

THE UCLSD



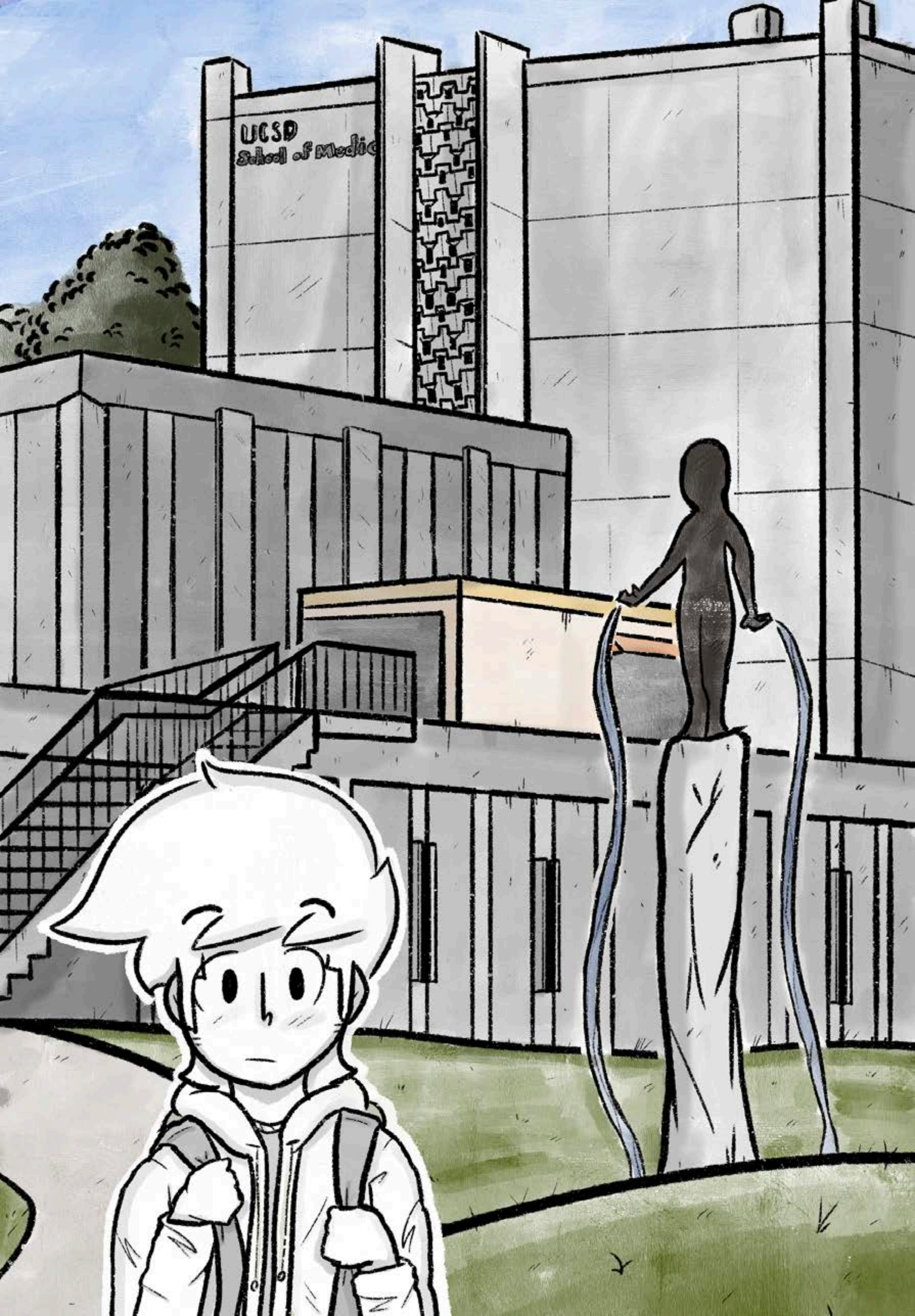
2023

NOAH CHOI

STEP-1
Survival Guide

For: Dr. Sue Boiko

Thank you for believing
in my art.





*NOT Foolproof



PART 1

Exam Breakdown & Resources

LET'S Start WITH
**THE
BASICS**



Step 1 is an eight hour exam.



It has seven one hour sections.

and one hour of breaks!

It's also expensive

But...
I am sure...
You all will be...
fine?*



Just learn from our mistakes...



RIP
MS2s



And text me if you have questions!

OR Serotonin



DE NG

*Not a legal guarantee

First let's talk breakdown.
Here are the subjects you'll see.

- ① PATHOLOGY (44-52%)
- ② PHYSIOLOGY (25-35%)
- ③ PHARMACOLOGY (15-22%)
- ④ Biochem/Nutrition (14-24%)
- ⑤ Micro (~12%) ⑥ Immuno (~8%)
- ⑦ Anat/Embryo. (11-15%)
- ⑧ Histo (~11%) ⑨ Genetics (~7%)
- ⑩ Behavioral science (5-9%)

Most of this you'll see somewhere in a block.
But there are some topics not covered at UCSD.

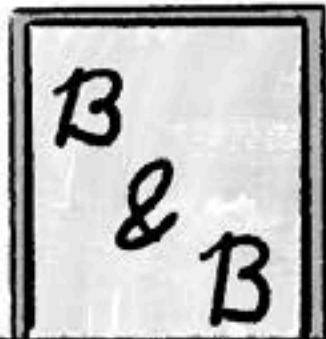
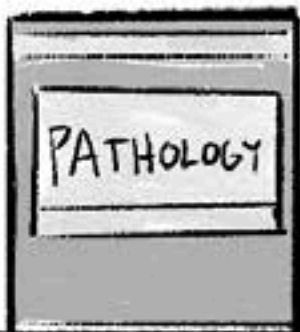
There's only so much time.



PATHOLOGY

Most people study with:

- 1) PATHOMA
- or
- 2) Boards & Beyond



Simply put, pathology is what you see during your MS2 curriculum. During MS1 you learned how the body works. However, what is tested more on step is the MS2 stuff, or, what makes the body stop working.

A large part of step 1 & block exams is recognizing & diagnosing disease. These materials are the backbone for learning these skills.

Both of these resources are lecture series. B & B is physiology + path, but Pathoma is path only. For Step & block exams, most people pick one or the other.*



* NOT BOTH

PHYSIOLOGY is a contentious topic.

My mentor advised me to ignore physiology review. For me, that was amazing advice. Almost all my friends did the same. The logic is that during path review & UWORLD* you're forced to pick up physio as you go.

I felt this was true for a P/F exam.

If you're more risk adverse, most study PHYSEO or B&B. I would argue that's overkill though, especially if you also use UWORLD.



* I used 9% of UWORLD & still felt my physio was fine thanks to PATHOMA.

PHARM!

In general, you have two choices.

Both of these tools are cartoon/memory palace resources.

Pixorize

- o Shorter videos
- o Usually one drug per video (or at least not many)

OR

SKETCHY

- o fewer, but longer videos
- o multiple drugs per video

o Sketchy is the "gold standard" but many feel it can be overwhelming.

Biochem, Nutrition, & Immuno

Parts of Immuno are also taught in Pathoma. Biochem & Nutrition are a little trickier.

Biochem in particular is not reviewed a lot at UCSD. This subject includes anything from the Krebs cycle to glycogen storage disorders. Some use First Aid to review these three.

However, I feel that **PIXORIZE** is by far the gold standard here.

Please note, I highly recommend the [Adytumdwell 2.0] anki deck for all PIXORIZE resources. (check dropbox)



MICRO SKETCHY



Remember, all resources are usually studied in tandem with their corresponding Anki cards. If you're unsure what this means please clarify with a classmate!

ANATOMY



Most of us used a powerpoint called the "100 concepts" in tandem with the corresponding Anki deck. There are many decks out there but I've uploaded my preferred one to the dropbox.

All in all, "100 concepts" should get you ~70-80% of the anatomy you need to know, IMO.

This is all my friends & I did for the subject.*

* supplemented w/ UWORLD for some people.

STATS

If you want to be a stats god, B&B is incredibly exhaustive.

If instead you want to learn 80% of stats in only 2 hours Randy Neil has 4 Youtube vids. (I put them on the dropbox).

Other than that I would recommend using UWORLD to practice.



Embryology

I didn't study Embryology because honestly, I can't stand it.

Most of my friends did the same.

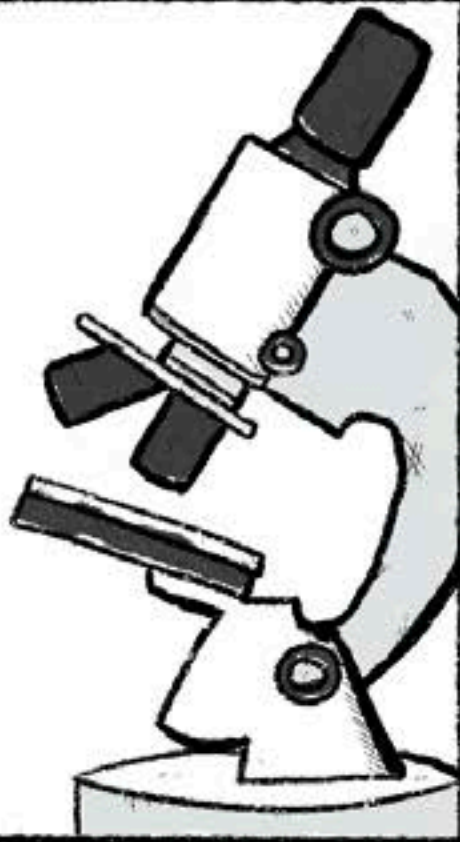
This decision had no consequences for us.



Histology

Most of Histology
You will learn passively
through Pathoma/Uworld.

If you want extra help
with identification, I would
recommend DirtyMed's
"High Yield images" on YT.

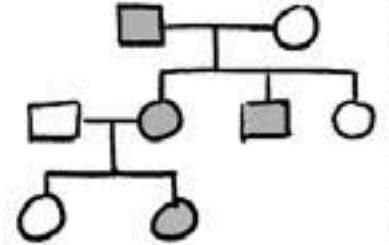


Genetics

- Genetic disorders on Pixorize
- Genetic lectures on B&B
- The FA chapter is also good (& short!)

Randy Neil also has an excellent
(& short) Youtube series:

- USMLE STEP 1: Genetics
- USMLE STEP 1: Genetics II



😊 Behavioral Science 😞

You don't need a whole lot here, but it will come up on exam day.

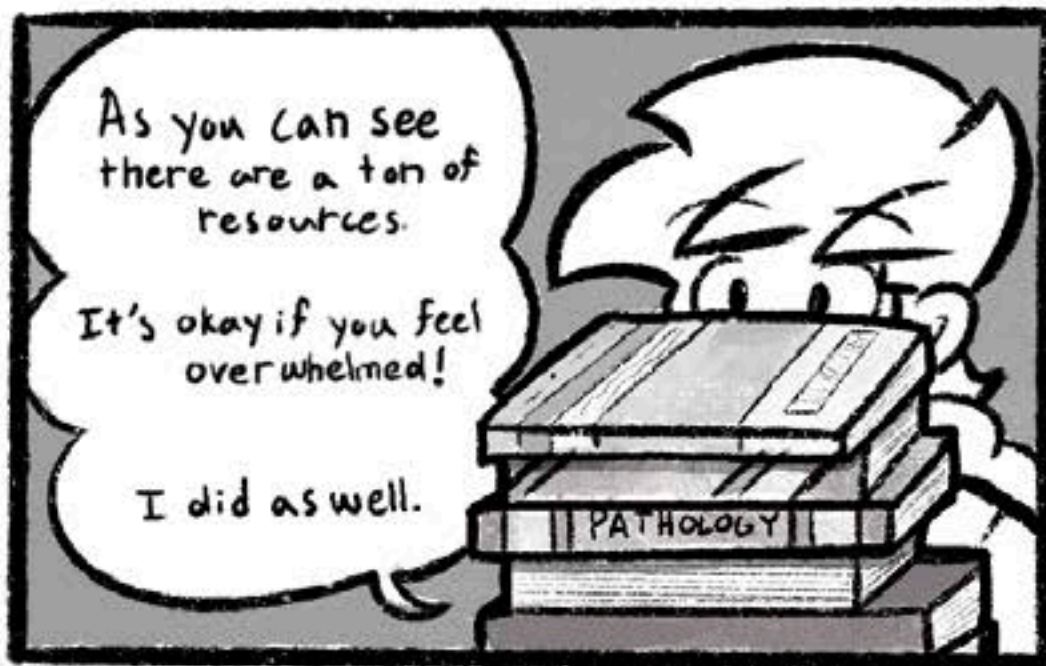
For PSYCH: • Use first-aid to learn EGO DEFENSES & PERSON. DISORDERS.

• Use the Anking Cards dual tagged w/ @High-Yield & @FA → PSYCHIATRY → PATHOLOGY.*

For ETHICS/SOCIOLOGY: • Remember that 8% of Uworld I did? It was
solely to practice the ethical scenarios & to master a bit of statistics.

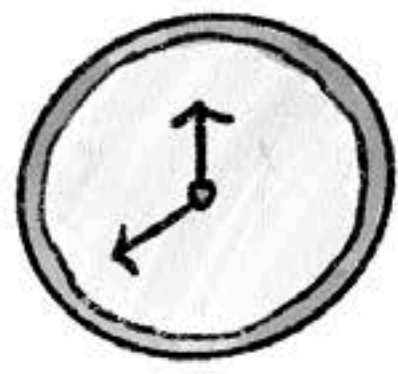
• I would also recommend DirtyMed's "USMLE Communications Questions" video.

* This is kind of complicated so I just uploaded a PSYCH deck to dropbox.



* Not a legal guarantee

PART 2



Timelines

One of the most asked questions is:
"When should I start?"

And that's a great question.

And I'm hesitant to put out a timeline, because there is definitely no "one true path".

But, here is my schedule & reflections for you to use and adapt.

Hopefully it helps guide you in finding the study pace that is right for you!

ONCOLOGY

- PATHOMA CH. 1-3.

Pathoma doesn't overlap well with this block. I had to also watch most of the SOM lectures. However, CH 1-3 are super HY for step. Learning 1-3 now pays off later!

EBMI

I watched SOM. Others watched B&B biostats.

IMO, it really doesn't matter. This is a very fair block. Enjoy it.

Many consider PATHOMA 1-3 the most high yield step 1 content!

Very well taught!

ARDD

ARDD is an involved block. ONC & DERM, imo, are the two blocks w/ the least third party overlap. In order to stay organized, consider it two separate blocks that share an exam.

<h4>RHEUM</h4> <ul style="list-style-type: none"> • PATHOMA CH. 2 + CH 7.1 (Vasculitis) • B&B Msk: 3.5, 3.6, 3.8, 3.9, 3.10 • B&B Autoimmune: 4.1-4.5 <p>RHEUM, in isolation had <u>excellent</u> third party overlap. I had zero issues on these questions.</p>	<h4>DERM</h4> <ul style="list-style-type: none"> • PATHOMA CH. 19 • B&B DERM: 1.1-1.11 <p>Honestly just pick one. Doing both does not help.</p>	<p>So here's where the trouble starts. SOM DERM has minimal overlap. If I didn't shotgun the SOM slides in the 11th hour, the second half of the exam would have raked me.</p> <p>Rheum was great though!</p>
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GI

- PATHOMA CH 10
- PATHOMA CH 11



There are two ~15 point quizzes in this block that can really buffer your score if you crush them. In my experience, PATHOMA had fantastic overlap on the final but the quizzes not so much. That being said, pass is only 65% (at max) so....

ERM

- PATHOMA CH 13: Female genital system
- PATHOMA CH 14: Male genital system
- PATHOMA CH 15: Endocrine
- PATHOMA CH 16: Breast



Lots of mandatory stuff this block that was very final exam relevant. PATHOMA doesn't overlap amazingly or terribly. Consider supplementing.

THANKSGIVING

- PATHOMA CH 18: MSK



I know, I know... But trust me. MSK is a super easy pathoma chapter. You might be able to bang it out over only one day of your break.

You'll be so glad you knocked it out early!

CARDIO

- PATHOMA CH 8: CARDIAC
- PATHOMA CH 9: Vascular



CARDIO had excellent pathoma overlap. Here are two of my friends' experiences.

- Friend 1: PATHOMA + som slides during last 48hrs: 95%
- Friend 2: PATHOMA only during the last week: 75%

WINTER BREAK



- PATHOMA CH 4: Hemostasis
- PATHOMA CH 5: RBCs
- PATHOMA CH 6: WBCs

I was able to have a restful winter break while doing the above chapters.

Is it annoying to study over break?

Of course it is.

But, being able to kill Heme before winter quarter is pretty critical for taking this exam before dedicated.

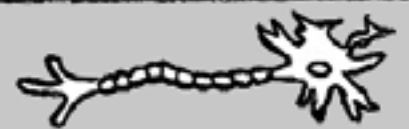
Consider Winter Break your "checkpoint" to solidify what your test date goals are.

But remember:

Your health comes first.
Early is optional.

MBB

- PATHOMA CH 17: CNS

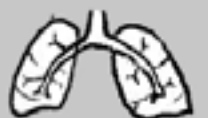


One of the best blocks in MS2 for step studying. Hear me out. MBB2 is TAYGO formatted, there is no final. Before every quiz I would study the associated som lecture, but since there is no final, the only reviews you have to do are your Step 1 reviews! The CNS chapter in PATHOMA is also very brief, so for a five week block, you'll have time on your hands.

During this block I also completed the PATHOMA CHs for Renal & Pulm.

PULM

- PATHOMA CH 9: RESPIRATORY



At this point, since I had already finished PULM, my focus during this block was PHARM review. Since I had not been watching sketchy pharm during the school year I had a lot of catching up to do. Postponing pharm until the end was a mistake!

The block exam itself, thankfully, had pretty solid overlap.

RENAL

- PATHOMA CH 12: KIDNEY + URINARY
- FIRST AID: NEPROTIC + NEPHRITIC SYNDROMES



Renal was when I really started feeling the pressure. Since this was my last full block before test day, I had to wrap up Biochem, nutrition, anatomy, & stats in the span of a few weeks. It's a lot of material, so I didn't finish until week 1 of MOSD.

The block itself was very fair, but word to the wise: Dr. Rifkin told me before the final that her favorite lecture is "HTN".

* The entire 1st week of MOSD was mandatory.

MOSD

This block has a take-home exam!

In regards to third party materials I really don't have any definitive recs. Due to the nature of this block, some block material may overlap w/ PIXORIZE, while other topics may match w/ PATHOMA.

It's really just a mixed bag. However, if by this point you've finished your content review, you will probably enter MOSD already ready to take the block exam.



Just take it one block at a time, and remember that these are just suggestions!

And there is **NOTHING** wrong with that.

You might find other material, like B&B, that you prefer over what my friends and I did.



But... don't forget that passing your block exams is still important.

Be flexible & be prepared to change up your strategies from block to block!

And every one of you will need a different amount of SOM Lecture exposure to pull this off.

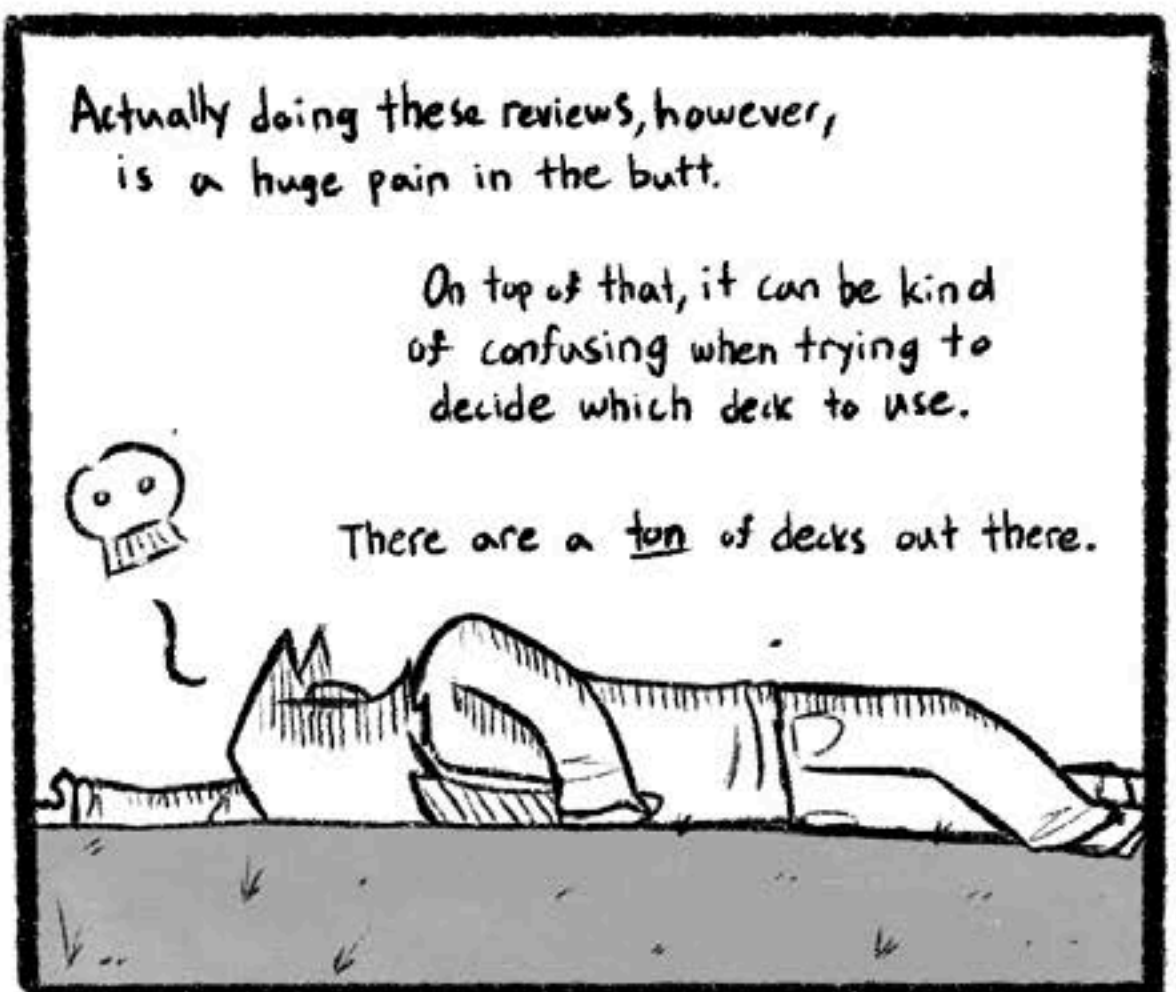
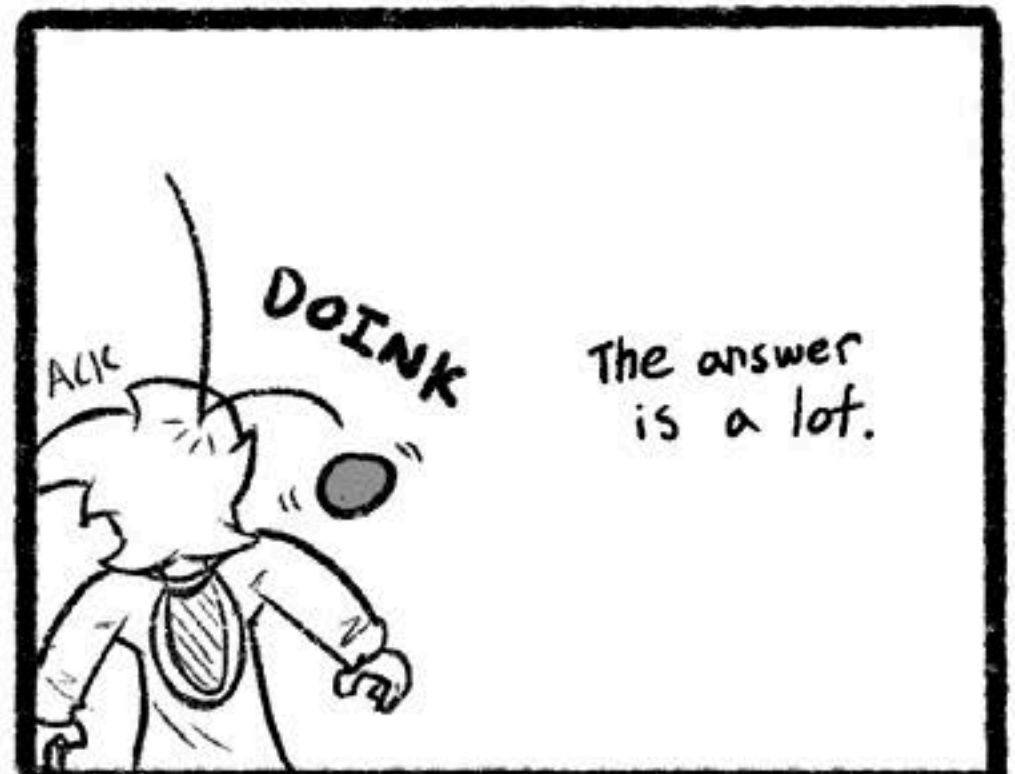
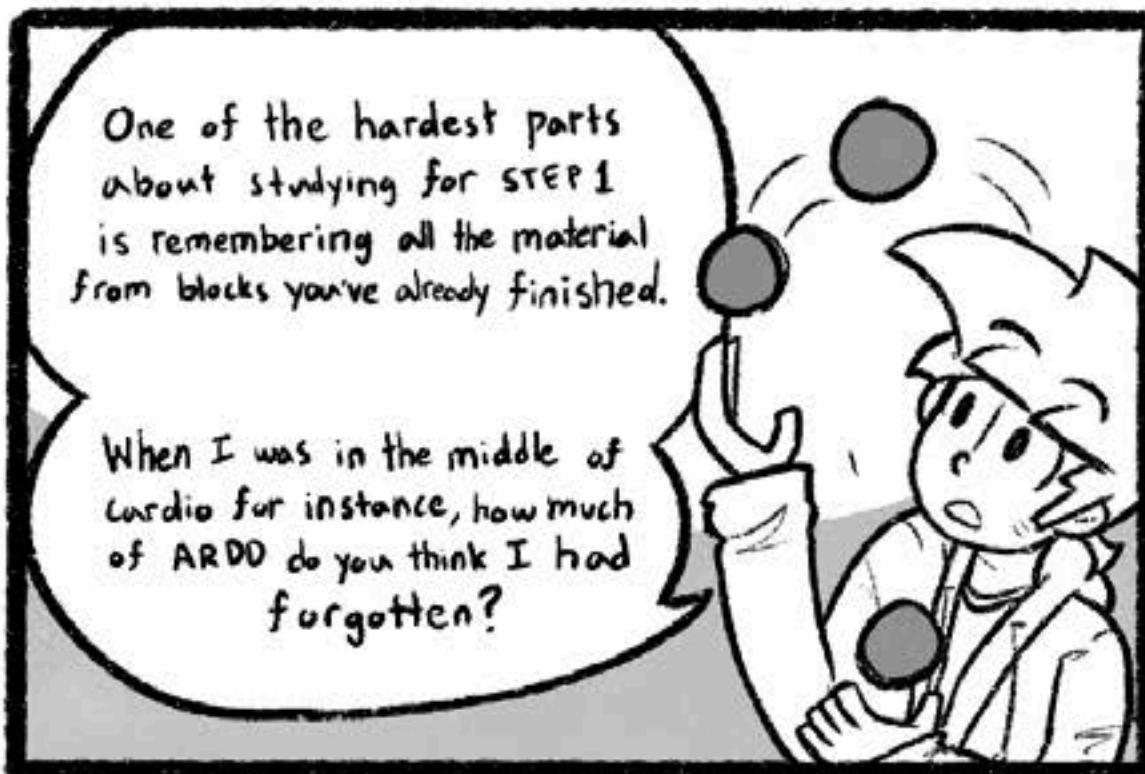


Some of you may not need it,

But seriously,

Getting at least some exposure to SOM lectures prior to each block exam is recommended.





As a result,
we aren't going to spend time
specifically on ANKI settings
since people have varying preferences.

Instead, we'll wrap up with some deck
recommendations and general tips & tricks.



If you are going to be
using ANKI, you honestly
will need one of these:



AnKing V.11 $\xrightarrow[\text{from}]{\text{Download}}$ Reddit

- some cards are outdated or redundant.
- free!
- you will still have no problem passing with V.11.

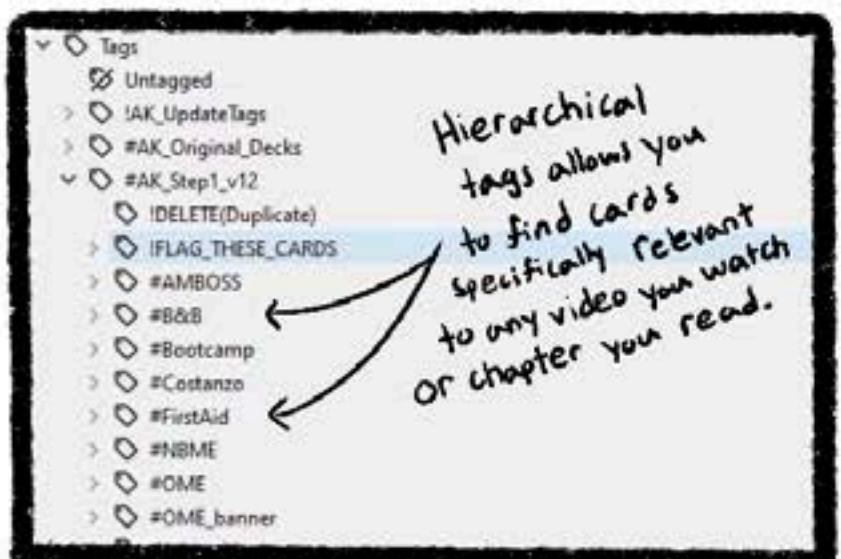
AnKing V.12 $\xrightarrow[\text{from}]{\text{Download}}$ Anki Hub
(.com)

- everyday will live-update your decks with
the newest step-relevant material.
- \$5/month \leftarrow LOL

In order to easily navigate
through your cards & find the
ones relevant to the resources
you are using, you will also
want to install the:

"Colorful Tags (+Hierarchical Tags)"
add-on

This add-on allows you to
find cards that are directly
attached to each sketchy, Pathomay
B&B, etc lecture.



Remember that
there are some
non-Anking decks
that I covered in
Part 1.

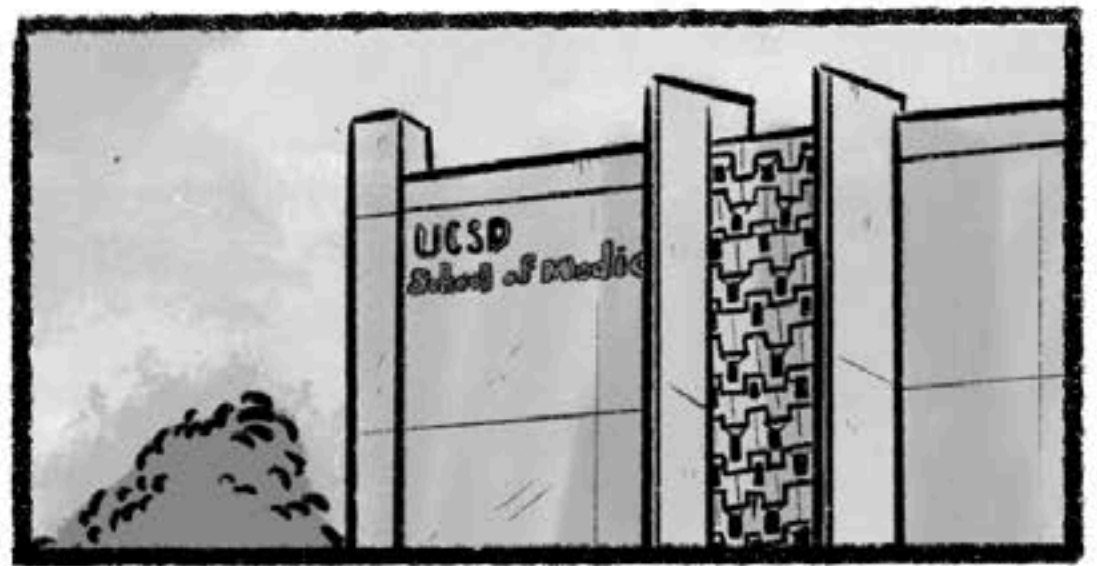
- 3_Pathoma
 - Chapter 01: Growth Adaptations
 - Chapter 02: Inflammation
 - 1_Acute Inflammation
 - 2_Chronic Inflammation
 - 3_Primary Immunodeficiency
 - 4_Autoimmune Disorders
 - 5_Wound Healing
 - 6_Inflammation Extras
 - + Chapter 04: Hemostasis
 - + Chapter 05: Red Blood Cell Disorders

Personally, I prefer
to make a new
deck for each new
video I watch.

This allows me to
stay organized and
more easily revisit
certain material down
the line.

Practice Exams!

PART 4



NBME

NBME's are the standard exams made by the actual test maker.

There are seven versions.
25, 26, 27, 28, 29, 30, 31

Many believe #31 is most realistic.

UPlanet

UWorld Self Assessments come free with most subscriptions. They will give you a numeric score, (i.e. "234") but most believe UWSAs are inflated. Supposedly UWSA1 is more inflated than UWSA2.

FREE 120

The free 120 is, IMO, the most representative practice exam we have. It's also from the testmakers. This exam is best saved to take 3-4 days before the real one.



Please note that NBMEs do not give you a numeric score.

Instead you'll get a "% chance of passing" along with an overall % correct.

For instance, you may get a raw score of "61%" and a % chance of passing of 83%



THE "General" Way

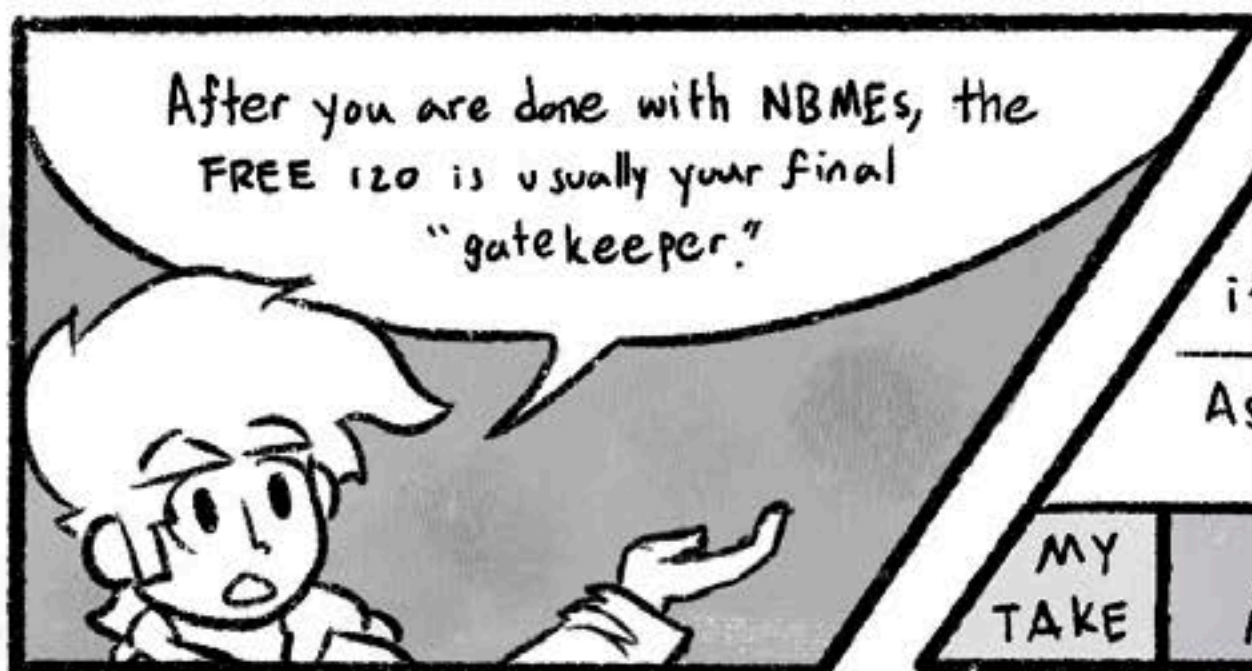
- 2 NBMEs w/o CI's outside fail range.
=> this is about a raw score of 65%.

When you get a raw score, your confidence interval will be that score +/- 2 points.
A "fail" is generally below a 60-61%.
If your CI is outside this range twice, you generally should be good to go.

THE "SAFE" WAY

- 2 NBMEs w/ raw score > 70%.

A pass for step 1 is generally around 61-62%. Therefore, if you can hit 70% twice you're incredibly safe.



Again, most people will save the Free 120 for the week of their exam. People arguably consider it the most representative test.

As a result, people have strong opinions on what a "safe" score is.

MY TAKE	65%	70%	75%
	Minimum	SAFE	"Unfailable"





okay everyone!

Welcome to the Finale!

Here are some final thoughts!

PIXORIZE topics in order of what I think is highest yield.

- 1) Vitamins (~23 videos)
- 1) Biochemical pathways (~24 videos)

- 2) Chromosomal Abnormalities (~8 videos)
- 2) Immunodeficiencies (~10 videos)
- 2) Metabolic disorders (~19 videos)
- 2) Lipids (~8 videos)

- 3) Glycogen storage disorders (~4 videos)
- 3) Lysosomal storage disorders (~7 videos)
- 3) Autosomal dominant disorders (~13 videos)
- 3) DNA repair (~4 videos)
- 3) Collagen related disorders (~6 videos)

- 4) Peroxisome dis., Mitochon. dis., Cytokines, transfusion reactions, transplant rej., "misc" videos.

The "Divine Intervention" risk factors podcast is only about half an hour long & is very high yield. • It's marked as episode 37.



"Pepper deck" is more than fine for Pharm.

Although we didn't talk much about UWORLD, it still might be the best resource out there.

People in my class passed w/ anywhere from 0% to 100% of it completed.

In general, most aim for 50-80% completion by test day.

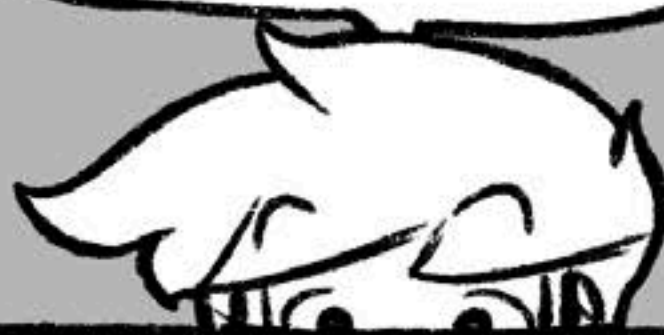
And remember, every UWORLD Q has a few Anking cards matched to it!

And most important, above all else:

Make time for family.

Make time for friends.

And never forget MS2 can still be incredibly fun.



And well,
That's it!

Everyone, thank you all
So much for your interest and
support for this project.
Your help in making this come to
life really does mean the
world to me.

Some parts of this year are going
to be tough, but I'm confident
in all of you!

Don't forget to still
have fun this year,

and of course...





Good Luck!

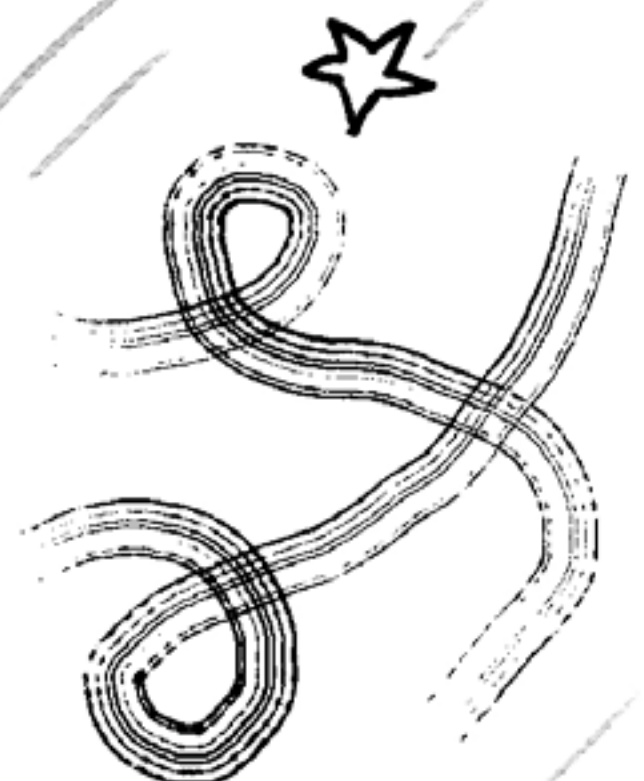




For many of you, this will be the most stressful exam you've taken.

But rest assured, if you are here, you already possess the strength & intellect to defeat this exam. Once you're done, you will be grateful you gave it your all, because you'll use this knowledge every day.

- Kelvin Du



You're all very smart + cookies!! Diligent & hard working!! don't forget to breathe, eat, rest, and play!! when you're tired and feel like giving up, take a sunset walk outside and breathe fresh air. remember all the people who believe in you! we know you can do this too! Sending you encouraging hugs!!

- Jess Kim



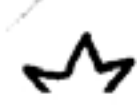
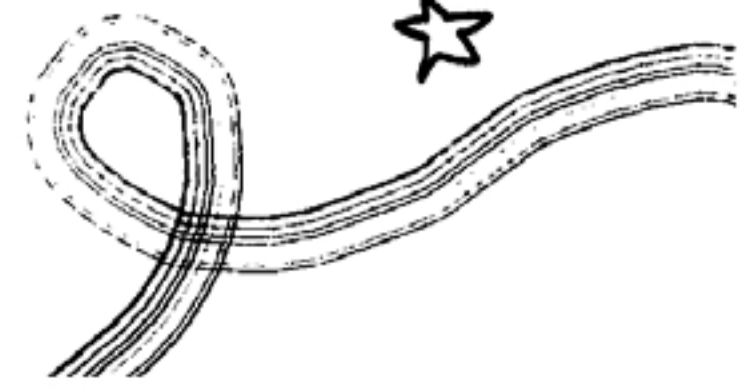
Make studying a habit; Use a habit tracker with friends and set reasonable daily goals throughout the process!

- Jose Sandoval



Studying for this test made me question a lot of things to the point I was even actively looking up ways to pay off my student debt if I just dropped out. I want to normalize that this test is not a reflection of how amazing of a doctor you will be and even though it can be overwhelming- You will carry on!

- Dylan Hutson



2023