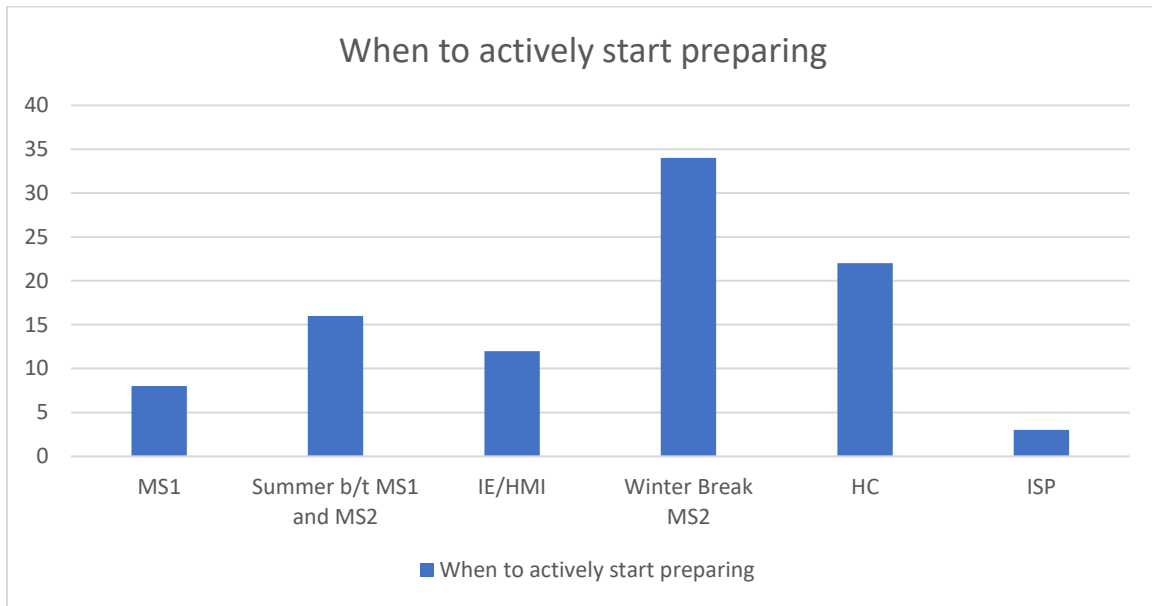




# Things I Wish I Knew When Preparing for Step 1

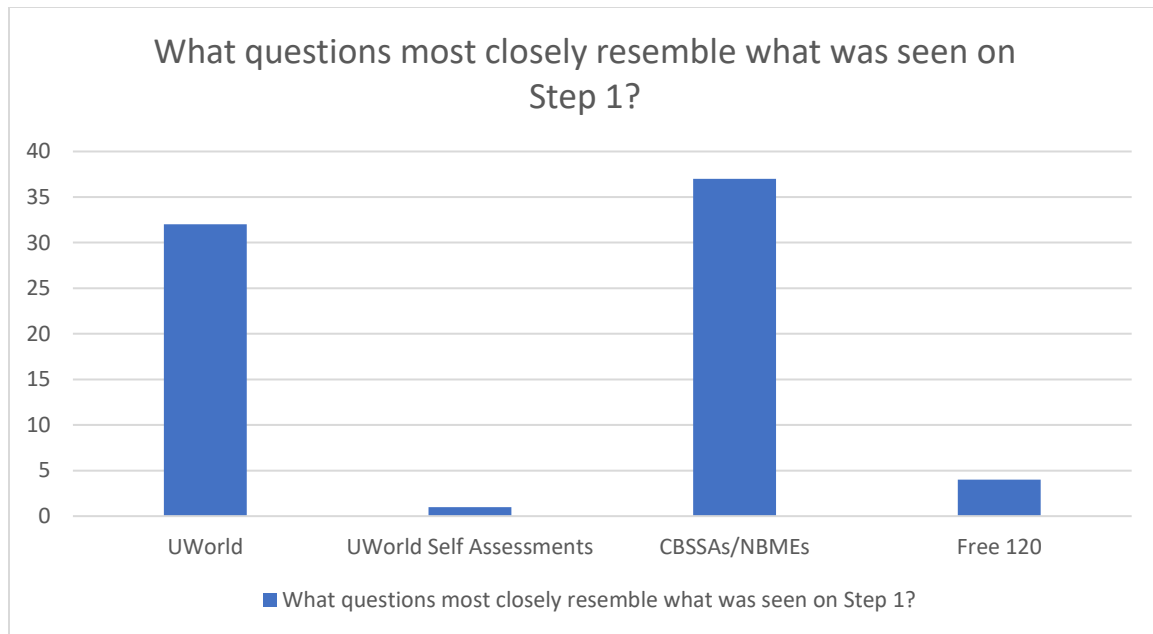
## Advice from the Class of 2024



## How valuable were these resources?

	N/A	Not at all valuable	Slightly valuable	Somewhat valuable	Very valuable	Extremely valuable	N	Mean
UWorld	0	0	0	3	7	82	92	4.9
UWorld Journal	67	5	4	8	4	1	22	2.6
Amboss	38	2	12	14	13	11	52	3.4
First Aid	4	2	3	12	22	49	88	4.3
Pathoma	14	0	4	9	23	40	76	4.3
Anki	24	2	8	12	16	26	64	3.9
Sketchy Pharm	33	0	5	11	14	26	56	4.1
Sketchy Micro	22	0	3	11	18	37	69	4.3
Boards & Beyond	16	0	10	27	23	14	74	3.6

Other resources mentioned: Dirty Medicine You Tube, Goljan lectures, Pixorize Biochem



## Additional Advice from the Class of 2024

“Start using Pathoma early and often; It can compliment your courses.”

“Prioritize Uworld over other resources.”

“Take breaks, mental health is important.”

“Don't underestimate the exam even though it's pass/fail!”

“Don't take the exam lightly. Passing is still a challenge. Aim your preparation so that you are in the passing range for the CBSSE by the time ISP begins.”

“Eat healthy regularly and exercise.”

“Try to get through all of Uworld as it is the single most valuable resource and I wish I took better advantage of it.”

“Start doing Questions as soon as you can, even doing 5 a day will make life so much easier during ISP. Don't be tempted to "save" questions.”

“Don't define yourself by your UWorld percent correct. It's a teaching tool that you should use to learn how to take this test.”

“Do lots of UWorld but pace it throughout MS2 year.”

“In UWorld it's important to truly understand each question, why the correct answer is correct, and why the incorrect answers are incorrect. UWorld is equally as much a qbank as it is a treasure trove of information.”

Interested in more tips? Contact the Office of Academic Success  
(SOMAcademicSuccess@Hofstra.edu)