

## Survey Results for students who took the USMLE Step 1 for the first time in June 2006.

168 Total Responses

Ratings listed in conjunction with the materials/courses used are based on a scale of: 1 = Poor; 2 = Fair; 3 = Good and 4 = Excellent. Respondents who indicated "Not applicable" were not included in the calculation of the average score for any item.

### Which USMLE Step One materials/courses did you use?

97.0%	Online Qbank	<b>3.74</b>
1.8%	Northwestern	<b>1.64</b>
70.8%	What You Need To Know	<b>3.34</b>
2.4%	Kaplan Live	<b>3.11</b>
0.0%	Falcon Review	<b>2.00</b>
98.2%	First Aid	<b>3.69</b>
72.0%	BRS	<b>3.21</b>
36.9%	Other	<b>3.33</b>

### How Much Qbank did you do?

4.8%	0-25%
8.9%	25-50%
20.2%	50-75%
63.1%	75-100%
3.0%	No response

### Did you use Qbank for your MS 2 courses?

48.2%	Yes
51.8%	No

### Did you use Qbank mainly after finals?

44.0%	Yes
56.0%	No

### When did you start serious review/study for Step One?

1.8%	1 <sup>st</sup> Semester
18.4%	After finals
0.0%	During finals
31.6%	January
46.4%	Spring Break
1.8%	No response

## Testing Center Information

<b>Clear Lake</b>	No comments recorded.
<b>Dallas–Coit Rd.</b>	No comments recorded.
<b>El Paso</b>	No comments recorded.
<b>Ft. Smith, AR</b>	No comments recorded.
<b>Ft. Worth</b>	Wonderful. Room temp was perfect, they let me go out to my car and eat food out of my cooler during breaks. Also, the chairs were huge leather comfy chairs and they had headsets to minimize sound. I took it at home where my parents live and I highly recommend this because it can be distracting to see your classmates.
<b>Harwin</b>	<p>The computer screens flickered--very strobe like. Everything else was fine.</p> <p>At Harwin, the lockers are really small. I brought a cooler &amp; kept running out to my car to eat &amp; drink. It's better to bring lunch &amp; snacks rather than scrounging for food. Harwin needs to increase the screen refresh rate. It seemed to be running at 60 Hz and the flicker was disturbing.</p> <p>Nice from outside. Can hear bass from nearby car stereo center.</p> <p>Noise from outside the testing center (i.e., car stereos was bothersome.)</p> <p>The Harwin location overbooked the spaces on my test day and I consequently had to wait one hour to take the test.</p> <p>Excellent</p> <p>Harwin is fine. Bring your own earplugs.</p> <p>During my first block I had problems with the mouse sticking. After completing the blocks with much anxiety and frustration, I got my mouse changed. If I did poorly on any one block it would have been that one.</p>
<b>Kingwood</b>	No comments recorded.
<b>San Antonio</b>	No comments recorded.
<b>Waco</b>	No comments recorded.
<b>Webster</b>	No comments recorded.

## Comments on Qbank

- Most Qbank questions were relatively easier than the actual test.
- Keep in mind; the questions on the test (real) are A LOT HARDER!! The questions on Step 1 were not as straight forward and often times required several steps of thinking to arrive at the answer, whereas Qbank questions provided so many clues as to what the answer is and do not require
- Questions very similar to actual Step 1 questions.
- The test is harder but the Qbank is great for motivating you--do questions even if you have not reviewed much yet! You learn from missing questions!
- Helped prepare you for harder/easier question consistency.

- The screens on many of the computers at Harwin flicker, which can be extremely distracting and painful.
- Timed! Start doing them timed early.
- Good coverage of material, answer choices not representative of actual test.
- Very helpful! Do as much as you can. If anything, it will help you get your timing down because on the real thing you will definitely use more time!
- Very helpful. A great representation of the test.
- Good practice. Lets you know what you don't know. Questions are not similar to actual test.
- Excellent way to evaluate how well you are studying. Also good to get in the mode of doing questions.
- Good practice especially for form.
- Do these.
- Use 50 question random tests to nail the timing & build confidence.
- Good for judging how well you know specifics, but best for getting you to think towards answering 2-3 step questions like the Step 1 will be.
- Very good way to test your knowledge of subjects studied.
- I found Q-bank to be overly detailed on some areas (micro) but poor in others (behavioral science/ethics)
- Helped me time myself well.
- Qbank is heavy on Path, Micro—more so than actual test.
- Wonderful way to gauge what your weaknesses are.
- Awesome explanations to questions. Good to practice, answer as many as possible.
- Very indicative of types of questions on Step 1.
- Different Q & A type.
- Start early. Do consistently and redo if you have time.
- Best resource.
- Very well represented the test style and good preparation and showing weak areas.
- Questions may seem to repeat after 70%.
- The best way to know how questions will be asked.
- Fantastic for the lower-yield topics and for 'atypical' presentations (i.e., no buzz words). I used all of Qbank and there were definitely many, many questions on Step 1 that were extremely similar to Qbank. Qbank does have mistakes though, and it has trick questions. It can be frustrating at times when it clusters bad questions together and it screws up your score, but don't let it get to you. Try to
- Very helpful - do all of the question if you can.
- The questions often involve too much minute detail.
- The questions were good at introducing you to USMLE format.
- Start early!!!
- Get through this at least once. Do the question you miss again. Write hints from explanations in your First Aid.
- Good in terms of comprehensive nature and as a study aid. Sometimes inaccurately detailed and is often in this sense not representative.
- Can facilitate more detailed study and focus on weak subject areas, but takes a long time.

- Best question resource. Get all the way through if you can.
- Very long. Plan to start this early.
- Start early (Feb-March) and use to study for finals. Otherwise you won't finish.
- Qbank was helpful for learning how to pace yourself, however I found the actual test to be very different in terms of content.
- Okay to get the format but don't count on the timing to be the same.
- Good practice. Questions become very predictable after awhile and are easier than the real thing.
- Use all of the features (flagged items, etc.)
- Probably the best study tool, start early and make sure you finish.
- Definitely get through once. Try not to start doing questions too early or you will forget some of the material.
- Step 1 questions were more difficult.
- Can be overkill sometimes.
- Do these early! Read the answer explanations.
- Great prep for timing yourself, but the Step 1 questions asked are in a different manner and slightly harder.
- Excellent source of Step 1 questions. Helped very much.
- Good practice questions.
- Do some to help study for finals. Then hit it hard after finals.
- Pay attention to the low percentage questions, they come back on the test.
- Very good source.
- I didn't think the difficulty level of Qbank matched that of the actual exam which was much more difficult.
- Don't panic if you don't get through it all even one time. Just try.

### **Comments on Northwestern**

- Review CD - good. Class - waste of time.

### **Comments on What You Need To Know**

- The information was all useful & the high-yield facts were presented in an easy-to-recall manner.
- I'm not sure if the course really helped me a great deal for the actual test but it was a great way to learn 1st Aid.
- A guy stands up and reads First Aid and then adds some stuff. I had two questions that I would not have gotten had I not taken the class.
- Good to keep you motivated but by no means complete.
- Kept me motivated but the last week wasn't great.
- Good for those that need more active learning.
- Great repetition of key ideas -- it is only beneficial if you are motivated and put a lot of effort in, therefore do homework, etc.
- Helps to keep you on track.
- Really good if you need extra structure/motivation at the end.

- Very good--a great way to cover all the information in 3 weeks.
- Excellent for keeping you on pace for covering everything the month before, but don't expect many pearls that aren't in the First Aid.
- Good quizzes that ID holes in knowledge & a very efficient study time late in the day, when one might normally lose focus.
- Good for some new info, but is best used to force you to study when you don't want to. Quizzes are also good to judge your true knowledge level.
- Great pointers on high yield info. You get the nitty gritty essentials.
- Very excellent course for covering high-yield & complex subject. Also very affordable & weekly questions are a plus!
- Motivated me to go through all material in 3 weeks. Constant pre- & post-testing.
- Great review course! Helped motivate me to study hard.
- Good at moving you along. Good quizzes.
- Makes connections that wouldn't have made otherwise.
- Very fast, if you have not read First Aid once, you will be overwhelmed.
- Very good, but need to have read First Aid before starting.
- Really helped know high yield and get motivated for studying. Good review and add on's to the high yield.
- The more you put into it, the more your score will go up.
- Take exam about one week after course ends.
- He takes you through the entire First Aid and adds extra info that is helpful.
- Good as a structured review but not necessary if you are disciplined.
- It makes you study.
- Highly recommend! This course really directed my studying.
- Follow his schedule to a "T" and you will be prepared.
- Really focused on the important information. Good buy for the money.
- Excellent review after finals! Highly recommended and only \$400.
- Take exam within 1 week of finishing.
- Good for study structure, but much of emphasized material was not reflected on my exam.
- Forces you through the First Aid.
- Helped by having a schedule to follow. Too much reading directly from First Aid.
- Very good review of First Aid. Gets you through all material in a short period of time. Good for people who have trouble keeping their own schedule.
- A waste of time, unless you have done zero studying for the boards. It's a guy reading First Aid to you.
- Only really helpful if you already know First Aid really, really well.
- If you feel solid in First Aid, I wouldn't take course. It really didn't add much more than printed in First Aid.
- Provides some structure and good quizzes. Some subjects were reviewed poorly.
- Decent course. Great for the antibiotics and micro sections. He tries to predict new questions like ones on HAART meds, West-Nile and Bird Flu, but were not asked.
- A great and rapid review.

- The questions released in February are good. I was disappointed to see that the presenter reads the
- First Aid almost word by word.
- Good in theory, but the guy really seems to not care. He's not a good teacher.
- Took a lot of time, unsure of how much benefit it provided. Great for micro though.
- Wasn't high yield.
- Provides some helpful extra information.
- OK.

### **Comments on Kaplan Live**

- No comments recorded.

### **Comments on Falcon Review**

- No comments recorded.

### **Comments on First Aid for the USMLE Step 1**

- Essential
- Invaluable for memorizing all you need to know.
- Great book! Read it over & over.
- Easy reading & great resource.
- Very good but does not integrate.
- Start early and it will help you with finals.
- Not complete enough. Needs more molecular biology.
- Even if you have it memorized, there will still be many questions that cannot be found in first aid...
- But still memorize it because many times you can reason through an answer.
- Good for concise review & taking notes.
- I am not a big fan of First Aid. It's nearly impossible to learn from. Use it as a review only. It is basically a 250 page list of stuff to know, but in addition to what is in it, to do really well you need to know a lot more about the subjects listed. Exceptions to my dislike for First Aid are the microbiology/immunology.
- Memorize it! Everything that you need to know!
- Know all of it.
- This is what the test is over.
- Read this religiously, multiple times.
- Read 3 times.
- Must have. Must memorize.
- Use other sources.
- Read it at least twice!
- Money!
- Very high yield. Must have.
- Very high-yield but certainly not complete.

- Definitely not enough.
- Know everything in it.
- Read many times.
- Start reading early. Know it well.
- But do not rely solely on First Aid!
- Great for board finals.
- Not comprehensive enough to know all.
- Must have! Don't use this only.
- Hit or miss when taking Step 1.
- A must have to learn everything. Some board questions straight from the book.
- Excellent, even though when you take the test it may seem insufficient.
- Best review book. Incomplete.
- Excellent. Best resource.
- The bible of Step 1.
- Go through several times.
- Must do many times.
- Contains everything.

### **Comments on BRS**

- Definitely Path & Phys.
- Path & Physiology were excellent.
- Path - definitely; Phys - definitely; Pharm - no; Psych - good.
- Use this during the school year.
- Not a bad resource but may be too detailed.
- Pathology, Physiology
- Use during 2nd yr. courses. Focus on Qbank & 1st Aid at end of year - near test.
- Physiology, Pathology, Biochemistry
- Great for Physiology, Path & Behavioral
- Path is good, Phys is worth while.
- Only use for specific subjects unclear about.
- Biochem and Path are really good.
- Phys and Path
- Useful to add notes to First Aid.
- Good, but often overly detailed.
- Path, Physiology, Biochem.
- Path BRS is a must!
- Phys, Path & Biochem
- Phys & Path essential.
- Physiology & Path are a must.
- Biochem, Phys, Path
- Path & Phys are musts.
- Path & Phys
- Path. & Phys.

- Good supplements to First Aid.
- Pathology & Physiology
- May be too detailed.
- Path, Phys.
- Path & Phys.
- Read for finals. Don't bother with questions.
- Path, Phys.
- Use for Path and Pharm.
- Path, Physiology
- Path, Physiology, Biochem
- Read Path and Physiology.
- Path and Phys
- A little too in depth, but great if you have time.
- Path & Phys
- Pathology, Physiology
- Start with this during classes.
- Not good for Path test.
- Path BRS

### Other Materials

#### **Goljan (lectures, notes, CD's.)**

Notes with audio lectures for pathophysiology are awesome.  
 Best thing I did! Listen at least once.  
 CD Lectures - Amazing to make sure you understand all your pathology.  
 Audio  
 Pure gold.  
 Buy CD online (\$1.00) and listen to during the year. His notes add to stuff in First Aid!  
 CD's - These are great for 2nd year & the boards.  
 Amazing.  
 Best resource.

#### **High Yields**

Anatomy, Embryology, "Pharm cards"  
 Behavioral Science  
 Neuro, Immuno, Gross  
 Behavioral Science  
 Neuro, Embryology, Behavioral.  
 Gross Anatomy, Behavioral Science  
 Neurology, Immuno, Biochem-used in my 4 wk cram but did BRS early.  
 Immuno and Biochem  
 Anatomy, Brachial plexus, lower limb, lumbar puncture layers, cranial fossa.  
 Behavioral Science  
 Gross & Behavioral  
 Biochem & Anatomy

<b>Kaplan</b>	Kaplan subject books - more detail than First Aid, good reference for final exams! Kaplan web - okay for starting but used Qbank and First Aid more.
<b>Micro Made Ridiculously Simple</b>	No comments recorded.
<b>Microbook</b>	No comments recorded.
<b>NBME</b>	Released items and practice tests. Be sure to do the free released items and at least one of the \$45 tests. They are a better representation of what the Step is actually like.
<b>PASS Program</b>	Great review for Step 1, 2 & 3. Champaign, IL. It's expensive but worth looking into! WELL WORTH IT!
<b>Path Flash Cards</b>	No comments recorded.
<b>Pharmacology for the Boards &amp; Wards</b>	No comments recorded.
<b>Step 1 Recall</b>	Nice to use on the bus or whenever you have 5 minutes to yourself.
<b>Step Up</b>	Fantastic review. It actually has sentences so it is far more understandable than First Aid, but has less content.
<b>Underground Clinical Vignettes</b>	No comments recorded.
<b>USMLE Step 1 Secrets</b>	This book pounds in the basics in a question and answer format and gives useful case presentations for major path. Great for bringing information together and for basics. Also good for FCM.
<b>Visual Mnemonics Series</b>	No comments recorded.

**My one best piece of advice for Step 1 preparation is:**

- Start writing in First Aid from day one. If you have a 2005 or 2006 use because not much has changed. Also, First Aid is not complete. Use other resources like BRS or High Yield books too. I would recommend the PASS Program to anyone who wants a thorough review of what's actually on the test. Nice place to do some hard core studying for a month.

- Focus on what you don't know.
- Try your best to really learn and retain the material from the 2nd year. Knowing these courses will really get you far on the Step 1. Know First Aid and the BRS for Pathology. Do all of Q Bank & more if time permits.
- Listen to all Goljan lectures.
- Just defer. After 1 month of dealing with finals & 1 month (or more) of studying for Step 1, two weeks is not enough for time off.
- Use First Aid and BRS review books during regular course work. The last two weeks before the test are the most important! Don't slack off.
- Study a lot! Three-hole punch First Aid and then go through each section and add material from other books (ie., physio brs, path brs, high yields etc) so that four weeks before test you can do a big review of your 'bible' and have all the info you need in one place; supplement this w/ lots of Qbank so as to finish it before the test.
- Don't get the previous year's First Aid, they make many changes.
- Don't start before January, you will wear down by the test date. Also, take the exam as early as possible--the waiting is worse than the test itself.
- Use First Aid all year. Use Qbank during 2nd year, especially during finals.
- Review First Aid and Qbank while in classes.
- Get through First Aid multiples times and do as many practice questions as you can.
- Don't freak out!!! It is NOT productive.
- Study hard for year 2 final exams.
- Start early, but don't go overboard. It's a long study process and you need to make it to the end.
- Do Qbank every day to stay up on how to answer questions. The what you need to know course helped me highlight important parts of First aid & helped facts stick in my head. It also motivated me to keep studying every day!
- Read as much as you can, as many times as you can!
- Start early. Get through First Aid once before you start studying finals.
- Start First Aid in Jan/Feb with a study partner and it will help tremendously on the Path/Pharm finals as well as boards.
- Study early. The First Aid is not enough.
- Don't be too overwhelmed by everything. There is no way to learn every detail & that's okay!
- Start early, take it slow, look it up in another resource if you don't know it cold, try to consolidate your notes as much as possible (especially into the First Aid), take good breaks.
- Start in the Fall semester correlating your class work with the First Aid. Don't burn out during the Spring.
- Start early and be thorough - branch out from the first aid and do lots of questions! #1 - be confident!
- Start early and take your time with Step 1 First Aid.
- Start early. Don't wait too long and make sure you take the test early so you can have about 1.5-2 weeks of summer vacation.
- Start early - just a little bit a day will help you feel less crazy later. It will help you feel like you did everything you could.

- Use the same resources for 2nd year classes and MS-2 material on the USMLE. The same notes, texts & BRS will apply for the USMLE and you'll already be familiar with the layout.
- Get through First Aid at least 3 times!
- Learn everything you can during 2nd year classes. Most of what you need for Step 1 is taught during the first two years. After finals should be an overview of material and picking up little things that weren't covered by our classes.
- Do small chunks of studying early on then after finals really focus on the finer details. Avoid over doing it early to keep yourself from getting tired of studying.
- Start looking at First Aid during 1st semester and go through it once by spring break and take WYNTK.
- Take the test earlier (June 1) rather than later.
- Develop a study plan and goals to achieve every day; read First Aid at least 2 times.
- Read First Aid as much as possible and do Qbank every day.
- Study a lot during 2nd year and don't put off reviewing until after finals.
- Take it early, one week after WYNTK class ends. Get through all 1st year material before WYNTK starts. Read all of First Aid by the end of finals.
- Memorize First Aid & Do Q-bank.
- You know most of this stuff already - 2nd-yr shelf exams are a great indication of how you stand. Make & stick to a reasonable schedule. Relax. It's hard but not that hard.
- During Path, get familiar with symptoms and how diseases present. Study Goljan along with the Path sequence all year.
- If the answer to a Q-bank question is not in First Aid, write it in.
- Take the test as soon as you can - you will be tired of studying.
- Stay calm.
- Don't feel overly pressured to take "what you need to know." It takes up a lot of your study time.
- Do Q-bank.
- Finish Q-bank & memorize first aid.
- Don't prolong taking your Step 1 longer than you need to, those extra 2-3 days will cost you your sanity more than points on your exam!
- Make a plan. Organize your materials and chart on a blank calendar what information you will review by which date. Stick to the plan in order to completely review all subjects one time before finals.
- Start early.
- Purchase NBME practice tests.
- Memorize the First Aid!
- Start slow and build up each week.
- Read all Phys & Path BRS! Do Qbank.
- You know how best to prepare yourself. Don't pay attention when other students freak out.
- Study hard the first time in your regular classes so come Step 1 you're refreshing not re-learning.
- Take it as early as possible. You will be very burned out.
- Relax, work hard on core courses, get enough sleep.

- Start earlier than after finals. Qbank is money. Know your course material; that means less reviewing later.
- Start at the beginning of 2nd year. Refer to First Aid throughout the 2nd year, making notes in the book as you go along.
- Don't wait until after finals to begin Qbank. Get all the way through Qbank with plenty of time before the exam.
- Make a schedule and stick to it. There is a lot of material and with 'time off' its really easy to say, "I'll do that tomorrow."
- Use Gojan as a resource.
- Ask me after I get my scores.
- Learn it well the first time around (during classes). Take notes in your review books & become familiar with them early.
- Review 1st year material early & make study notes. Keep up with 2nd year material & add to First Aid.
- I felt like most of my knowledge came from the year long courses. . . Hence, study hard for those. First Aid was just a bunch of useful & nonuseful facts.
- Start studying early and go through 1st aid as many times as you can.
- Find Goljan lecture & notes as soon as possible. Use them for your classes. They're gold!!!
- Take soon after finals, within 3 weeks, while the big subjects are fresh on your mind.
- Use Goljan CD's!
- Know general principles cold!
- Do well in MSII classes. Goljan all year. Use First Aid all year. Re-read MSI BRS material.
- Do not spend too much time on excess review books. Focus on First Aid and use other books for reference only. Do practice NBME tests at a testing center.
- Do a practice test at the site, or at least visit the site to see how the check-in/check-out, break process works and download "FRED" the testing program to see the tutorial before the exam.
- Start early to cover 1st year stuff. Qbank & First Aid are necessities.
- Start early. There's always more things you wish you had studied at the same time don't forget your second year classes are also important.
- Start early; expect to feel somewhat unprepared before the exam and defeated after the test. It is a difficult exam!
- Start early - use mnemonics you have developed thru first two years and use mnemonics from First Aid.
- Nothing really prepares you fully. There is always quite a bit of guessing!
- Use Step 1 First Aid all year, study well for classes - you can't expect to review info in a month if you didn't learn it the first time. Get through Qbank with time to spare.
- First Aid & Path/Phys BRS.
- Study your 2nd year material at the same time as you are using your Step study materials - it helps a lot if you are already familiar with the step books.
- Take the test early. Start studying early spring semester and you will be ready to get the test over with.
- Take it as early as possible. . . You'll be ready!

- Know the basics. Know the First Aid inside-out. Do not spend time on the random facts until you know the basics.
- Start early.
- Start after spring break and don't get married the week after the test.
- Come up with a study schedule early and stick to it. Supplement first aid and Qbank with the BRS or High Yield for each subject area.
- Don't wait until the best possible day to take your test! That last week of studying will not be as productive as you think. You need time before starting 3rd year to relax and recover from months of stress!!
- Start early, but don't take test too late. You can only learn so much. So you might as well have a little vacation time.
- Know First Aid.
- First Aid. First Aid. First Aid.
- Love it. There's no other choice.
- Know the First Aid. Start Qbank early.
- Pace yourself before finals - classes are important also. Try reviewing organ systems in Physiology, Gross etc. as they are covered in Path 2nd semester.
- Start looking at First Aid along with classes.
- Start early.
- First Aid was a good review source but was not very helpful for my version of Step 1. First Aid material was not as in depth or in detail as materials asked on Step 1. The Step 1 version that I had was mostly different from what was covered by First Aid (up to 70% of tested materials were not/could not be found in First Aid)
- Know the high yield information very well. Immunology I though was pretty big on my exam.
- Studying for Step 1 is like a marathon. In addition to a study schedule, make time for taking care of you.
- Start early in 2nd year with First Aid and use BRS throughout the year with your classes. Everything will be familiar before you do your hard core studying in the months before Step 1. Do all of Qbank!!!
- Keep it simple, don't use too many books.
- Make a schedule for studying and stick to it. Start studying early in the year.
- While studying for 2nd year courses also read First Aid and add material. Start early. Having a study partner is the key even if you don't even discuss things. Helps to stay motivated.
- Know something about everything. The real test is really strange when it comes to what topics will be covered and what won't be.
- Start early.
- Know First Aid thoroughly, memorize it front to back! Qbank is a good representation of the USMLE questions. What You Need to Know is worth the money.
- Start early, but not too early. Do some Qbank every day.
- Listen to Goljan with his written notes during your path class. You will understand path and do better in your core path class. Also skim through the corresponding chapter of First Aid during path class (ex: cardiology path - class - Goljan - First Aid)

- Use any source you can grab and take from it what it gives you. No one source is adequate.
- Study.
- Add charts/info into First Aid from Day 1 of 2nd year. Take WYNTK - that guy does an excellent job! Much of what I didn't know on the test was cell & molecular biology. It may be useful to read the High Yield book for this subject. Relax and take breaks if needed, it will be much better for your sanity.
- Become one with First Aid, use other books as reference. Don't get too caught up with extra resources. Start Qbank early!
- Remain calm. Start studying early. Use Qbank & 1st aid w/2nd yr classes to learn as you go.
- Get a head start. Stick to your schedule.
- Go through First Aid several times, do all of Qbank and listen to Goljan.
- Don't wait too long to take the test - I was ready June 5 but didn't take it until June 7th. BURN OUT! Add info to First Aid throughout the year. Keep your personal notes for Pharm/Path to study from.
- Take the test 1 week after what you need to know. Make sure you read First Aid once before taking this class.
- Go through Qbank at least once and add notes to First Aid.
- Enjoy yourself before spring break because the last few months of 2nd year get hectic. Just read 10 pages a day at the beginning of the semester and you will be doing well by spring break to really begin studying.
- Start early and use at least 50 Qbank questions/day.
- Start early at least looking through First Aid. Read Path BRS again after finals (it really pulls everything together). And finally, don't freak out if you aren't starting at 80% on Qbank. If you work hard you will get the score you want.
- Prepare early, studying 1st material as it parallels 2nd yr material from August all the way through May. Increase reviewing intensity during spring semester. At start of summer, take \$45 NBME assessments--they are accurate and you can use them to guide your final studies.
- Stick with First Aid. It has everything.
- Memorize First Aid as soon as possible.
- Do First Aid first, that way you can spend time learning extra stuff and at least you don't miss the basics.