THINGS I WISH I KNEW PREPPING FOR STEP 1

ADVICE FROM UPPER-CLASS STUDENTS

When to start actively preparing

<table>
<thead>
<tr>
<th>Period</th>
<th># of students</th>
</tr>
</thead>
<tbody>
<tr>
<td>Summer b/t MS1+MS2</td>
<td>20</td>
</tr>
<tr>
<td>Winter Break MS2</td>
<td>25</td>
</tr>
<tr>
<td>During IE</td>
<td>15</td>
</tr>
<tr>
<td>During HC</td>
<td>20</td>
</tr>
<tr>
<td>ISP</td>
<td>5</td>
</tr>
</tbody>
</table>

Most helpful service (ranked in order)
- OAS
- Dr. Miller
- Faculty Office Hours
- Large Group

Best piece of advice (ranked in order)
- Start early with questions
- Use flashcards
- Be flexible/Life balance
- Incorporate FirstAid into PEARLS

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

Interested in more tips? Stop in or make an appointment with the Office of Academic Success! SOMAcademicSuccess@Hofstra.edu