

TIMETABLE:

- File application in January
- Allow four to six weeks for processing of application
- Receive an e-mail containing a scheduling permit and CIN (identification number that is used for Step 1, 2 and 3) from NBME
- Keep this e-mail. You will need the scheduling permit for the exam
- Schedule exam through Prometric Centers (www.prometric.com)
- Prometric will guarantee a date two weeks on either side of requested date
- This is a one day exam
- You will schedule exam within a two-week window (select a date and they may schedule you two weeks before or two weeks after that date)

REQUIREMENTS:

- Have to take exam before the beginning of third year (June 22, 2008)
- As an FYI, Clinical Foundations begins June 23, 2008

COMPLETING APPLICATION:

- Go to website <http://www.nbme.org/> ,
 - Select Apply for USMLE Step 1, Step 2 CK and Step 2 CS
 - Select NBME Licensing Examination Services website
- Application will be completed and submitted online
 - Use upper and lower case for your name and address
 - Print the summary page for your records
- Eligibility period on USMLE Step 1 application, students must select May 1, 2008 – July 31, 2008
- Medical School on USMLE Step 1 application
 - Drew Program will select California – Charles R Drew U of Medicine and Science
 - Riverside Program will select California – U California Los Angeles Riverside
 - UCLA Program will select California – UCLA David Geffen School of Medicine
- Requires a 2" x 2" passport photo (must be this size or application will be returned)
- Application fee is \$480.00 (fee increase)
- Submit Certification of Identification and Authorization Form of the application with photo and check, money order or credit card receipt to Student Affairs (Martin Hunter) to be certified and mailed
- Applications mailed weekly. Deadline to submit Certification of Identification and Authorization Form is **Tuesday, January 15th**.

WEBSITE INFORMATION:

- A tutorial and sample test for each Step can be downloaded from the USMLE website at www.usmle.org

USMLE REVIEW SCHEDULE:

- Integrative Block – April 14-25, 2008

HELPFUL POINTERS FROM CURRENT THIRD YEAR STUDENTS:

Choosing study materials:

- There is no “formula” to approach this exam. Students have used completely different review books, study schedules, and q-banks, and have gotten the same score. Pick books that work for you, and when you do pick them, worry about whether you are using them the right way rather than if you should have picked another set of books.
- With that said, many students have used the following books in the past: FIRST AID FOR THE USMLE (this is your blueprint, anything else is to augment and clarify what is in First Aid), BRS Pathology, BRS Physiology, Rapid Review Pathology, Lippincott’s Illustrated Review of Biochemistry, Clinical Microbiology Made Ridiculously Simple. This is a short list, and does not cover all subjects on the exam, but these come recommended from previous classes.

Making your study schedule:

- Designate at least one week at the end of your study period for review, and to gather yourself before the exam. Use this time to consolidate what you have learned rather than tackle new material.
- Some subjects on the exam, as you will find, require primarily short term memorization to do well on questions. Biochemistry and Microbiology are the prime examples. If plan to study these subjects early in your study period, make sure to account for necessary review of these subjects near the end.
- You cannot study 24/7; you will find that studying fresh is far more helpful than studying long.

Q-banks and NBME practice tests:

- Anticipate and accept low q-bank scores early in your study period. This is, of course, because you haven’t studied yet. Keep studying, and you will move up.
- NBME offers four practice tests for the USMLE (UCLA requires that you take one at the end of second year, so you know what subjects represent your strengths and weaknesses). These practice tests mimic the experience of the real exam, and thus, make time to take 1 or 2 during your schedule (preferably in the second half for your study period) so that you get comfortable with the exam format.

Anxiety, and your test date

- Anxiety can kill your score more than Pharmacology, Pathology, and all the other subjects combined. If you think you are a student who may have a problem with this, be sure to take some practice exams before your date to get comfortable.
- The USMLE is in large part a massive short term memory exam. Thus, there is a limit to the volume you can “master” at any one point in time (yes, even you). Choosing a test date is the art of predicting when you will be able to manage the most material – your “peak,” which you can use q-bank scores and practice exam scores to assess. Many students have a mini-anxiety attack in the middle of their study schedule, which tempts them to change their test date. This is often regretted later, both in terms of quality of life and also in final score, because after a point you’ll start losing information as fast as you can bring it back. So while most students worry about taking the test before they are ready, also beware of waiting too long to sit for the exam after you finally are ready.