

USMLE STEP 1 RESOURCES

There are many excellent resources. Choose what works for you and stick with it. Limit the number of resources; you can have too many.

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| <u>Appleton and Lange</u> | Book or CD: 7 subject area exams (Anat., Bio., Phys., Pharm., Path., Behav. Sci., I/M); useful for diagnosis. Good explanations. |
| <u>Board Simulator Series</u> | Organized by systems; can separate by disciplines; good explanations but long; questions not same format as USMLE. Difficult questions. |
| BRS Review Series | Consistent quality across subject, but lengthy. Can be used during Years I and II; has questions. |
| <u>Buzz Words for the Boards</u> | High yield facts in question & answer format. |
| Faculty Packets | All you need to use for Genetics and Nutrition. Available in Conjoint by end of March. |
| <u>First Aid For the Boards</u> | Excellent high yield facts; no questions; good for Pharm, Anatomies. Used in Year 2 also. |
| <u>First Aid Q & A</u> | Question Bank that accompanies <u>First Aid</u> text. |
| How To Use <u>First Aid</u> | |
| How To Use Question Banks | Video available on streaming lectures that shows you how to properly use study aids for STEP 1. |
| Lippincott <u>High Yield Series</u> | Good for Behavioral Science, Biochem, & Neuro good concise outline review, no questions. |
| Lippincott <u>Pharmacology & Biochemistry</u> | Well written reviews w/some questions. May need to study only certain chapters. |
| <u>Micro Made Ridiculously Simple</u> | Easy to read, charts and cartoons to aid memory. No questions. |
| NBME Comprehensive Basic Science Self-Assessment | Required test at the end of Year 2. Check the calendar for date of exam. Exam covers two years of basic medical science courses. |
| Question Bank | You must use a question bank!! Q-Bank or QReview (Kaplan), Princeton Review. Use at least 2000 questions. |
| <u>Rapid Review Micro and I/M</u> | Quick outline text, high yield margin notes, CD allows for diagnostic scoring. |

Rapid Review USMLE Step I

Practice questions in book and CD format. Allows for diagnostic scoring.

Robbins Review Pathology

1100 questions and explanations. Should be used while studying pathobiology and pathophysiology.

Step Up

Systems based, clear and concise outline review, good diagrams, charts. No questions. Great preview, review for Pathophys units.

Usmleworld.com

Another website to purchase Q-banks for all STEP exams. Strongly recommended by WSU SOM students.

Your Lecture Notes

Use summary sheets if you made them. Otherwise, class notes are too long and detailed.