

Step I Terms Demystified

1. NBME National Board of Medical Examiners: oversees the three step licensure in the United States.
2. USMLE United States Medical Licensing Examination: consists of three Steps.
3. Step I Standardized 350 question 8 hour exam covering the first 2 years of medical school. Pass in 2006 =182.
4. Registration Complete online. Step I cost is \$455. Most will register by 1/30/07. Choose **June, July, August** for Eligibility Period .
5. Permit Received in mail about four weeks after registration. **Do not lose.** Necessary before you can choose an exam date.
6. Prometric NBME contracts with Prometric to administer the USMLE exam, in centers around the world.
7. Accommodations If you think you need or qualify for accommodations check the USMLE bulletin for information. This needs to be done very early in the registration process.
8. Practice Exams Many are available. Commonly used:
 - NBME: 200 online Q's \$45, 3 exams available
 - Prometric Test Center \$45 uses USMLE free exam, Good to simulate exam, need separate permit
 - USMLE 150 Q's, free on website
 - Appleton and Lange, NMS, Rapid Review books
 - Kaplan full length
9. Question banks Kaplan:Q Bank, IV Q-Bank. UsmlEasy.org is another question bank which is cheaper than Kaplan.
10. Kaplan Home Study Provides a system-based study program.
11. Kaplan Web Prep Provides a discipline-based study program: online lectures, notes, Q's.
12. "Book method" of study Uses a variety of board review books, BRS, Lippincott, etc.
13. Usml.org Website where all Step I questions are answered.
14. Study schedule Written, specific (pages and resources) 4-6 week study Necessary for successful study.