



## USMLE Step 1 Information

### Timeline for Step 1

#### December/early January

- Start the registration and application process.

#### January

- Schedule a test date at a Prometric Test Center.

#### February/March/April

- Start gathering your study resources and organize in one place.
- Start making a tentative study schedule.
- Read and make notation in First Aid book as you work through Blocks VII and VIII.
- Receive USMLE Comprehensive Basic Science Exam Voucher from ER.
- Focus on your current studies and block exams.

#### Early May

- Finish assembling your study resources.
- Finalize your post-Block VIII study schedule.

#### May/June

- Study for Step 1!
- Continue to get plenty of rest and exercise. Keep up with friends and family.

#### June/ July

- Take Step 1. Plan a vacation or special celebration following the exam.
- Third Year Clerkships Orientation.

### Step 1 Registration and Scheduling

- Log onto [www.nbme.org](http://www.nbme.org) to start the registration and application process, which takes 4-6 weeks.
- Complete and sign the **Certification of Identification and Authorization Form** and take it Angela Beardemphl in the Student Affairs and Admissions Office. Student Affairs will affix your photo, have Dr. Dorscher sign, and submit to NBME. Dani Thompson, Admissions & Records Officer, will receive notice of your application and will authorize your enrollment.
- You will receive a **Scheduling Permit** via email from NBME which specifies a three-month window for your exam. Print the permit and put it in a safe place; you will need to bring it with you on test day.

- Schedule a test date at a Prometric Test Center through their website: <http://www.prometric.com>.
- Prometric will charge a fee if you change your testing appointment *thirty or fewer days* before your scheduled test date.
- You must take USMLE Step 1 before beginning Year 3 clinical experiences. Students must pass USMLE Step 1 before beginning the second half of the third year.

## UND SMHS Resources

- Fellow third-year classmates who have successfully passed Step 1.
- Health Sciences Library
  - Home page: [undmedlibrary.org](http://undmedlibrary.org)
  - How-To Guide on Exam Preparation: <http://libguides.und.edu/exam-prep>
- Education Resources
  - ER will pay \$100 towards any Q-bank. Submit receipt to Roxanne Korynta.
  - Comprehensive Basic Science Self-Assessment exam voucher available from ER

## Internet Resources

There are a ton; here are just a few. The USMLE website is, of course, a good place to start.

- [www.usmle.org/step-1/](http://www.usmle.org/step-1/)
- A Student Guidebook to the USMLE Step 1 Board Examination, Vanderbilt Student Wellness Committee: <https://www.mededportal.org/icolaborative/resource/253>
- Einstein Step 1 Student-to-Student blog: <https://www.einstein.yu.edu/education/student-affairs/academic-support-counseling/academic-support/usmle.aspx>. Includes some creative study schedule ideas.
- Case Western SOM Student-to-Student Guide to USMLE Step 1: [http://casemed.case.edu/student\\_affairs/peerhandoff/Step%201%20Guide-2.pdf](http://casemed.case.edu/student_affairs/peerhandoff/Step%201%20Guide-2.pdf). Includes reviews of study resources and sample study plans.

## Preparing for Exam Day

- Review the tutorial at <http://www.usmle.org/practice-materials/>.
- Resolve test-taking difficulties, such as test anxiety, prior to the exam.
- Schedule your break times.
- Plan what food and beverages you will be taking.
- Make sure you know exactly what you can and cannot bring with you.
- Call your Prometric test site to confirm your test date.
- Become familiar with the test site – drive there ahead of time.
- Set out your Scheduling Permit, picture ID with signature, car keys, etc. the night before the exam.
- Don't panic if you do something wrong, or if something goes wrong with the computer – contact the proctor.

