

USMLE STEP 1 RESOURCES

There are many excellent resources. Choose what works for you and stick with it. Limit the number of resources; you can have too many.

<u>Appleton and Lange</u>	Book or CD: 7 subject area exams (Anat., Bio., Phys., Pharm., Path., Behav. Sci., I/M); useful for diagnosis. Good explanations.
<u>First Aid For the Boards</u>	Excellent high yield facts; no questions; good for Pharm, Anatomies. Used in Year 2 also.
<u>Board Simulator Series</u>	Organized by systems; can separate by disciplines; good explanations but long; questions not same format as USMLE. Difficult questions.
Lippincott <u>Pharmacology & Biochemistry</u>	Well written reviews w/some questions. May need to study only certain chapters.
<u>Buzz Words for the Boards</u>	High yield facts in question & answer format.
Lippincott <u>High Yield Series</u>	Good for Behavioral Science, Biochem, & Neuro good concise outline review, no questions.
<u>Step Up</u>	Systems based, clear and concise outline review, good diagrams, charts. No questions. Great preview, review for Pathophys units.
<u>Micro Made Ridiculously Simple</u>	Easy to read, charts and cartoons to aid memory. No questions.
<u>Rapid Review USMLE Step I</u>	Practice questions in book and CD format. Allows for diagnostic scoring.
<u>Rapid Review Micro and I/M</u>	Quick outline text, high yield margin notes, CD allows for diagnostic scoring.
<u>Robbins Review Pathology</u>	1100 questions and explanations.
BRS Review Series	Consistent quality across subject, but lengthy. Can be used during Years I and II; has questions.
Question Bank	You must use a question bank!! Q-Bank or QReview (Kaplan), Princeton Review. Use at least 2000 questions.
Your Lecture Notes	Use summary sheets if you made them. Otherwise, class notes are too long and detailed.
Comprehensive Basic Science Exam	\$45. Online exam written by NBME Reflects content coverage and item format of Step I nbme.org/programs/sas.asp .

Faculty Packets

All you need to use for Genetics and Nutrition. Available in Conjoint by end of March.

Usmleasy.com

McGraw-Hill's website for board preparation.

Usmleworld.com

Another website to purchase Q-banks for all STEP exams. Strongly recommended by WSU SOM students.