

Survey Results for students who took the USMLE Step 1 for the first time in June 2009.

208 Total Responses

Ratings listed in conjunction with the materials/courses used are based on a scale of:
1 = Poor; 2 = Fair; 3 = Good and 4 = Excellent. Respondents who indicated "Not applicable" were not included in the calculation of the average score for any item.

Which USMLE Step One materials/courses did you use?

94.2%	Online Qbank	3.40
89.9%	Comprehensive Basic Science Exam	3.13
28.4%	Doctors in Training (Live)	3.39
61.1%	Doctors in Training (Online)	3.11
69.7%	Goljan	3.48
53.8%	USMLE World	3.82
2.9%	Kaplan Live	2.33
6.7%	Kaplan Online	3.29
1.4%	Falcon Live	3.00
1.4%	Falcon Online	2.67
1.4%	PASS Live	3.67
1.9%	PASS Tapes	3.25
91.3%	First Aid	3.83
38.0%	BRS	3.15
13.0%	Other	3.52

How Much Qbank did you do?

1.9%	None
19.9%	0-25%
24.5%	25-50%
23.6%	50-75%
34.1%	75-100%

How Much USMLE World did you do?

44.2%	None
6.3%	0-25%
10.6%	25-50%
13.0%	50-75%
26.0%	75-100%

Did you use Qbank for your MS 2 courses?

41.3%	Yes
58.7%	No

Did you use Qbank mainly after finals?

46.6%	Yes
53.4%	No

When did you start serious review/study for Step One?

1.4% 1st Semester
31.3% January
33.7% Spring Break
30.8% After finals

Did you take mock Step 1 exam in the LRC?

9.6% Yes
90.4% No

If you took the mock Step 1 exam in the LRC, did you find it useful?

70.0% Yes
30.0% No

Did you take the practice exam at Prometrics?

14.4% Yes
85.6% No

If you to the practice exam at Prometrics, did you find it useful?

70.0% Yes
30.0% No

Testing Center Information

Bedford No comments recorded.

Clear Lake No comments recorded.

Coit Rd., Dallas On the third block of my exam, on question 28, the computer lost power due to a thunder storm. I don't know how much, if any, time was lost.

College Station The College Station Prometric was a wonderful testing site. It was clean, quiet, and the staff was extremely friendly. I stayed at the Hilton down the street the night before, which was fairly quiet and clean, but I might have preferred to stay at a friend's house if I had the chance to do it over again.

College Station - nice/new/professional. Provide earplugs, no jackets allowed.

Culver City, CA No comments recorded.

Diana Ln. The staff at Diana Lane is excellent.

Hard to find, called Linksys on door, otherwise it's great.

Harwin	<p>The rumors about a loud bass during the exam are true - and the bass can be heard even with the headphones on.</p> <p>Bass sounds from outside of room through the last 3 hrs of the test.</p> <p>My screen went black twice for 2-3 seconds.</p> <p>Could hear stereo bass sounds from a nearby building. Was not extremely distracting but was audible. Otherwise very well organized and a good testing experience.</p> <p>I was placed right by the door and it was distracting every time people came in/out.</p> <p>People loudly talked in the testing room (mainly employees). Mouse would not select an answer sometimes, technical difficulties.</p> <p>Problems at test center: the room felt like Antarctica and I didn't bring a jacket so I had to go to the bathroom after every block. Script error messages popped up during one of my blocks.</p> <p>Bring hand sanitizer, bathrooms are gorss!</p> <p>Harwin (practice test) My proctor had extreme body odor and it was very distracting since he walked by every 5-10 minutes. They don't provide earplugs - bring your own.</p>
Imperial Valley	No comments recorded.
Kansas – Hays	No comments recorded.
NW Freeway	No comments recorded.
San Antonio	No comments recorded.
St. Mary's Univ	No comments recorded.
Waco	No comments recorded.
Washington, DC	No comments recorded.

Comments on Qbank

- Didn't have time to get through it between exams and the step.
- Good for class, not representative for Step
- Good for using second semester and finals.
- Good to start using early.
- Good, but start early!!
- Great, I saw identical questions in Step
- I should have done this more!
- More keyword dependent
- Okay for early studying
- Questions harder than exam.
- Ranked in order of effectiveness: world > kaplan > Rx
- Tested specific detail (not reasoning)
- Too specific
- Use first before last month of prep.
- Very much like the exam.

Comments on Comprehensive Basic Science Exams

- 4 hrs, no break, paper test is not representative of real thing
- But much easier than the real thing.
- Difficult to learn when you don't get to see answers.
- Good basic idea of actual exam format
- Great after spring break
- I appreciate that uth made these free and available to students.
- I just used one.
- I only took the exam in march. I bought one exam on my own in mid-june one week before my exam.
- I thought it was harder than step, maybe due to lack of banks. I thought it was weighted in areas, actual step was fair and equally weighted.
- I very much liked these - well worth the money spent by the school.
- It needs to be better structured, more similar to step 1. Answer keys are more helpful so you learn from your errors.
- June date is way too late to be useful.
- The last one was a little late but otherwise a great resource.
- These made such a difference in getting prepared.
- This was a source of stress not help because of the threat that you had to pass--still offer the exam or even require us to take it without the requirement to pass
- This was great to assess strengths/weaknesses. Thank you for providing.
- Took in march and may. Very very good indication of progress.
- Waste of time!
- Would appreciate better scheduling for exams: ex. Before spring break

Comments on Doctors in Training (Live)

- Great, efficient, accountability
- Highly recommend.
- It forced me to get through it.
- This significantly improved my grade. I wish I did this before 2nd year.

Comments on Doctors in Training (Online)

- Did not find it to be helpful
- Good because you can pause 2 hr lecture also good for solidifying small facts.
- Good to keep on schedule
- Helped flesh out first aid.
- He's a complete tool but good resource
- If your expectation are reasonable.

Comments on Goljan

- A must have.
- Audio is excellent, is very integrative, a definite must for studying.
- Didn't get through audio
- Goljan is the man.
- Good for class, good for step.
- Good when used in conjunction w/Path course throughout year and not High Yield when step studying.
- Great book, great audio - use during the year.
- He REALLY explains things well!
- I used Path PR, not audio.
- Lectures and Rapid Review are awesome.
- Lectures, book
- Really good
- These lectures are essential, begin fall of 2nd year.
- Use w/ Rapid Review and find his high yields!

Comments on USMLE World

- Again - not enough time.
- Amazing questions! Good format and topics.
- Best resource
- Better than Kaplan Qbank.
- Good too, don't get discouraged... difficult.
- Great resource.
- more detailed (2-3 step problems)

- More difficult than Kaplan, fewer questions.
- Single best resource.
- Use second month before exam.
- Very good Q's and answer explanations.

Comments on Kaplan Live

- No comments recorded.

Comments on Kaplan Online

- No comments recorded.

Comments on Falcon Review (Live/Online)

- No comments recorded.

Comments on PASS Program (Live/Tapes)

- No comments recorded.

Comments on First Aid for the USMLE Step 1

- Can't pass without it.
- Great resource, get familiar early on.
- Must DO! Go through as much as possible.
- Must have.
- Needs better index
- take notes in it from USMLE World.
- The core!
- The exam was much more detailed than this book!
- Used it as a template for all my notes.
- Wish I had studied some more in depth materials in addition.

Comments on BRS

- BRS Phys was great
- BRS Physiology
- Didn't use much
- Phys, Embryology, Psych were good
- Too much too late.

Other Materials

Clinical Microbiology Made Ridiculously Simple

- Good to use during courses.

Goljan Rapid Review

- Biochemistry – Good to use during courses; re-read entirely for finals and then just as a resource.
- Pathology – very helpful

High Yield Series

- Read week before exam – AMAZING!
- Covers all the Neuro you need

Lippincott Biochemistry

- Excellent, but long.

USMLE Rx

- Their easy and medium questions were excellent.

My one best piece of advice for Step 1 preparation is:

- Set aside specific time periods weekly to concentrate solely on step. 2) DIT good if you have only vague knowledge of First Aid at end of 2nd year. If you have good grasp of First Aid, it is worthless, since he essentially reads First Aid to you.
- Know the First Aid, listen to Goljan, and do USMLE World.
- Start early
- Do as many questions as possible
- Lots of questions; study by systems. USMLE RX was most similar to my exam.
- Study first aid along with your classes second year. The earlier the better!
- Study hard during the year.
- Learn to make connections between the info found in first aid.
- Doctors in Training course.
- Use First Aid and Goljan from the beginning!
- Pace yourself
- Use First Aid along with courses and do questions.
- Do lots of questions.

- Goljan. Don't be nervous.
- It is best to know a few resources really well (FA, Goljan) than a lot of resources not very well. Memorize everything in FA and Goljan before you try to start reading other HY & BRS books.
- Start early on USMLE World.
- Take DIT!
- Start early, lots of question banks!
- Start reviewing first year and old second year info beginning w/second year. Red book pocket medicine, step up for medicine, USMLE World for year, pretest for any rotation (not as representative) MKSAP, CHF, Diabetes, HTN
- Take many practice questions and use a review course - know everything in 1st aid.
- Questions!
- Don't burn out by starting too early. Do none of world. Qbank is all you need.
- Do questions early. Do Kaplan during the school year, Rx during finals and USMLE world during your month before Step 1.
- Read FA 4 times
- Get enough sleep the night before and study seriously after spring break.
- DIT, USMLE World
- Study as much as you can.
- Do lots of questions! But don't freak out if the more you do, the harder they get.
- Study hard but don't freak out.
- Use 1st Aid and Qbank during 2nd year.
- Do as many questions as you can, and start early so you can incorporate it into your studying for MS2 courses. Even if you get low percentage scores in the beginning, you are learning!
- USMLE World
- Study earlier (before the last block). We don't have that much time to study. It feels very rushed. I think with one more week of studying could have done a lot better.
- Study for finals using First Aid; great review!
- Read First Aid multiple times. Start early and use First Aid during courses.
- Do lots of practice questions. You really don't see a large improvement in your score until you have completed over 750 questions.
- Do timed exams on Qbank. This will help you manage your time wisely.
- Do more Kaplan
- Do what works for you and don't worry about what others are doing. I don't listen well so I didn't do Doctors in Training, it was the best decision ever. Make a schedule and stick to it.
- Take NBME practice test (\$45) - I saw several very similar (almost word for word) questions on my step.
- Learn the material really well and how every aspect of physiology etc... connects to each other first. The questions are only useful after you've

solidified this knowledge. The week/ few days before the exam, re-read First Aid and all your notes! You must refresh this information. A few random questions before the step is not nearly as helpful as a full once-over.

- Start using First Aid as a supplement during your entire 2nd year. And start studying during Spring Break.
- Do not be scared to start early. It is important to get over the hump.
- Start as early as possible.
- Don't be afraid to start questions early even if your Qbank average is very low before you start seriously studying.
- Do plenty of practice exams/questions.
- Study a lot
- Study neuro. HY neuro was very helpful.
- Finish Q bank; focus on wrong questions to strengthen your weaknesses. I did not do World, did not feel handicapped by this.
- DIT & NBME exams seemed to be the most High Yield.
- Start doing questions as soon as you get access and know thy First Aid cold!
- Start early January. Don't let what other people are doing stress you out. Listen to the Goljan lectures that correspond with what you are learning in path. Reference 1st aid as you learn things 2nd year. When you get a question wrong on Q-bank, write the answer in your First Aid. Take at least one practice NBME exam. I liked USMLE World better than Q bank, but try to finish at least one of them. If you do DIT, make an outline of the lecture and the first aid material w/ facts that you tend to forget.
- Do as much Q-bank/USMLE world as possible. Start doing questions no later than spring break.
- Start early
- Start Qbank and First Aid early so that a slow pace can be used.
- It's extremely difficult to study for Step 1 and classes. Do not take the Doctors in Training course unless you are a very audio learner. I studied on my own. I only wish the school gave us more time to study. I studied 12 hours a day for 6 weeks straight, and I think I could have used another 5-7 days to study. Do not sacrifice your study time in order to have more vacation time. When you don't get the score you want in order to get into the residency you want, you will regret it. Overall, I felt prepared for Step 1. The only thing I would change is for our school to give a full 8 weeks so students can still study 6-7 weeks and get 1 week off for vacation time.
- Start reviewing on the weekends during the 2nd semester. There isn't enough time to relearn everything in one month. Take ear plugs to the testing center.
- Use first aid and Qbank along with 2nd year classes.
- Get rest to keep sane.
- Start early.
- Do all the questions you can. USMLE World/Rx/Qbank. Reading the FA is a waste of time. Use it as you need it.
- Start early, pay attention in Path/Pharm, practice tests, Qbank.
- Use First Aid throughout first and second year courses.

- Start early.
- Start early!
- Start doing practice questions on you Qbank early.
- Study hard during your MS2 classes - it's the best preparation.
- First Aid intentional study early helps you get more from the DIT class and subsequent First Aid review and Qbank. Bottom line: don't stress, but just [illegible] First Aid early.
- Begin studying early. Work it into 2nd year classes if you can.
- Make one Saturday a month in the fall a pure step day and read through First Aid so by the spring, First Aid is mostly read.
- Do lots of questions
- Goljan is excellent.
- Start early!
- Start early, know First Aid, use USMLE World and know/understand all of the explanation for the world questions. Prometrics Mock software was different than test.
- First Aid Early!!
- Use first aid during 2nd year courses.
- Find out what was high yield and study that early.
- Questions, I guess; although I have not yet received my score, so who knows if doing all three question banks was actually that useful.
- USMLE World is the best!
- Exhaust your resources.
- Study in January and do lots of questions. DIT is very helpful.
- Start early but expect a late steep learning curve.
- I took notes on all the wrong answers I put down for USMLE World and I thought it helped.
- Start early.
- Use USMLE World.
- Be confident
- Do as many questions as possible.
- Start early
- Exercise, stay calm, breath some fresh air at least once a day.
- Start early and stay away from people who stress you out. Surround yourself with people who motivate you.
- Start early and incorporate a couple of extra books in high yield areas with the 1st aid. Do as many questions as possible.
- DIT was really useful. Go through FA at least 3 times.
- The best prep is doing well during your first two years.
- Read First Aid, do practice problems: that simple!
- Do questions.
- Do just a very little starting January (15-25 questions/day) and use First Aid as a 1st year.
- Do USMLE World and start questions early.

- Know everything from First Aid.
- First Aid and Qbank, other stuff is almost unnecessary.
- Read First Aid and Goljan many times. Do all USMLE World.
- Do questions! Don't spend all your time reading First Aid.
- Begin Step 1 First Aid early and make important notes from other review books.
- Practice questions!
- Get the Big picture and don't stress on the tiny details that are emphasized on Qbank/USMLE World when you start studying for step.
- Start early and incorporate your step study materials into reviewing for shelf finals (that way, you've seen it all at least once by mid-May)
- Start studying before finals.
- First Aid + Goljan + U World = success.
- Learn stuff for class.
- Start studying EARLY (Day 1 of MSI).
- Use USMLE World.
- Don't freak out! Most (but not all) of the questions are easier/better than Qbank.
- Do tons of Qbank and World questions.
- Practice questions.
- Start early, LEARN it in class, review for step. Do questions!!! (Esp USMLE World)
- Questions
- Use 1st aid throughout 2nd year as you go through the year.
- Prometrics Mock: Helped me find and familiarize myself with the center. The exam tests big concepts. Don't stress/over study the details. Slow and steady wins the race.
- Know that no matter what you study, most of the real thing is going to be unfamiliar to you. Don't panic and schedule some vacation time.
- Start questions early and keep them as your focus throughout your studies.
- Do lots of questions!
- Study
- Annotate FA w/notes/information you didn't know from taking questions. I annotated info from the Qbank in one color and annotations from other texts in another color - it helped highlight the important information.
- Take a "real" practice at the center - the environment is the most stressful part
- Study throughout year.
- I swear by doctors in training and first aid.
- Start 1st aid w/classes.
- Use First Aid and Qbank together. Make notes in First Aid for Qbank, then memorize it. Pick a resource or two and stick with it. Avoid using every resource out there.
- Study for your classes. The better you do in those the easier Step 1 is.

- Start early. Do lots of questions.
- First Aid
- USMLE World + First Aid
- Concentrate on classes and incorporate first aid into that.
- Know First Aid
- Start Qbank early! It is really long. Use First Aid throughout basic science years.
- Start early w/ Qbank.
- Study First Aid and do Qbank and DIT.
- Start Qbank in the spring, learn path and pharm well, and do as many questions as you can.
- Look at first aid during 1st 2 years and do Qbank!!
- Make the most use of your classes! Know first aid backwards and forwards! Take Doctors in Training! Do questions! Don't get discouraged because there is absolutely no way to be prepared for every question!
- Start early--January. Do lots of questions and learn from them. Read all the explanations.
- Do things differently every day to keep from getting bored or lose motivation.
- Do well in courses, you'll never know it all. * Don't push your test back!
- Do all of U World. It was very representative of my actual test.
- Do Question 2 banks
- Do as many questions as you can.
- Start early - January - get through Qbank and World. I re-did all the questions I missed from World and I took Doctors in Training, which was useful. Then I took two weeks to get lost in eastern Europe - follow my path!
- 1st Aid, U World, take it early!
- Finish at least one q-bank and take notes in first aid.
- Be organized and make a schedule. Start listening to Goljan early (during school year).
- Lots of questions!
- Do major basic overview on everything the week before instead of super detailed only on some subjects.
- Start early so that you can spread out your preparation - the six weeks of studying for finals is exhausting and its difficult and then kick it up for step afterwards and maintain that for another month
- Do as many questions as possible.
- Start early and get through First Aid before doing Doctors in Training. Also, questions, questions, questions!!
- Do both Kaplan and USMLE World Q banks.
- USMLE Rx easy & medium questions.
- Start studying and doing Qbank questions early.
- Do as many questions as you can and get it over with.
- Start Qbanks early; get through Kaplan and World.

- Start early - study very hard for the first two years and all shelf exams.
- Start studying early!! Don't let your friends freak you out. Delay if you need.
- Do as many questions as possible to get to best clinical pictures of each disease as possible.