

Chapter 1 : Boards and Beyond vs USMLE-Rx vs DIT - videos : medicalschool

Welcome to Boards and Beyond! Our site is home to over videos for medical students preparing for the USMLE Step 1 exam. We are an on-demand video library of high quality lectures at an affordable cost - a virtual medical school curriculum used by students around the globe.

Pre-dedicated baseline ; during dedicated: Before dedicated i did Goljan while driving, and Pathoma when at home. I made both of those into a single anki deck highlighting important concepts and concepts that i was weak on. I reviewed those maybe once a week. When dedicated started i did UWorld questions a day. I made a tentative subject schedule eg biochem, cardio, pathology and would watch videos from Doctors in Training only if i was weak, did about 40 percent of the videos skipping microbiology and pathology. During the day i made anki cards sporadically on topics i was weak on. I used Microsoft word to take screenshots of important photos and used image occlusion for those. Sketchy for microbiology while adding notes to FA from it. I did not do a premade anki deck as i found them to be very bloated. Goljan Audio General Advice: Learn anki early in medical school and get good at it. Check out his Instagram page inu. Najeeb " When I really was coming from nothing. This is not a challenge that anyone gets through without some sort of difficulty, so remember that things will get better for you too. That would have made things easier for me in my future. I should have believed in myself more. Alyssa Ehrlich, US M. All 6 NBME comprehensive basic science self-assessments under standard pacing took screenshots so I would have access to the ones I got correct as well. I read all UWorld explanations for correct and incorrect, and the entire explanation for every question. I skimmed First Aid in the 3 days before my exam I basically never opened the physical book before then. I also re-reviewed all my screenshots from the NBME practice tests in the last few days before my exam. I never used any premade Anki decks, or any other resources than those mentioned above. I think the biggest thing people need to do differently is spend more time reviewing the NBME self-assessments. I do online tutoring for Step 1 and Step 2 CK see www. I would have taken my first NBME sooner a few weeks before my dedicated period started to motivate me earlier in my studying I ended up having to do a lot of catch up in the last few weeks of my dedicated because I had fallen behind. I would have spent even more time on the NBMEs and potentially made Anki cards for all the questions. I would have started skimming First Aid a couple of days earlier say 5 days before my test rather than 3 because it was stressful to have to read it all in 3 days. Baseline of on NBME at the start of dedicated. Cram Fighter- Literally saved my ass by making my entire schedule for me so I stayed on topic and focused. Like I mentioned previously, I loved Cram Fighter. Obviously, all of the CBSE practice tests. I took all of those. I ended up doing about 7 from then on. I think I also would have done some more review during my blocks. Qcount, non-traditional US MD who has a grad degree and worked as a research scientist before medicine. Baseline score of on NBME 13 at the start of dedicated. All blocks were timed random. I Took handwritten notes this was key for my success! Re-watched some of the cardiology videos. Read the text 1x during weeks I took notes while I watched the videos. Watched during fall of M2. Listened on my walks to and from campus during the fall of M2. Somewhat dated, but great for integrating concepts. Did questions that paralleled in-class material. Develop a plan to build confidence leading up to your exam day. I specifically saved UWorld self assessment 2 as my last practice test since it is relatively accurate but also is slightly generous with the score as opposed to NBMEs which tend to under-predict. I also graphed the average of the past 10 days of UWorld blocks to help remind myself that I was trending the right way even if I happened to score poorly on one block. The questions on the real exam were most similar to UWorld questions, with long stems and multiple steps required to get to the answer, they were not similar at all to NBME questions. I felt terrible after I finished the test, and pretty flat for the next few days. I knew I passed, but beyond that I had no idea what my score would be. Use flashcards to help myself memorize specific aspects of biochem and micro that never found a good logical framework for for example which viruses are encapsulated vs. I would also make a pass through First Aid following along with class material during M1 and M2. Repetition helps info stick " Whenever you see nuggets of info write it down or put it in anki. All of bro's anki, sketchy videos, boards and beyond prn, and about questions between

Kaplan and Rx I did about 70 questions a week for a year. I thought the Bros deck was by far and away the most important resource I used I did zanki pharm though. Study longitudinally and put in a few hours a week during the school year to give yourself a foundation for dedicated. Also do as many different questions as you can, it can be expensive but you only get one shot at this. Its worth seeing as many of those as possible cause it can get you free points. US MD, top of class Score: I read first aid once before dedicated. During dedicated I did uworld once, then did the marked questions when I ran out of new questions. I read first aid twice while sometimes following along with DIT videos. I also used sketchy micro for bugs I had a hard time remembering. I read pathoma 3 times during dedicated. Robbins review General Advice: Then every day I did 40 Uworld questions, mixed-untimed-tutor mode. Somethings I would try to memorize but others I would try to understand very well. At the end of the day I would do another 40 uworld questions. You will finish going through first aid in about 4 weeks this way. Next I did the same thing over again but in a more concentrated fashion whole first aid chapter in one day, along with 1 pathoma unit and 80 uworld questions. Eat healthier food during the exam. I felt sick because I ate too much junk food. Took notes on incorrect questions and tried to review these when I had time. I paralleled material from classes with First Aid throughout the months leading up to Step 1 and did another 2 passes during dedicated. As with First Aid, paralleled class material with Pathoma. In retrospect, I found Pathoma to be much more useful during dedicated than any other time. Relatively concise and really nails down the high-yield points of pathology. Used this during classes as well, and again during dedicated. I felt pretty confident with most micro questions because I had hammered Sketchy into my head. I also did not neglect the Microbiology chapter of FA and did image searches of esoteric parasites and protozoa, which turned out to be helpful. Boards and Beyond x: Ryan explains things in a way that makes it easy to draw connections across disciplines, which is obviously super helpful for building a strong foundation for Step 1. As others have said, the Biochemistry videos are really great. Boards and Beyond General advice: Try to do well in classes and really learn the material well the first time. You will thank yourself when dedicated rolls around and you are essentially reviewing topics that you have already mastered. What I would do differently: Start Boards and Beyond from day 1. I would like to thank each and every person who contributed to this post. I will be posting a Part 2 in the near future, so check back periodically. If you enjoyed this post and would like to read more stories, musings and advice on medical school, click here. To stay updated on the latest posts â€” follow me on Twitter JordanSoze.

Chapter 2 : Boards & Beyond USMLE STEP 1 | FreeMedicalTube - Free USMLE Videos Sharing site

Boards and Beyond companion books contain slides used in the blog.quintoapp.com are available free to members in electronic (pdf) format on the Member Resources blog.quintoapp.comd books may also be purchased from Amazon.

For those of you not familiar with this test, it largely decides whether or not medical students will be competitive applicants for hard-to-get-specialties. Hyperbole, but you get the picture. Since every student studies differently, there is no right or wrong way to prepare for this exam. You have to find what fits for you. But you are money conscious, and want to get the best bang for your buck. That is why I, Mr. DebtAnatomy, took it upon myself to scour web forums, reading up on different study plans, examining reviews of products, testing out some of these products myself, and speaking with personal friends who aced step 1. I now give you Mr. This book is unequivocally required for step 1. First Aid functions as a prewritten notebook of most of the material covered in the first two years of medical school. Every year a new edition of First Aid is released, containing updated pictures and facts. The edition recently came out: My cheapness is battling with my desire to have every weapon in my study arsenal updated and ready to go. After extensive online research, my conclusion is: Just make sure you have one of them! Another debate about First Aid is how to use it. Some approach it like a novel, reading it from the beginning to the end several times. The other approach is to use First Aid as both a reference and a compilation of your notes as you work through question banks. I have been doing this for the past month and a half, and have finally felt like I am learning all the dense tables and diagrams in First Aid. More on this later. This is without a doubt the highest rated question bank for Step 1. Instead, you build up to these questions. For example, instead of giving you a clinical vignette about a patient with rheumatic fever and then asking you to identify the microbe, they will instead give you the vignette that contains the symptoms, and then ask you what the side effects are of the treatment. This multi step question requires you to identify the symptoms as rheumatic fever, realize that it is caused by strep pyogenes, figure out the drug of choice, and then remember its side effects. Not only are the questions amazing, but their explanations afterwards are supposed to be top notch. Bottom line, Uworld is a must. Learn more by visiting their website here. Uworld Self Assessment Exams: There are 2 self assessment exams available through uworld. Each contains 4 blocks of 46 questions, and is supposed to mimic the real exam keep in mind that the actual exam has 7 blocks of 46 questions. These self assessments are highly rated, and will give you an estimated 3 digit test score. Learn more at their website here. Each self assessment has 4 sections, with up to 50 questions per section. You have 1 hour and 5 minutes per section, but you can pause your test, as long as you finish it within 20 days. Each form has two purchase options. That being said, they do a decent job of predicting your score, and they are a necessity for good test preparation. However, I chose rx for a few specific reasons. First, usmle-rx is made by the creators of first aid. Every question has detailed answers, including digital pages taken right out of your chosen edition of first aid. Instead, for the past month and a half I have been doing question sets in usmle-rx and then studying the exact first aid segments covered by those questions. This has been extremely high yield for me. Usmle-rx has 2, questions, and is a pretty good deal. Finally, usmle-rx has upgraded their questions over the years and they are starting to mimic the multi step thinking process required for step 1. At the very least, this qbank will get you intimately familiar with the content in first aid. Check out more at their site here. Lange Pharmacology Flash Cards: Pharmacology is a huge part of step 1, and while first aid contains a lot of pharm, it is a good idea to get another source. The front of the card has a short clinical vignette, and the back contains similar drugs, mechanism of action, clinical uses, and other information. I plan on using them extensively for step one. These cards have a fair amount of detail, but I really like how they are organized. The front side has a drawing of the organism, a clinical case, and a flow chart of laboratory tests. The back contains the clinical presentation, pathobiology, diagnosis, treatment, and quick facts of the organism. If you are really worried about memorizing all your bugs, you can look in to sketchy micro. I plan on watching these casually during lunch breaks to solidify the information from the microcards and first aid. These are fun videos that draw outrageous pictures in order to teach you the details of each organism. Currently they only cover bacteria. Some reviews say sketchymicro has too much

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detail for step 1, but I have already found it helpful on my qbank questions. Learn more about their pricing at their website sketchymicro. Last but certainly not least, is pathoma. When selecting a pathology review course, most reviewers come down to either pathoma or goljan rapid review pathology. Let me say it again. Learn more at the pathoma site. Feel free to check it out yourself: I hope this helps you figure out what you want to use for the test. Click here to read about Mr. I have since received my score. As most of my class knows who I am, I do not wish to post my score, because I do not want to be accused of bragging, etc. However, I also realize that as a reader you might pay closer attention to my Step 1 advice knowing that I scored well. So here is a compromise:

Chapter 3 : Advice from 10 Students Who Scored + on USMLE Step 1 | Soze Media

Anyone using Boards & Beyond and would like to share note taking responsibility, private message me for details! Favorite USMLE Books. What USMLE books.

Chapter 4 : Boards and Beyond for USMLE Step 1 Videos+PDFs â€¢ All eBook Stores

Boards and Beyond for USMLE Step 1 Boards and Beyond was one of the best resources I used in preparing for Step 1 See what students who used Boards and Beyond are saying.

Chapter 5 : Boards and beyond for IMG - USMLE Forum

Boards and Beyond for USMLE Step 1 (Videos+PDFs) See what students who used Boards and Beyond are saying "Discovering Boards and Beyond was the best thing that could have happened in my Step 1 preparation.

Chapter 6 : Welcome to Boards and Beyond

In order to be able to post messages on the USMLE Forums forums, you must first register. Please enter your desired user name, your email address and other required details in the form below.

Chapter 7 : Boards and Beyond USMLE Step 1 Review Course â€“ eBooks Library

*Boards and Beyond: Reproductive: A Companion Book to the Boards and Beyond Website [Jason Ryan MD] on blog.quintoapp.com *FREE* shipping on qualifying offers. Black and white reproductions of all slides used in the Boards and Beyond reproductive video modules at blog.quintoapp.com Enhance your learning and retention by taking notes as you watch.*

Chapter 8 : Supported resources for USMLE Step 1 - Cram Fighter

*A Minimalist's Approach To USMLE I: You Can Excel in Medical Boards and Beyond. [Wu S. Liu] on blog.quintoapp.com *FREE* shipping on qualifying offers. I have been tutoring MCAT for over a decade and tutoring USMLE/COMLEX for a few years and enjoyed sharing successes with many students.*

Chapter 9 : Boards and beyond - USMLE Forum

I absolutely love Boards and Beyond. I find that Boards and Beyond videos are amazing and I really liked Dr Ryan's flow of teaching. It's really simplistic yet gives you an extremely comprehensive overview of what one needs to know for step 1.