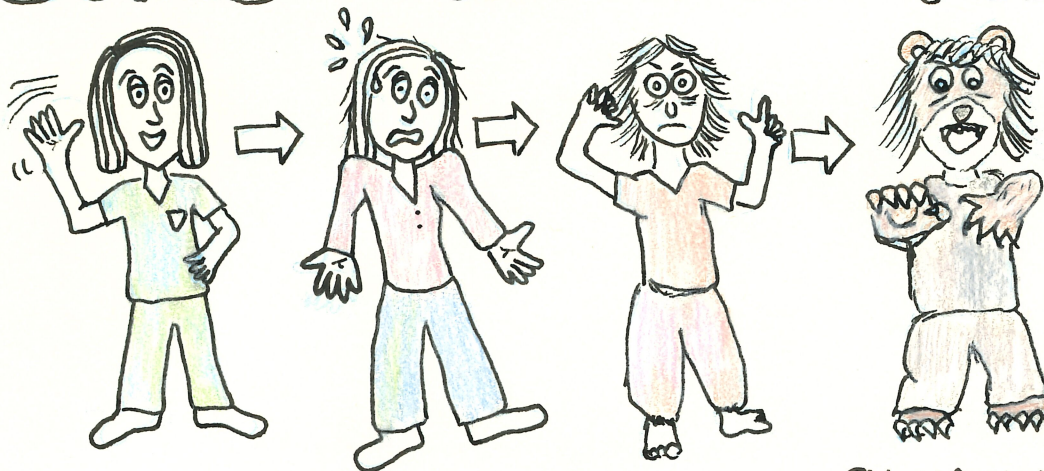


GOING THROUGH PHASES



BY NATHALIA ALBARRACÍN

THE USMLE STEP 1 EXAMINATION IS ONE OF THE MOST IMPORTANT TEST OF MEDICAL SCHOOL. NOT ONLY YOU NEED TO PASS THE EXAM TO MOVE TO THE NEXT PHASE OF MED. SCHOOL AND BECOME A LICENSED PHYSICIAN, YOU NEED TO EXCEL AT IT! YOUR SCORE CAN DEFINE YOUR RESIDENCY & SPECIALTY CHOICE... YOUR FUTURE!!!

BOARD EXAM STUDY PLAN 101

- Set "realistic" goals
- Practice tests
- ALL TOPICS COVERED YEAR 1 & 2



REMEMBER, YOUR SCORES WILL DEFINE THE FUTURE PATH OF YOUR MEDICAL CAREERS.

6 WEEKS TILL 3rd YEAR

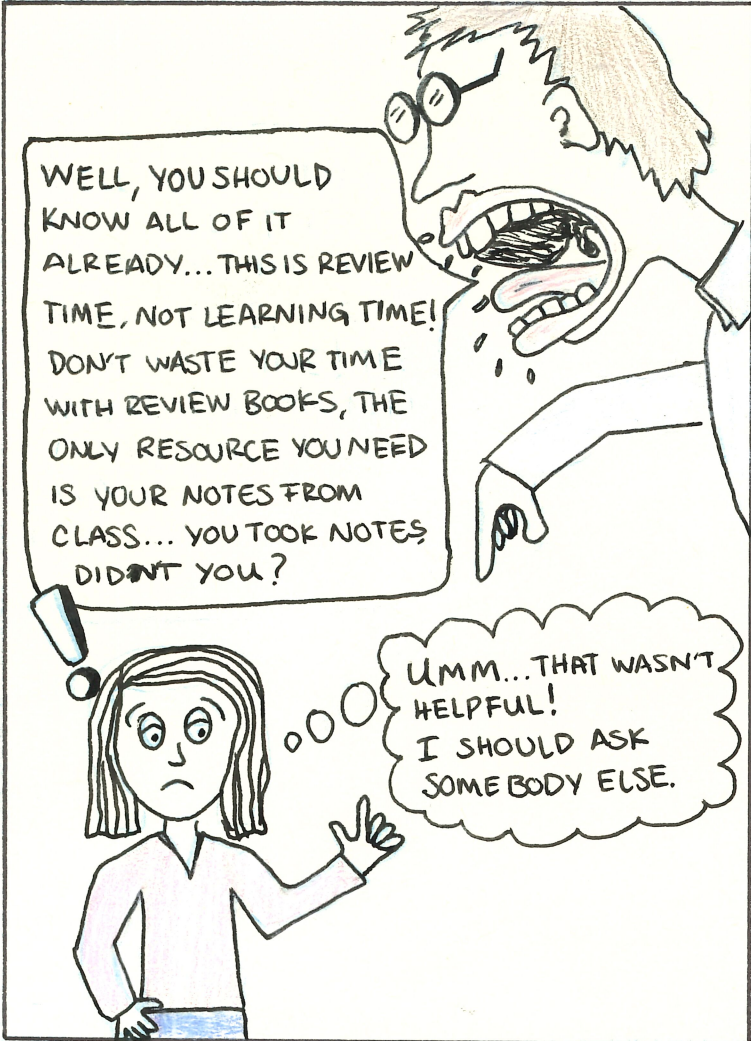


SOME OF MY CLASSMATES WERE AHEAD OF THE GAME, WHILE OTHERS HAD DEVELOPED A SOLID STUDY STRATEGY, ME?... WELL MY LAST TEST WAS JUST 1 WEEK PRIOR... I WASN'T READY...

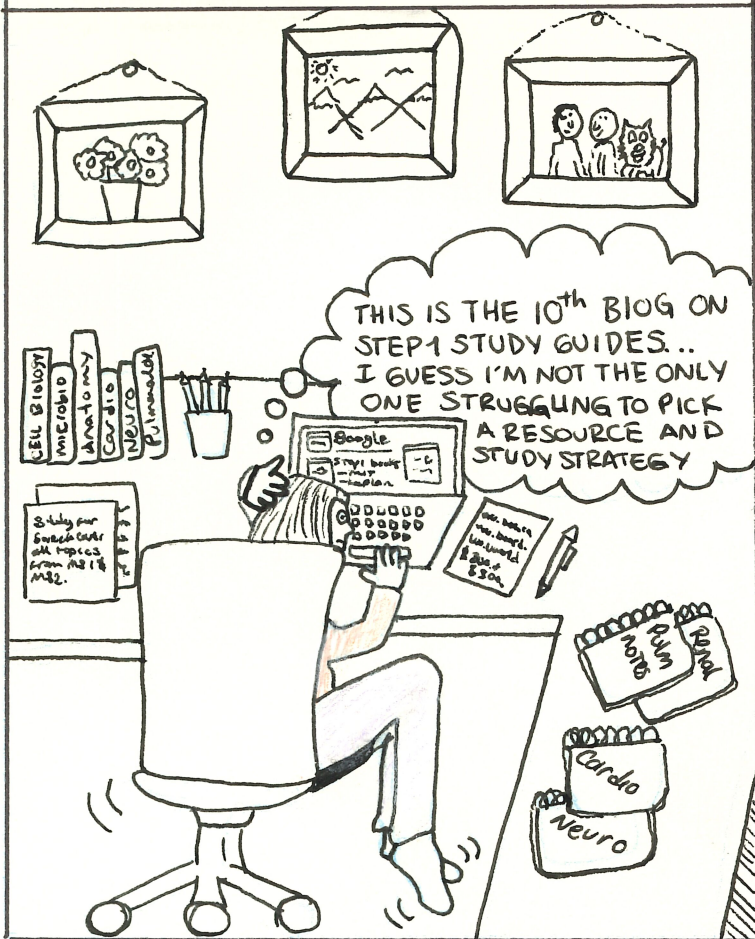


HEY! MAYBE DR. R CAN HELP ME WITH SOME STUDY TIPS.

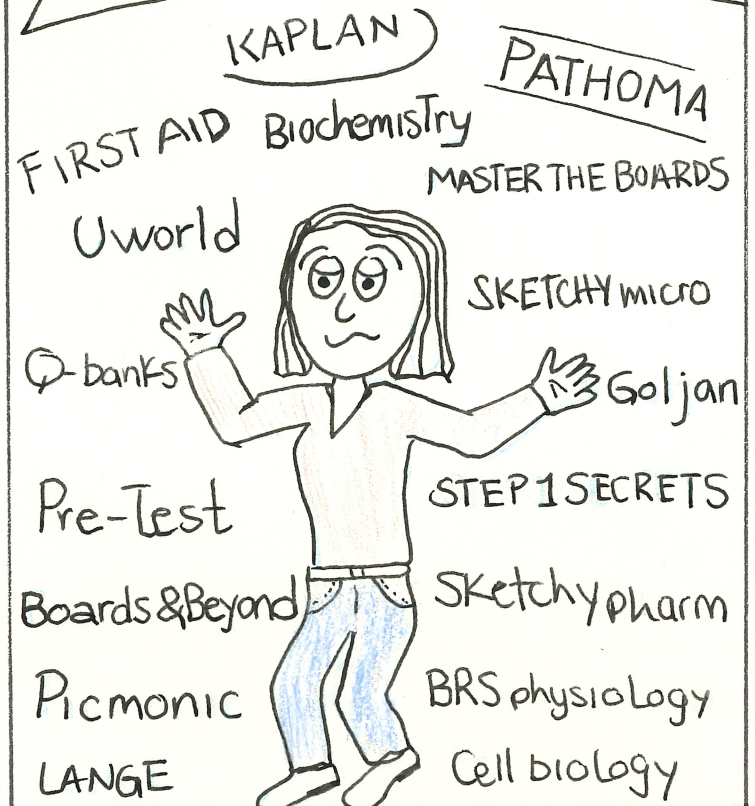
I COULD NOT ALLOW MYSELF TO LOSE CONTROL... I COULD NOT DO IT ALONE EITHER. IT WAS TIME USE THE SCHOOL RESOURCES AND ASK FOR HELP.



THAT AFTERNOON, I WENT HOME AND DID MY OWN SEARCH.

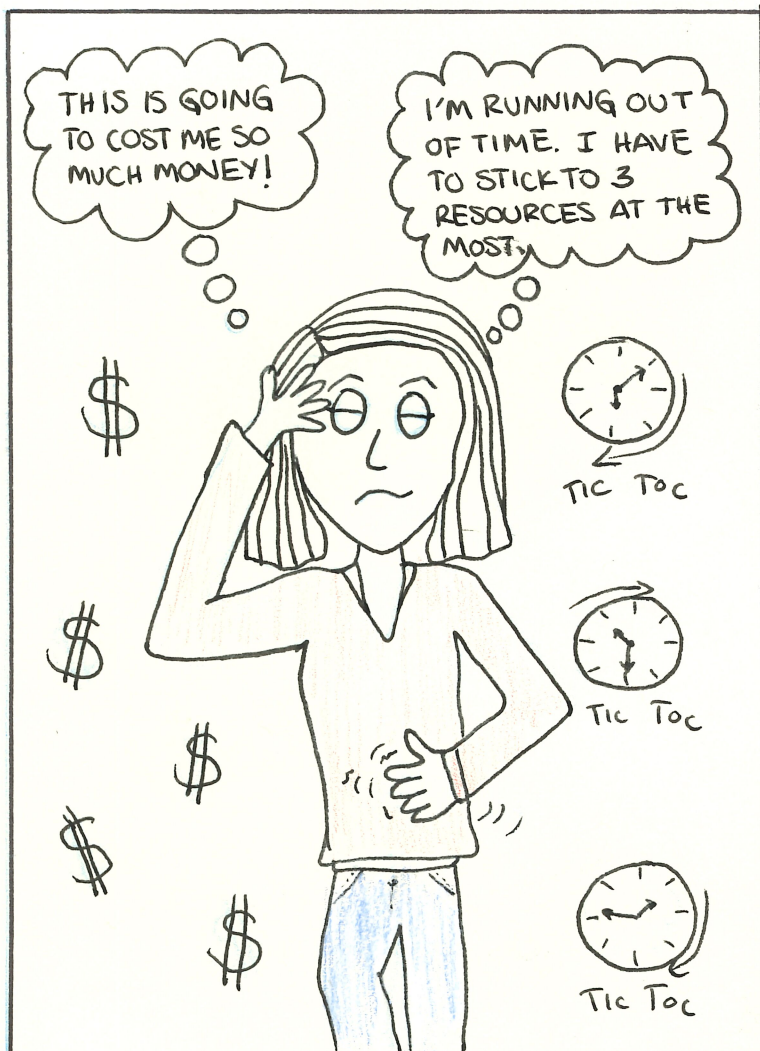


STUDY RESOURCES GALORE

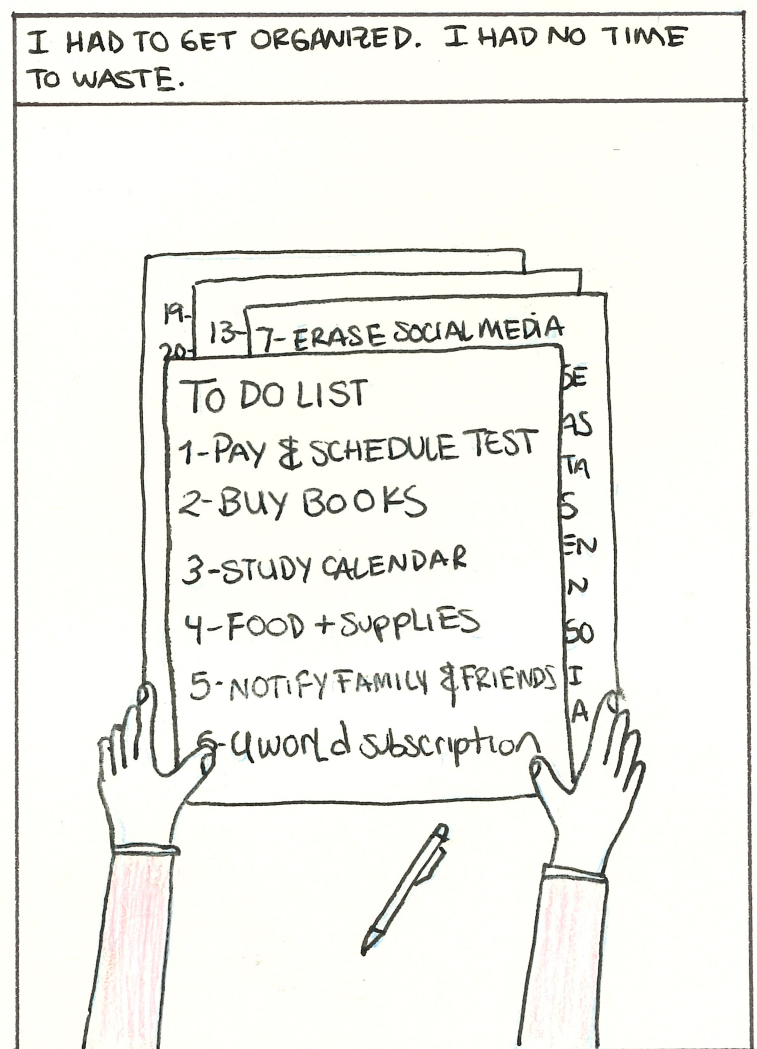


THIS IS GOING TO COST ME SO MUCH MONEY!

I'M RUNNING OUT OF TIME. I HAVE TO STICK TO 3 RESOURCES AT THE MOST.



I HAD TO GET ORGANIZED. I HAD NO TIME TO WASTE.



AFTER 3 OR 4 FAILED ATTEMPTS TO PUT IT ALL TOGETHER IN A REALISTIC TIMELINE, I FELT CONFIDENT THIS WAS THE BEST PLAN FOR MY NEEDS

- Cardio - 4 days - TEST
- Pulm - 3 days + 1 day
- Renal - 3 days
- Endo - 2 days + 3 days
- Repro - 2 days + 3 days
- Neuro - 3 days + 2 days
- GI - 4 days
- Psych - 3 days
- Pharm/drugs + 4 days
- Micro/abx 1hr/day
- Stats/Formulas 1hr/day
- Q-banks!

CALENDAR



WEEK 1 → CARDIO
WEEK 2 → PULM
WEEK 3 → ENDO
WEEK 4 → REPRO
WEEK 5 → NEURO
WEEK 6 → PSYCH
WEEK 7 → GI
WEEK 8 → RENAL
WEEK 9 → PEDS
WEEK 10 → STATS
WEEK 11 → REVIEW
TEST DAY APRIL



PREP FOR HIBERNATION



FOLLOWING THE ADVICE OF MY FATHER, I WENT TO THE GROCERY STORE TO GATHER ENOUGH FOOD AND SUPPLIES FOR 2 MONTHS... TIME MANAGEMENT.

MY NON-MEDICAL FAMILY THINKS I'M CRAZY...



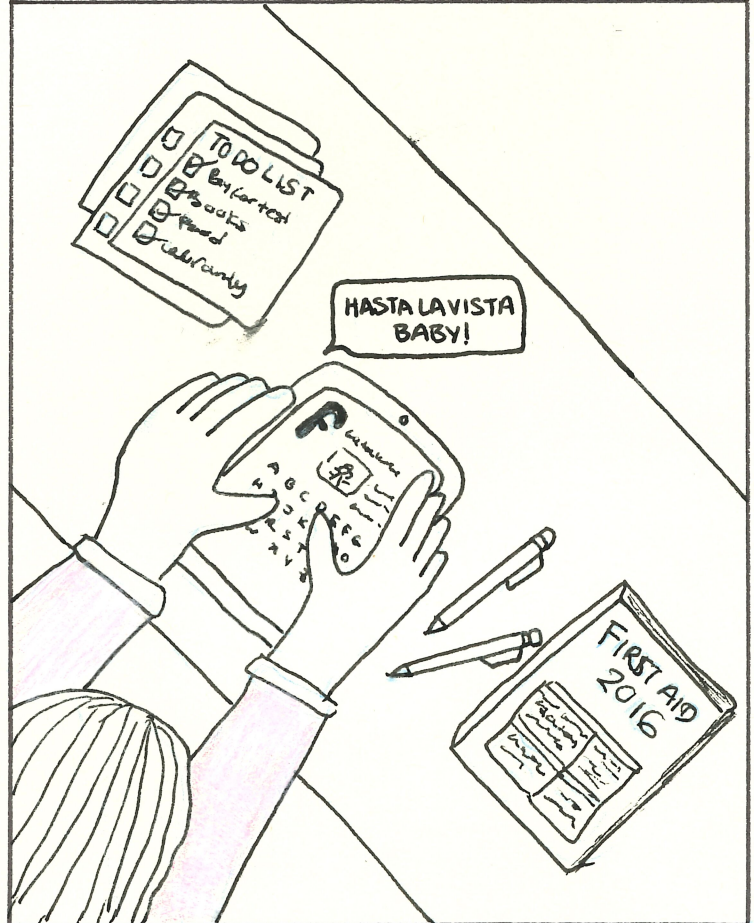
HI DAD! I'M GONNA START STUDYING FOR THIS TEST. THE BIG ONE I TOLD YOU ABOUT. DO YOU REMEMBER?

ANYWAY, I JUST WANTED TO TELL YOU THAT I WON'T LEAVE MY APARTMENT FOR 2 MONTHS... OH! AND NO TALKING OR TEXTING OK DAD? SEE YOU ON THE OTHER SIDE... HEHE

HI HONEY! UMM OK, BUT 2 MONTHS FOR ONE TEST? YOU ALWAYS DO WELL IN TESTS... HECK YOU ARE IN MED SCHOOL! TAKE TIME TO REST HONEY, YOUR BRAIN NEEDS FOOD AND SLEEP!! I WILL CHECK ON YOU, OK!

SHE GETS A LITTLE COOCOOL! SOMETIMES...

FALLING OFF THE GRID! NO SOCIAL MEDIA, NO DISTRACTIONS, NO TEMPTATION TO CHECK ON WHAT MY CLASSMATES WERE UP TO... YOU CAN GET PARANOID VERY QUICK.



HASTA LAVISTA BABY!

ONE DAY, I TRIED TO PUSH THE 16-hrs Study Limit... IT DIDN'T GO WELL. THAT NIGHT I HAD A VERY STRANGE DREAM...



THE NEXT MORNING WHEN I WOKE UP I DIDN'T FEEL LIKE MYSELF...



GRRR... OPPORTUNISTIC FUNGAL INFECTIONS... CANDIDA,... GRRR! TRUSH... GRRR! ASPERGILLUS... GRRR! CRYPTOCOCCUS... GRRR! PCP... MUCOR
GRRR!



AFTER EVERY PRACTICE TEST I HAD...

MY ANGRY DAYS.

MY SAD DAYS

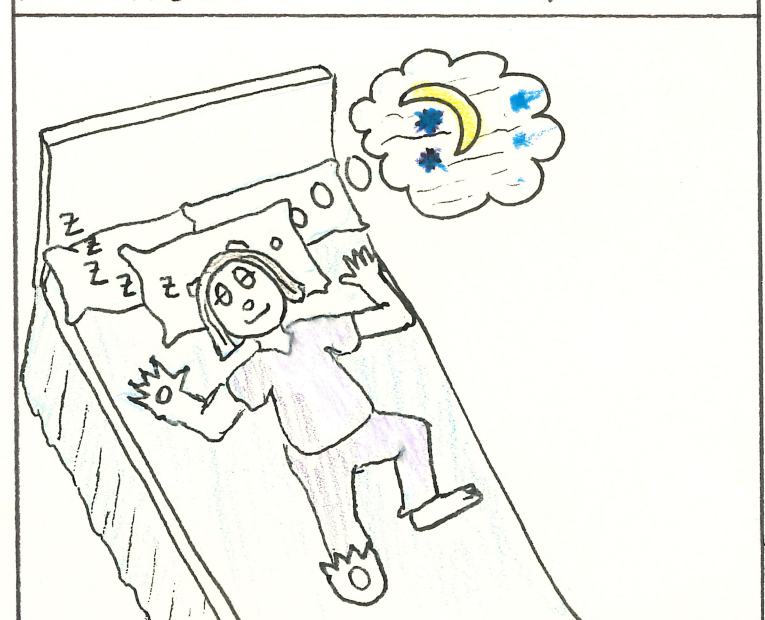
MY HAPPY DAYS



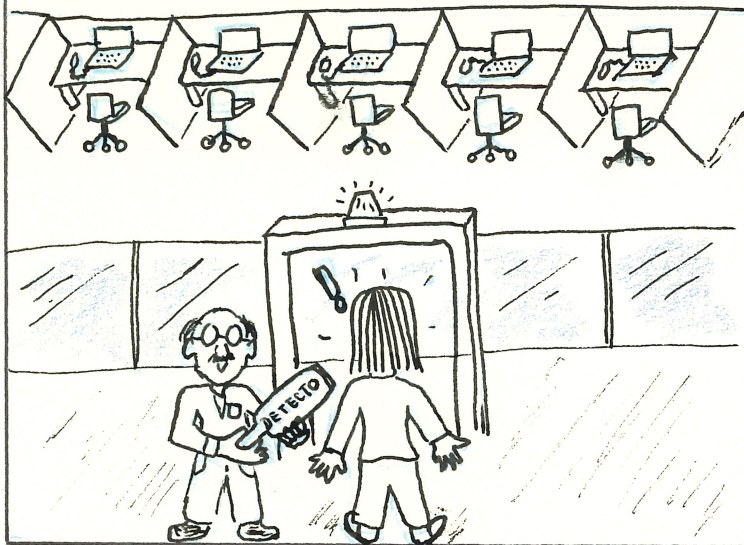
THE DAYS PRIOR TO MY TEST PASSED LIKE A BLUR. I WAS COMPLETELY IMMERSSED IN MY NOTES, REVIEWING EVERY HIGH-YIELD TOPIC, ORGANIZING IDEAS AND POURING GALLONS OF COFFEE IN MY BODY...



THE NIGHT BEFORE THE TEST WAS QUITE PEACEFUL. I HAD DONE THE WORK! THERE WAS NOTHING ELSE I COULD DO... I SLEPT.



TEST DAY: BRIGHT AND EARLY AT THE TESTING CENTER. THEY TAKE THEIR JOB VERY SERIOUSLY. AIRPORT LEVEL SECURITY AND IDENTIFICATION OPS IN PLACE!



AN 8hr TESTING SESSION IS MORE ABOUT ENDURANCE THAN KNOWLEDGE. KNOWING THE FACTS COLD IS THE ONLY WAY TO AVOID THE MIND NUMBING TRAP



FREEDOM NEVER FELT SO GOOD...
CANCUN HERE I COME!!



THE END

