

Elective Description

Campus: Grand Forks
Elective/Experience Title: Step 2 Prep Program
Location of Elective: Virtual

Department: Interdisciplinary
Course Number: MED 9503

Preceptor(s): Minnie Kalyanasundaram
Period(s) Offered: Period 1 & 2 for Class of 2024
Number of students per period: Unlimited

Course Prerequisites: Completion of all clerkships
Revised Curriculum Phase(s): 2 & 3

Purpose of the program:

The purpose of the Step 2 Prep program is to help students maximize their strengths in preparation for the Step 2 CK USMLE exam and ameliorate identified perceived weaknesses to ultimately perform well in the Step 2 CK exam. The program would offer session components which the students would be able to harness to strategize, plan and execute effective study strategies, review board type questions daily, participate in high yield lectures, effectively use group study strategies, incorporate daily elements of wellness to reduce exam stress and make effective use of self-study time. The aim and goal of the program is to empower and enable students towards effective self-directed learning to perform well in the Step 2 CK exam.

The unique features of the program include, student led peer moderated board review sessions, weekly NBME exams, self-administered simulated Step 2 exam, faculty high yield review lectures, optional study strategies and wellness sessions and individual self-study time to accommodate the requirements and needs of all students.

Objectives for the 4-week Step 2 Prep program:

1. Choose to recognize the importance of effective and strategized preparation for Step 2 CK USMLE examination (SMHS Competency 1.3)
2. Adopt following self-identification of effective learning strategies that are optimum for Step 2 CK exam preparation (SMHS Competency 1.1)
3. Generate and adopt a study schedule using effective study strategies and appropriate resources (SMHS Competency 1.2)
4. Adopt & execute wellness strategies which identify and deal effectively with exam associated stress (SMHS Competencies 8.1; 8.2)
5. Choose to participate in asynchronous high yield review lectures aligned to the Step 2 CK exam content and provide peer leadership to board review prep sessions for maximal prep output (SMHS Competency 5.7)
6. Generate solution and analysis of not less than 30 board review questions per day with an optimum of 40 questions (SMHS Competency 5.7)
7. Choose to incorporate effective self-reflections and peer-feedback as markers important for self-improvement (SMHS Competency 1.5; 8.1)
8. Choose to participate and complete six NBME clinical subject exams and one self-administered simulated full-length Step 2 like exam (SMHS Competency 4.3; 4.5)

Methodology:

1. High yield review lectures in asynchronous format via media site by clinical sciences faculty and review of high yield Step 2 content using individual student resources
2. Participation in all Board review prep sessions of 2-hours duration via zoom break-out rooms where students will bring their own Step 2 prep materials in addition to institution provided board vitals as resources for the peer led and moderated review sessions followed by self-reflections and group peer feedback. Facilitator will visit the zoom breakout rooms to evaluate participation using a simple rubric.
3. Optional participation in wellness and studying and Study strategy sessions to cope with exam stress and being well throughout the period of exam preparation and taking of high-stake exams; review study schedules and analyze effective study strategies
4. Participation in and completion of all 6 NBME clinical science subject exams spread over 3 weeks using the time allocated for the individual NBME exams. If the NBME exam is not completed fully or the student chooses to rush through the exam, this will be considered unprofessional behavior. Additionally, should the student have an MSAPC hearing related to performance on this course or the Step examination, the NBME exam scores from this course will be made available to the Medical Student Academic Performance Committee.
5. Participation and completion of 1 simulated, self-administered Step 2 like exam before taking the Step 2 exam especially weeks 3 or 4.

Grading Criteria:

The course director will

1. Utilize the standardized UNDSMHS Step Prep Course evaluation form.
2. Evaluate student participation by direct observation of students and groups in board review sessions in break out rooms with a simple rubric (Objectives 1 to 8)
3. Evaluate student participation and completion of six NBME clinical science subject exams conducted every Friday in weeks 1-3 with the criteria and definition for participation described in the methodology section above. (Objective 8).
4. Evaluate student participation and completion of 1 simulated, self-administered Step 2 like exam before taking the USMLE Step 2 exam especially weeks 3 or 4 (Objective 8)