

# STEP 1 PREP WORKSHOP



ACADEMIC SUPPORT – SEATTLE : DR. BRICE & DR. TYLER

December 5, 2022

# Workshop Agenda

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Step 1 Updates

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Step 1 Content Review

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Components of a Study Plan

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Step 1 Resources

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Step 1 Tutoring

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Test Day Prep/Do's and Don't's

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Words of Wisdom & General Advice

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Questions

# Recent Changes to Step 1



- Pass/Fail - January 26, 2022
- Increase of minimum passing score from 194 to 196
- NBME practice exams will no longer give a 3-digit score; will give pass/fail estimate; equated % score – February 23, 2022
- Rescheduling Fees:
  - (46 or more days) - No Fee
  - (31-45 days) - \$35
  - (6-30 days) - \$100
  - (5 or fewer days) - \$128

# 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](http://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](http://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](http://www.usmle.org)) for the most up-to-date information.

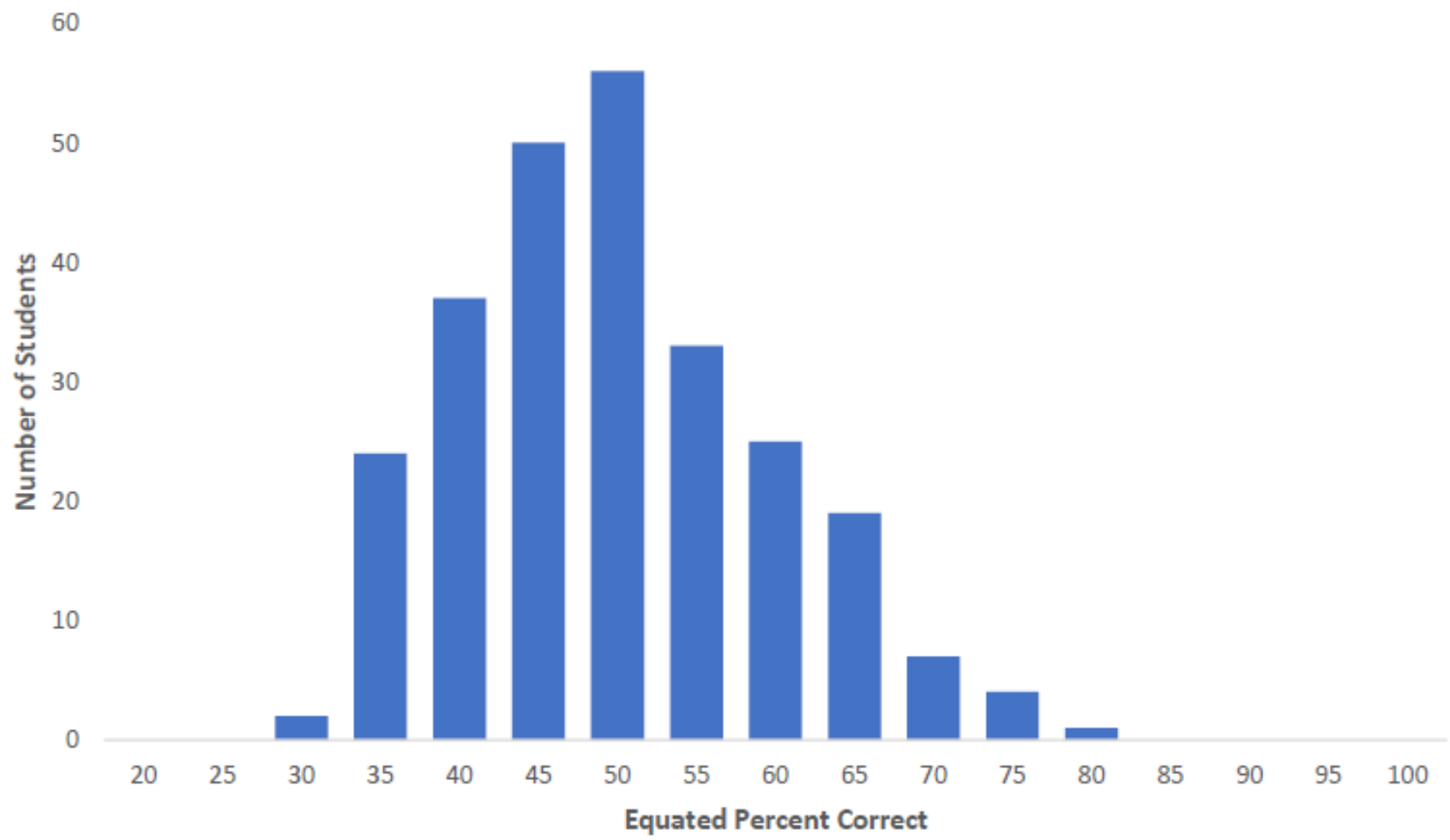
# Study Plan Considerations

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- CBSE Exam Score
- Content Areas: Strengths & Weaknesses
- Capstone Lecture Schedule
- How long you want to study
- Life events/Responsibilities



E21 CBSE Summary



UWSOM Class  
Average: 47.8%

National Average:  
42.3%

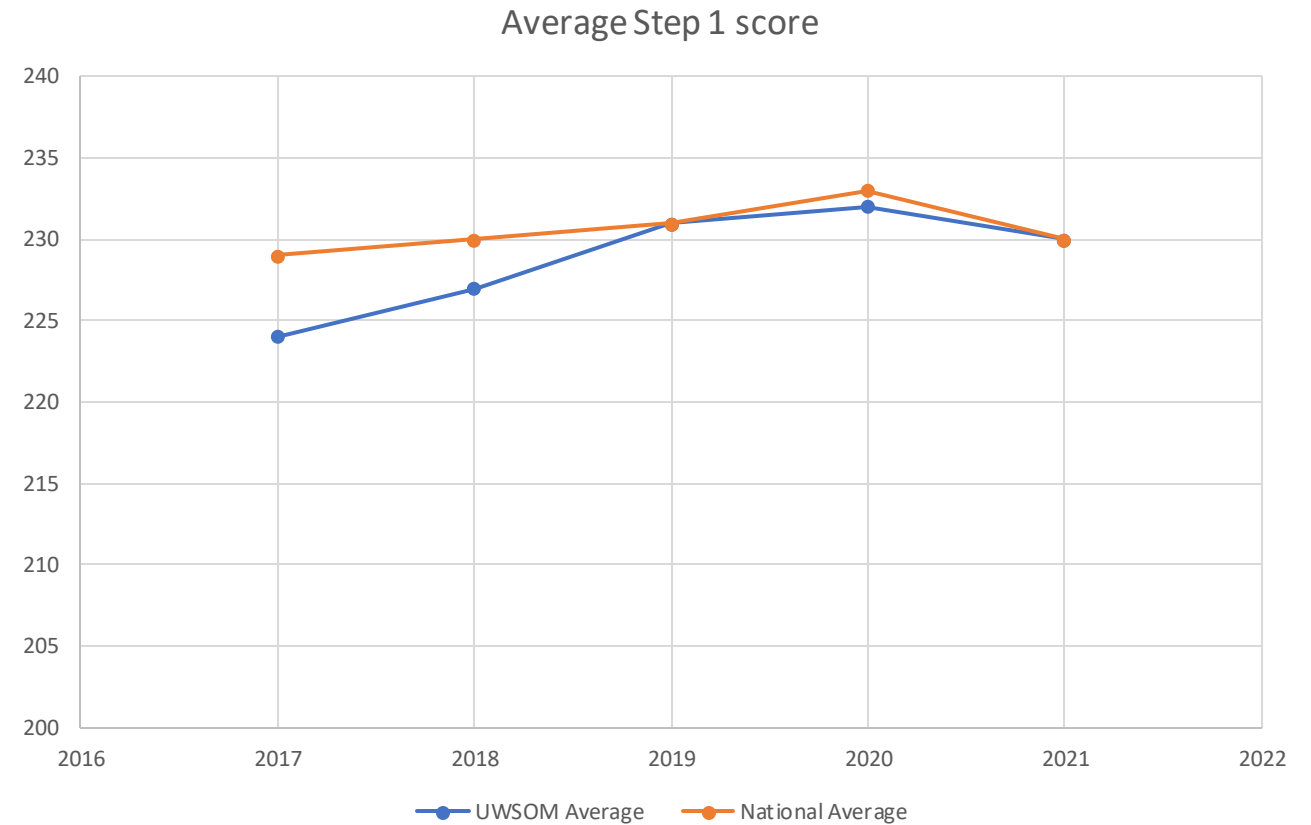
Minimum Passing:  
62%



# UWSOM Step 1 Data – 2021

2021

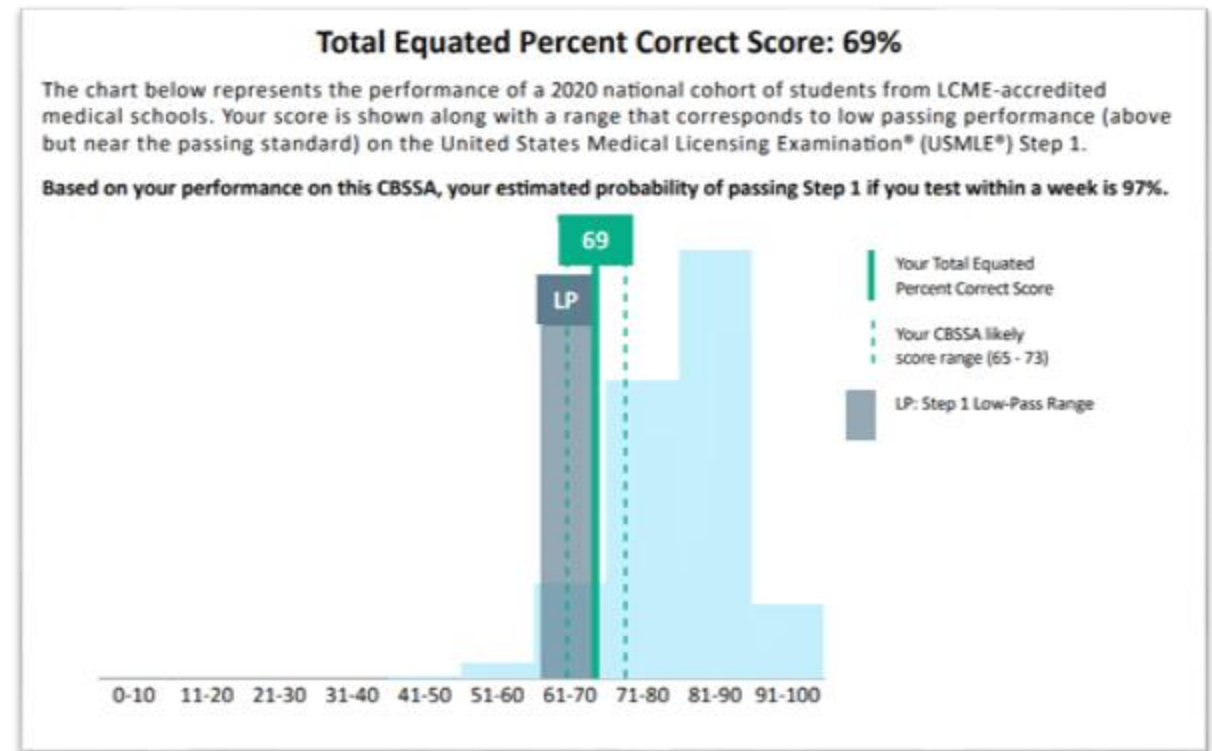
- UWSOM Passing Rate: 96%;  
National Passing Rate: 96%
- UWSOM Mean Score: 230;  
National Mean Score: 230



# How to interpret your CBSE score report

Sample score report: <https://education.uwmedicine.org/wp-content/uploads/2022/06/Example-Score-Report.pdf>










- Your CBSE score is in Green
- Your CBSE score is being compared to the national cohort who took Step 1 in 2020
- "EPC" means "Equated Percent Correct"
- "LP" means "Low Passing"
- This is also how the NBME Self-Assessment score reports look



# How to interpret your CBSE score report, continued

Sample score report: <https://education.uwmedicine.org/wp-content/uploads/2022/06/Example-Score-Report.pdf>

- Your "EPC score" is compared to the cohort who took Step 1 in 2020.
- Remember, the national avg in 2020 was 232; or an EPC of 79
- This student can select areas to work on that are lower than 70
- You can choose to attend Capstone sessions and dedicate more study time to any areas that are scored the lowest

Name: Student A			Test Date: 5/1/2022			
	Your EPC Score	Comparison Group Average EPC Score	Score Comparison:			% of Items
Performance by Discipline						
Pathology	72	81				44-52%
Physiology	74	80				25-35%
Microbiology & Immunology	67	81				16-26%
Biochemistry & Nutrition	75	81				14-24%
Pharmacology	87	83				15-22%
Gross Anatomy & Embryology	62	76				11-15%
Behavioral Sciences	82	87				8-13%
Histology & Cell Biology	73	78				8-13%
Genetics	69	80				5-9%

# Capstone 2023

- Required course for graduation
- January 3rd – 13th
- You must attend 10 sessions
- Select topics that need more work based on your CBSE exam scores

## Week 1: Jan 3-6

	Monday	Tuesday 1/3	Wednesday 1/4	Thursday 1/5	Friday 1/6
8-10 Alaska 9-11 Pacific 10-12 Mountain	No class	Embryology	Dermatology	Epidemiology & Biostatistics	General Pathology
11-1 Alaska 12-2 Pacific 1-3 Mountain	No class	Pharmacology	Embryology II	Microbiology	Immunology

## Week 2: Jan 9-13

	Monday 1/9	Tuesday 1/10	Wednesday 1/11	Thursday 1/12	Friday 1/13
8-10 Alaska 9-11 Pacific 10-12 Mountain	Neurology	Rheumatology	Cardiovascular	Pulmonary	Endocrine
11-1 Alaska 12-2 Pacific 1-3 Mountain	Neuropathology	Hematology-Oncology	Cardiovascular Pathology	Renal	GI "Gut Bowl"

# Step 1 Study plan templates

<https://education.uwmedicine.org/student-affairs/academic-support/>



Click on "Step 1"



Scroll to "Sample Study Plans/Calendars"



Select a study plan template to download and follow the instructions



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

# Study Plan Components

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1. Test Day
2. Practice Questions (Mockblocks) – Ramp up over time
3. Practice tests (NBME & UWORLD)
4. Consolidation/Content Review (Books, Videos, Lecture Notes, Journal Articles, Capstone Lectures )
5. Retrieval Practice (Flashcards)
6. Day off (1 consistent day of the week)
7. Topics (USMLE Content List)



# Mockblocks

- A "Mockblock" is: 40 questions, timed, all systems, all subjects
- 1 hour
- Mockblocks are great for increasing stamina, timing, thinking broadly and training for test day





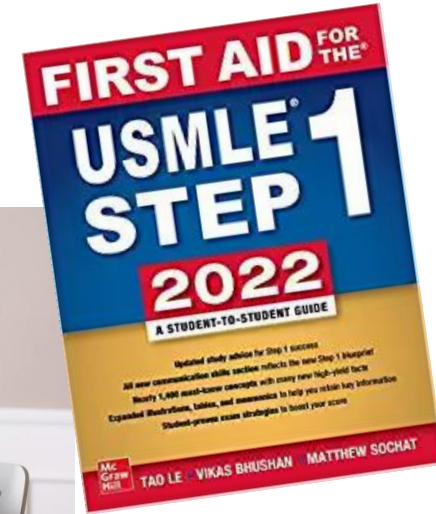
# Content Review/Consolidation

Consolidation is in depth review of content.

Your approach may change as your knowledge base grows. At first you may choose topics to cover each day and adapt to spend more time on weaker subjects

Activities include:

- Working through to-do list.
- Watching videos, trying subject specific practice questions, reading First Aid
- Drawing concept maps



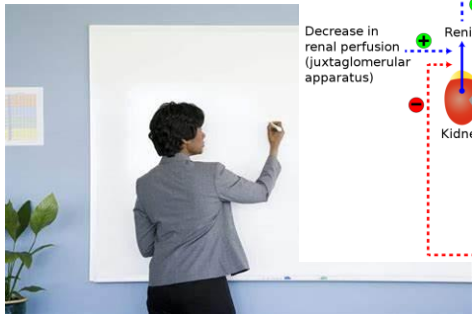
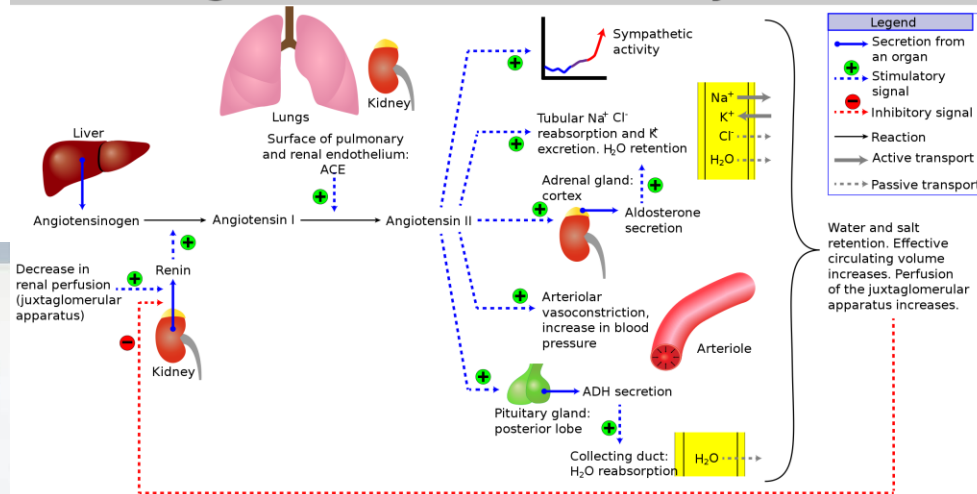


# Retrieval/Drills



- Drills are any mechanism for recalling facts as quickly and efficiently as possible.
- Anki, or other flashcards
- Re-Drawing Concept Maps from Memory
- Reciting Mnemonics

## Renin-angiotensin-aldosterone system



Success



what people think  
it looks like

Success



what it really  
looks like

# Practice Exams

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- Use these to "simulate" the Step 1 test day
- Evaluates your readiness to take Step 1
- Uworld Self-Assessment: 4 blocks of 40 questions
- NBME Self-Assessment: 4 blocks of 50 questions
- 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

# Free 120 & Prometric practice exam

## USMLE Free 120 – Free online

- Can “pre-watch” Tutorial
  - Skip the tutorial on test day can give you 15 more minutes of break time.
- Will give percentages but not score correlations

## Prometric Computer-based Testing Practice;

- Primarily for familiarity Uses Free 120 materials
- \$75; arrange via Prometric



# Test Day – Popular Break Schedules

Block 1  
Block 2 10 minute break  
Block 3  
Block 4 20 minute break  
Block 5 10 minute break  
Block 6 10 minute break  
Block 7

OR

Block 1 7 minute break  
Block 2 7 minute break  
Block 3 7 minute break  
Block 4 15 minute break  
Block 5 7 minute break  
Block 6 7 minute break  
Block 7



\*The standard break time is 45 min, if you skip the tutorial (by doing the Free 120 ahead of time) you can add an extra 15 min of break time

# How to Review Mockblocks/Practice Exams

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- Identify areas of improvement based on your Equated Percent
- Check all questions to assess if the question was right or wrong based on reasoning .
- Go straight to the **Educational Objective**. If you got the question *correct* based off the *correct* reasoning... **trust yourself** that you understood it and **move on**.
- For all other scenarios... identify the **big takeaway** (ie. what was the question actually asking, what's the answer, how could I have known that answer) and then jot down a **1-2 sentence note or make a flashcard** and then move on
- If more content review is needed for a topic, add it to a to do list for further review later.

# Study Plans - Macro

January 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 1 MB & Review  Review FA for next day	3 1 MB & Review CAPSTONE: Embryology CAPSTONE: Pharmacology Review FA for next day	4 1 MB & Review CAPSTONE: Dermatology CAPSTONE: Embryology II Review FA for next day	5 1 MB & Review CAPSTONE: EPI & Biostats CAPSTONE: Microbiology Review FA for next day	6 1 MB & Review CAPSTONE: Gen. Pathology CAPSTONE: Immunology Review FA for next day	7 OFF
8	9 1 MB & Review CAPSTONE: Neurology CAPSTONE: Neuropath Review FA for next day	10 1 MB & Review CAPSTONE: Rheumatology CAPSTONE: Heme/Onc Review FA for next day	11 1 MB & Review CAPSTONE: Cardiovascular CAPSTONE: CV Pathology Review FA for next day	12 1 MB & Review CAPSTONE: Pulmonary CAPSTONE: Renal Review FA for next day	13 1 MB & Review CAPSTONE: Endocrine CAPSTONE: GI "Gut Bowl"	14 OFF
15 Uworld Self Assessment 1	16 Review & Plan	17  Biochemistry	18  MSK	19  Microbiology	20  Pharmacology	21 OFF
22 NBME Self Assessment	23 Review & Plan	24  Cardiovascular	25  Pulmonary/Renal	26  Behavioral Science	27  Endocrine	28 OFF
29 NBME Self Assessment	30 Review & Plan	31  Biostatistics	Notes: MB= Mockblock: 40 questions timed FA= First Aid for the USMLE Step 1			



# Study Plan - Micro

- 8am-12pm: Mockblocks & Review
- 12pm-1pm: Lunch Break
- 1pm-5pm: Subject Specific Content Review and To-do List
- 5pm-6pm: Dinner Break
- 6pm-8pm: Review Supplemental Study Materials

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	15-Jan	16-Jan	17-Jan	18-Jan	19-Jan	20-Jan	21-Jan
8:00	DAY OFF	Drills	Drills	Drills	Drills	Drills	Self-Assessment + 2 or 3 mock blocks to make 280 questions
8:30		Assessment Q&D Review	Mock Block	Mock Block	Mock Block	Mock Block	
9:00		Consolidation	Group Study	Consolidation	Group Study	Consolidation	
9:30		Drills		Drills		Drills	
10:00		Assessment Q&D Review		Quick & Dirty Review		Quick & Dirty Review	
10:30		Lunch	Lunch	Lunch	Lunch	Lunch	
11:00		Consolidation	Consolidation	Quick & Dirty Review	Consolidation	Quick & Dirty Review	
11:30		Drills	Drills	Drills	Drills	Drills	
12:00		Assessment Q&D Review	Quick & Dirty Review	Consolidation	Quick & Dirty Review	Consolidation	
12:30		Consolidation	Mock Block	Mock Block	Mock Block	Mock Block	
1:00		Assessment Q&D Review	Drills		Drills	Mock Block	
1:30		Consolidation	Quick & Dirty Review	Quick & Dirty Review	Quick & Dirty Review	Quick & Dirty Review	Break
2:00		Drills	Quick & Dirty Review	Quick & Dirty Review	Quick & Dirty Review	Quick & Dirty Review	Assessment Q&D Review
2:30		Assessment Q&D Review	Quick & Dirty Review	Quick & Dirty Review	Quick & Dirty Review	Quick & Dirty Review	Group Study/Reviewing Assessment
3:00		Consolidation	Quick & Dirty Review	Quick & Dirty Review	Quick & Dirty Review	Quick & Dirty Review	
3:30		Consolidation	Quick & Dirty Review	Quick & Dirty Review	Quick & Dirty Review	Quick & Dirty Review	
4:00		Consolidation	Quick & Dirty Review	Quick & Dirty Review	Quick & Dirty Review	Quick & Dirty Review	
4:30		Consolidation	Quick & Dirty Review	Quick & Dirty Review	Quick & Dirty Review	Quick & Dirty Review	
5:00		Consolidation	Quick & Dirty Review	Quick & Dirty Review	Quick & Dirty Review	Quick & Dirty Review	
5:30		Consolidation	Quick & Dirty Review	Quick & Dirty Review	Quick & Dirty Review	Quick & Dirty Review	
6:00		Consolidation	Quick & Dirty Review	Quick & Dirty Review	Quick & Dirty Review	Quick & Dirty Review	
6:30		Consolidation	Quick & Dirty Review	Quick & Dirty Review	Quick & Dirty Review	Quick & Dirty Review	
7:00		Consolidation	Quick & Dirty Review	Quick & Dirty Review	Quick & Dirty Review	Quick & Dirty Review	
7:30		Consolidation	Quick & Dirty Review	Quick & Dirty Review	Quick & Dirty Review	Quick & Dirty Review	
8:00		Consolidation	Quick & Dirty Review	Quick & Dirty Review	Quick & Dirty Review	Quick & Dirty Review	
8:30		Consolidation	Quick & Dirty Review	Quick & Dirty Review	Quick & Dirty Review	Quick & Dirty Review	
9:00		Consolidation	Quick & Dirty Review	Quick & Dirty Review	Quick & Dirty Review	Quick & Dirty Review	
9:30		Consolidation	Quick & Dirty Review	Quick & Dirty Review	Quick & Dirty Review	Quick & Dirty Review	

The above daily plan template was made by Dr. Shannon Uffenbeck, Learning Specialist in WWAMI Alaska.



# Study Resources

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- There are many study resources available to prepare for Step 1; you do not need them all but let's discuss options that might be best for you.
- [UWorld Qbank](#) (Use for practice questions; practice exams)
- [First Aid](#) (Use as reference for mock blocks, skim for content review topic; rapid review)
- [Pathoma](#) (Videos - Use for Pathology review)
- Sketchy (Videos - Use for Microbiology; Pharmacology, etc.)
- [Boards & Beyond](#) (Videos - Use for reinforcement of weaker content areas)
- Anki (Use for retrieval practice; reinforcement of content areas)

# Step 1 Tutoring

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- Step 1 groups were held on Mondays at 6:30 pm PST
- Step 1 Drop-in tutoring begins on 01/09/23
- Step 1 Individual tutoring begins on 01/03/23 as well
- Step 1 Virtual Study Rooms are available



# Meet with your Learning Specialists

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- Erica Brice, Ph.D. [ebrice@uw.edu](mailto:ebrice@uw.edu), Cascade
- Yvonne Tyler, M.D. [yvonneyt@uw.edu](mailto:yvonneyt@uw.edu), Olympic

# Test Day Snapshot

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- 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: 45 min

\*You can increase the break time to 1 hour if you skip the tutorial on test day by reviewing the tutorial ahead of time on the Free 120

# Changing Exam Dates

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- You can move your exam date up or back within the March 15, 2023 deadline.
- Run the risk of limited availability; may have to travel to test
- NBME rescheduling fees:
  - >45 days : **no fee**
  - 31-45 days: **\$35**
  - 6-30 days: **\$100**
  - 5 or less days : **\$128**



# Extending Your Eligibility Period

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- There may be reasons why at some point you will need to extend your eligibility period (the 3-month window you've chosen to test)
  - You need more time to prepare
  - You decided to take the CBSR course
- You can extend your eligibility period one time online for \$70.
- You can extend it yourself online here: <https://apps.nbme.org/nlesweb/#/login>.
- This can be done one time; any subsequent requests will need to be handled through NBME Customer Service

# Test Day Do's

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- Arrive at least 30 minutes early
- Bring your scheduling permit & identification: NAME MUST MATCH
- Bring a mask, just in case a mask is required
- Dress comfortably & warm, not a lot of pockets
- Warm up: 10 (or so) flashcards in the car
- Bring Snacks and drinks – they must stay in your locker
- Only soft earplugs are permitted
- Adjust the volume of your headphones to your preference during the tutorial period

# Test Day Don't's

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- Don't test if you are ill
- Don't bring people with you
- Don't bring unauthorized items (See next slide for examples)
- Don't write on the scratch paper prior to entering your number and starting your test
- Don't work past the announcements to stop
- Don't access your locker or cell phone on an unauthorized break (during a test block)
- Don't write anything on your hands or other parts of your body
- Don't change your signature between sessions
- Don't ask about exam content...ESPECIALLY online!



# Unauthorized Items

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- Jewelry, except for wedding and/or engagement rings;
- Ornate hair accessories (clips, combs, barrettes, headbands, etc.)
- Mechanical or electronic devices, such as: cell phones, tablets, pagers, calculators, watches of any type, iPods/media players, radios, recording or filming devices, Any device with transmitting or receiving capabilities (e.g., bluetooth)
- Outerwear, such as: coats, jackets, head wear, gloves
- Book bags, backpacks, handbags, briefcases, wallets
- Books, pens/pencils, notes, written materials, or scratch paper
- Food, candy, gum, or beverages

# Some Thoughts/Personal Perspectives (Sardesai)

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1. This is an opportunity (hard to appreciate, I know)
2. Learn for your patients
  1. Picture your patients -- helps with encoding/retrieval
3. Use your resources!
  1. Correlates with success
    1. Time, group study, organization/intentionality, 1:1 customized (LS), questions
    2. Counseling - helpful for almost everyone
4. It's a test, only a test; you've done many, many before (easy to say, I know)
  1. Stress is normal and U-shaped curve - recognize where you are – life skill
  2. You know this stuff!! (You've completed Foundations – Congrats!)

# Words of Wisdom

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- When dedicated starts stick with your schedule
- Take some breaks throughout the day; schedule 1 day off per week
- **You have a strong knowledge base right now**
- Review & add in details
- Practice. Practice, Practice!
  - Practice Questions (Mockblocks)
  - Practice Exams (UWORLD & NBME)

# QUESTIONS?

