Step 1 Webinar
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http://med.stanford.edu/md/academic-support/learning-strategies.html
Registering for the Exam

School of Medicine Registrar’s Office USMLE® Information

To apply for a United States Medical Licensing Examination® (USMLE®) Step 1 or Step 2 CK and CS Exam:

1. Log on to the National Board of Medical Examiners (NBME) website
2. Complete the online application
3. At the end of the online application, there are instructions for completing a “Certification of Identification and Authorization Form.” Print the form, provide your information, attach your photo, and enter your signature and date
4. Scan the form and save it as a PDF file
5. Submit the completed form by sending it as an attachment to the SoM Registrar's Office Document Request Form or send it as an email attachment to medregistrar@stanford.edu with "Secure" in the subject line
6. The form will be completed within 1 week. You will be notified by email when it is submitted to the NBME.

Applications for Step 1 exams, and in some cases Step 2 exams, require an online enrollment verification on the NBME website by the School of Medicine Registrar. The online verifications are completed at least once a week on Wednesdays.

Be sure to keep up with the latest self-assessment and exam news by checking the NBME's news webpage.

More information can be found on slides posted on the Learning Strategies Website and the Registrar’s Website: https://med.stanford.edu/md/academic-support/registrar/MedRegUSMLE.html
Registering for the Exam

- [https://www.usmle.org/apply/](https://www.usmle.org/apply/)
- Once emailed to NBME, processed in about 2 weeks
- Then may request scheduling permit dates
- Select 3 month eligibility period
  - Select eligibility period starting with month you want to take exam
  - NBME issues permits up to 6 months before period begins
  - Can schedule test date when Prometric makes them available
## Exam Fees

<table>
<thead>
<tr>
<th>Step 1</th>
<th>2020 - 2021 Fees</th>
<th>Effective Dates for 2020 - 2021 Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>Step 1</td>
<td>$645*</td>
<td>Eligibility periods</td>
</tr>
<tr>
<td>Step 2 CK</td>
<td>$645*</td>
<td>beginning September 1, 2020**</td>
</tr>
<tr>
<td>Step 1 &amp; Step 2 CK</td>
<td>$70</td>
<td>Eligibility period extension</td>
</tr>
</tbody>
</table>
## Rescheduling

<table>
<thead>
<tr>
<th>The date that you change your appointment</th>
<th>Prometric Testing Region</th>
<th>Step 1</th>
<th>Step 2 CK</th>
<th>Step 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>31 or more days before (but not including) the first day of the scheduled test date</td>
<td>All testing regions</td>
<td>No Fee</td>
<td>No Fee</td>
<td>No Fee</td>
</tr>
<tr>
<td>Fewer than 31 days and more than 5 days before (but not including) the first day of the scheduled test date</td>
<td>All testing regions</td>
<td>$50</td>
<td>$50</td>
<td>$50</td>
</tr>
<tr>
<td>US and Canada</td>
<td></td>
<td>$121</td>
<td>$136</td>
<td>$242*</td>
</tr>
<tr>
<td>Africa, Asia (including Hong Kong and Pakistan), Australia, China, India, Indonesia, Latin America, Middle East (including Egypt), Thailand</td>
<td></td>
<td>$293</td>
<td>$330</td>
<td>N/A</td>
</tr>
<tr>
<td>Europe (including Israel), Korea, Taiwan</td>
<td></td>
<td>$333</td>
<td>$375</td>
<td>N/A</td>
</tr>
<tr>
<td>Japan</td>
<td></td>
<td>$537</td>
<td>$604</td>
<td>N/A</td>
</tr>
</tbody>
</table>
What To Do Now (during SOM)?

● With each block
  ○ Annotate First Aid
  ○ Keep track of helpful materials/make your own brief study guides
    ■ “Prepare to prepare”
  ○ Zanki/Anki, Pathoma, Rapid Review, Boards & Beyond, Sketchy
    ■ Do not have to do all of the above!
  ○ Practice questions
    ■ Kaplan, UWorld, AMBOSS
    ■ Keep track of what you are getting wrong and why
    ■ Use questions to narrow down what you are worried about memorizing

● Pilot test study schedule and materials
● Review older content/subjects you didn’t do so well on
● Nothing (additional)!!
Most Commonly Used Resources

- First Aid and UWorld QBank
  - Also AMBOSS, Kaplan, USMLE-Rx
- Anki/Zanki
- Pathoma
- Boards and Beyond
- Sketchy Micro and Pharm
- Goljan lectures (on Spotify!)
- Cram Fighter, Osmosis
When Should I Take Step 1?

● Right after Q6?
  ○ Feel good about performance in SOM
    ■ OR don’t feel that good and want to consolidate knowledge/review
  ○ Worried about losing momentum
  ○ Would be distracted during clerkships without taking it

● After a few periods of clerkships?
  ○ Burnt out
  ○ Hands-on learning - knowing vs. memorizing
  ○ Shelf exams practice

● Can take practice assessment in the next month or so and decide

● P/F January 2022!!
Maintaining Health

● Plan ahead for preventive care and crises
  ○ Schedule
    ■ Plan for break time that is guilt-free
  ○ Family/friends
    ■ Social support vs. study support
  ○ Professional care

● Exercise
  ○ Free time or work time?

● Yoga, meditation, religious practices

● Plan meals and snacks

● Consistent sleep and wake time
Step 1 Exam Scheduling

**Option 1**
- Q6 study period
- Take exam and start clerkships
- Clinical year 1

**Option 2**
- Q6 Clerkships
- Switch to pass/fail *
- Step 1 study period
- Take exam
- Clinical year 1

* Subject to change
2021 Clerkship Draw Key Dates

2/1/2021: Clerkship draw meeting for incoming clinical students

2/24/2021: Clerkship draw for medicine, surgery and two other core clerkships

3/3/2021: Clerkship draw for the rest of the core clerkships

4/12/2021: First weekly shuffle for non-core clerkships for incoming clinical students