

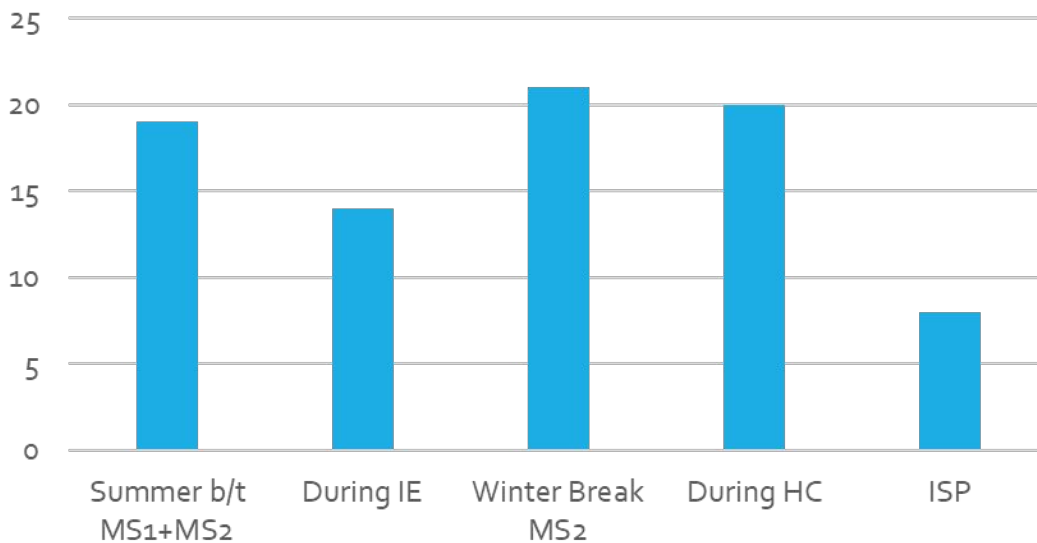
# THINGS I WISH I KNEW PREPPING FOR STEP 1



DONALD AND BARBARA  
ZUCKER SCHOOL of MEDICINE  
AT HOFSTRA/NORTHWELL

## ADVICE FROM UPPER-CLASS STUDENTS

When to start actively preparing  
according to class of 2020



### Most helpful service (ranked in order)

- OAS
- Dr. Miller
- Faculty Office Hours
- Large Group

Favorite resource (other than FirstAid/Uworld)	# of votes
Pathoma	44
Sketchy Micro	33
Boards and Beyond	31
Anki	21
Goljan Audio	20
Sketchy Pharm	19
Sketchy Path	12
NBME Practice Exams	6
Osmosis, Lange Pharm Cards, Quizlet, Kaplan Review Books	5 or less

### Best piece of advice (ranked in order)

- Start early with questions
- Use flashcards
- Be flexible/Life balance
- Incorporate FirstAid into PEARLS

Interested in more tips? Stop in or make an appointment with the Office of Academic Success! [SOMAcademicSuccess@Hofstra.edu](mailto:SOMAcademicSuccess@Hofstra.edu)