

Academic Advising and Academic Support Services

**Suggested USMLE Step 1 Timeline**

**2019-2020**

**August/September**

- Focus on your current studies and exams.
- Student Affairs Dean Fisch Discussion: Study and Success Strategies.
- USMLE Step 1 – Dr. Sacs
- MS3 Panel Discussion: USMLE Step 1 Preparation & Study Strategies
- What you Should Know about USMLE Step 1 Presentation by Dr. Cristel Escalona & Dr. Mercy Azeke. **September 4, 2019**
- Summer Opportunities Presentation- Dr. Andreas Holzenburg & Dr. Jay Morrow **September 20, 2019**
- Presentation by Kaplan representative for MS1s & MS2s.

**October**

- Focus on your current studies and exams.
- Test-taking Preparation Strategies. (Kaplan)
- Gear Up for USMLE Step 1*. Dr. Barry Linger and Dr. Mercy Azeke

**November**

- Tips for studying discipline specific areas (e.g. Pharmacology) Dr. Mitra
- Focus on your current studies and exams.
- Coping Skills in Preparation for USMLE Step 1* – Presenter and Date
- Start the registration and application process (Appendix A).  
-Check with Wandy Cruz-Velazquez before sending your registration materials
- Complete Kaplan Diagnostic exam during Thanksgiving break.

## December

- Focus on your current studies and exams.
- Organize study plan from Kaplan Diagnostic exam results.
- Scheduling and Time Management – Dr. Linger December
- Start making a tentative study schedule

## January

- Focus on your current studies and exams.
- Comprehensive Basic Science Exam (CBSE) **TBD** (*pending NBME availability*)
- Schedule your test date at a Prometric Test Center ([www.prometric.com](http://www.prometric.com) – 1-800-967-1100)

LOCAL LOCATIONS	
0078 1801 S. Colonel Rowe, #440 McAllen, TX 78503	0329 6001 S. Staples St., Ste. B Corpus Christi, TX 78413

## February/March

- Focus on your current studies and exams.
- Start gathering your study resources and organize in one place.
- Read and make notations in First Aid book.
- Take Kaplan Simulated exam (pre-test)

## April

- Focus on your current studies and exams.
- CBSE TBD**
- Attend Step 1 Boot Camp\* (begins Monday after MS2 yr. ends; TBD)  
\*Sessions will be face-to-face (recommended) with an option to join via WebEx.

## May/June

- Finish assembling your study resources.
- Finalize your study schedule.
- Take Kaplan Simulated exam (post-test) (*2 weeks before scheduled Step 1 exam*)
- Study for Step 1!
- Continue to get plenty of rest and exercise. Keep up with friends and family.

## July

- **Take Step 1!** Plan a vacation or special celebration following the exam.
- Clinical Foundations, TBD.
- Third Year Clerkship Orientations, TBD

**Please be advised that you cannot participate in Clerkship until you have taken the USMLE Step 1 Exam.**

## APPENDIX A

### Step 1 Registration and Scheduling

- Log onto [www.nbme.org](http://www.nbme.org) to start the registration and application process, which takes 4-6 weeks.
- Complete and sign the **Certification of Identification and Authorization Form** and take it to SOM Office of Student Affairs-Admissions & Enrollment Office, 1.130.
- Betty Monfort, Sr. Asst. Dean for Enrollment, will sign, affix the seal, make a copy for the record, and send your form to the NBME via FedEx. Once she receives notice of your application, she will authorize your enrollment. The NBME will then send **you** a **Scheduling Permit, via email**, that specifies a three-month window for your exam. **Print the permit, make a copy, and put it in a safe place; you will need to bring it with you on test day.**
- Schedule a test date at a Prometric Test Center through their website: <http://www.prometric.com>.
- Prometric will charge a fee if you change your testing appointment *thirty or fewer days* before your scheduled test date.
- You must take USMLE Step 1 before beginning Year 3 clinical experiences.
- Students **must** pass USMLE Step 1 before beginning the second half of the third year.

## UTRGV Resources

- Fellow third-year classmates who have successfully passed Step 1.
- SOM Libraries
- Home page: <http://www.utrgv.edu/medlibrary/index.htm>

## Internet Resources

There are a ton; here are just a few. The USMLE website is, of course, a good place to start.

- [www.usmle.org/step-1/](http://www.usmle.org/step-1/)

## Preparing for Exam Day

- Review the tutorial at <http://www.usmle.org/practice-materials/>. Resolve test-taking difficulties, such as test anxiety, prior to the exam. Schedule your break times.
- Plan what food and beverages you will be taking.
- Make sure you know exactly what you can and cannot bring with you. Call your Prometric test site to confirm your test date.
- Become familiar with the test site – drive there ahead of time.
- Take out your Scheduling Permit, picture ID with signature, car keys, etc. the night before the exam.
- Don't panic if you do something wrong, or if something goes wrong with the computer – contact the proctor.