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We are proud to offer the most innovative study tools available on the market, and our dedicated staff of expert advisors and faculty ensure that doctors and medical students receive the advice and support they need. Kaplan Medical is our goal for the success of our students. Book details USMLE Step 2 CK Lecture Notes 2020: 5 book set to download free PDF, which you may also suit; Download more free USMLE PDF books download PDF Next part of the Demanding United States Medical Licensing Exam (USMLE) series is step 2, divided into two tests: Step 2 Clinical Knowledge (CC) and Step 2 Clinical Skills (CS). We will look at USMLE Step 2 CK in this post. Step 2 CK assesses your ability to apply clinical science in a supervised practice environment. The test contains an integrated content outline arranged in two doctor's tasks and category of diseases. If you look ahead when you take step 2 ck, here are some useful answers to guestions you can have about the exam and the test. As with Step 1 to perform Step 2 CK, you must be in this category at the time you apply for Action 2 CK and on the day of the exam: You must be officially enrolled in a medical school outside the United States and Canada, or its graduates listed in the World Catalogue of Medical Schools as meeting the eligibility requirements of the Foreign Medical Graduate Education Commission (ECFMG) and other ECFMG criteria. As a student or graduate at the U.S./Canadian Medical School, you want to make sure to sign up for the ECFMG website. According to the USMLE, most medical students take Step 2 CK in their fourth year. Some students feel the best time to deal with Step 2 CK, where clinical scientific knowledge from their rotation is still fresh in their minds. The test is given for all year round. When you start applying, you will choose a three-month eligibility period for tests. You'll receive an email informing you that scheduling permission is available, and then you can visit the Prometric® Test Center website to schedule a test date. USMLE Step 2 CC can be adopted by Prometric testing centers around the world. Keep in mind that your test center selections will depend on which part of the USMLE exam series you plan. Not all exams are offered in all centers. Step 2 CK is a one-day, multi-choice, computer-based study lasting about nine hours. From this message it is divided into eight 60-minute blocks, and the formats of the test elements may vary from block to block. According to USMLE. Step 2 CC includes exploratory elements in the following content areas: Internal Medicine Obstetrics and Gynecology Pediatrics Preventive Medicine Psychiatric Surgery Other areas related to care care Most step 2 CK subjects describe clinical situations, and you must provide one or more of the following things: Diagnosis of major disease mechanisms in the direction of the next step in medical care, including preventive measures It is important to figure out how long you need in your test prep schedule. Many students justify their study schedule to achieve a certain 2 step CK score- the higher the score is needed, the more study time they delay. Many students confirm the issue of bank power, or QBank, when it comes to USMLE prep. The two main advantages of Qbank are how closely it mimics the actual exam and that it explains the answers to hundreds of practice questions. With the right test prep and the confidence that comes from preparation, you take usmle Step 2 CK and move forward on your way toward a medical career. Although I love Kaplan Obank, I did not make my own Exams. Has it been updated to the current exam (i.e. 40 questions, 8 blocks?) How are the explanations? If they are of similar quality as their Qbank explanations, I highly recommend doing so for learning purposes if you have time. I highly recommend UWorld self-assessment. Most of the time, it predicts the actual result closer than any other practice exams. Has anyone else taken the first? When you convert a percentage point, do you use the same converter as the Q-bank percentage from this Hi, do you think this correlation table applies to step 2CK? And how exactly is it? Dear recent exam takers, are you using kaplan gbank for CK? How good is it to use a competitive result? Any reviews would be evaluated. thx I am almost alone lurker, but signed to give my POV kaplan. I have to take CK in 2 days, feel I'm in a pretty good position (UWSA1/2 259/258, NBME6 256). But Kaplan Qbank is just terrible. This is good for shelf exams, where questions are usually not the main source, but a terrific step 2. So many mistakes. I often cross-reference responses with uptodate/UW (which almost always agreed with each other). Most issues have not been updated since 2012. I bought it with plans to do this UW again instead of UWorld being the first priority. To aside, though, I highly recommend Kaplan Qbank for step 2ck. I bought Kaplan at the beginning of the third year because some themes at UWorld don't have that many guestions. I finished Kaplan's guestions for those chapters. I finished at UWorld about a week before my exam and so decided to go through as many Kaplan questions as I can, just so I can recognize some terms or concepts that might not be uworld. I was actually very surprised how big Kaplan Qbank was. Majority (>95%) their explanations were very detailed and easy to understand and are similar to UWorlds. Again, I must stress that UWorld is still the key, and going through UWorld once probably helped me read Kaplan's explanations (they were usually longer than UWorld's, but still easy to understand, especially in bolding basic terms and concepts). Many Uworld concepts are repeated by Kaplan (which is a good repeat), but many diseases are also nowhere in Uworld (but I still consider a perfectly fair game exam). There are some questions (probably 2-3) questions that test the minute and probably won't be in the exam, but it's very easy for them to tell which ones are. I wish I had done Kaplan earlier in my study period, only half (I had > 1500 questions left by the time I stepped step2ck). I didn't use it to score a prediction, but just learn. I haven't tried my exams (which I have heard are not so good). Many people complete UWorld >1x. I would recommend doing Kaplan instead of repeating UWorld because you are still reviewing the same concepts, but also adding new information, and the explanation can help make new connections between concepts. (I'm not entirely related to Kaplan) Edita: Most of their questions have not been updated since 2012, so I would not use their answers for prevention recommendations (i.e. the vaccine pneumococcal/meningococcal/hib sickle/asplenic patients... pneumococcal vaccine in patients with COPD/lung disease... there are no live vaccines for immunocomprocomuoti or pregnant patients... HepB vaccine and IGIV for infants born to Hep B mothers... In addition, many issues are also newly added. Hello! USMLE pro it's very nice for you to be actively helping fellow students in these communities. Hopefully the very best comes your way always and you get everything you want and more. Anyway coming to the point, I read some of my posts in different places, emphasizing the importance of NBME self-assessments in Step 2 CK. You said it's the best source out there even before UW. So when you say NBMEs are so important, do you say that because of the style of thinking they help create or the content that they try? The aim of this issue is to try to find the right approach to the use of NBMEs. I hope that I will be able to make it clear. Thanks in advance Hello! USMLE pro it's very nice for you to be actively helping fellow students in these communities. Hopefully the very best comes your way always and you get everything you want and more. Anyway coming to the point, I read some of my posts in different places, emphasizing the importance of NBME self-assessments in Step 2 CK. You said it's the best source out there even before UW. So when you say NBMEs are so important, do you say that because of the style of thinking they help create or the content that they try? The aim of this issue is to try to find the right approach to the use of NBMEs. I hope that I will be able to make it clear. Thanks in advance Thank you very much for the kind words! I believe that NBMEs (Detailed Clinical Self-Assessments of Science, or CCSSA Step 2 CK) are very important both for the style of thinking they help you create and for the content they are testing. While UWorld is a great resource, and I highly recommend everyone to complete at least 1 pass full Qbank for Step 2 CK, it's not written by test developers. As for the style actually familiar with these NBME exams, you feel the rest as the set hat there are at least a few diagnoses that often occur as the 2nd best answer - but almost never the right answer). It's a bit of finesse as a test holder, but I think anyone can pick up on these clues to some extent if you spend enough time really trying to figure out these exams. While I can't speak with the actual exam content, my experience both as a student and as a teacher, the content of these exams, especially the images, is historically very high yield. I think it's important to review both the questions you get correctly and the ones you go wrong (you can screenshot during the exam if you don't distribute these screenshots to others). Fortunately, NBME now displays the correct answers (highlighted) to the questions you get incorrectly. Unfortunately, they still do not provide explanations. To understand the issues, I spent a lot of time (hours and hours) in my googling and cross-referencing FA (for Step 1, I would never use the FA's Step 2 CK and I don't think it's a good resource) for UW. I didn't rely on what I saw in various forums as I knew these explanations using reliable resources. Last edited: February 19, 2018 Reactions: Boros, Stephanopolous, pterion-fx and 4 others Thank you very much for the kind words! I believe that NBMEs (Detailed Clinical Self-Assessments of Science, or CCSSA Step 2 CK) are very important both for the content they are testing. While UWorld is a great resource, and I highly recommend everyone to complete at least 1 pass full Obank for Step 2 CK, it's not written by test developers. As for the style actually familiar with these NBME exams, you feel like NBME likes to try certain topics, how often certain topics, how often certain topics, how often certain topics, how often certain topics are incorrect (you'll see that there are at least a few diagnoses that often appear as the 2nd best answer - but almost never the right answer). It's a bit of finesse as a test holder, but I think anyone can pick up on these clues to some extent if you spend enough time really trying to figure out these exams. While I can't speak with the actual exam content, my experience both as a student and as a teacher, the content of these exams, especially the images, is historically very high yield. I think it's important to review both the questions you get correctly and the ones you go wrong (you can screenshot during the exam if you don't distribute these screenshots to others). Fortunately, NBME now displays the correct answers (highlighted) to the questions you get incorrectly. Unfortunately, they still do not provide explanations. To understand the issues, I spent a lot of time (hours and hours) in my googling and cross-referencing FA (for step 1, I would never use the FA Step 2 CK and I don't think it's good and UW. I didn't rely on what I saw in various forums as I knew these explanations might be wrong, but tried to come up with my own explanations using reliable resources. Thanks again for the detailed response. That's exactly what it took. god bless you. Reactions: USMLEpro Thank you for starting this community! I really appreciate the posts I read from you 1) As a teacher, I'm assuming a lot of people hired you because they had low scores in

Step 1 (196-220) and want to improve. Although everyone has their own baseline, is there a common formula that you have seen to successfully improve their scores? For example, a few go through UWorld, another QBank, OME or something else? 2) Which NBME/USMLE self-assessments were good for the forecaster of actual results? 3) How soon after you have achieved the desired result, you should plan and perform a test to keep in mind everything or burn? Thanks! there is no one for it! I very much appreciate the positive feedback 1) Yes, I really work with a fair number of students with low 1-step scores. For people with low scores, the main issue is usually a combination of inactive learning and poor test testing strategies. I have my students make cards based on their UW and NBME wrongs, and just to do so their maintenance usually improves dramatically (they used to only be written off by the FA for Step 1, which is very passive, and then step 2 just read the explanations that are again passive). Most need a little help on how to make effective cards (I have a rather different approach from Yousmle, and make a lot of concise cards). The second issue, the testing strategy, is easy to teach some people and a little harder for others, especially those who have low confidence (they are really hesitant to guess or use POE). But almost everyone gets better when you point out the systematic test-making errors they make. Many people consistently narrow down to the 2 most likely responses, but then often choose the wrong one. I show them how to make cards that teach them to emphasize the differences between these two answers, and that also helps. For some people, taking tests is actually a major problem, so I recommend a meditation program called Headspace. 2) On Step 2, I think all NBMEs under-shoot a little for most, and dramatically for some, especially for those who are not on the top end curve. In my case, I got 240 on NBME 8 days before the test, then 281 on the real thing. I probably wasn't trying my hardest to practice test, but even if you bill that it's a pretty crazy mismatch. UWSA1 and UWSA2 tend to be a little too predictable for people with severe testing anxiety). I usually feel with students taking the exam if their UWSA2 is approximately 10 points per goal score. 3) I think many people can benefit from moving up to testing (on the other hand, many people have to take an exam when they're not ready). If you're approaching your goal on NBMEs, you can be quite comfortable moving the exam. Maybe you still give yourself a week that you don't make yourself panic, but I see too many people studying too much, then burn and become too tired for a real deal. It's a long test, I had to take a double-shot espresso during the break and I still felt like I was going to fall asleep for most of the exam. Obviously, I am very pleased with my final result, but if I had been stubborn and not moved my test, I would have burned even more and probably made it (relatively) worse on test day. Reactions: aweiyuezhi, Elektra, Bully Ball and 1 other person you are welcome! I very much appreciate the positive feedback 1) Yes, I really work with a fair number of students with low 1-step scores. For people with low scores, the main issue is usually a combination of inactive learning and poor test testing strategies. I have my students make cards based on their UW and NBME wrongs, and just to do so their maintenance usually improves dramatically (they used to only be written off by the FA for Step 1, which is very passive, and then step 2 just read the explanations that are again passive). Most need a little help on how to make effective cards (I have a rather different approach from Yousmle, and make a lot of concise cards). The second issue, the testing strategy, is easy to teach some people and a little harder for others, especially those who have low confidence (they are really hesitant to guess or use POE). But almost everyone gets better when you point out the systematic test-making errors they make. Many people consistently narrow down to the 2 most likely responses, but then often choose the wrong one. I show them how to make cards that teach them to emphasize the differences between these two answers, and that also helps. For some people, taking tests is actually a major problem, so I recommend a meditation program called Headspace. 2) On Step 2, I think all NBMEs under-shoot a little for most, and dramatically for some, especially for those who are not on the top end curve. In my case, I got 240 on NBME 8 days before the test, then 281 on the real thing. I probably wasn't trying my hardest to practice test, but even if you bill that it's a pretty crazy mismatch. UWSA1 and UWSA2 tend to be a little too predictable (and obviously there are always exceptions; this may be too predictable for people with severe testing anxiety). I usually feel comfortable with exam, if their UWSA2 is 10 points per goal score. 3) I think many people can benefit from moving up to testing (on the other hand, many people have to push them back, but at first feel like they have to take an exam when they're not ready). If you're approaching your goal on NBMEs, you can be quite comfortable moving the exam. Maybe you still give yourself a week that you don't make yourself panic, but I see too many people studying too much, then burn and become too tired for a real deal. It's a long test, I had to take a double-shot espresso during the break and I still felt like I was going to fall asleep for most of the exam. Obviously, I am very pleased with my final result, but if I had been stubborn and not moved my test, I would have burned even more and probably made it (relatively) worse on test day. Thanks for the quick and comprehensive response! Good luck where you are in your training! You are welcome and thank you! I'm on research for years now (hence all the extra free time for advice and counselling) and plan to apply im this coming cycle, eventually planning to do GI. Reactions: CK133 Last edited: February 24, 2018 If I could add the 4th question - an opinion on NBME taking before starting any study to evaluate your baseline? Reactions: USMLEpro If I could add the 4th question - an opinion on NBME taking before starting any study to evaluate your initial? I think especially step 2 CK, you should really take NBME (I recommend 6) to fix your baseline. If you performed poorly in step 1, this will help you assess whether your poor action 1 score was a specific step 1 or more likely to be related to a systemic problem that can also affect you in Step 2 cc if you don't change your study and/or how you approach the questions. I think especially step 2 CK, you should really take NBME (I recommend 6) to fix your baseline. If you recently took a third year and have done well on the shelves, you may not need that long period of time. If you performed poorly in step 1, this will help you assess whether your poor action 1 score was a specific step 1 or more likely to be related to a systemic problem that can also affect you in Step 2 cc if you don't change your study and/or how you approach the questions. Also, is there a specific instruction to accept NBMEs and do you recommend using each NBME for step 2 or some better than others? A separate question: In UWorld, are there any other issues for banks that are valuable in Step 2, such as USMLE-Rx or Kaplan? I guess I'm asking if doing UWorld 2x or doing UWorld 1x with another OBank would be the best. Also, since you have brought up flash cards for step 2, are there any of the current 2 anki decks or other flash card decks or other flash card decks could you recommend Step 2 without making your own? Also, is there a specific instruction to accept NBMEs and do you recommend using each NBME for step 2 or some better than others? A separate question: In UWorld, are there any other issues for banks that are valuable in Step 2, such as USMLE-Rx or Kaplan? I guess I'm asking if doing UWorld 1x with another QBank would be the best. Also, since you brought out flash cards in Step 2, are there any current Step 2 anki decks or other flash card decks that you could recommend step 2 without making your own? These are all great questions! I just recommend them neatly (6 -> 7 -> 8). I would like to speak to all available NBME Comprehensive Clinical Sciences Self-Assessment, in addition to 2 UWorld Self Assessments. I do not recommend other Qbanks for Step 2. I would favor doing uw 2x vs trying to find another Qbank. I do not know the existing Step 2 Anki decks, and I highly recommend making your own. The card creation process is very active and requires processing of information so that you are much more likely to remember it, even if you never view the cards. Reactions: Eagles6389 you said ask nothing because my thread on the EMS forum does not receive any attention ... (Recovery) Titrate ventilation to maintain high ETCO2, but ignore that SpO2 is in the 40's? I see a lot of resoil when the patient sits for 40% or less for 25-35 minutes. I'm told that this is to keep your ETCO2 level high; but (and I'm just asking) that it would make sense to initially titrate ventillations to raise SpO2 to a reasonable level that unlinks for a down-time. It seems to me that maintaining high ETCO2 and avoiding increasing intrathoracic pressure is secondary because what is it important if you do these things but have abysmal oxygen saturation all the time? Isn't 40% not as abysmal as I think? For example, if you have a V-tach patient, which you can't break, why not try to increase oxygen because that's probably the main problem (This is my understanding v-tach is a hypotoxic rhythm, so ...) Reactions: bustAmove290 Last edited: February 24, 2018 SterlingMaloryArcher said: You said ask nothing because my threads in the EMS forum does not receive any attention ... (Recovery) Titrate ventilation to maintain high ETCO2, but ignore that SpO2 is in the 40's? I see a lot of resoil when the patient sits for 40% or less for 25-35 minutes. I'm told that this is to keep your ETCO2 level high; but (and I'm just asking) that it would make sense to initially titrate ventillations to raise SpO2 to a reasonable level that unlinks for a down-time. It seems to me that maintaining high ETCO2 and avoiding increasing intrathoracic pressure is secondary because what it is important if you do these things but have abysmal oxygen saturation all over Isn't 40% not as abysmal as I think? For example, if you have a V-tach patient, which you can't break, why not try to increase oxygen because that's probably the main problem (This is my understanding v-tach is a hypotoxic rhythm, so ...) I'm going to have to postpone this! There's a lot of physiology here to discuss, but at first glance 40% of the O2 sat really sounds abysmal to me! It's a bit of an scope for what we're talking about as a medical student, and there's really no something to do with ourselves. Reactions: SterlingMaloryArcher Not sure if you had the opportunity to see these questions above, thanks again: 1) Any opinion about using MTB Action 3 instead of MTB Step 2 in preparation for Step 2 CK? 2) What is your opinion about Step Up to Medicine? Overkill for Step 2 CK? 3) What is your opinion on video prep (OnlineMedEd, Emma Holliday)? I'm sorry you didn't answer at first, I thought you added guestion 4 to someone else's 3. 1) I didn't use or recommend MTB and my students and I was doing well without it (that doesn't mean it's not a good resource, I just think it is better). The only addition to UW and NBMEs that I recommend for Step 2 is the OME, and in some cases a little FA 1. 2) Yes, Step up medicine is overkill for Step 2. I think it's a very well done resource, and you should feel welcome to read it in your medical clerkship, especially if you're planning an IM. 3) I love Emma Holliday's PPTs for shelf exams (I actually only used it, and now I recommend my PPT PDF instead of watching the video), but I don't think it is a big harvest in the same sense step 2 CK, so I don't use them as a step 2 resource. I also love OME for wards. In Step 2, I sometimes assign OME videos to topics whose students are very weekly (small percentile UW). However, I would not recommend simply monitoring the whole OME inaccurately. Reactions: pterion-fx Hi USMLE pro! Your precious contribution needs to be made again; in addition to simply doing question sets and reviewing concepts you seem to be missing (one question at a time), do you think that some rot memorization things checklist for additional review helps (in my case a preventive drug such as this case you either know or don't know, or, for example, obs checklist tests/tests ordered at each age of pregnancy, or gynecological cancer screening guidelines)? Is it that just doing random mixed question sets and reviewing them is enough if because you're scoring an alarmingly low in any particular area? And, by the way, I hope that your research year goes perfectly and you nail the spot IM program for your dream. You can have a great time, but still it's really sweet for you to use it to give back to this community (and not just have fun all your spare time lol). Thanks Reactions: bustAmove290 Out of curiosity, how long have you studied? Finally I see that you are not using anything without Uworld, what else are you looking at the link?? Hi USMLE pro! Your precious contribution needs to be made again; in addition to simply doing question sets and reviewing concepts you seem to be missing (one guestion at a time), do you think that some rot memorization things checklist for additional review helps (in my case a preventive drug such as this case you either know, or, for example, obs checklist tests/tests ordered at each age of pregnancy, or gynecological cancer screening guidelines)? Is it that just doing random mixed question sets and reviewing them is enough if because you're scoring an alarmingly low in any particular area? And, by the way, I hope that your dream. You can have a great time, but still it's really sweet for you to use it to give back to this community (and not just have fun all your spare time lol). Thanks in advance my take is that if you don't know that enough degree, you end up getting the questions on this topic right every time you guess that well with me). It is good to summarize your cards a little to find out the information in pieces (i.e. include the tests ordered at every age of pregnancy, and not just the age of pregnancy that was discussed). In general, I think that random, mixed blocks are the way to go, but it is very important to review them effectively (you will keep very little just by reading the explanations). Out of curiosity, how long have you studied? Finally I see that you are not using anything without Uworld, what else are you looking at the link?? I studied step 2 for 3 weeks (but before that, I made uw 3 years and done a series of NBME clinical mastery on my shelf exams). Personally, I only use UW, UWSA and NBME SAS. When students need additional resources, in addition, I usually recommend OME and sometimes FA 1 for action. I believe that UW's explanations + OME + cross-references to FA Action 1 on topics for which you are really rusty should be all that is needed for content. In my opinion, Step 2 is even more about the testing strategy than step 1, so it's even more important to really get as much as you can out of practice issues. Reactions: alstigy I think UW explanations + OME + cross links fa 1 step topics you are really rusty should be all you need content. In my opinion, Step 2 is even more about the testing strategy than step 1, so it's even more important to really get as much as you can out of practice issues. This question is a bit casual, but I'm struggling with something similar. With scores like yours, what is it about im that pulled you vs. other areas that usually draw candidates with your type of scores? And the research year at the top? What are your career goals? Reactions: USMLEpro Do you recommend Master Boards Step 2 CC? I was about 2.5 months before my exam and a decent time study time before the exam. Should I read this or go to Uworld? Reactions: USMLEpro This question is a bit casual, but I'm struggling with something similar. With board scores like yours, what is it about an IM that pulled you vs. other areas that usually draw candidates with your own type of scores? And the research year at the top? What are your career goals? I really felt the pressure to choose a very competitive specialty, but I just couldn't get into them. I tried Ophtho's rotation (I'm an Ophtho Research Bachelor) and was basically bored by tears, it was the longest 4 weeks of my life. I really missed having longer negotiations with patients (i.e. not just saying, How's the vision? and looking up, left, right; of course, it's just me, my best friend going to ophtho though and helping patients with GI issues, and just find pathophysiology basically interesting (I like abdominal pain ddx). I didn't really like my IM clerkship, but I love my medical sub-I. After all, I just chose what I was passionate about. Also gi scholarship itself will be very competitive, so without work really hard to live, I hope my step scores will help me there too! The research year was initially because I decided quite late that I didn't want to do gen surg (July, after two operations sub-I) and wanted time to take voters to figure out what I wanted to do (i.e. the terrible scary isn't good for very bad ophtho voters, and surprisingly awesome medicine sub-I). I took Step 2 CK in December (I wanted to do this, and the information was still a bit fresh after 3 years), and didn't really start research until January. Also, I'm so glad I did my research year. I love my lab very much (doing translation hepatology research). It was a bit hectic as well as having a consulting company, but also really useful! Reactions: bustAmove290, Tzenatos and alstigy Do you recommend master boards step 2 CK? I was about 2.5 months before my exam and a decent time study time before the exam. Should I read this or go to Uworld? Not a huge fan of MTB, but some people like it. I only used UW, OME and NBME CCS self-ratings. Really rec UW (random and time blocks) via MTB. Reading maintenance in general is very poor (5% in 2 weeks); Practice q or cards (ideally make your own) is Better. Not a huge fan of MTB, but some people like it. I used only UW, OME and NBME CCS Self Self Really rec UW (random and time blocks) via MTB. Reading maintenance in general is very poor (5% in 2 weeks); Practice q or cards (ideally make your own) is way better. Thanks! Sorry, what is OME again? Do you have any flashcard recommendations? It seems that there are no good Anki cards. How do you go about your cards? I don't know where to start. Reactions: USMLEpro thank you! Sorry, what is OME again? Do you have any flashcard recommendations? It seems that there are no good Anki cards. How do you go about your cards? I don't know where to start. OME = Online Med Ed Flashcards hard to teach without screen sharing, to be honest. I recommend making cards just based on no questions you get wrong, including screen shots on the cards, and trying to be short (students usually put too much information into cards, you only need to test yourself on 1 or 2 most important facts). It is also useful to highlight the main points. We're going to add a blog post to our consulting site soon about flashcard creations: Aisha Afghan So your recommended strategy is guite similar to mine, except that I use Step Up to Medicine instead of OME (I can't watch videos I get distracted). I almost always make flash cards from false answers/right for the wrong reason for answers to UWORLD. However, do you recommend making flash cards in an explanation of reply that may not be directly related to the correct answer? An example would be that the correct answer is Drug A with a blah blah mechanism, but I also didn't know the drug B mechanism, so should I make a card for that as well? I do this when I really don't want to get bogged down in flash cards as I do about step 1. Reactions: USMLEpro Does OME or any other site offer good sound for action 2 CK? I just want some sound to play when I drive my car. Reactions: USMLEpro Does OME or any other site offer good sound for action 2 CK? I just want some sound to play when I drive my car. I've never watched OME videos, but I play Kaplan videos (my school supplied them, but they can be found elsewhere) while driving. They don't use very many images, most often reading off powerpoints, so you don't have to see it while driving. Reactions: USMLEpro So your recommended strategy is quite similar to mine, except that I use Step Up to Medicine instead of OME (I can't watch videos I get distracted). I almost always make flash cards from false answers/right for the wrong reason for answers to UWORLD. However, do you recommend making flash cards in the answer explanation, which not directly related to the correct answer? An example would be to that the correct answer is Drug A with a blah blah mechanism, but I also didn't know the drug B mechanism, so should I make a card for that as well? I do this when I really don't know all the answer choices, but I don't want to get bogged down in flash cards as I do about step 1. So cards do really depend on an individual question, but I try to focus only on the facts needed to get the question right. We spend a lot of time developing training for people to make good cards; its more art than science haha. You end up with too many cards if you make them for every answer of choice; it's overkill. Does OME or any other site offer good sound to play when I drive my car. You can really just listen to ome audio, although the video significantly improves things. The problem is that you will retain very little of any information you just listen to (only about 5%). You mentioned that reading explanations are low yield, so what is your recommendation to review? I've tried anki in the past, but it seems like I've never done it back to view my cards. I was a little disappointed with my Step 1 result and hopes to improve on Step 2. Do higher than average or average for all shelf exams except OB. Sent from my iPhone using SDN mobile you need to view the cards! In addition, people tend to put way too much information on their Anki cards, they should be short and snappy just with the facts you need to know to get the question right. Download the Anki app to your phone and set it to have badge app notifications (you see a little red circle with how many cards you need to pay that day). Congrats to the amazing scores! When you say that you used only uworld and a series of clinical mastery... or is that it? No reviewers at every chancellery, no uptodate, no Harrison or Nelson? Congrats to the amazing scores! When you say that you used only uworld and a series of clinical mastery... or is that it? No reviewers at every chancellery, no uptodate, no Harrison or Nelson? Thanks! I read UpToDate all the time to find out about my patients (I have an app on my phone and currently I have 792 CME credits haha). The only review books I use were Pastana's surgery and FA psychiatry. I have OnlineMedEd videos, especially IM. Reading alone leads to very poor maintenance, so I try to avoid it. Last edited by: Mar 4, 2018 Thanks! I read UpToDate all the time to find out about my patients (I have an app on my phone and currently I have 792 CME credits haha). The only review books I use were Pastana's surgery and FA psychiatry. I have OnlineMedEd videos, especially IM. Reading alone very poor maintenance, so I try to avoid this. Unrealistic. So, do you think that so far the readings have helped to solve the board issues (e.g. your actual step 2 CC)? What I'm trying to ask is Do you think that careful background reading as an uptodate helps to solve issues (perhaps, I think, in the development of clinical intuition) or do you think it helps solve issues is your working memory (through the creation of a flash card/interim repetition in the weeks or months leading to the test)? It's hard to know for sure, but I'd like to say that UTD is perfect for practicing drugs, but casually read UTD articles at all that useful usmle unless you have an incredible memory. To save information, you are much better off with flash card acceptance and spacing repetition overview based on high quality resources like UWorld. Reactions: alstigy hard to know for sure, but I would say that UTD is perfect for practicing medicine, but casually read UTD articles at all that useful usmle unless you have an incredible memory. To save information, you are much better off with flash card acceptance and spacing repetition overview based on high quality resources like UWorld. Oknand it's hard to know for sure, but I'd like to say that UTD is a great practicing drug, but casually read UTD articles at all that useful usmle unless you have an incredible memory. To save information, you are much better off with flash card acceptance and spacing repetition overview based on high quality resources like UWorld. Well. And as we approach the test questions, what advice would I give to speed up? Have you read the last line at first and then glances at the choices before turning to the full mast to look for answers, or do you just read it all in a row? Oknand ok. And as we approach the test questions, what advice would I give to speed up? Have you read the last line at first and then glances at the choices before turning to the full mast to look for answers, or do you just read it all in a row? It's very student-specific. There are many, many reasons why people are going too slow, so unfortunately there are no big general tips here. I read the whole guestion of that, but something different works for each student. I didn't read the last line first, but I read the vignette to read more carefully as needed, based on the guestion I asked. It's very student-specific. There are many, many reasons why people are going too slow, so unfortunately there are no big general tips here. I read the vignette very quickly and stress back to the vignette to read more carefully as needed, based on the question I asked. Thank you very much when you first made uworld, if you have completed all your major clerical? I do this according to make that the main registry (I have only 130 questions left). I am a little concerned that I may need an extra gbank to do it randomly because my test is not until July and I've really gone through uworld a second time by then. I'm sorry you didn't answer at first, I thought you added guestion 4 to someone else's 3. 1) I didn't use or recommend MTB and my students and I was doing well without it (that doesn't mean it's not a good resource, I just think it is better). The only addition to UW and NBMEs that I recommend for Step 2 is the OME, and in some cases a little FA 1. 2) Yes, Step up medicine is overkill for Step 2. I think it's a very well done resource, and you should feel welcome to read it in your medical clerkship, especially if you're planning an IM. 3) I love Emma Holliday's PPTs for shelf exams (I actually only used it, and now I recommend my PPT PDF instead of watching the video), but I don't think it is a big harvest in the same sense step 2 CK, so I don't use them as a step 2 resource. I also love OME for wards. In Step 2, I sometimes assign OME videos to topics whose students are very weekly (small percentile UW). However, I would not recommend simply monitoring the whole OME inaccurately. I just love Emma. Reactions: USMLEpro When is the first time uworld, if you have completed all your major clerical? I'm doing this topic, as I do in that major clerkship (I have only 130 questions left). I am a little concerned that I may need an extra qbank to do it randomly because my test is not until July and I've really gone through uworld a second time by then. I used UW 1x with my key servants, but when I redid half of it my dedicated, yes, I already made my chancellery. I would take NBME (CCSSA 6) to see its starting point. You may already be well prepared, or have not retained much of UW, and in the latter case, it may be worth making UW again along with making your anki cards. Page 2 Thank you very much for all your answers and time! Much like you finished only half of UW 2 times around, my main guestion is this: when UW, what was your particular process and how long were the parts? I am interested in finding areas where I am inefficient. Sorry for the countless and sub-guestions below, but I'm very curious! (For example: Random, Teacher, 40Qs, of all things. do you set first at all - how long will it take? returned and reviewed the question according to the question and moved? How often do you view Anki? set times? Whenever possible? Between 1 day dedicated and the last day, how many times do you think you have seen a certain Anki card? What are your Anki view settings?) Thanks again for any insight, and all the best! Actual himself: himse cards compared to the hours spent on UWorld or another viewing source (i.e. Onlinemeded)? I start making cards from my UWorld wrong etc and I'm not sure how much time I should devote a day going through them, or how many cards I should aim to complete during the day. I've always been terrible about making cards, not knowing how much information to put in each direction. What do you usually write on each side of the card? Also, is there a certain program that you recommend to receive per day? And how many hours a day would you suggest spending cards compared to the hours spent on UWorld or another viewing source (i.e. Onlinemeded)? I start making cards from my UWorld wrong etc and I'm not sure how much time I should aim to complete during the day. Usually, 3-4 hours a day making cards is appropriate, but each student is different (you can PM me to create a phone call for more personal advice, I've really been busy lately with consulting people, so don't have so much time to check out SDN). You should spend most of your time on UW, NBMEs, cards and card viewing, OME only for topics you're really struggling with. How many cards you make per day depends on how much you get wrong, but usually 20-30 new cards per day are a good maximum if you are in a dedicated study period (less if you are just studying part-time). I've always been terrible about making cards, not knowing how much information to put in each direction. What do you usually write on each side of the card? Also, is there a certain program that you recommend, do you use physical cards? Many students struggle with how to make good cards, because it basically requires you to become a good teacher (you teach yourself through cards, accurately specifying the facts that you really need to learn). What I wrote and what I advise our students to write on each side of the card is very different for different types of question (today I spent a 1-hour session working with a student on how to make good cards; there are no good general tips I can give here to be helpful). Most cards end up with 2-3 questions, but sometimes one question card is indicated. I highly recommend Anki, both desktop version and mobile app. We are all using Anki by our students. Just took CK yesterday. Do you think sharing your NBME 6, 7, 8 and UWSA 1, 2 points? Do they match with 281? Reactions: RhesusPuffs If I'm getting 89% of my 2nd edition of UWorld is worth doing in full How do I feel that learning the whole lot with him. Would my time be better spent reading SUTM and doing alternatives to QBank? Just took CK yesterday. Do you think sharing your NBME 6, 7, 8 and UWSA 1, 2 points? Do they match with 281? You don't have them all in front of me, but my NBME 8 really close to my test was 240! NBME 6 and 7 were in the 250 and 260, UWSA 260 and 270s, respectively. Reactions: alstigy Got 247 on UWSA 1, the current UWorld average is 81% on the 2nd edition (made by all UWorld in the third year except peds). You will pass the test within 11 days. Do I have a shot that's over 250? I would like any advice, I am doing about 160 UWorld questions per day + past weak topics/false. Sorry I couldn't answer in time, had super busy counseling, I hope your exam was great! Hello, congratulations on the result. Im right 6 weeks out of my exam, and Im is still completing my last chancellery (ob) and then will have 2 weeks just dedicated. Since there are only 3 nbmes, when would it be best to take the first one? how do you break down when to accept them? I also want the time to do uworld 1 and 2 hello there! send a private message Hello, congratulations on the result. Im right 6 weeks just dedicated. Since there are only 3 nbmes, when would it be best to take the first one? how do you break down when to accept them? I also want the time to do uworld 1 and 2 Depends on several individual factors (study schedules we do for our counseling students are all quite different). What do you score in action 1? I plan to take ck in 3 weeks, but I think I may have to go back a couple of weeks. The first transmission to UW was 69%. The second edition is 75% so far. The target is 250+. He has not yet taken any practice tests, planning for NBME 6 on Wednesday. How would you recommend learning if I did not make flash cards and do not have time? Step-by-step 2 ck + UWorld? Peds and OB are my weakest things. Reactions: mymembernames Do you recommend taking neuroscience CMS tests via CK prep? I graduated from CMS by other servants, but we don't have a neuroscience registry at my school. Any recommendations for taking NBME exams? I was hoping to take all four before the exam next month (primarily as a learning tool). Does it matter which one I am first and which one I am closest to the exam? Thanks! -Bill currently has 3 NBMEs for step 2 CK, and I recommend them neatly (6 -> 7 -> 8). Try to take NBME 6 as soon as possible! You should review all these exams very closely- their main value is not to predict your score on test day (UW self-assessments are better for that, although they may be too much), and the actual content and concepts are very high yield. Reactions: APA 32 There are currently 3 NBMEs for step 2 CK, and I recommend (6 -& gt; 7 -& gt; 8). Try to take NBME 6 as soon as possible! You should review all these exams very closely- their main value is not to predict your score on test day (UW selfassessments are better for that, although they may be too much), and the actual content and concepts are very high yield. In your experience, how much do you think they are too predictable? I usually see up to 10 points, but it depends on where you are on the curve, and of course it's just a probability, not a tough and quick rule. I'm usually comfortable with our students taking their exams if they score 10 or more points above goal on the latest UWSA, but sometimes you want more bumper (especially if there is a big test taking anxiety). OME = Online Med Ed Flashcards hard to teach without screen sharing, to be honest. I recommend making cards just based on no questions you get wrong, including screen shots on the cards, and trying to be short (students usually put too much information into cards, you only need to test yourself on 1 or 2 most important facts). It is also useful to highlight the main points. We're going to add a blog post to our consulting site soon about flashcard creation, you can pm me a link (or Google My Username) bc I don't want to advertise here. If you can kindly add me help how to make flash cards please . Thank you very much for answering all our questions with your wisdom! I have read your articles; and the value of your mention of learning refer to a question from a test developer perspective, pin-point what a certain guestion is testing, etc. What can we do to learn this? USMLEpro, thank you very much for answering all our guestions with your wisdom! I have read your articles; and the value of your mention of learning refer to a guestion from a test developer perspective, pin-point what a certain guestion is testing, etc. What can we do to learn this? The best way to learn the technique of performing tests is to work with someone else who is already an expert test sampler and a good teacher. It can be a study buddy or a lecturer. If you want to do this yourself, you need to spend a lot of time analyzing your mistakes, looking for cognitive errors or systematic test validation problems that are the subject of questions that you get wrong. Doing as many questions, and actually studying them is another way to do it. But it's hard thinking as a test developer (why they included this information if B wasn't the right answer) is what some people are doing naturally, while others need coaching to develop this skill. Hello and thank you very much for all your answers, I read your post and I thought id ask your opinion about a strong approach to operation step 2 CK, my step 1 result is neither stars and I would settle for it step 2 hey guys, I've I've jive a lot of advice to people on the Reddit thread R/Step2, and SDN has been really helpful to me in the past so I realized I would write here as well. Do not hesitate to contact me for nothing! Hi USMLEPRO, I am not a US IMG. I want to get your advice abt my current situation. I have alrdy made my step 1, thank God that I passed, but with a very low score, which is 203. I really do not know what to do, whether I should be happy or not, whether I should continue step 2 or not. After a few discussions, I decided to continue my step-by-step journey. This October I will be attending the Kaplan Step 2 CK Center course until mid-November. I have alrdy bought step up to med book. So any advice to me or advice for my investigation? Thanks. What do you recommend for test day breaks? And I can't remember how the timer thing works in test sites, they have been together since Step 1. Do we just click off when he asks if we want to move to the next block if we want to take a break? Thanks what do you score mcat? Hi USMLEPRO, I am not a US IMG. I want to get your advice abt my current situation. I have alrdy made my step 1, thank God that I passed, but with a very low score, which is 203. I really do not know what to do, whether I should be happy or not, whether I should continue step 2 or not. After a few discussions, I decided to continue my step-by-step journey. This October I will be attending the Kaplan Step 2 CK Center course until mid-November. I have alrdy bought step up to med book. So any advice to me or advice for my investigation? Thanks. I'm not a fan of unpersonless courses like Kaplan, and Step Up to Medicine is not a great source of CK (it's perfect for wards). You can pm me and I can send along some resources on my blog about preparing for ck. What do you recommend for test day breaks? And I can't remember how the timer thing works in test sites, they have been together since Step 1. Do we just click off when he asks if we want to move to the next block if we want to take a break? Thanks Everyone is different! I took a short break every 2 blocks. Follow the software instructions of the program to take a break. Do you have experience with other grants? I'm looking for a good throwaway grant to take a break. Do you have experience with other grants? I'm looking for a good throwaway grant to take a break. go to the POST when someone did uw 2x and a thorough review of NBMEs). I usually don't use secondary Obanks with my tutoring students and find it's actually very rare to be needed (the added value people realize, in my opinion, is just a repetition because they often don't use the right methods for long-term content storage, so they've forgotten most of what they learned from the first Qbank by the time they get second). I recommend doing UW 2 times over another Qbank (I really do not like Kaplan, Rx is my next go to the PO when someone made uw 2x and and NBMEs preview). I usually don't use secondary Qbanks with my tutoring students and find it's actually very rare to be needed (the added value people realize, in my opinion, is just a repetition because they often don't use the right methods for long-term content storage, so they've forgotten most of what they learned from the first Qbank by the time they get second). Hello, I am not us IMG, got 221 on step 1, can family medicine still possible? Hey guys, I give a lot of advice to people on the Reddit thread R/Step2, and SDN has been really helpful to me in the past so I realized I would write here as well. Do not hesitate to contact me for nothing! Hello, thank you for taking the time and effort to help. I am img and unfortunately failed step 2 ck at one point (got 208) I have already done uworld twice (I almost remember the issues that make it less useful to me now), uwsa 1 & amp; amp; 2 (I passed them on the margin) and mtb. I did 2 nbme exams 7 & amp; 8 (failed 7, barely passed 8). I think I find it harder to understand guestions than to answer them, but I'm not sure. What do you think is the best course of action for me? Should I do OMED on all the topics I am weak on? Should I start doing USMLE rx? I am open to offers, even if it means spending some money. Thank you very much! Please let me know if you need me to explain something in more detail in order to be able to answer my questions. I found the idea to make flash cards interesting. I've never tried that but I'll take notes on a separate notebook, topics that make me wrong. Sorry for the long post, but I'm in a place where I need help. Thanks again which all nbmes have you done? Offline or logged in? Which nbmes have you done? Offline or logged in? Which nbmes have you done? Offline or logged in? Kinda surprised that no one doubts even one second that this dude scored 281. I mean, where is the evidence? anyone could come and brag about making up the score www Hi- I'm thinking about taking Kaplan of course is a good idea? vs just using Uworld- I could still use Uworld at kaplan course. I have about 2 months to prepare and personally the course can be a little more active than just learning independently. But thoughts would help! Anyone who tested Amboss? If so, what would your review be? Hey, guys, I'm so sorry for my long absence. I'm back! Please feel free to ask me questions here and I will do my best to answer ASAP. Hello, thank you for taking the time and effort to help. I am img and unfortunately failed step 2 ck at one point (got 208) I have already done uworld twice (I almost remember the issues that make it less useful to me now), uwsa (I pass them on to them and mtb. I did 2 nbme exams 7 & amp; 8 (failed 7, barely passed 8). I think I find it harder to understand questions than to answer them, but I'm not sure. What do you think is the best course of action for me? Should I do OMED on all the topics I am weak on? Should I start doing USMLE rx? I am open to offers, even if it means spending some money. Thank you very much! Please let me know if you need me to explain something in more detail in order to be able to answer my questions. I found the idea to make flash cards interesting. I've never tried that but I'll take notes on a separate notebook, topics that make me wrong. Sorry for the long post, but I'm in a place where I need help. Thanks again to the PM for me, I need to know a lot more information on that recommendation! Page 3 Hi- I'm thinking about taking Kaplan personally to the Step 2 prep course here in NYC- I have a lot of extra time left and my Step 1 score is low, so I really want to score as much as possible with step 2. Do you think taking Kaplan of course is a good idea? vs just using Uworld- I could still use Uworld at kaplan course. I have about 2 months to prepare and personally the course can be a little more active than just learning independently. But thoughts would help! I don't think personal Kaplan courses are worth it. I very often interview former Kaplan instructors in consulting positions, and I never hired one. They rest on a big name and take a lot of your money for impersonal courses. There are many opportunities to do something more active than just learning independently, but I don't think Kaplan is the way to go. Hello! Are Secrets a Good Book Step 2CK? (I'm IMG plans to use it in conjunction with UWORLD & amp; OnlineMedEd videos) Thanks for not recommending that book, no. The only book you need is UW's explanations. In general, books are a poor source, because reading is one of the most passive ways of studying. Videos lead to better retention than reading, but are still inferior to practice issues and spacing recurrence resources, such as cards. Success! I don't recommend that book, no. The only book you need is UW's explanations. In general, books are a poor source, because reading is one of the most passive ways of studying. Videos lead to better retention than reading, but are still inferior to practice issues and spacing recurrence resources, such as cards. Success! Thanks for the reply! I've noticed that many people use this method to prepare step 2 ck, what I'm confused about is that we should use these resources for the first time to read; Do you recommend doing watching videos before going through UWorld & amp; Flashcards? Thanks for the reply I noticed that many people use this method to prepare step 2 ck, what I am confused about is that we should these resources for the first time Do you recommend doing watching videos before going through UWorld & amp; Flashcards? There is no need to wait for questions to be asked. I used OME as an accessory for weak areas and I don't watch all the videos. I suggest making your cards based on the wrong ones rather than using the pre-deck. Hey USMLE-Pro. As you go about reading CK guestions. Have you read the last line for the first time or from start to finish? Finishing the block in time is a big problem for me. Any advice would be helpful. Hey USMLE-Pro. As you go about reading CK questions. Have you read the last line for the first time or from start to finish, but I scanned the question very quickly, and then returned to the information based on question and answer choices. Unfortunately, running out of time can happen for many different reasons. Most people will improve the practice (random, time blocks), but the main reason for each person is different. Don't let the PM tell me more about your specific situation. Reactions: Fewa Fibroblast Hello, any reference material suggestions other than UW or OME for those who are poorly placed on step 1? I try to decide between step up step2CK vs master boards vs. first aid step 2ck ... I think I may need an actual reading source to fill my weakness from step 1 and also mediocre shelf exam scores.. Do you still recommend just sticking just uw something like me that may have to be cleaned on the basics? Thanks hi, any links material suggestions other than UW or OME for those who have made poorly step 1? I try to decide between step up step2CK vs master boards vs. first aid step 2ck ... I think I may need an actual reading source to fill my weakness from step 1 and also mediocre shelf exam scores.. Do you still recommend just sticking just uw something like me that may have to be cleaned on the basics? Thanks I actively do not recommend First Aid Step 2 CK. Sometimes (guite rarely) I actually use First Aid Step 1 with students who have done poorly step 1 and shooting a much higher CK score (helps fill some of the main gaps). I think OME is a much better way to lay the basis for content than any book resource-long-term preservation is especially poor with reading (you forget > 90% of what you just read in just 2 weeks). Consider UW's explanations as your text. One big mistake people make is not to thoroughly review NBMEs- do all of them and review, review, review! I actively do not recommend First Aid Step 2 CK. Sometimes (quite rarely) I come from Use First Aid Step 1 with students who have made poorly step 1 and shooting a much better way to lay the basis for content than any book resource-long-term conservation is poor with reading (you forget >90% of what you just read in just 2 weeks). Consider UW's explanations as your text. One big mistake people make is not to thoroughly review, revie them before my shelf exams. Im not sure if I actually reviewig every question properly. Do you just review to understand why you have the wrong question? Also, I couldn't do all my IM shelf exam nbmes. Do you think doing this to them will be a useful step 2ck? Thanks again Hello, I hope to ask your thoughts about the time taking CK. For information I scored 263 on Step 1 and have been getting between the 99-100th percentile of my 5 shelves so far (OBGyn/Surgery/Family/Neuro/IM, which I took 10 days ago). I have 12 weeks of clinical turnout (no exams required), after a 10-day spring break coming up and have been considering taking ck at the end of this, but I haven't taken Peds & amp; Psych yet so I will need to self-study these topics while reviewing the rest. I think I could have ~15-20 hours a week during the study before applying when I've already had a step 1 score that would set me well for an interview. Our school provides 4 weeks of stored time for Step 2, which I could take in September or October ms4. My concern on this route carries all this information through until I'm & gt;6 months from an MP, but 4 weeks of learning just for that, I think it would set me up quite well and potentially less stressful than trying to study for it while taking voters. I recently took UWSA1 and scored 270, but it was hard, I felt rushed in time and not ready to take the exam so I don't know what to do to score. I just wanted to get some thoughts about the opportunity to take step 2 without completing all the rotations and only 10 days just to study against it? An extra month off id to get 4 years, considering it early would be very nice, but I don't mind waiting if it's a better option. Thanks! What is your strategy for reviewing uworld/nbme? I was making anki card, but I didn't have enough time to actually review them before my shelf exams. Im not sure if I actually reviewig every guestion properly. Do you just review to understand why you have the wrong guestion? Do you recommend that you review the whole topic related to the guestion? Also, I couldn't do all my IM shelf exam nbmes. Do you think doing this to them will be a useful step Thanks again to make an Anki card suitable for most students, but most of the students I work with Fight to make good cards (and make good cards effectively) on your own. You really need to focus only on the 1 or 2 facts you need to know to get the right question, you don't need to review all the topics related to the subject. Often, the reason why you have the wrong question is the problem of applying knowledge, not only whether you knew something, but you also have to work to identify systematic test validation errors that cause you to get wrong questions. I suggest that you carry out detailed clinical self-assessments of science (NBME 6, 7 and 8), but it is usually not necessary to go back and conduct clinical mastery exams for shelf exams if you have not already done so. Hello, I hope to ask your thoughts about the time taking CK. For information I scored 263 on Step 1 and was getting between the 99-100th percentile of my 5 shelves so far (OBGyn/Surgery/Family/Neuro/IM, which I took 10 days ago). I have 12 weeks of clinical turnout (no exams required), after a 10-day spring break coming up and have been considering taking ck at the end of this, but I haven't taken Peds & amp; Psych yet so I will need to self-study these topics while reviewing the rest. I think I could have ~15-20 hours a week during the study before the spring break. My big concern at this is underestimating Step 2 and hurting myself before applying when I've already had a step 1 score that would set me well for an interview. Our school provides 4 weeks of stored time for Step 2, which I could take in September or October ms4. My concern on this route carries all this information through until I'm & gt:6 months from an MP, but 4 weeks of learning just for that, I think it would set me up guite well and potentially less stressful than trying to study for it while taking voters. I recently took UWSA1 and scored 270, but it was hard, I felt rushed in time and not ready to take the exam so I don't know what to do to score. I just wanted to get some thoughts about the opportunity to take step 2 without completing all the rotations and only 10 days just to study against it? An extra month off id to get 4 years, considering it early would be very nice, but I don't mind waiting if it's a better option. UWSA greatly overestimates many people's scores, so you are in the more 260 range at the moment, and you should be aiming for 270+ in relation to your step 1 score. Peds and psyche are among the simplest topics for most students, so you can try to learn for those within your other voters (online med ed would be a good way to lay the foundation for these topics, without UW). I think the best plan is to try to prepare it for adoption early, but just take the exam if you're scoring high 270s on UWSAs and high 260s or low 270s (if you don't, put aside til you get time spent, learn more, and take it then). Be sure to follow the 2 NBMEs and in any case review them very thoroughly. Hello, I hope to ask your thoughts about the time taking CK. For information I scored 263 on Step 1 and was getting between the 99-100th percentile of my 5 shelves so far (OBGyn/Surgery/Family/Neuro/IM, which I took 10 days ago). I have 12 weeks of clinical turnout (no exams required), after a 10-day spring break coming up and have been considering taking ck at the end of this, but I haven't taken Peds & amp; Psych yet so I will need to self-study these topics while reviewing the rest. I think I could have ~15-20 hours a week during the study before the spring break. My big concern at this is underestimating Step 2 and hurting myself before applying when I've already had a step 1 score that would set me well for an interview. Our school provides 4 weeks of stored time for Step 2, which I could take in September or October ms4. My concern on this route carries all this information through until I'm >6 months from an MP, but 4 weeks of learning just for that, I think it would set me up quite well and potentially less stressful than trying to study for it while taking voters. I recently took UWSA1 and scored 270, but it was hard, I felt rushed in time and not ready to take the exam so I don't know what to do to score. I just wanted to get some thoughts about the opportunity to take step 2 without completing all the rotations and only 10 days just to study against it? An extra month off id to get 4 years, considering it early would be very nice, but I don't mind waiting if it's a better option. What did you finally decide? Hope CK was fine if you already took it! Hello, I am img who did poorly recently taken the step 2 ck and see what happens from there. I am ready to do whatever it takes to get a high score step 2 ck. I think I was negligent in my study methods or test taking ability and i atone that my poor score is Step 1. but I was a good student at med school and always aced all my exams. I think I don't place the importance of nmbes for step 2 ck? I am grateful for your recommendations. Hello, I am img who did poorly recently taken the step 1 exam. my two options are either throwing an idea or try my best step 2 ck. I think I was negligent in my study methods or test taking ability and i atone that my poor score is Step 1. but I was a good student at med school and always aced all my exams. I think I'm not importance nmbes for step 2 ck? I am grateful for your recommendations. I replied to your PM! You'll need to know more information to advise you how to deal well with CK in this situation. In general, this sounds like a very difficult time, and you may have about this situation. Reactions: believer Thanks! I read UpToDate all the time to find out about my patients (I have an app on my phone and currently I have 792 CME credits haha). The only review books I use were Pastana's surgery and FA psychiatry?? Thanks! I read UpToDate all the time to find out about my patients (I have an app on my phone and currently I have 792 CME credits haha). The only review books I use were Pastana's surgery and FA psychiatry. I have OnlineMedEd videos, especially IM. Reading alone leads to very poor maintenance, so I try to avoid it. I think you mean fa psychiatry klerkship, book? Do you find pestana surgery and this FA psyche book is useful? Was the content of both of these things relevant to Action 2 CK? Thanks in advance! I think you mean fa psychiatry klerkship, book? Do you find pestana surgery and this FA psyche book is useful? Was the content of both of these things relevant to Action 2 CK? Thanks in advance! Yes, it was first aid to the psychiatric registry! I found both of these books useful shelf exams, but did not return to them to prepare for CK (which I took more than a year after reading these books). My students now I usually still recommend these books to supplement some of the weak places onlineMeded, but otherwise, I really like OME to create a knowledge foundation, in addition to learning from UW. I hope it helps! Reactions: Reperfused Hi! I have about 6 weeks to learn Step 2CK. I've only been doing OMed and Amboss issues throughout my rotations, and so reserved Uworld for some time. Also, doing Uworld, do you have any other suggestions/strategies should I supplement? I study in the middle of my pediatrics shelf, without uworld, med ed and nbmes, any other advice? What are your thoughts on STEP 2 Zanki? I am 4 months away from Step 2 CK and have just completed my first pass to UWorld at 68%. Any advice, what to do to learn between now and the day of the test? Hoping to score 260+, dialed 260 on 1 action. Healthy! I have about 6 weeks to learn Step 2CK. I've only been doing OMed and Amboss issues throughout my rotations, and so reserved Uworld for some time. Also, doing Uworld, do you have offers / / Should I add up? Perform all NBME practice tests (detailed clinical science self-assessments or CCSSA) and check them very carefully! I think it is better to do UW twice over other QBanks, there is no reason to reserve UWorld. I have yet to see another QBank of enough quality that I recommend it without UW for step 2 ck. I am studying in the middle of my pediatrics shelf, without uworld, med ed and nbmes, any other advice? What are your thoughts on STEP 2 Zanki? I don't think step 2 Zanki be needed! You may want to create cards based on UW incorrect data to save the information. You can also try to create a spreadsheet to track why you get the wrong questions to try to better isolate the problem (usually it's not just a

content problem). Success! I am 4 months away from Step 2 CK and have just completed my first pass to UWorld at 68%. Any advice, what to do to learn between now and the day of the test? Hoping to score 260+, dialed 260 on 1 action. The main resources you need are UWorld, UWSA, NBME CCSSA and OME free videos needed to complement weak content areas. More informative giving more advice is your step 1 score- how did you do it? Reactions: Stephanopolous Basic resources you need for UWorld, UWSAs, NBME CCSSA, and OME free videos as needed to complement your weak content areas. More informative giving more advice is your step 1 scorehow did you do it? Score 260 on step 1. Planned to use UWorld in edition 2, UWSA and CCSSA. Score 260 on step 1. Planned to use UWorld in edition 2, UWSA and CCSSA. Score 260 on step 1. Planned to use UWorld in edition 2, UWSA and CCSSA. myself!). You should be good at sticking to these basic resources. For those who are in your position, I would recommend a very good step 1 by learning too much content than it is ck-ultra-high CK scores that seem to require better test-receiving skills and clinical motives, without memorizing, although very good test skills are still needed for a 1-step score like yours). Success! Do it good if I only use uworld online notes to learn and make my cards to study congratulations awesome Step 1 result! I know you're probably feeling a lot of pressure to get a step 2 ck to score 10 points higher than (I felt the same way myself!). You should be good at sticking to these basic resources. For those who are in your position, I would recommend a very careful review of the CCSSA. think your UWSA scores are much higher than your CCSSA, which may mean that you need to work on improving skills (it's easier to do very well step 1 through much learning content than it is ck-ultra-high CK scores seem to require better testing skills and clinical motives, without memorizing, although very good test-taking skills still need step 1 result as yours). Success! What are your thoughts on this subject specific NBMEs (IM, psyche, etc.) they deserve time or focus on UWorld and CCSSA issues? Is it okay if I only use uworld online notes! You should do random, time blocks under test conditions. NBMEs (detailed clinical self-assessments of science) are also important, and OnlineMedEd (free videos) can also be a useful supplement. Success! What are your thoughts on this subject specific NBMEs (IM, psyche, etc.) they deserve time or focus on UWorld and CCSSA issues? I think the ideal way to do a series of clinical mastery is during your third year. Doing those exams was my main way to prep for every shelf, and I think it put me in a much better position in Step 2 CK. But for most students, I don't have them doing CMS forms just prep step 2 ck unless they have a lot of time or there is a particular week in a particular area. For most students, step 2 CK is dedicated to the period, UWorld, CCSSA, and some OME videos as an accessory are usually sufficient. I hope it helps! Hello, my school has an unconventional schedule (first follow the stationery, then step 1 (score 222) partly because the residence I was interested in told me that they don't really consider step 1 as a result as a key sway in their decision-making- that they have priority people step 1 result 206 higher than someone with 270, depending on the result of your flawed analysis or scale. found out just 2 weeks before my real test that my step 1 practice exam scores weren't up to par and unfortunately our school very much discourages postponing the test so I was unprepared and felt compelled to take it regardless. Also on non-traditional planning- my registry experience and NBMEs were done at least half a year and more ago. My question... I plan to fit into all my sub-i's (I'm trying a combined program, so I really don't want to officially take any vacation if I can help) and wanted to know if I'm a little easier to sub-i or optional, what your advice would be to help keep the facts strong, despite having only maybe 5 hours to learn (if I'm happy) on weekdays 10 hours on weekends. I plan to start 2 months before my test date and just do the Hit your anki cards aggressively. What are some aspects of deciding when to do CCSSA and Step 2 CK practice exams? Would it take 2 months, or should it even be extended to 3? Any insights are highly appreciated! Hello, my school has an unconventional schedule (first follow the stationery, then sub-i as you like and somehow fit step 2 there). I didn't make the best step 1 as a result as a key sway in their decision-making- that they have priority people step 1 result 206 higher than someone with 270, depending on the rest of the application. I also made a mistake in taking a personal side step 1 mock test, which does not give you the result of your flawed analysis or scale. I found out just 2 weeks before my real test that my step 1 practice exam scores weren't up to par and unfortunately our school very much discourages postponing the test so I was unprepared and felt compelled to take it regardless. Also on non-traditional planning- my registry experience and NBMEs were done at least half a year and more ago. My guestion... I plan to fit into all my sub-i's (I'm trying a combined program, so I really don't want to officially take any vacation if I can help) and wanted to know if I had a little easier sub-i or optional, what your advice would be to help keep the facts strong, despite having only maybe 5 hours to learn (if I'm happy) on weekdays and normal 10-hour weekends. I plan to start 2 months before my test date and just make sure to hit my Anki cards aggressively. What are some aspects of deciding when to do CCSSA and Step 2 CK practice exams? Would it take 2 months, or should it even be extended to 3? Any insights are highly appreciated! In my experience, it is usually much better to learn full-time in less time than to learn part-time over a longer period of part-time. Also, I think you should really have some vacation time between clinical blocks. Students very often underestimate their sensitivity to burn during this period, and I strongly recommend taking some kind of holiday block or research block. If you are going to learn over a long period of time, you really want to use Anki. I think OME videos can also be a great way to learn during rotation, because they are very easy. CCSSA planning I'm quite different for different for different students, but you should try to take NBME 6 at least a month ago to set a starting point. Success! Hello, I would be grateful for any advice you have. This time I have just finished my third year domestically My test is set on May 17th. I had already gone through uworld once and just restarted it a few days ago. I got 80% of my first edition. My initial plan was to go through it again, skim through Emma Holliday's reviews as I address the topic by topic, and sprinkle the cards in the middle of it all. I was going to take nbme 6-7-8 then SA 1-2+ free 120 and call during the day. I just did NBME 6 a couple of days ago and was very surprised that I got 271. I'm not sure if it's a fluke or not. I've been studying all year though the second pass at Uworld (maybe b/c I remember the guestions?). Does this plan seem guite reasonable? Thanks! Hello, I would be grateful for any advice you have. This time I just finished my third year of internal medicine. My test is set on May 17th. I had already gone through it again, skim through Emma Holliday's reviews as I addressed the topic by topic, and sprinkle the cards in the middle of it all. I was going to take nbme 6-7-8 then SA 1-2+ free 120 and call during the day. I just did NBME 6 a couple of days ago and was very surprised that I got 271. I'm not sure if it's a fluke or not. I've been studying all year though and have been fine on the shelves. I also found that I was flying through the second pass at Uworld (maybe b/c I remember the questions?). Does this plan seem quite reasonable? Thanks! This is a fantastic NBME 6 result, congratulations! Your plan sounds sensible. If you're aiming for a very high score, you might want to add some OME free videos to any things you're really fighting for. However, you seem to be set up for success, and you can probably just focus mainly on practice testing at this point. Depending on your goal score, you can even move your test date! This is a fantastic NBME 6 result, congratulations! Your goal score, you can even move your test date! some OME free videos to any things you're really fighting for. However, you seem to be set up for success, and you can probably just focus mainly on practice testing at this point. Depending on your goal score, you can even move your test date! Thanks! Have you ever checked these videos on YouTube based on usmle step 2 secrets book? I just found... can watch them at night. Hello, do you recommend using any books to supplement? I was wondering if I needed to plan to buy the FA step 2 or just link the FA step 2 or just link the FA step 1 when needed. Thanks! Reactions: train2 Don't overload yourself with resources! I don't see any reason for you to use them. I would like to focus on NBMEs and UWSA, and complete as many second edition uw as you can. I just took nbme 7 and WOW it was much harder than NBME 6. Does NBME 7 generally not work well enough for your experience? Hello, do you recommend recommend any books to supplement? I was wondering if I needed to plan to buy the FA step 2 or just link the FA step 1 when needed. I hope it helps and succeed! I hope it or my students use FA Step 2 CK. The only pure source of content I use for people is free OME videos if needed. I hope it helps and succeed! Reactions: Stephanopolous I just took NBME 7 and WOW it was much harder than NBME 6. Now I know I need to review Ob-gyn, Iol. I got 254, so a big drop from NBME 6. Does NBME 7 generally not work well enough for your experience? Hm interestingly, this may be related to some weakness in the content area. I think nbme 8 is not indexed the most. I would try going through your wrongs and see if you can find a model of systemic test weakness or knowledge gaps. Scores can be guite variable when you're off the top end curve, but this is a big drop. I recommend only links to the FA Step 1 sometimes, and I don't use it or my students use FA Step 2 CK. The only pure source of content I use for people is free OME videos if needed. I hope it helps and succeed! thank you very much! Last edited on: 10 May 2019 Don't overload yourself with resources! I don't see any reason for you to use them. I would like to focus on NBMEs and UWSA, and complete as many second edition uw as you can. Couldn't hurt listening to these while driving... if you really want. FYI this book is also read by the podcast of the same name Do you propose to do UWSAs or NBME CCSSA first? Could you suggest UW1 NBME6 NBME7 UW2 NBME8 in this order? Thanks. You.

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