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 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 Beademphl in the Student Affairs and Admissions Office. Student Affairs will affix your photo, have Dr. Dorsch 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](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)
- 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/icollaborative/resource/253](https://www.mededportal.org/icollaborative/resource/253)
- Einstein Step 1 Student-to-Student blog: [https://www.einstein.yu.edu/education/student-affairs/academic-support-counseling/academic-support/usmle.aspx](https://www.einstein.yu.edu/education/student-affairs/academic-support-counseling/academic-support/usmle.aspx). Includes some creative study schedule ideas.

**Preparing for Exam Day**
- 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.