



Dedicated Study Plan - Step 1

Class of 2027

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General Guideline vs Individual approach

- ▶ Everyone is different and at different stage of preparedness
- ▶ Feel free to individualize this approach that suits your need
- ▶ All are welcome to have one to one meeting if you need help in customizing this approach
- ▶ All are welcome to have one to one meeting if you run into some challenge during prep time
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Overview

1. Step 1 - Outline, System & Subject Distribution
2. CBSSA - Overview
3. Step 1 Readiness - CBSSA and other Factors
4. CBSSA - As Diagnostic Tool
5. CBSSA - Report Analysis/Interpretation
6. CBSSA - exploring INSIGHT Tool
7. Mindset - Student Vs. Physician
8. “Dedicated Time” Planning - Based on CBSSA Report
9. Step 1 Tracker - Your Individual Tool
10. Resources and Support During Dedicated Time
11. Core Elements of Step 1 Dedicated Time
12. Simulated Step 1 - Practice test (@280 Q)
13. Burnout - Resources and Support
14. Questions and Answers

Step 1

- ▶ <https://www.usmle.org/step-exams/step-1>
- ▶ 280 MCQ - 8 hours
- ▶ 7 blocks of 60 min + Total 45-60 min break time
- ▶ 40 Q per block - 90 sec per question (Std. time)
- ▶ Accommodations - (variable) 20 Q per block spread over 2 days
- ▶ Once exit a block - Can't review or edit answers
- ▶ MCQ - One best choice, No negative point for wrong answer - so don't leave any blank!

Table 1: Step 1 Test Content Specifications*

System**	Range, %
Human Development***	1-3
Blood & Lymphoreticular/Immune Systems	8-13
Behavioral Health & Nervous Systems/Special Senses	10-14
Musculoskeletal, Skin & Subcutaneous Tissue	7-12
Cardiovascular System	6-11
Respiratory & Renal/Urinary Systems	10-15
Gastrointestinal System	5-10
Reproductive & Endocrine Systems	9-13
Multisystem Processes & Disorders	11-16
Biostatistics & Epidemiology/Population Health	4-6
Social Sciences: Communication and Interpersonal Skills	6-9

* Percentages are subject to change at any time.

**Foundational Science content is distributed throughout the organ systems based on disease process/diagnosis.

*** The Human Development topic includes Normal Age-Related Findings and Care of the Well Patient. The remaining content that had been included in the General Principles category has been distributed to other organ system categories based on disease process/diagnosis. For more information, see our [infographic](#)

https://www.usmle.org/sites/default/files/2022-01/USMLE_Content_Outline_0.pdf

Table 3: Step 1 Discipline Specifications*

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

* Percentages are subject to change at any time.

How do I know if I am Ready for Step 1 ?

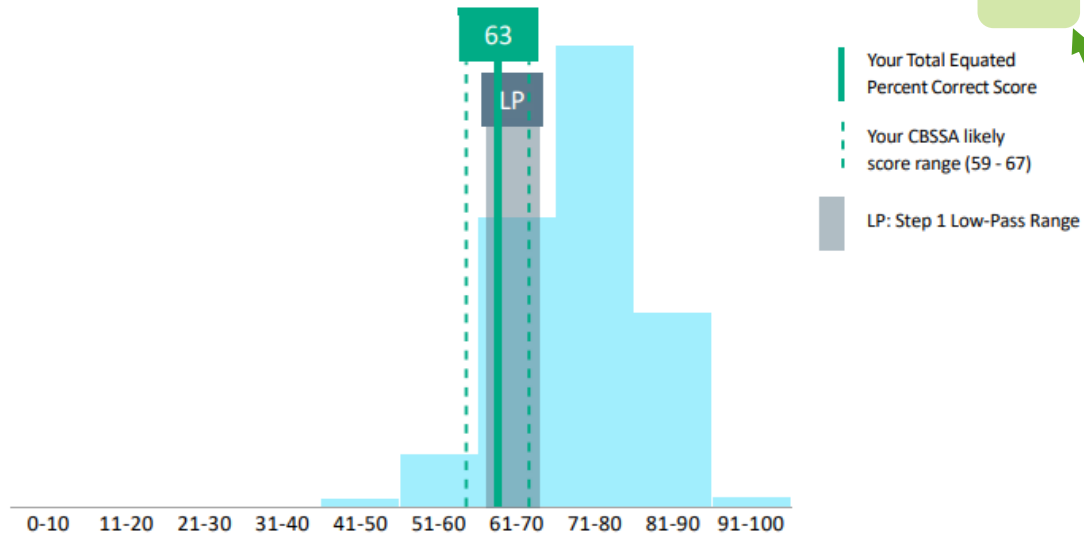
CBSSA for Readiness
= Gold standard

Sample Report

Total Equated Percent Correct Score: 63%

The chart below represents the performance of a 2023 national cohort of students from LCME-accredited medical schools. Your total equated percent correct (EPC) score on this CBSSA exam is shown along with a range that corresponds to low passing performance (above but near the minimum passing standard) on the United States Medical Licensing Examination® (USMLE®) Step 1.

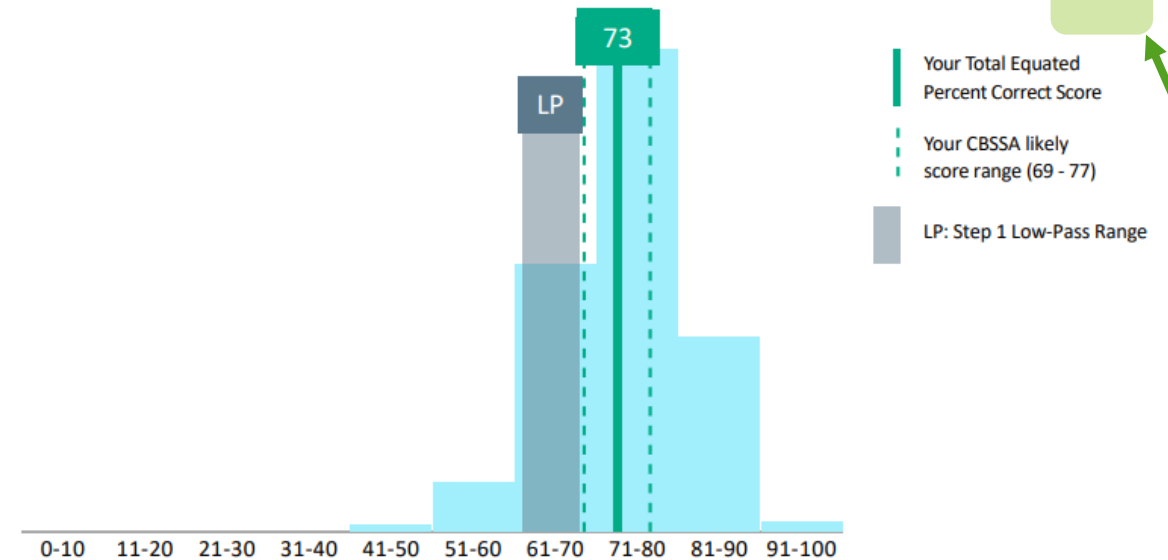
Based on your performance on this CBSSA, your estimated probability of passing Step 1 if you test within a week is 90%.



Total Equated Percent Correct Score: 73%

The chart below represents the performance of a 2022 national cohort of students from LCME-accredited medical schools. Your total equated percent correct (EPC) score on this CBSSA exam is shown along with a range that corresponds to low passing performance (above but near the minimum passing standard) on the United States Medical Licensing Examination® (USMLE®) Step 1.

Based on your performance on this CBSSA, your estimated probability of passing Step 1 if you test within a week is 99%.



[Checking Readiness for USMLE Step 1](#)

Click here to see NBME document for guidance by scenario for gauging readiness for Step 1

How do I know if I am Ready for Step 1 ?

EPC	% chance of Passing	% chance of Passing
	22-23 / 23-24	24-25
55	68	62
56	72	67
57	77	72
58	81	76
59	84	80
60	87	83
61	90	86
62	92	88
63	93	90
64	95	92
65	96	94
66	97	95
67	97	96
68	98	97
69	98	97
70	99	98
71	99	98
72	99	98
73	99	98
74	99	99
75	99	99
76	99	99
77	99	99

Last two scores in practice NBME with probability of passing 98% or better.

How do I know if I am Ready for Step 1 ?

Additional Factors:

- Confidence level (everyone feels some anxiety/nervousness for Step 1)
- % correct in UWorld -Especially your upward trend
- Number of practice questions you have gone through
- Comfortably able to do 80 or more questions daily.
- Free 120 Score

(Goal is to look at multiple data point and make informed decision for readiness!)

How do I best Prepare for Step 1

CBSSA as Diagnostic tool

- To identify strong and weak areas
- To strategize the prep time

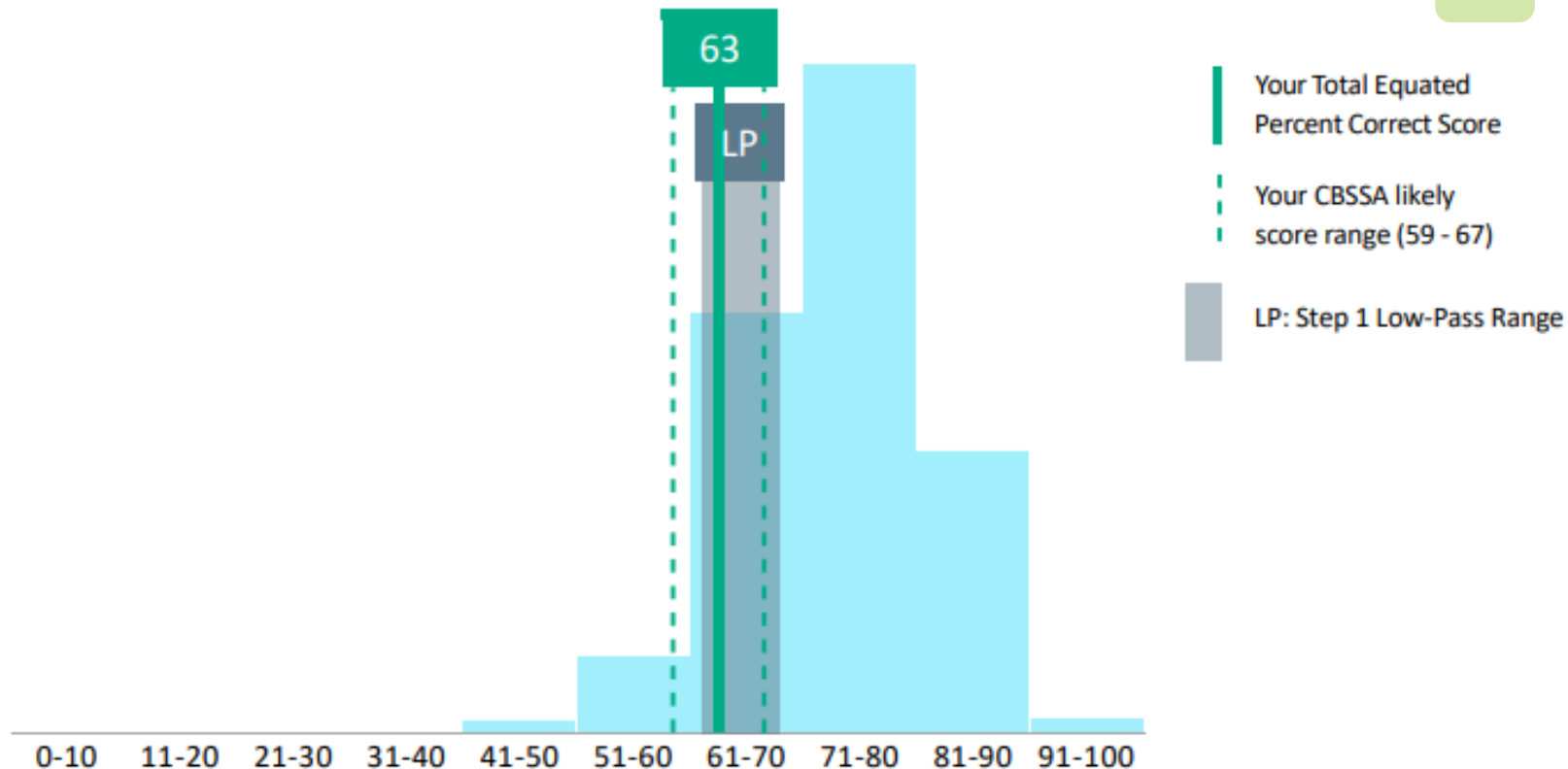
CBSSA - Report Analysis And Interpretation

Sample Report

Total Equated Percent Correct Score: 63%










The chart below represents the performance of a 2023 national cohort of students from LCME-accredited medical schools. Your total equated percent correct (EPC) score on this CBSSA exam is shown along with a range that corresponds to low passing performance (above but near the minimum passing standard) on the United States Medical Licensing Examination® (USMLE®) Step 1.

Based on your performance on this CBSSA, your estimated probability of passing Step 1 if you test within a week is 90%. ←











Report By System

Student 1










Student 1	Your EPC Score	Comparison Group Average EPC Score	Score Comparison:			% of Questions
			Lower	Same	Higher	
Performance by System						
Reproductive & Endocrine Systems	39	74				12-16%
Respiratory and Renal/Urinary Systems	30	70				11-15%
Behavioral Health & Nervous Systems/Special Senses	35	72				10-14%
Blood & Lymphoreticular/Immune Systems	14	74				9-13%
Multisystem Processes & Disorders	24	74				8-12%
Musculoskeletal, Skin & Subcutaneous Tissue	41	75				8-12%
Cardiovascular System	43	71				7-11%
Gastrointestinal System	71	72				6-10%
Biostatistics & Epidemiology/Population Health	61	76				4-6%

Student 2

Student 2

	Your EPC Score	Comparison Group Average EPC Score	Score Comparison:			% of Questions
Performance by System						
Reproductive & Endocrine Systems	80	74				12-16%
Respiratory and Renal/Urinary Systems	67	70				11-15%
Behavioral Health & Nervous Systems/Special Senses	50	72				10-14%
Blood & Lymphoreticular/Immune Systems	51	74				9-13%
Multisystem Processes & Disorders	62	74				8-12%
Musculoskeletal, Skin & Subcutaneous Tissue	71	75				8-12%
Cardiovascular System	69	71				7-11%
Gastrointestinal System	57	72				6-10%
Biostatistics & Epidemiology/Population Health	81	76				4-6%

Student 3

Student 3	Your EPC Score	Comparison Group Average EPC Score	Score Comparison:			% of Questions
Performance by System						
Reproductive & Endocrine Systems	36	74				12-16%
Respiratory and Renal/Urinary Systems	47	70				11-15%
Behavioral Health & Nervous Systems/Special Senses	49	72				10-14%
Blood & Lymphoreticular/Immune Systems	52	74				9-13%
Multisystem Processes & Disorders	47	74				8-12%
Musculoskeletal, Skin & Subcutaneous Tissue	79	75				8-12%
Cardiovascular System	52	71				7-11%
Gastrointestinal System	81	72				6-10%
Biostatistics & Epidemiology/Population Health	50	76				4-6%

Report By Discipline

Student 1

Student 1	Your EPC Score	Comparison Group Average EPC Score	Score Comparison:			% of Questions
			Lower	Same	Higher	
Performance by Discipline						
Pathology	56	74	<div></div>			44-52%
Physiology	48	73	<div></div>			25-35%
Microbiology & Immunology	53	72	<div></div>			16-26%
Biochemistry & Nutrition	47	73	<div></div>			14-24%
Pharmacology	38	75	<div></div>			15-22%
Gross Anatomy & Embryology	39	68	<div></div>			11-15%
Behavioral Sciences	75	84	<div></div>			8-13%
Histology & Cell Biology	29	71	<div></div>			8-13%
Genetics	42	71	<div></div>			5-9%

Student 2

Student 2

	Your EPC Score	Comparison Group Average EPC Score	Score Comparison:			% of Items
			Lower	Same	Higher	
Performance by Discipline <i>i</i>						
Pathology	72	81				44-52%
Physiology	74	80				25-35%
Microbiology & Immunology	67	81				16-26%
Biochemistry & Nutrition	75	81				14-24%
Pharmacology	87	83				15-22%
Gross Anatomy & Embryology	62	76				11-15%
Behavioral Sciences	82	87				8-13%
Histology & Cell Biology	73	78				8-13%
Genetics	69	80				5-9%

Student 3

Student 3

	Your EPC Score	Comparison Group Average EPC Score	Score Comparison:			% of Items
Performance by Discipline						
Pathology	56	79	<div></div>			44-52%
Physiology	49	78	<div></div>			25-35%
Microbiology & Immunology	60	78	<div></div>			16-26%
Biochemistry & Nutrition	40	79	<div></div>			14-24%
Pharmacology	63	80	<div></div>			15-22%
Gross Anatomy & Embryology	45	74	<div></div>			11-15%
Behavioral Sciences	82	86	<div></div>			8-13%
Histology & Cell Biology	42	76	<div></div>			8-13%
Genetics	61	77	<div></div>			5-9%

Report By System

Performance by System	Your EPC Score	Comparison Group Average EPC Score	Score Comparison:			% of Questions
			Lower	Same	Higher	
Reproductive & Endocrine Systems	36	74				12-16%
Respiratory and Renal/Urinary Systems	47	70				11-15%
Behavioral Health & Nervous Systems/Special Senses	49	72				10-14%
Blood & Lymphoreticular/Immune Systems	52	74				9-13%
Multisystem Processes & Disorders	47	74				8-12%
Musculoskeletal, Skin & Subcutaneous Tissue	79	75				8-12%
Cardiovascular System	52	71				7-11%
Gastrointestinal System	81	72				6-10%
Biostatistics & Epidemiology/Population Health	50	76				4-6%

High
priority
systems

Report By Discipline

	Your EPC Score	Comparison Group Average EPC Score	Score Comparison:			% of Items
Performance by Discipline <i>i</i>						
Pathology	72	81	<div></div>			44-52%
Physiology	74	80	<div></div>			25-35%
Microbiology & Immunology	67	81	<div></div>			16-26%
Biochemistry & Nutrition	75	81	<div></div>			14-24%
Pharmacology	87	83	<div></div>			15-22%
Gross Anatomy & Embryology	62	76	<div></div>			11-15%
Behavioral Sciences	82	87	<div></div>			8-13%
Histology & Cell Biology	73	78	<div></div>			8-13%
Genetics	69	80	<div></div>			5-9%

High
Priority
Disciplines

More on your score report:

“interactive” version of the CBSSA sample score report

<https://indd.adobe.com/view/b18d31e8-2654-4b5d-a2a4-a27af1de1767>

Common Questions about CBSSA report:

https://www.nbme.org/sites/default/files/2022-02/For_Examinees_Common_Questions_2022_Score_Report_Changes_Updated.pdf

INSIGHT Tool:

Access Insight using the link

- You can watch a 90 second video to navigate the tool

INSIGHT Tool:

You can review incorrect questions based on
System

Step by step instructions...



INSIGHT Tool:

Begin Here

MyNBME® Examinee Portal Home Purchase My Exams Purchase History Support



You have a score report available! Visit INSIGHTSSM to view your score report.*

*By clicking the Access INSIGHTS button, you are consenting to NBME displaying your assessment information in a dynamic digital format.

Access INSIGHTS

Watch INSIGHTS Overview Video

INSIGHT Tool:

Click here to
access score
report in PDF
format which you
can download &
send us



Score Report	Question- Level Report
🔗	🔗
🔗	🔗
🔗	🔗

INSIGHT Tool:



Click on Question
Details

My Exams

Exam Results

Question Details

Results Comparison



INSIGHTSSM

INSIGHT Tool:

My Exams

Exam Results

Question Details

Results Comparison



INSIGHTSSM



Question Details

JOSEPH RAFFAEL ARCHER | jsukinik@tulane.edu

Make selections below to display results:

Assessment Type

Reset to All

Self-Assessments



Exam Type

Reset to All

Comprehensive Self-Assessment

Exam Take

All



Select the
latest CBSSA
form

INSIGHT Tool:

Correct/Incorrect

☒ Select all

☐ Correct

☐ Incorrect

Content Topic

All ▼

Content Description

All ▼



INSIGHT Tool:

Interpretation

- The boxes below update dynamically based on your filter selections.
- The percentages are shown to provide additional context for your question-level results. They may not sum to 100% due to rounding.
- If the exam you took provides content area scores, please note that the percent correct values on this page are not the same as equated percent correct (EPC) scores. EPC scores are adjusted to account for slight variations in exam form difficulty and can be compared across different forms of the same exam, whereas the percent correct values on this page are unadjusted.

Questions Displayed

9

Correct Answers

0%

Incorrect Answers

100%

- The number of questions listed for an exam may be lower than the number of questions you saw while testing. This is because, occasionally, a small number of questions are deleted from scoring as part of content monitoring and quality assurance procedures.
- Clicking on the links will display exam materials that are owned and copyrighted by NBME and made available for your personal use. Any other use is strictly prohibited.
- Click on any column header to sort.
- To view all questions and answer explanations for a single Self-Assessment, click on the Question-Level Report link on the My Exams tab.

Correct / Incorrect	Seq	Question Id	Content Topic	Content Description	Answer Selected	Answer Explanation	Time (sec)	Timing	Exam Take
✗	7	SCBR3163 MBZ4103	Diagnosis	CNS: global cerebral dysfunction	E	GO	74	Standard-Paced	Comp Basic Sci SELF Form 26 1/16/2025 03:54PM
✗	64	SCBC4770 MBL0988	Foundational science	CNS: traumatic and mechanical disorders	A	GO	165	Standard-Paced	Comp Basic Sci SELF Form 30 1/20/2025 04:23PM

Correct/Incorrect

- ☐ Select all
- ☐ Correct
- ☒ Incorrect

Content Topic

All

Content Description

CNS: adverse effects of drugs, CNS:...

Shift your Mindset : Student vs Physician

As a student - Low score in high stake exam

- Insecurity, Self- doubt
- Over-thinking, Lower self confidence,
- Increased stress,
- In such mindset >> Emotions overpowers cognitive function

As a physician - looking at a score as your patient's lab reports

- Objectivity, openness and curiosity,
- Solution oriented thinking (what would bring those numbers back up),
- Plan Intervention,
- In this mindset >> Our brain learns & performs at the best

Dedicated Time Planning Based on CBSSA report

Study Plan - 2 elements

1. Schedule

2. Resource

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	17 <div>CBSSA Diagnostic test</div>	18 <div>CBSSA Diagnostic test</div>	19 <div>Today</div>	20	21	22
23	24	25	26	27	28	1 March
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1 Apr	2	3	4	5
6	7	8	9	10	11	12

Step 1 Tracker



- ▶ New tool for your class
- ▶ Use the link provided in email for your personal tracker

Scheduling

- ▶ Date for step 1
- ▶ Blocking day/time slots for life events
- ▶ Blocking 2 half days or 1 full day every week for rest
- ▶ Blocking buffer days.
- ▶ Blocking days for practice test - CBSSA or other (shelf assessments) & blocking time for review of incorrect questions on test
- ▶ Blocking day for simulation test a week before Step 1 date (optional)
- ▶ Count available days/hours
 - ▶ Questions/blocks distribution/review incorrect answers/review high yield material

Creating sample weekly schedule

- ▶ Block times for basic important activities
 - ▶ Sleep, personal hygiene, food etc.
 - ▶ Exercise (yoga, gym, running, walking etc. at least 20 mins 3-4 times a week)
 - ▶ Block 10-15 mins daily for some kind of relaxation / meditation practice
 - ▶ Anything else that you may need to relax and unwind daily (social, entertainment etc.)
- ▶ Keep a buffer time (few hours to half day) every 3-4 days at least to begin with that can help you catch up with your schedule if you fall behind for whatever reason. Also block rest day.
- ▶ Now finally plan your study time which includes 1) practice questions, 2) learning from incorrect answers, and 3) rapid space repetition of high yield information on a daily basis 4) content review for select topics
- ▶ Make sure to have multiple small breaks between study sessions.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	17 <div>CBSSA Diagnostic test</div>	18 <div>CBSSA Diagnostic test</div>	19 <div>Today</div>	20	21	22
23 <div>Rest ½ D</div>	24	25	26 <div>Rest ½ D</div>	27	28	1 March
2 <div>Rest ½ D</div>	3	4 <div>CBSSA Test review</div>	5	6	7	8 <div>Rest Day</div>
9	10	11	12 <div>Rest ½ D</div>	13	14	15
16 <div>Rest ½ D</div>	17	18 <div>CBSSA Test review</div>	19	20	21 <div>Family event</div>	22
23	24	25	26 <div>Rest ½ D</div>	27	28	29
30	31 <div>Rest ½ D</div>	1 Apr <div>SIM test</div>	2 <div>Test review</div>	3	4	5
6	7	8	9 <div>Rest Day</div>	10 <div>Step 1</div>	11	12

Resources for Step 1

Primary

- U-World Learning Tool
- First Aid Learning Resource
- Flash Cards: Make your own, U World, Anki, ETC
- U-World Assessment
- NBME Practice tests – Progress Assessment

Secondary

- Pathology : Rapid Review or Pathoma
- Sketchy Micro, Pharm & Beyond
- Pharma Wiki
- Boards and Beyond
- Amboss
- Dirty Medicine / Mehlman
- ...



Too many options ?

Resources for Step 1 (continue...)

- ▶ Step 1 Review Series by Professors and senior PAL tutors
- ▶ PAL Tutors (individual support)
- ▶ Champions from the CO2026 (session document in eMedley)
- ▶ Learning Specialist
- ▶ Step 1 Tracker
- ▶ Biochem High Yield review Dirty Medicine :
 - ▶ https://www.youtube.com/playlist?list=PL5rTEahBdxV6prB_iWNU8N2-L5XAktld8
- ▶ Biostatistics review Randy Neil :
 - ▶ <https://www.youtube.com/watch?v=75pQPB1RF50&t=137s>
 - ▶ https://www.youtube.com/watch?v=VMi9UuNqoGI&list=PLBqjQpkllzbzgG37kpU8VpjXAfR_JfSgZ
- ▶ Mehlman Arrows / Website :
 - ▶ <https://mehlmanmedical.com/hy-arrows/>
 - ▶ <https://mehlmanmedical.com>

Step 1 Review Series by Professors and senior PAL tutors

Date	Topic	Presenter
5-Mar	Hemeonc - 1	Brittney Sheena and Madison Thornton
6-Mar	Pulm	Madison Thornton
9-Mar	GI	Kate Dougherty and Andrea Yazbeck
12-Mar	CVS	Dr. LeDoux
13-Mar	HemOnc - 2	Brittney Sheena and Andrea Yazbeck
16-Mar	Renal	Gerrit Holleman
18-Mar	Endo / Repro - 1	Madison Thornton
19-Mar	Anatomy	Dr. Anadkat
27-Mar	Endo / Repro - 2	Madison Thornton
28-Mar	Biochem	Dr. Franklin

Session information, Slide sets and recording will be posted on eMedley

Champions Project

Step 1 Near Peer Project

Champions Project: AIM

The Step 1 Champions project aims to create a supportive and knowledgeable network of students –
who are readily available to assist their peers with questions and guidance related to

1. Course content,
2. NBME style questions, and
3. Step 1 exam.

Through peer-to-peer support Champions will foster a collaborative learning environment that empowers all participants to achieve academic success.

PDF of Introduction and Fact sheet for all 19 Champions is posted as session document on eMedley for kick-off day session

Core elements of a Step 1 dedicated plan

- ▶ UWorld Questions in tutor mode initially followed by timed mode
- ▶ Processing of wrong questions to extract high yield material
- ▶ “Non-Question based” topic review (from secondary resources)
- ▶ Rapid space repetition, high yield reviews of previous wrong questions / Anki

UWorld questions

- ▶ No of questions to be aimed at least 75% @ 2700 in UWorld
- ▶ Tutor Vs Time mode
 - ▶ Tutor mode:
 - ▶ Immediate feedback
 - ▶ Not practicing test day timing
 - ▶ Timed mode:
 - ▶ Practicing test day timing
 - ▶ Delayed review of questions

UWorld questions (continue)

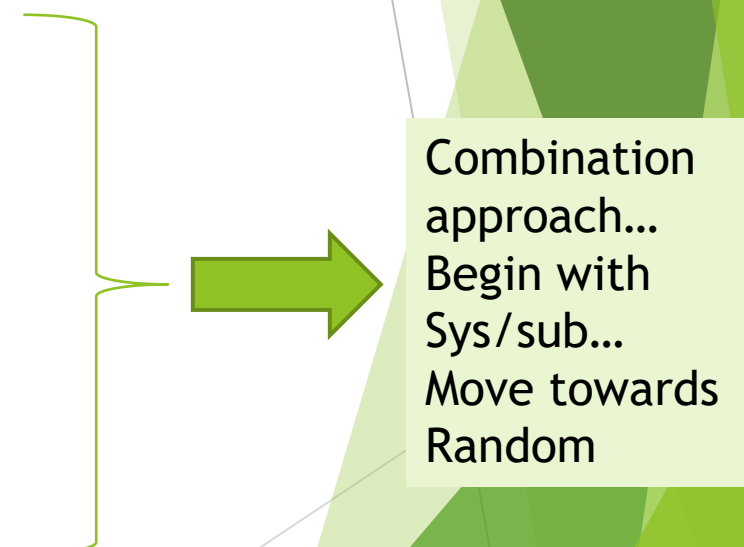
► Questions based on Sub/System Vs Random

► Subject/System

- See all diseases for a topic at once
- Doesn't simulate exam day

► Random

- Mimics actual exam



A green bracket on the right side of the slide groups the 'Subject/System' and 'Random' sections. A large green arrow points from this bracket to a light green box containing the text: 'Combination approach... Begin with Sys/sub... Move towards Random'.

Combination approach...
Begin with Sys/sub...
Move towards Random

How to make progress using UWorld Q-bank

- ▶ Start with 1 System and Path+Phy as discipline
- ▶ Start with 1 or 2 blocks (40-Q each) daily
- ▶ Once the % correct score improves by 10%, add another **discipline**. Do this until all disciplines are in the question set.
- ▶ Next add another **system**. Continue to add systems when the scores improve.
- ▶ Once all systems are in your blocks, switch to blocks of random Q and try to do 3 blocks (120 question) at least for few days.

- ▶ Based on recent CBSSA, you may choose to add a system-based block on daily basis till your performance improves.

Recap

- ▶ Blocking events on your calendar between now and step 1
- ▶ Creating sample weekly schedule
- ▶ Selecting high priority system and discipline to begin with
- ▶ Incorporating all systems and disciplines

On daily basis....

- 40-80 question blocks -Review wrong answers with answer choice analysis
 - U-world explanation & Extract “high yield”
- Rapid space repetition of previously extracted “high yield” on daily basis
- Knowledge-gap based content review

Processing of wrong questions to extract high yield material

- Definition of High Yield
 - - Anything that allows you to choose the correct answer
 - - Anything that allows you to not choose the incorrect answer
- Tool
 - Comparative Answer Choice Analysis (CACA)
- Rationale for focusing on wrong questions only
 - - Objective evidence of weakness
 - - Avoiding cognitive overload
 - - Difficult to self assess level of guessing/uncertainty especially with stress of Step 1 prep

2 CACA pdfs with 4 sample questions are posted as session document on eMedley for kick-off day session

Simulated exam

to build cognitive stamina &
understand process for test day

Simulated exams

Timing, format of Step 1 exam

- 7 x 40 question blocks with 1 hour per block
- 45 minutes of break time
 - Extra break time for finishing early/skipping 15 minutes tutorial
 - Extra break time for finishing question blocks early

Purpose

- Cognitive stamina
- Practicing timing
- Practice break use, bathroom use, food/drink, etc

Can be combined with NBME or private company self assessments

- Sim exam with 200Q from NBME self assessment and 80Q from bank
- Sim exam with 160Q from private company self assessment + 120Q from bank

General Guideline vs Individual approach

- ▶ Everyone is different and at different stage of preparedness
- ▶ Feel free to individualize this approach that suits your need
- ▶ All are welcome to have one to one meeting if you need help in customizing this approach
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- ▶ Office # 232 OME, 2nd floor, Murphy

Combat burnout to optimize Step 1 outcome

During Step 1 dedicated study time

- 71% of students reported feeling burned out weekly or more often
- 52% of students reported feeling depressed weekly or more often

Burnout decreases cognitive function

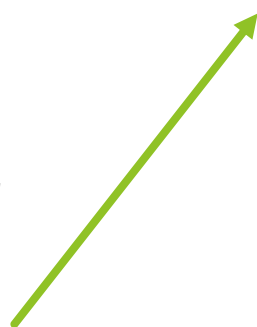
Scheduling elements

- Is your daily schedule realistic?
 - Cutting back on sleep will affect memory
 - Enough break time in daily schedule to be sustainable?
- Is your overall schedule realistic?
 - Enough days off to avoid harmful burnout?
- Accounted for known life events?
- Rest day/light studying day before taking exam to optimize cognitive function?

Companion App



Health & Wellness



Student Health >

Mental Health Care >

Support for Food Insecurity >

The Well for Health Promotion >

Wellness Committees >

Well-Being Index (WBI) >

Wellness Calendar of Events >

Tulane Mindfulness Audio Video >



Tulane Mindfulness Audio Video

Pre-Test Meditation >

Progressive Muscular Relaxation >

Breath Awareness >

Calm, Confidence, and Balance Meditations >

Step Prep and Test Day Meditations >



Any Questions?



Thank You !

