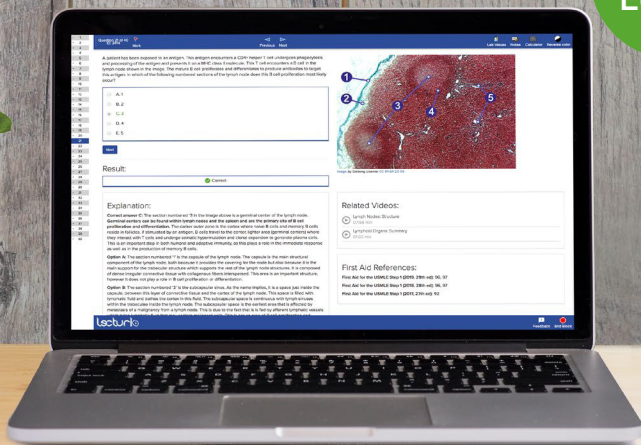


# The 40-Day Study Schedule for the USMLE® Step 1

Achieve your dream score with the most advanced Qbank

2019 Edition



“

You don't have to be great to start, but you have to start to be great.

(Zig Ziglar)

## About this Schedule



**Switch on studies,  
switch off everything else.**

The USMLE Step 1 exam is more important today than it has ever been. Your USMLE Step 1 score is a gatekeeper for the most sought-after residency programs. Don't let your opportunity to shine in the Step 1 slip through your fingers. You don't want to take the USMLE Step 1 exam and then wish you could have gotten a better score. You want to do your absolute best right now!

What's more, you should never listen when another medical student, or anyone for that matter, says it's impossible to ace the USMLE Step 1 exam. Each year, students around the nation achieve top scores and match into their chosen top residency programs. ANY medical student can get an excellent score on the USMLE Step 1 exam; it's all about how strategically you plan and how carefully you study. Traditionally, students spend 3 months studying solely for the USMLE. However, life and circumstances don't always give you the luxury of a dedicated 3-month period to study for the USMLE Step 1 exam. Some medical schools might only allow for a single month of dedicated study time. Alternatively, students may find themselves in situations where they only have a month for intense USMLE Step 1 study.

When life gives you lemons, you make lemonade. When life gives you one month to ace that USMLE Step 1 exam, you study in the most strategic way possible and make the most out of each day. When USMLE Step 1 is only a month away, there's little time to be able to watch various lecture videos explaining all the basic science concepts a second time around, let alone taking down meticulous notes on every topic. Instead, the best use of your limited time will be to focus on learning high-yield medical concepts and practice taking USMLE-style tests. The most effective tool for doing both of these is a Qbank. We recommend that you exclusively and consistently work with our Qbank questions and accompanying high-yield material for the entire month. This will require you to adopt a focused study strategy.

As part of this strategy, you will need to memorize the medical concepts covered by each Qbank question. At the same time, you must get the mechanics of reading

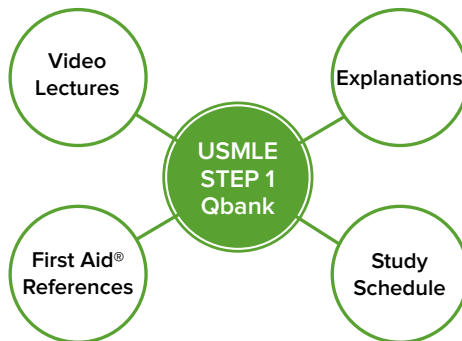
and answering USMLE questions under your belt. Stick to our recommended study plan and we promise your rewards will be great. When your study plan ends in a month's time, you will have absorbed all you need to score high on USMLE Step 1.

## Over the course of the next 40 days you will:

- Complete 2,150 challenging USMLE questions using the Lecturio Qbank.
- Understand why your answers are correct or incorrect through in-depth explanations of both wrong and right answers
- Reinforce your knowledge of all medical concepts relevant to USMLE Step 1 success through video lectures linked to each question
- Absorb the most important facts through high-yield information presented in your First Aid® book, with references, at each Qbank question
- Deepen your understanding of the USMLE Step 1 exam until you are ready to tackle it with total confidence.

## Why Lecturio is your best bet for USMLE prep

The Lecturio Question Bank is not your average Qbank but the epicenter from which you can access all relevant content: written explanations, vivid illustrations, linked video lectures, handpicked First Aid® references, and much more.



## About this Schedule

### The Lecturio Qbank at a glance:

Lecturio's **Qbank questions** are at least as good as Uworld's, some say better. Don't believe us? Try them out! All Lecturio Qbank questions are based on the most recent NBME standards, meaning all questions are very similar to USMLE exam question formats. This is crucial - practice questions that have been written as closely as possible to the format and style of the real, necessary exam questions. What's more, we can even offer you an examination environment with our exam-simulation interface. If you switch to "test-mode", you'll be given the same technical settings, just like in the real exam.

Almost every Qbank question is a real-life clinical scenario with up-to-date and **informative illustrations**. This also helps make everything as true to test day as possible. However, as you study and learn with the Qbank you'll also find **detailed explanations** to all incorrect and correct answer choices; these accentuate the professional learning environment that is Lecturio.

Our Qbank offers something no-one else does - Lecturio **links** all of its relevant, **high-yield video lectures** to every concept discussed in every Qbank question. Why is this so great? Because you can apply what experts call "reverse engineering"; instead of going through a bulk of material, of which only a percentage will be relevant for the USMLE exam, you can selectively watch those explanatory videos in which you display obvious knowledge gaps. Awesome, right?!

And as if this wasn't enough, you'll find also the most up-to-date, handpicked **First Aid® references** added to each question whenever you switch "tutor mode" on.

## Additional Resource: *The Medical School Survival Guide*

### Providing you with the guidance you need.

Lecturio not only provides you with every piece of content you need to know for your exams, we also strive to play the role of study buddy, or upperclassman.

To preserve our knowledge for future med student generations, we have created a specific course with accompanying eBook which together help you understand the philosophy, techniques, and strategies behind important tests such as the board exams.

#### **Video course: Medical School Survival Guide**

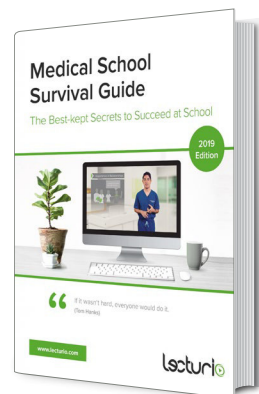
This course focuses on the high-yield information you need for a successful medical school application. It will also help to prepare you for medical school, providing guidance up until the fourth year. Don't hesitate! Don't panic! Lecturio has your back for what's ahead.



[>>> Start Course Now <<](#)

#### **eBook: Medical School Survival Guide**

Refer to our **Medical School Survival Guide** to learn more about proven test-taking strategies, crucial USMLE exam facts, and helpful advice about the most efficient study techniques with the greatest recall. The Medical School Survival Guide is your essential companion. You can rely on it to help you survive from day one of medical school right up until you match into your chosen top residency program.



[>>> Download <<](#)

## About this Schedule

### How We Created This Schedule

Everyone has his or her own way of studying, learning, and taking tests. But even though medical students excel in learning and time-management, preparing for the USMLE Step 1 represents the ultimate challenge for any level of academic ability. It requires a very different study strategy to that of more traditional med school exam preparation, and with the clock rapidly ticking you are under intense pressure. There's just not the time to sort through vast volumes of irrelevant information. The key to successful USMLE Step 1 study is to cherry-pick the right resources, know how to effectively use them, and be able to implement the best strategies to ace this unique exam.

Med school upperclassmen have long been the primary source of information as regards the USMLE Step 1. First-year med students traditionally turn to them for "how to do well on this exam" advice. The idea behind Lecturio as a USMLE Step 1 resource is to offer more information and advice than you could ever expect to receive from an upperclassman alone.

Lecturio takes things to the highest level by including evidence-based recommendations. We developed our approach by working directly with medical students, residents, and attending physicians across the nation. We have picked the minds of those who achieved top USMLE Step 1 scores, asking them to explain their study methods when faced with such a narrow window of time. We analyzed their responses and used those insights as the basis for creating what we believe is the most effective USMLE Step 1 study strategy out there.

You will find the evidence-based advice of these past test-takers summarized on the following pages. You will also realize that our study schedule design reflects USMLE Step 1's double aim to test your knowledge and assess your study strategies where high-stakes examinations are concerned. Our study schedule also appreciates that you have very little time in which to prepare. Due to the brevity of the USMLE study time frame, we recommend you prepare exclusively with our Qbank.

The reasoning behind the implementation of a Qbank is simple: it addresses your need to acquire a well-developed knowledge base through clinical vignettes and detailed solutions specifically designed to teach high-yield medical concepts. Because Lecturio's Qbank questions are styled after those in the actual USMLE Step 1 exam, you will learn how to quickly, efficiently, and effectively work your way through question stems and answer choices. There really is no better resource for intensive USMLE Step 1 study than a solidly constructed Qbank.



**About Lecturio:**

Walk into any Lecturio meeting and the focus is on producing the highest quality educational resources that lead to student success. Lecturio has worked with medical education leaders across the nation to produce an evidence-based comprehensive medical school and USMLE preparation platform.

## Study Plan Overview

Subject/System	Day no	Qbank Settings
Strategies & Techniques	1	<a href="#">Watch Video Course:</a> <a href="#">Qbank Walkthrough USMLE Step 1 Tutorials</a>
Biochemistry	2	<b>Biochemistry + Medical Genetics</b> <b>Systems:</b> All 1 Block 40 questions
Biochemistry	3	<b>Biochemistry + Medical Genetics</b> <b>Systems:</b> All 2 Blocks 40 questions each
Biochemistry	4	<b>Biochemistry + Medical Genetics</b> <b>Systems:</b> All 1 Block 40 questions + 1 Block remaining questions
Immunology	5	<b>Immunology, all Systems:</b> 1 Block 40 questions
Immunology	6	<b>Immunology, all Systems:</b> 1 Block 40 questions + 1 Block remaining questions
Microbiology	7	<b>Microbiology, all Systems:</b> 2 Blocks 40 questions each
Microbiology	8	<b>Microbiology, all Systems:</b> 1 Block 40 questions + 1 Block remaining questions
Pathology General principles	9	<b>Pathology + Histology + Embryology + Physiology + Pharmacology + Anatomy, Systems:</b> General Principles 1 Block 40 questions
Pathology General principles	10	<b>Pathology + Histology + Embryology + Physiology + Pharmacology + Anatomy, Systems:</b> General Principles 2 Blocks 40 questions each



Subject/System	Day no	Qbank Settings
Pathology General principles	11	<b>Pathology + Histology + Embryology + Physiology + Pharmacology + Anatomy, Systems:</b> General Principles 2 Blocks 40 questions each
Pathology General principles	12	<b>Pathology + Histology + Embryology + Physiology + Pharmacology + Anatomy, Systems:</b> General Principles 1 Block 40 questions + 1 Block remaining questions
Epidemiology, Biostatistics & Ethics	13	<b>Epidemiology, Biostatistics &amp; Ethics, Systems:</b> all 1 Block 40 questions
Epidemiology, Biostatistics & Ethics	14	<b>Epidemiology, Biostatistics &amp; Ethics, Systems:</b> all 1 Block 40 questions + 1 Block remaining questions
All Subjects General Principles Only	15	<b>General principles recap day:</b> All subjects, Systems: general principles, 7 blocks, 40 questions each, tutor mode OFF, timer on, 1h per block
Cardiovascular	16	<b>All subjects</b> <b>Systems:</b> Cardiovascular 1 Block 40 questions
Cardiovascular	17	<b>All subjects</b> <b>Systems:</b> Cardiovascular 2 Blocks 40 questions each
Cardiovascular	18	<b>All subjects</b> <b>Systems:</b> Cardiovascular 2 Blocks 40 questions each
Cardiovascular	19	<b>All subjects</b> <b>Systems:</b> Cardiovascular 1 Block 40 questions + 1 Block remaining questions
Endocrine	20	<b>All subjects</b> <b>Systems:</b> Endocrine 1 Block 40 questions + 1 Block remaining questions

## Study Plan Overview

Subject/System	Day no	Qbank Settings
Gastrointestinal	21	<b>All subjects</b> <b>Systems:</b> Gastrointestinal 2 Blocks 40 questions each
Gastrointestinal	22	<b>All subjects</b> <b>Systems:</b> Gastrointestinal 2 Blocks 40 questions each
Gastrointestinal	23	<b>All subjects</b> <b>Systems:</b> Gastrointestinal 1 Block 40 questions + 1 Block remaining questions
Hematology & Oncology	24	<b>All subjects</b> <b>Systems:</b> Hematology & Oncology 2 Blocks 40 questions each
Hematology & Oncology	25	<b>All subjects</b> <b>Systems:</b> Hematology & Oncology 1 Block 40 questions + 1 Block remaining questions
MCT	26	<b>All subjects</b> <b>Systems:</b> Musculoskeletal, Skin & CT 2 Blocks 40 questions each
MCT	27	<b>All subjects</b> <b>Systems:</b> Musculoskeletal, Skin & CT 1 Block 40 questions + 1 Block remaining questions
Neurology	28	<b>All subjects</b> <b>Systems:</b> Neurology 2 Blocks 40 questions each
Neurology	29	<b>All subjects</b> <b>Systems:</b> Neurology 1 Block 40 questions
Neurology	30	<b>All subjects</b> <b>Systems:</b> Neurology 1 Block 40 questions + 1 Block remaining questions

Subject/System	Day no	Qbank Settings
Psychiatry	31	<b>Behavioral Science / Psychiatry, Systems:</b> all 1 Block 40 questions
Psychiatry	32	<b>Behavioral Science / Psychiatry, Systems:</b> all 1 Block 40 questions + 1 Block remaining questions
Renal	33	<b>All subjects</b> <b>Systems:</b> Renal 1 Block 40 questions
Renal	34	<b>All subjects</b> <b>Systems:</b> Renal 1 Block 40 questions + 1 Block remaining questions
Reproductive	35	<b>All subjects</b> <b>Systems:</b> Reproductive 1 Block 40 questions
Reproductive	36	<b>All subjects</b> <b>Systems:</b> Reproductive 1 Block 40 questions + 1 Block remaining questions
Respiratory	37	<b>All subjects</b> <b>Systems:</b> Respiratory 2 Blocks 40 questions each
Respiratory	38	<b>All subjects</b> <b>Systems:</b> Respiratory 1 Block 40 questions + 1 Block remaining questions
Exam Simulation	39	<b>All subjects, all systems, Tutor mode OFF, Timer on, 7 Blocks 40 questions each, 1h per block</b>
Exam Simulation	40	<b>Take a Comprehensive Basic Science Self-Assessment (CBSSA), purchase the extended version providing feedback for an extra \$10</b>

## How to Use this Schedule

For the next 40 study days, you will – by adopting this schedule – use a Qbank to learn high-yield medical concepts and test-taking strategies. Each Qbank question you complete during this period will expand your knowledge-base and familiarize you with the best way to work through other questions like it.

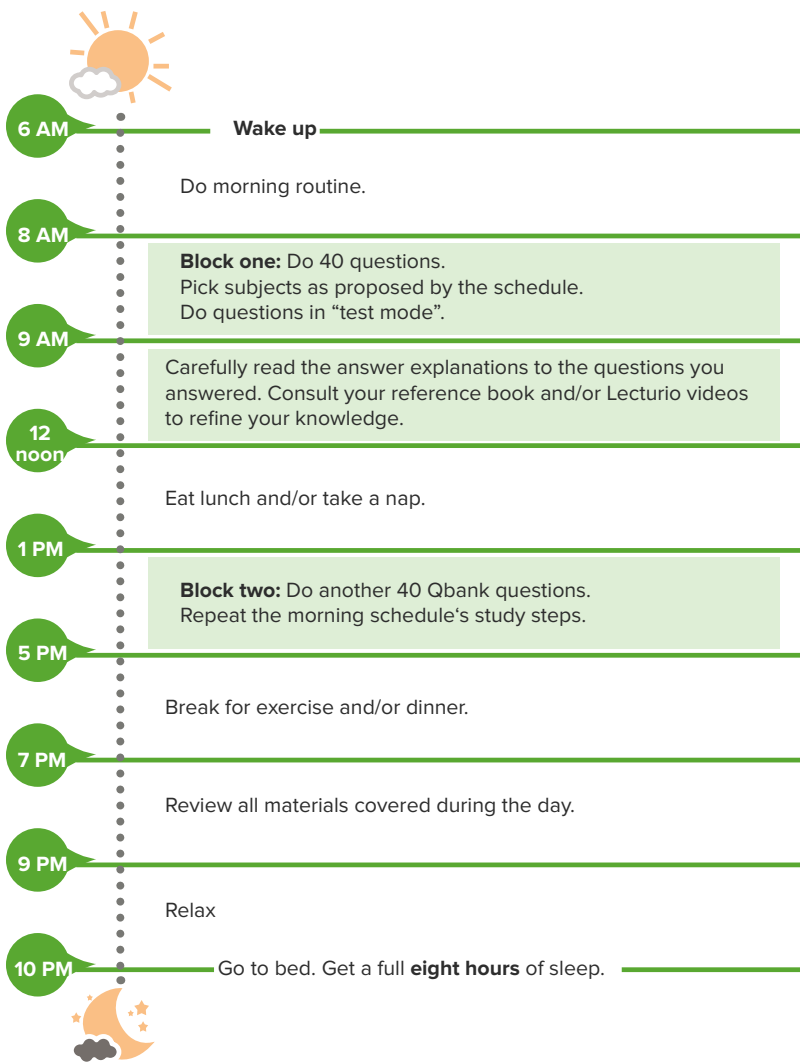
### 1. Develop a routine and simulate test-like situations

We cannot emphasize enough how important it is to adhere to your study routine. Make sure you maintain a disciplined, steady study-flow at all times. Try to sit down and work through 40 questions without interruption or distraction. You should keep your study setup as close to that of the real USMLE exam at all times. If you usually work through blocks of 40 questions when using the Qbank, your brain becomes attuned to work for 40 blocks at a time. When it's time to sit the real USMLE exam, the concept of 40 questions will have become natural and comfortable to you.

Aim to complete one to two blocks (40-80 questions) of Qbank questions each day. This is the recommended amount which gives you the time to thoroughly cover each block and also have sufficient time over to complete the review process.

Below, you'll find an example for how you can structure your day while tackling two question blocks. If this example won't work for you, make sure you find a routine which does. Just make sure you get enough sleep.

## Two-Block Study Schedule Example



## How to Use this Schedule

### 2. Get familiar with test-taking strategies

With this schedule you are not only studying test materials, you are also learning the test-taking strategy required to pass the USMLE exam. The physical and mental environment in which a question is delivered is just as important as its content.

Lecturio's unique Qbank Walkthrough Tutorials course & eBook will take you through 30 USMLE questions step-by-step, teaching you how to correctly read a question stem and isolate the key components of each. They will also guide you through multi-step reasoning, required for each question, before reviewing that question's specific high-yield information.

[>> Start Course Now <<](#)

[>> Download Free eBook<<](#)

### 3. Test & apply your knowledge

It's now time to start practicing clinical case questions. Specify 40 questions per block as follows:

- Select “tutor mode off” and turn “timed mode” on (you want to get your brain used to the pressure of the clock - if there's time pressure on exam day, you might as well be ready for it).
- Pick subjects and systems as provided by the schedule.
- Select 40 questions.
- Answer all 40 questions within a 60 minute timeframe.

### 4. Review

After answering all 40 questions in a single session, it's time to review them. To start review mode in your Qbank test, select “review test” immediately after receiving your test results.



**TIP!**

To save time, only review questions where knowledge gaps or uncertainty about an answer occurred.

In order to maximize knowledge retention with each question, the below guide recommends a 3-step process.

### **Step 1: Review with the help of explanations**

After each test, always opt to review and carefully read the explanations. Make sure to read both correct and incorrect answer explanations; there is just as much value in the wrong answers as there is in the right ones.



**TIP!**

Keep your First Aid® book close at hand for important notes and to match question concepts with those contained in the First Aid® book.

### **Step 2: Review with the help of Lecturio's related videos**

Supplement your understanding of the material by consulting Lecturio's related videos. Each video reference has been handpicked by board-exam experts and explains the relevant concept needed to answer each specific Qbank question.

### **Step 3: Take notes and review with the help of First Aid® References**

A substantive understanding of medical concepts is crucial when mastering the USMLE Step 1 exam. In the actual exam, time is very limited; however, using the concepts you have come to understand during your studies you can give the correct answers every time. You will also need to memorize certain facts and buzzwords in order to efficiently manage your time during the USMLE exam.

For example, if you have been told that a patient is a cave explorer, you need to think histoplasmosis. This is simple association. Another example is knowing that Hemoglobin A1c is the 3-month average of a patient's blood sugar levels.

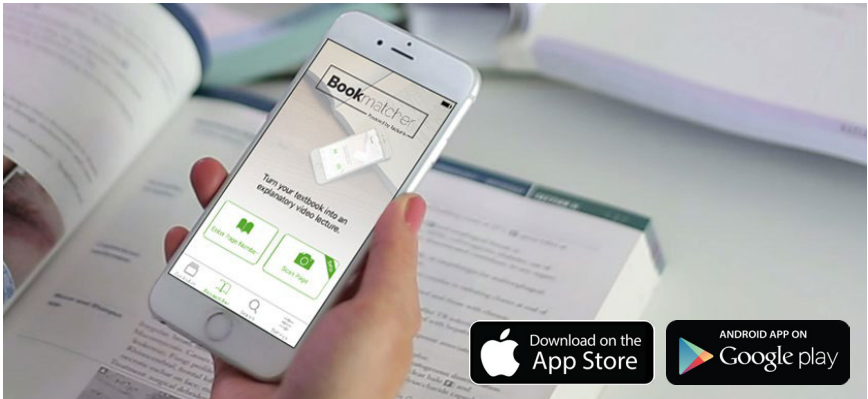
The list of high-yield must-know facts goes on and on. The point we want to make is that in order to score top marks on the USMLE exam, you need to understand in-depth knowledge, but you also need to memorize plain facts. When first studying

## How to Use this Schedule

with your copy of First Aid® for the USMLE Step 1, knowing how to use the book in the most efficient manner may be confusing. The First Aid® book is not written like a traditional textbook, with paragraphs. Instead, it is full of bullet points, charts, and pictures. The most efficient way to implement First Aid® is to use it as reference and for note-taking. When you watch Lecturio videos and want to jot down some notes, do it in First Aid®. If you've just worked through a Qbank block and want to add some notes or read the topic highlights, use First Aid®. Lecturio is your digital learning platform, First Aid® is your physical pen-and-paper platform.



The Lecturio Bookmatcher will become your new best friend during the question blocks reviewing process. As you sit at your desk with Qbank on the screen and the latest edition of First Aid® in front of you, you'll not only be able to look up the references cited in the Qbank, but will also experience the reverse case and find explanatory video lectures for each page of your First Aid® book. This is where Lecturio's Bookmatcher comes into play. Bookmatcher is part of the Lecturio mobile app (available for free for iOS and Android). Simply scan any medical textbook page and Bookmatcher will show you which Lecturio video lectures explain the concept described on the page.







**Make your testing environment as true to the real deal as you can.**

## **After completing this schedule, and before taking the real test**

On the final day of this intensive 40-day study schedule, we recommend you take the Comprehensive Basic Science Self-Assessment (CBSSA) examination of the National Board of Medical Examiners (NBME). This self-assessment examination is highly regarded by medical students as a score forecaster for the actual exam. Most students report that they score very closely to the results received on their CBSSA. Note that you will need to purchase the “extended version” which allows you to see which questions were answered incorrectly as well as the correct answers. This extended version costs \$10 more. Follow the instructions below to perform the Comprehensive Basic Science Self-Assessment:

Set aside five hours of dedicated quiet time to take the CBSSA. Again, think about how you will go about it. You need to aim to simulate a genuine test-taking environment. Put away your cell phone, turn off notifications on your computer, and sit at an empty desk with paper and pencil and nothing else. Make your testing environment as true to the real deal as you can.

It's then time to sit down and work through the blocks. You can take a short 2-5 minute break between each block. Alternatively, get 2 or more blocks done before taking a break. It is completely up to you. Some medical students take a break after each block. Others do multiple blocks prior to taking a break. See what works best for you and at the same time allows you to maintain focus.

After you have completed the CBSSA, take the time to make notes of the questions you got wrong and the correct answer. Unfortunately, the CBSSA does not provide answer explanations; it simply shows the incorrect answer you selected, and the correct answer. It is up to you to figure out why the correct answer is correct. In order to do this, go back to your First Aid® book and read the relevant section.

## How to Use this Schedule

You will receive a three-digit score and a subject score report at the end of the CBSSA. Pay attention to the subjects that you did not perform well in. Pay similar attention to the three-digit score as it is likely that this will be very similar to your exam-day score. If you are happy with what you got, great. If you're not, you need to identify your weak areas by looking at the subject report before reviewing them and working through additional Qbank questions to instill confidence and increase your knowledge base.

## What else you'll need on test day

Prior to test day, make a point of again consulting the Medical School Survival Guide. Be sure you follow all of its recommendations. Familiarize yourself with the logistics of getting to the test center and be completely aware of the formal requirements of sitting for USMLE on test day. Remember to bring a USMLE-accepted form of personal identification along with the test permit. Only if you present these two documents at the test center's door will you be allowed in.

There are a few other items you are obliged to bring with you to the test center. Refer to the USMLE website for full details. While you're there, read the rules concerning dress code and the items or materials you are permitted to bring into the test center.

**Worked through the entire schedule?  
That's great, well done!**



**Good things are coming.  
Just keep going...!**

## **All Done? Congratulations! A last word of advice**

Having now worked your way through the entire schedule you're ready to take USMLE Step 1! You deserve a super-sized pat on the back. These last 40 days have been exhausting. But you will soon reap the rewards of the investment of your time and highly focused efforts.

When you walk into the USMLE test center, you will do so well-prepared. Just as importantly, you will arrive with the right mindset – a mental framework that allows you to be in control from start to finish. If you took to heart and followed all of the advice offered within this study schedule, you should be in excellent shape and ready to take USMLE Step 1 and earn a great score.

It's OK to feel nervous, but you have practiced Qbank questions exhaustively, reviewed and bolstered your knowledge base, and learned highly effective test-taking strategies these past 40 days. Together, these have bolstered your confidence, giving you the self-assurance necessary to help you overcome even the worst case of exam jitters.

Above all, keep in mind that you have done the work and gained the ability to earn a very high score on USMLE Step 1.

You have what it takes to bring home the USMLE Step 1 score of your dreams, because your last 40 days have been spent efficiently, preparing you for excellence!

**You are now ready to Ace the Boards!**



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