

# USMLE STEP 1 Preparation Guide

2023-2024

Compiled by the Office of Medical Education

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## USMLE Step 1 Exam Preparation

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## Registering for and Scheduling Your Exam

### **How to apply for Step 1:**

The initial application for Step 1 is done on the Internet. Refer to the 2023 Bulletin of Information at <http://www.usmle.org/bulletin/>

Go to <https://apps.nbme.org/nlesweb/#/login>

If this is your first time using the site, register by clicking on the link that says, "**Register here.**" As part of the application, you must select a 3-month eligibility period during which you plan to take the exam.

Payment is also required at this time. The 2023-24 fee is \$670. Three-month eligibility periods beginning November 1, 2023 - January 31, 2024, and ending October 1, 2024 - December 31, 2024. Once you submit the online form, you will receive a link to the Certification of ID/Applicant Authorization form.

- Print out the application authorization form, which will require your signature and a picture. You do not have to get a passport photo taken—the Office of Student Affairs has printed copies of your white coat ceremony picture.
- Bring the form to the Student Affairs Office (Murphy Building 15th floor) to attach your white coat picture and request an authorized signature and school seal placement.
- After that, you are ready to mail it to the address listed on the bottom of the form.

### **Where to take the test:**

Step 1 may be taken around the world at any Prometric Test Center that offers the exam.

Prometric test centers are located throughout the U.S. In Louisiana there are centers in the following locations.

- Alexandria
- Baton Rouge
- Bossier City
- Metairie \*Location closest to New Orleans. The Metairie location fills up quickly, and it can be difficult to reschedule if you need to push your test back.

### **How to schedule my test:**

Once your application has been processed, you will receive an email from NBME notifying you that your application is complete. About a week later, you will receive a second email from them notifying you that your scheduling permit is available. This message will include instructions for accessing the electronic scheduling permit using the registration entity's interactive website.

**PRINT OUT YOUR SCHEDULING PERMIT** and keep it in a safe place. You **MUST** bring it with you to the test center on the day of your test. You will not be allowed to take the exam without your scheduling permit.

Once you have gotten your permit, you may schedule your test online at [www.prometric.com](http://www.prometric.com) for any available test date that is within your approved 3-month eligibility period. Not all Prometric centers are open on weekends, and USMLE exams are not necessarily offered every day the centers are open. Please note that May through July is one of the busiest periods for these testing centers because of the large USMLE demand during that time – PLAN AHEAD.

No fee is charged for changing testing appointments or locations 45 or more days prior to the first day of the scheduled test. Outside the approved eligibility period, you will need to reapply and pay an additional fee (check [Reschedule an Exam | USMLE](#) for current fee information). Also, for answers to general questions refer to <http://www.usmle.org/frequently-asked-questions/>.

## Exam Content and Other Basic Information

### **Content Outline:**

[USMLE Content Outline 0.pdf](#)

### Table 1: Step 1 Test Content Specifications\*

System	Range, %
General Principles**	12–16
Blood & Lymphoreticular/Immune Systems	7–11
Behavioral Health & Nervous Systems/Special Senses	9–13
Musculoskeletal, Skin & Subcutaneous Tissue	6–10
Cardiovascular System	5–9
Respiratory & Renal/Urinary Systems	9–13
Gastrointestinal System	5–9
Reproductive & Endocrine Systems	9–13
Multisystem Processes & Disorders	6–10
Biostatistics & Epidemiology/Population Health	4–6
Social Sciences: Communication and Interpersonal Skills	6–9

\* Percentages are subject to change at any time.

\*\* The Step 1 General Principles category includes normal and abnormal processes that are not limited to specific organ systems.

## Table 2: Step 1 Physician Tasks/Competencies Specifications\*

Competency	Range, %*
Medical Knowledge: Applying Foundational Science Concepts	60–70
Patient Care: Diagnosis	20–25
History/Physical Examination	
Diagnosis	
Communication and Interpersonal Skills	6–9
Practice-based Learning & Improvement	4–6

\* Percentages are subject to change at any time.

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## Table 3: Step 1 Discipline Specifications\*

<b>Discipline</b>	<b>Range, %</b>
<b>Pathology</b>	44-52
<b>Physiology</b>	25-35
<b>Pharmacology</b>	15-22
<b>Biochemistry &amp; Nutrition</b>	14-24
<b>Microbiology</b>	10-15
<b>Immunology</b>	6-11
<b>Gross Anatomy &amp; Embryology</b>	11-15
<b>Histology &amp; Cell Biology</b>	8-13
<b>Behavioral Sciences</b>	8-13
<b>Genetics</b>	5-9

\* Percentages are subject to change at any time.

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## **Basic Information:**

- <https://www.usmle.org/step-exams/step-1>
- 280 MCQ – 8 hours
- 7 blocks of 60 min + Total 45-60 min break time
- 40 or less Q per block – about 90 sec per question
- Once exit a block – Can't review or edit answers.
- MCQ – One best choice, No negative point for wrong answer – so do not leave any blank!

## **Getting Familiar with Test:**

- [Step 1 interactive testing experience](#) : click here to become familiar with the test software prior to your test date.
- The tutorial provided at the beginning of the Step 1 examination has fewer screens and less detailed information than the tutorial in the [Step 1 interactive testing experience](#).
- The [Step 1 interactive testing experience](#) includes items with associated audio findings. This will help you become familiar with how these types of test items function before your test day.
- You can even book a mock test at the Prometric test center 7-15 days before your test day to get a feel of test day experience and have firsthand experience before real test to prepare yourself better.  
[Practice Session | USMLE \(nbme.org\)](#)

## **While taking the Test:**

- Read each question carefully. It is important to understand what is being asked.
- Try to generate an answer and then look for it in the response option list.
- Alternatively, read each option carefully, eliminating those that are clearly incorrect.
- Of the remaining options, select the one that is most correct.
- If unsure about an answer, it is better to guess since unanswered questions are automatically counted as wrong answers.



# Preparing for STEP 1

## During Second Year:

- Concept Mapping and Active Learning Workshop: How to enhance deep integrative learning.
- Question Analysis Workshop: How to read and process questions and do Comparative Answer Choice Analysis.
- Group Tutoring Sessions: Practice working through STEP 1 style questions with Tutors.
- Schedule a meeting with Learning Specialist to discuss how to incorporate STEP 1 preparation as you are studying for second year classes.

## During Dedicated Period:

- Take a practice test (Comprehensive Basic Science Self-Assessment – NBME / UWorld Self-Assessment / Amboss / any other you have access to.
- You will receive a Voucher for one NBME- CBSSA practice test at the beginning of your dedicated period.
- [STEP 1 Preparation 2023 PPT](#) - refer to this presentation for broad outline and detailed steps.
- Schedule a meeting with Learning Specialist to discuss how to individualize STEP 1 preparation planning to suit your need.

## Exam Day Information:

- [Exam Day Information | USMLE](#) – Read this information and prepare yourself ahead of time.

## Expenses / Budget

Item	Amount (USD)	Comments
Question Bank Subscription	400-500	If you buy different or more than 1 Question bank cost may vary
Step 1 Registration	670	USMLE may revise the cost anytime
Practice NBME	60	Single Test
Changing Test Date	35-128	You will pay this amount every time you change the date
Re-registration for Step 1	670	If you are not able to take test within 6 month of Registration you need to re-register for the test.
Travelling for the test	100 - 500	If you do not get a test date you are looking for and you need to travel add travel time, hotel and/or airfare in your budget
Pathoma, Sketchy, Anki etc.	600	Depend upon what you are buying

## Requesting Test Accommodations

The USMLE program offers acceptable accommodations for examinees with disabilities covered under the Americans with Disabilities Act (ADA). Examinees who require test accommodations due to an eligible ADA disability, should get the information concerning procedures and documentation requirements in advance of applying for each Step or Step Component.

Examinees with physical or health conditions who require additional break time should complete the request form located on the website and submit it with a letter from a qualified health care professional documenting the medical need. Requests for additional break time should be made prior to, or at the same time as, registration for a Step examination.

Examples include lactation (to express breast milk) and diabetes (to monitor/treat blood glucose).

Test accommodations include but are not limited to the following:

- Assistance with keyboard tasks
- Audio rendition
- Extended testing time
- Additional break time

**Please allow approximately 60-business days (3 months) to receive a decision about your request.** The processing time begins once all documentation that completes your file has been received **and** your Step exam application is complete. Please note that requests are processed in the order in which they are received and cannot be expedited.

For Detailed information about test accommodations go to - [Step 1 Exams Test Accommodations](#)

**Contact Us:**

**For Individual Consultation on STEP ONE Preparation or Tutoring Request:**

*Dolly Anadkat (She/Her)*

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Learning Specialist

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Phone: (Office) 504 988 6598 (Cell) 504 777 6844

Zoom: Personal Meeting ID 766 799 2136

**For Individual Consultation on Accommodations for STEP ONE:**

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