Suggested USMLE Step 1 Timeline
2018-2019

August/September
□ Focus on your current studies and exams.
□ Students Affairs Dean Fisch Discussion: Study and Success Strategies. August 14, 2018
□ USMLE Step 1 – Dr. Sacs 8/17/18
□ MS3 Panel Discussion: USMLE Step 1 Preparation & Study Strategies August 18, 2018
□ What you Should Know about USMLE Step 1 Presentation by Dr. Cristel Escalona & Dr. Mercy Azeke. September 19, 2018
□ Presentation by Kaplan representative for MS1s & MS2s.

October
□ Focus on your current studies and exams.
□ Test-taking Preparation Strategies. (Kaplan) 10/12/18 (1-5 p.m.)
□ Gear Up for USMLE Step 1. Dr. Barry Linger and Dr. Mercy Azeke, October 29, 2018

November
□ Tips for studying discipline specific areas (e.g. Pharmacology) Dr. Mitra November 7th
□ Focus on your current studies and exams.
□ Coping Skills in Preparation for USMLE Step 1 – Dr. Janani Krishnaswami
□ 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 12, 2018 (TBD)
□ Start making a tentative study schedule.

January
□ Focus on your current studies and exams.
□ Comprehensive Basic Science Exam (CBSE) January 26, 2019, 8 a.m. – 3 p.m. (pending NBME availability)
□ Schedule your test date at a Prometric Test Center (www.prometric.com – 1-800-967-1100)
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 Saturday, April 6, 2019. 8 a.m. - 3 p.m.
□ CBSE Saturday, April 27, 2019. 8 a.m. – 3 p.m.
□ Attend Step 1 Boot Camp* (begins Monday after MS2 yr. ends; 04/08/19-04/24/19)
  *Sessions will be face-to-face (recommended) with an option to join via WebEx.

Early May
□ Finish assembling your study resources.
□ Finalize your study schedule.

May/June
□ 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.

June/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 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/

Preparing for Exam Day

- 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.