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6 Week Study Schedule for USMLE Step 1

Follow this schedule as closely as you can however, should you feel the need to focus on your weaknesses, dedicate more time to those areas and focus less on your strengths.

M	T	W	R	F	S	Su
1	2	3	4	5	6	7
Initial Assessment Comprehensive Review	Continue Comprehensive Review	Finish Comprehensive Review	Begin Biochemistry	Continue Biochemistry	Biochemistry Assessment Begin Anatomy	Continue Anatomy
8	9	10	11	12	13	14
Anatomy Assessment Begin Embryology	Continue Embryology	Embryology Assessment Begin Neuroanatomy	Continue Neuroanatomy	Neuroanatomy Assessment BREAK	Begin Microbiology	Continue Microbiology
15	16	17	18	19	20	21
Continue Microbiology	Microbiology Assessment	Begin Immunology	Continue Immunology	Immunology Assessment Begin Biostatistics	Continue Biostatistics Biostatistics Assessment	Begin Behavioral Science
22	23	24	25	26	27	28
Continue Behavioral Science	Behavioral Science Assessment Begin Physiology	Continue Physiology	Continue Physiology	Physiology Assessment	BREAK	Begin Pathology
29	30	31	32	33	34	35
Continue Pathology	Continue Pathology	Continue Pathology	Continue Pathology	Continue Pathology	Pathology Assessment	Pathology Assessment
36	37	38	39	40	41	42
Begin Pharmacology	Continue Pharmacology	Continue Pharmacology	Continue Pharmacology	Continue Pharmacology	Pharmacology Assessment	Pharmacology Assessment

This schedule is only a suggestion. Students should choose their course of action depending on what their weakness and strengths are. By providing this schedule Residency.info is providing a guideline ONLY. Following this schedule does not guarantee you success on your exam. Use at your own discretion. Residency.info is not responsible for the outcome of your exam by providing you this schedule. This schedule is provided as is with no implied or explicit guarantees or rights to the user.

Visit <http://www.residency.info/usmle1center.shtml> for the list of needed books



#	Goal	Assignment	Source	Time Estimate
1	Understand the USMLE step 1	Pages 1-37	First Aid for the USMLE Step 1, 2002	30 min
		http://www.usmle.org/step1/default.htm	USMLE.org	15 min
2	IMG's and special situation students	Pages 39-65	First Aid for the USMLE Step 1, 2002	30 min
3	Initial Assessment	150 Question Sample Test Material	NBME CD provided with USMLE registration packet OR Download from http://www.usmle.org	3hrs
4	Begin Comprehensive Review	Anatomy Behavioral Sciences Biochemistry	First Aid for the USMLE Step 1, 2002	4hrs
			TOTAL TIME	8hrs, 15min



#	Goal	Assignment	Source	Time Estimate
1	Continue Comprehensive Review	Microbiology Physiology	First Aid for the USMLE Step 1, 2002	8hrs
			TOTAL TIME	8hrs



#	Goal	Assignment	Source	Time Estimate
1	Finish Comprehensive Review	Pathology Pharmacology	First Aid for the USMLE Step 1, 2002	8hrs
			TOTAL TIME	8hrs



#	Goal	Assignment	Source	Time Estimate
1	Proteins	Chapter 1-4	Lippincott's Illustrated Reviews - Biochemistry	3hrs
2	Metabolism – Part 1	Chapter 5-15	Lippincott's Illustrated Reviews - Biochemistry	5hrs
			TOTAL TIME	8hrs



#	Goal	Assignment	Source	Time Estimate
1	Metabolism – Part 2	Chapter 16-23	Lippincott's Illustrated Reviews - Biochemistry	4hrs
2	Metabolism – Part 3	Chapter 24-28	Lippincott's Illustrated Reviews - Biochemistry	3hrs
2	Genetics	Chapter 29-33	Lippincott's Illustrated Reviews - Biochemistry	2hrs
			TOTAL TIME	9hrs

Please Note: Due to the overwhelming amount of information presented in Biochemistry, we recommend the student concentrates on the illustrations and charts presented in this book, as time will not permit a complete cover-to-cover review.



Day 6 – Biochemistry Assessment & Begin Anatomy Review



#	Goal	Assignment	Source	Time Estimate
1	Biochemistry Assessment	ALL Biochemistry Questions	Qbank – Kaplan http://www.kaplan.com	2hrs
2	Spinal Cord, Thorax, Abdomen, Pelvis	Chapter 1-4	High-Yield Gross Anatomy	5hrs
			TOTAL TIME	7hrs



#	Goal	Assignment	Source	Time Estimate
1	Perineum, Upper limb, Lower limb, Head and Neck	Chapter 5-8	High-Yield Gross Anatomy	6hrs
TOTAL TIME				6hrs



#	Goal	Assignment	Source	Time Estimate
1	Anatomy Assessment	ALL Anatomy Questions	Qbank – Kaplan http://www.kaplan.com	3hrs
2	Embryology Review	Chapters 1-5	High-Yield Embryology	4hrs
			TOTAL TIME	7hrs



#	Goal	Assignment	Source	Time Estimate
1	Embryology Review	Chapters 5-end	High-Yield Embryology	5hrs
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TOTAL TIME				5hrs



#	Goal	Assignment	Source	Time Estimate
1	Embryology Assessment	ALL Embryology Questions	Qbank – Kaplan http://www.kaplan.com	2hrs
2	Begin Neuroanatomy Review	Chapters 1-5	High-Yield Neuroanatomy	5hrs
			TOTAL TIME	7hrs



#	Goal	Assignment	Source	Time Estimate
1	Continue Neuroanatomy Review	Chapter 6-end	High-Yield Neuroanatomy	5hrs
TOTAL TIME				6hrs



#	Goal	Assignment	Source	Time Estimate
1	Neuroanatomy Assessment	ALL Neuroanatomy Questions	Qbank – Kaplan http://www.kaplan.com	4hrs
2	BREAK			
TOTAL TIME				4hrs



#	Goal	Assignment	Source	Time Estimate
1	Bacteriology: Gram + Gram – Acid Fast Mycobacterium	Chapters 4-15	Clinical Microbiology Made Ridiculous and Simple	8hrs
TOTAL TIME				8hrs



#	Goal	Assignment	Source	Time Estimate
1	Antibacterial Medications	Chapters 16-19 Pen's Anti-ribosomals Anti-TB Others	Clinical Microbiology Made Ridiculous and Simple	4hrs
2	Fungi and Anti-fungal Medications	Chapters 20-21	Clinical Microbiology Made Ridiculous and Simple	2hrs
3	Begin Viruses	Chapters 22-23 Replication and Taxonomy Ortho and Para	Clinical Microbiology Made Ridiculous and Simple	2hrs
			TOTAL TIME	8hrs



#	Goal	Assignment	Source	Time Estimate
1	Continue Viruses	Chapters 24-28 Hepato Retro Herpes Other DNA Other RNA	Clinical Microbiology Made Ridiculous and Simple	4hrs
2	Antivirals	Chapter 29	Clinical Microbiology Made Ridiculous and Simple	2hr
2	Parasites	Chapters 30-31	Clinical Microbiology Made Ridiculous and Simple	2hrs
			TOTAL TIME	8hrs



#	Goal	Assignment	Source	Time Estimate
1	Microbiology Assessment	ALL Microbiology Questions	Qbank – Kaplan http://www.kaplan.com	8hrs
TOTAL TIME				8hrs



#	Goal	Assignment	Source	Time Estimate
1	Antigen Antibody Assays Immunogenetics Immune Response	PP 6-32	High-Yield Immunology	4hrs
2	Immunology Overview	PP 209- 217	First Aid for the USMLE 1	2hrs
			TOTAL TIME	6hrs



#	Goal	Assignment	Source	Time Estimate
1	Inflammation Hypersensitivity Immunodeficiency Autoimmune Transplantation Cancer Immunization	Pages 35-68	High-Yield Immunology	6hrs
			TOTAL TIME	6hrs



#	Goal	Assignment	Source	Time Estimate
1	Immunology Assessment	ALL Immunology Questions	Qbank – Kaplan http://www.kaplan.com	5hrs
	Begin Biostatistics:			
	Descriptive			
2	Inferential Hypothesis	Pages 1-47	High-Yield Biostatistics	3hrs
TOTAL TIME				8hrs



#	Goal	Assignment	Source	Time Estimate
1	Continue Biostatistics: Correlation Techniques Research Epidemiology Medical Decision Making	Pages 47-77	High-Yield Biostatistics	4hrs
2	Biostatics Assessment	ALL Biostatistics Questions	Qbank – Kaplan http://www.kaplan.com	4hrs
			TOTAL TIME	8hrs



Day 21 – Begin Behavioral Sciences Review



#	Goal	Assignment	Source	Time Estimate
1	Behavioral Sciences Review	Chapters 1-13	Board Review Series Behavioral Sciences	8hrs
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TOTAL TIME				8hrs



Day 22 – Continue Behavioral Sciences Review



#	Goal	Assignment	Source	Time Estimate
1	Behavioral Sciences Review	Chapters 14-26	Board Review Series Behavioral Sciences	8hrs
TOTAL TIME				8hrs



Day 23 – Behavioral Sciences Assessment & Begin
Physiology Review



#	Goal	Assignment	Source	Time Estimate
1	Behavioral Sciences Assessment	ALL Behavioral Sciences Questions	Qbank – Kaplan http://www.kaplan.com	4hrs
2	Cell Physiology	Chapter 1	Board Review Series Physiology	1hr 30min
			TOTAL TIME	5hrs 30min



#	Goal	Assignment	Source	Time Estimate
1	Neurophysiology	Chapter 2	Board Review Series Physiology	2hrs
2	Cardiovascular Physiology	Chapter 3	Board Review Series Physiology	2hrs
3	Respiratory System	Chapter 4	Board Review Series Physiology	2hrs
			TOTAL TIME	6hrs



#	Goal	Assignment	Source	Time Estimate
1	Renal Physiology	Chapter 5	Board Review Series Physiology	3hrs
2	Gastrointestinal Physiology	Chapter 6	Board Review Series Physiology	2hrs
3	Endocrine System	Chapter 7	Board Review Series Physiology	3hrs
			TOTAL TIME	7hrs



#	Goal	Assignment	Source	Time Estimate
1	Physiology Assessment	ALL Physiology Questions	Qbank – Kaplan http://www.kaplan.com	4hrs
2	Pathophysiology Assessment	ALL PATHOphysiology Questions	Qbank – Kaplan http://www.kaplan.com	4hrs
			TOTAL TIME	8hrs



Day 27 – BREAK/Catch-up day



#	Goal	Assignment	Source	Time Estimate
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BREAK

TOTAL TIME **0hrs**



#	Goal	Assignment	Source	Time Estimate
1	➤ Cell Injury	Chapter 1	Robbins Pathologic Basis of Disease	1hr
		Chapter 1	Pathology Review by Edward Goljan	1hr
	➤ Inflammation	Chapter 3-4	Robbins Pathologic Basis of Disease	1hr
		Chapter 2	Pathology Review by Edward Goljan	1hr
	➤ Hemodynamics	Chapter 5	Robbins Pathologic Basis of Disease	1hr
		Chapter 5	Pathology Review by Edward Goljan	1hr
	➤ Nutrition	Chapter 10	Robbins Pathologic Basis of Disease	1hr
		Chapter 6	Pathology Review by Edward Goljan	1hr
TOTAL TIME				8hrs

Please Note: Considering the extend of Pathology coverage on USMLE 1 it is recommended that this subject is studied in depth a lot more than what is provided in one review book alone. Corresponding chapters of Robbin’s Pathology Textbook are mentioned in this schedule however, should the student feel the need to concentrate on one source only it should be said that no one review source is usually ample coverage of all the material in Pathology.



#	Goal	Assignment	Source	Time Estimate	
1	General Pathology	➤ Genetics	Chapter 6, 11	Robbins Pathologic Basis of Disease	3hr
			Chapter 7	Pathology Review by Edward Goljan	1hr
	➤ Neoplasia	Chapter 8	Robbins Pathologic Basis of Disease	2hr	
		Chapter 9	Pathology Review by Edward Goljan	1hr	
TOTAL TIME				7hrs	



#	Goal	Assignment	Source	Time Estimate	
1	Systemic Pathology	➤ Cardiovascular	Chapter 12,13	Robbins Pathologic Basis of Disease	3hr
			Chapter 10	Pathology Review by Edward Goljan	1hr
	➤ Lungs	Chapter 16	Robbins Pathologic Basis of Disease	2hr	
		Chapter 11	Pathology Review by Edward Goljan	1hr	
	➤ Blood	Chapter 14	Robbins Pathologic Basis of Disease	2hr	
		Chapter 12	Pathology Review by Edward Goljan	1hr	
	TOTAL TIME				9hrs



#	Goal	Assignment	Source	Time Estimate
1	Systemic Pathology			
	➤ Lymph and Spleen	Chapter 15	Robbins Pathologic Basis of Disease	1hr
		Chapter 13	Pathology Review by Edward Goljan	1hr
	➤ Immune	--	Robbins Pathologic Basis of Disease	--
		Chapter 14	Pathology Review by Edward Goljan	2hr
	➤ Gastrointestinal	Chapter 18	Robbins Pathologic Basis of Disease	1hr
		Chapter 15	Pathology Review by Edward Goljan	1hr
	➤ Liver, Gallbladder, Pancreas	Chapter 19,20	Robbins Pathologic Basis of Disease	2hr
		Chapter 16	Pathology Review by Edward Goljan	1hr
TOTAL TIME				8hrs



#	Goal	Assignment	Source	Time Estimate
1	Systemic Pathology			
	➤ Kidney, UT, Male GT	Chapter 21-23	Robbins Pathologic Basis of Disease	2hr
		Chapter 17	Pathology Review by Edward Goljan	1hr
	➤ Breast, Female GT	Chapter 24, 25	Robbins Pathologic Basis of Disease	2hr
		Chapter 14	Pathology Review by Edward Goljan	2hr
	➤ Endocrine	Chapter 26	Robbins Pathologic Basis of Disease	2hr
		Chapter 19	Pathology Review by Edward Goljan	1hr
			TOTAL TIME	10hrs



#	Goal	Assignment	Source	Time Estimate
1	Systemic Pathology			
	➤ Musculoskeletal	Chapter 19	Robbins Pathologic Basis of Disease	2hr
		Chapter 20	Pathology Review by Edward Goljan	1hr
	➤ Skin	Chapter 27	Robbins Pathologic Basis of Disease	1hr
		Chapter 21	Pathology Review by Edward Goljan	1hr
	➤ CNS, eye	Chapter 30,31	Robbins Pathologic Basis of Disease	2hr
		Chapter 22	Pathology Review by Edward Goljan	1hr
			TOTAL TIME	8hrs



#	Goal	Assignment	Source	Time Estimate
1	Pathology Assessment	50% of all Pathology Questions	Qbank – Kaplan http://www.kaplan.com	8hrs
TOTAL TIME				8hrs



#	Goal	Assignment	Source	Time Estimate
1	Pathology Assessment	Remaining 50% of all Pathology Questions	Qbank – Kaplan http://www.kaplan.com	8hrs
TOTAL TIME				6hrs



#	Goal	Assignment	Source	Time Estimate
1	Pharmacokinetics	Chapter 1-2	Lippincott's Illustrated Review	2hr
2	ANS Drugs	Chapter 3-7	Lippincott's Illustrated Review	6hr
TOTAL TIME				8hrs



#	Goal	Assignment	Source	Time Estimate
1	CNS Drugs	Chapter 8-15	Lippincott's Illustrated Review	8hr
TOTAL TIME				8hrs



#	Goal	Assignment	Source	Time Estimate
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1 Cardiovascular Drugs

Chapter 1-2

Lippincott's Illustrated
Review of Pharmacology

8hr

TOTAL TIME

8hrs



#	Goal	Assignment	Source	Time Estimate
1	Respiratory, GI and other drugs	Chapter 22-27	Lippincott's Illustrated Review of Pharmacology	8hr
TOTAL TIME				8hrs



#	Goal	Assignment	Source	Time Estimate
1	Chemotherapeutics	Chapter 28-38	Lippincott's Illustrated Review of Pharmacology	8hrs
TOTAL TIME				8hrs



#	Goal	Assignment	Source	Time Estimate
1	Pharmacology Assessment	ALL Pharmacology Questions	Qbank – Kaplan http://www.kaplan.com	8hrs
TOTAL TIME				8hrs



#	Goal	Assignment	Source	Time Estimate
1	Continue with Remaining Questions	ALL Pharmacology Questions	Qbank – Kaplan http://www.kaplan.com	3hrs
	OR Review First Aid Pharmacology	Pharmacology Section	First Aid for the USMLE Step 1, 2002	4hrs
			TOTAL TIME	7hrs

----- *End of Schedule* -----