

5

Steps to prepare for USMLE Step 1

Gather information and register for exam

- Review the USMLE [bulletin of information](#) and [FAQs](#) to become familiarize yourself with the process.
- Attend OAS and Student Records presentations to learn about the steps involved in [registering for the exam](#).

1



Assess knowledge

- Reflect on performance in past courses and identify weaknesses and strengths.
- Take a [CBSSA](#).

2



Create a study plan

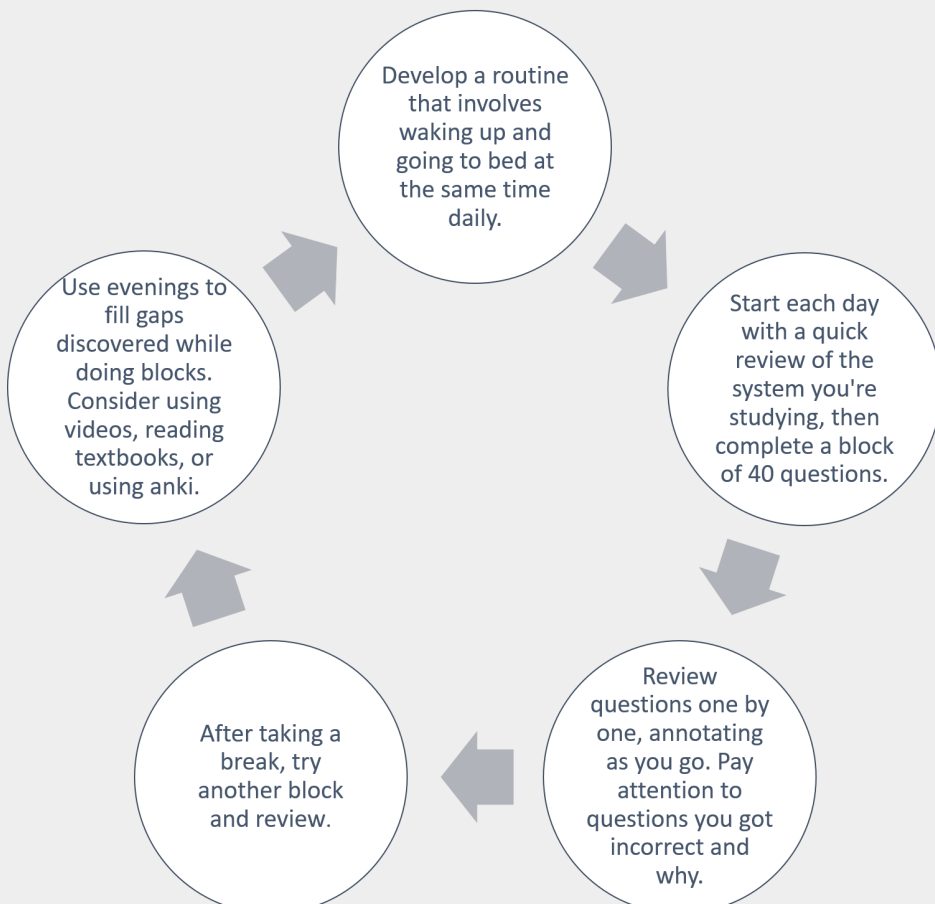
- Determine score goal.
- Review [OAS USMLE preparation resources](#).
- Make an [appointment with OAS](#) to develop an individualized study plan.

3



Study and practice

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- Plan to take a(n) NBME/CBSSA or UWSA at least every other week to monitor progress.
- Schedule time for wellness.
- Consider how you will retain previously learned systems (anki, incorrects, consolidation...).

Prepare for exam day

- A few days before your exam, plan to take the [Free 120](#) practice test under test-day timing conditions. Practice exam functionality (highlight, strike-through) as this will be the same interface as on the actual exam.
- Review the [Examination Day and Testing](#) section on the USMLE website.
- Practice getting to the test center; plan to arrive early.
- Double check you have [required documents and identification](#) to enter the exam.

5

