TEST DAY

TEST DAY SNAP SHOT

- Total Questions: 318
- Questions per block: 40
- Number of blocks: 8
- Time given per block: 1 HOUR
- Total exam time: 9 HOURS
- Total break time: 45 min + 15 Orientation= 1 HOUR

CHANGING YOUR TEST DATE

You can move your exam date up or back within the June 30, 2022 deadline.



NBME rescheduling fees:

>45 days :
no fee

31-45 days:
\$35

6-30 days:
\$100

5 or less
days :**\$128**



CAREER ADVISING

TONJA BROWN

Career Advisors' Contact & Appointment Information

medadv@uw.edu

Sarah Thomson (she/her)
Cascade, WY



Linh Ngo (she/her)
AK, MT, Olympic



Tonja Brown (she/her)
GU, ID



Schedule an appointment: <https://uwsom-careeradv.12twenty.com/>

STEP 2 CK & Residency Applications

Using the Data Currently Available

- [NRMP Program Directors Survey](#) - Application factors program directors use to select applicants to interview
- [NRMP Charting Outcomes in the Match](#) - Summary statistics and characteristics of matched applicants

Parallel Planning

Parallel planning is an essential component of planning for the Match

- Identify 2 or more specialties of interest with varying degrees of competitiveness
- At least 1 of these specialties needs to be a less competitive specialty
 - i.e. internal medicine, family medicine, pathology

Review the [first half of this page](#) for an explanation of parallel planning

Career Advising Services

- Support with specialty exploration & decision making
- Connect you to resources
- Assist with personal statements, CVs, ERAS applications

Schedule an appointment: <https://uwsom-careeradv.12twenty.com/>

Visit our website: education.uwmedicine.org/career-advising/choosing-a-career



SUMMARY & WORDS OF WISDOM

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- When start studying, stick with your schedule as much as possible
 - Take some breaks, clock in/out, 1 day off per week
 - You have a strong knowledge base; you've learned a lot during clinical rotations
 - Review & add in details as needed
 - Practice tests!
 - Check in with your support system
 - Don't wait until the last minute to get support