

Course Description

Campus: ALL (Grand Forks)

Elective/Experience Title: Step 1 Prep Program

Location of Elective: Virtual, NE Campus Grand Forks

Department: Interdisciplinary

Course Number: MED 9620

Preceptor(s): Minnie Kalyanasundaram, MD, MBBS

Period(s) Offered: Jan-Feb, Mar-Apr, May- Jun 2022

Course Prerequisites: Completion of Phase 1

Revised Curriculum Phase(s): 2

Number of students per period: Unlimited

Purpose:

The purpose of the Step 1 Prep program is to help students maximize their strengths in preparation for the USMLE Step 1 exam and ameliorate identified weaknesses to ultimately perform well on the Step 1 exam. The program offers session components which the students will be able to harness to strategize, plan and execute effective study strategies, review board type questions, participate in high yield lectures, effectively use group study strategies, participate in NBME subject exams, participate in self-administered full length simulated Step 1 exams, 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 on the Step 1 exam.

The unique features include, student led peer moderated board review sessions, weekly NBME exams, self-administered simulated Step 1 exam, faculty high yield review lectures, sessions with upper classmen, study strategies and wellness sessions and individual self-study time to accommodate the requirements and needs of all students.

Objectives: Following successful completion of this elective, the student will be able to:

1. Choose to recognize the importance of effective and strategized preparation for Step 1 USMLE examination
(SMHS Competency 1.3)
2. Identify & Adopt effective learning strategies that are personally optimized for Step 1 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 sessions with upper classmen and the six NBME clinical subject exams
(SMHS Competency 5.7)
6. Choose to participate and provide peer leadership during board review prep sessions for maximal prep output
(SMHS Competency 4.3; 4.5)
7. Generate solution and analysis of not less than 30 board review questions per day with an optimum of 40 questions
(SMHS Competency 5.7)
8. Choose to incorporate effective self-reflections, peer-feedback, self-administered simulated Step 1 like exams & effective self-study time as markers of self-improvement
(SMHS Competency 1.5; 8.1)

Instructional Activities: During this elective, the student will be involved in/experience:

1. High yield review lectures in asynchronous format via media site by basic sciences faculty and review of high yield Step 1 content using individual student resources
2. Participating in all sessions with upper classmen who have completed the USMLE Step 1 exam
3. Participation in all Board review prep sessions of 2-hours duration via zoom break-out rooms where students will bring their own Step 1 prep materials in addition to institution provided board vitals as resources and 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.
4. Participation in at least 3 each of “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 and review study schedules and analyze effective study strategies
5. Participation in all 6 NBME basic science subject exams spread over 6 weeks
6. Participation in 2 simulated, self-administered Step 1 like exams before taking the Step 1 exam especially weeks 7 & 8.
7. Effective use of self-study time

The grading for this course will be satisfactory/unsatisfactory

Criteria for Grading: During and following this course, 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, review of attendance in sessions by upper classmen, wellness sessions and study strategy sessions (*Objectives 1 to 8*)
3. Evaluate student participation in six NBME basic science subject exams conducted every Friday weeks 1-6 (*Objective 5*)
4. Evaluate student participation in 2 simulated, self-administered Step 1 like exams before taking the Step 1 exam especially weeks 7 & 8.