

### **Words from the Wise:**

2016 'High Yield' Rotation Resources (for SHELF & 2CK prep)

### **Respondents were asked ...**

*If you could use only one ('essential') resource to prepare for the SHELF exam of a rotation discipline, what would it be? ... include as well any suggestions, recommendations or strategies.*

The following are responses to this survey – we hope you find input from you classmates to be helpful.

## **Med I**

- **MKSAP (x 15)**
- **UWorld Qbank (x 15)**
- UWorld + Step Up to Medicine were more than enough for honors.
- Qbank
- "UWorld for Step 2CK Internal Medicine questions (probably the only thing you need)
- Step Up To Medicine (if you can handle that many bullet point)
- Up to Date articles for your patient
- - MKSAP book
- - Internal medicine questions from UWorld step 2 ck qbank"
- QBank only
- MKSAP + UWorld. Just do as many questions as you can.
- U world, mksap
- UWorld Question Bank -- Internal Medicine Section. Perform 20 questions or so throughout the day and another 20 during off-time as there are a >1000 Questions to cover. Start early in the rotation, do not wait until you "feel more comfortable" or procrastinate with them as repetition is probably most important for the shelf. A pace of 40 questions a day might be hard at first, but the pace becomes comfortable and you will thank yourself towards the end.
- 1. UWorld is a must (5/5).
- 2. OnlineMedEd.org lectures were great (4/5).
- 3. UTSW Ramahi lecture was great (4/5).
- Overall: I was definitely prepared for this shelf."
- MKSAP, UWorld
- MKSAP question book and the EKG material from the HD cardio course during second year
- Uworld is ALL you need, especially if you have difficulty sitting down and reading through hundreds of pages of bullet points. If you've been working hard, you won't have time to do much else properly.
- Pre-test"
- Uworld questions, Step Up to Medicine, OnlineMedEd.org videos
- "First aid for step 2 ck
- Pocket medicine - good for rotations, too specific for shelf
- Step up to medicine or uworld qbank - do one of them
- Step Up to Medicine + UWorld Question Bank. MKSAP was okay.
- World IM questions
- "UWorld for CK - only resource used, do ALL the IM questions

- HCMC (or any site's) morning reports and lectures were actually quite valuable
- Read about your patients' diseases in UpToDate or something similar as they come up"
- MKSAP Book
- I used MKSAP as my primary resource and used Step Up to Medicine as my reference. I did quite a bit of reading on Uptodate on my patient cases. (Which were good ones- I was at HCMC.)
- UWorld, MedEd Online Videos, MedQuest IM TopShelf Videos
- Step Up to Medicine.
- Uworld (but also used MKSAP) -- the rotation is long enough to "chip away" at both of these methodically.
- MKSAP Internal Medicine Questions and U world
- UWORLD Step 2 CK Qbank, NBME subject tests
- uworld step 2 >> MKSAP, but MKSAP still helpful for ambulatory medicine questions which are very underrepresented in uworld
- UWorld (most important), MKSAP (questions good for concepts), Step-up (reference)
- - ACP <https://ime.acponline.org/> - free for students; both questions and book are excellent.
- Practice questions from a qbank"
- MKSAP (check this out from the BioMed library -- it's free!), UWorld Qbank
- UWorld Step 2 Qbank
- The ACP IM Essentials aka text companion for MKSAP questions. Must read and great for students who like a little more structure to their rotations.
- Internal Medicine Pocket Guide from Mass Gen
- IM Essentials for background on your patients (not really necessary for shelf exam
- High Yield IM lecture video/powerpoint by Emma Holliday Ramahi (google it)"
- UWorld Step 2 questions, do all if you can. Supplement with book like Step up to Medicine
- uworld questions"
- MKSAP -twice
- Essential resource: Medicine questions from UWorld Qbank. Do them all at least once. In my opinion, it is better to do more questions, looking only at the correct answer and educational objective, rather than spending too much time pouring over the entire answer explanation.
- Case Files
- OnlineMedEd
- Step up to Medicine, Uworld questions, First Aid for Step 2CK. Also Onlinemeded videos if you like passive learning.

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## **Peds**

- **CLIPP Cases (x 15)**
- BRS Peds (older, but still relevant, all that's really necessary) + UWorld
- CLIPP cases only
- - Summary PDFs from the CLIPP cases is the only thing you'll need
- I needed a better one
- U world, cases
- CLIPP cases - at least twice for each case
- Clipp cases, onlinemeded.org videos
- Review all the online cases required for the course.
- CLIPP cases. UWorld Question Bank if you're going to be taking Step 2 shortly after otherwise skip it.
- SIMPLE case files
- Just do CLIPP cases
- I used the CLIPP cases, and that was enough to do fine but not get honors. If I could do it again (and do it at a site where I wasn't working 80 hours a week...), I'd carefully study the CLIPP cases and study CLIPP topics in more depth.
- The mini-cases are literally all you need. Know those well and you can pass/excel on the test
- CLIPP Exams and U world
- CLIPP Cases when you have downtime, study days, overnights, etc.
- Online modules, just do the pdf's at the end of the cases.
- CLIPP cases > all... especially the sample/self-assessment questions and explanations associated with each answer
- assigned peds cases online; absolutely sufficient for the shelf.
- The pdfs for the cases were really well done and all you needed to study.
- The CLIPP cases were great resources!
- Books: BRS for Pediatrics
- Do the CLIPP cases twice or once with review of your own notes
- The cases that are assigned
- "CLIPP cases--this is what you need to study to do well on the exam.
- It is also helpful to have a review book (ie Step up to Pediatrics, Case Files) to read about specific topics while you are on the rotation. "
- CLIPP Cases predominately but as supplemental can use Case Files for Peds, uworld questions and blueprints.

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## OB/Gyn

- **Blueprints (x 6)**
- **Case files (x 3)**
- **UWise (x 11)**
- Blueprints + Case Files + UWorld
- ACOG qbank was helpful to review materials prior to exam, but question style is not entirely representative."
- Uwise on the ACOG website
- Qbank
- - OB/GYN questions from UWorld step 2 ck qbank"
- APGO uWise question bank + U world
- Q Bank was very helpful
- qbank u world and case files
- uWise + UWorld. ACOG's uWise should be primary resource, but I recommend supplementing with UWorld (felt uWise infectious disease section was a weak)
- ACOG Question bank. Most find these very helpful, but this was an early shelf for me and so I still found it difficult.
- Uworld qbank
- 1. UWise (q-bank provided by rotation) is a must (5/5).
- 2. Case Files was great (4/5).
- 3. UWorld was good (3/5).
  - Overall: I wish I studied more, as I only partially used all of these resources."
- The recommended textbook, BluePrints
- Case files, ACOG question bank for free, Step 2 U world question bank. Blueprints for reference only as needed
- Uworld + UWise + Case Files. This has everything you need, and sometimes the weird questions from UWise show up on the shelf so don't just ignore them.
- "Qbank provided by ACOG was really helpful
- Blueprints, Uwise questions, Uworld questions
- Qbank
- Blueprints and Case Files, UWorld Questions, ACOG questions were pretty helpful but no more so than UWorld. I think it was nice just to see the information asked again and again.
- The provided QBANK in combination with the UWorld for CK (Ob/Gyn Q's) were more than sufficient.
- UWorld QBANK
- Beckman textbook
- Beckmann + Casefiles + ACOG Qbank was perfect
- UWorld, ACOG q-bank (very helpful!), Case Files, MedEd Online Videos
- I thought blueprints & beckmann were WAY too detailed - not worth the time"
- Uworld, Uwise questions provided by rotation.
- I downloaded/checked out first aid for Ob for free from the library and that was a relatively easy read that I read during the rotation and that worked well for the shelf.
- The assigned Qbank was very helpful, UWORLD Step 2 CK Qbank was also helpful, NBME subject tests

- provided q bank was extremely high yield. blueprints is very good, but I learned the most from teaching by HCMC residents on L&D overnights, usually based on one of the ACOG practice bulletins
- UWISE and UWorld and Blueprints (reference)
- uWISE (i.e. online q-bank provided by apgo.org) was quite helpful, I thought. Supplementing uWise with some light reading from one's choice of review test books (blueprints, FA, et al.)
- "I used the OBGYN qbank provided by ACOG. It was really helpful, but the best learning was by asking a lot of questions of attendings. The cases done during the course were great too.
- Onlinemeded.com provides great short videos with really succinct information that I loved as well."
- UWISE cases provided by the rotation
- APGO quizzes and videos
- Blueprints is a great text resource for this rotation. The QBank provided by the school is pretty good as well.
- UWISE Qbank was helpful
- Recommended textbook was good but most high yield is to do UWorld questions and qbank rotation provided
- uwise and uworld questions
- Q bank - this was extremely helpful
- First Aid - 2CK
- I read Beckmann's (the suggested text) from cover to cover. I felt it prepared me very well for the exam.
- USMLE Qbank
- OnlineMedEd

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## Surgery

- **Pestana's (x 14)**
- **U World (x 4)**
- Pestana + UWorld + Case Files
- UWORLD Qbank both medicine and surgery question
- Surgery questions from UWorld step 2 ck qbank"
- Surgical Recall for wards and OSATS
- uworld for shelf (include med portion in your review)"
- Pestana + u world
- QBank for general surgery trauma material. Focus on practicing sterile technique, suturing, and starting IVs on rotation and OSATS will be easy.
- Case files, uworld
- Pestana Surgery book and UWORLD Question Bank. For the OSATS, just pay attention during the practical sessions as those skills are what you'll be tested on.
- 1. Pestana book is a must (5/5).
- 2. Pestana audio was a helpful adjunct to the book (3/5).
- 3. UWorld was good but too simple (3/5).
- 4. OnlineMedEd.org lectures were too simple (2/5).
- 5. UTSW Ramahi lecture was outdated (1/5).
- Overall: I felt prepared."
- Pestana, Surgical Recall is great for reviewing for cases/pimping, for OSATS utilize the practice opportunities that they give you in the sim lab
- NMS Casebook/Pestana
- Pestana, Step 2 U world question bank
- Uworld + NMS + Pestana + Emma Ramahi video w/ slides
- Casefiles
- "Pestana x2 + UWorld as able
- OSATS: Simportal practice"
- NMS casebook, Pestana, Uworld questions
- shelf - Pestana notes
- Osats - prep during practice sessions"
- I read NMS Textbook (Not the casebook) and found it was pretty good. Otherwise Step Up To Medicine was pretty useful. There wasn't a super great way to prep for OSATS other than read through the checklist they give you online for each lab day.
- Pestana and UWorld
- UWorld combined surgery and internal medicine questions
- Pestana + USMLE QBank
- If you haven't had IM, might be worthwhile to do a few hundred IM questions in UWorld"
- UWorld QBank, Pestana case files, UWorld practice tests
- Surgery Case Files
- Uworld surgery and renal / gi medicine sections"
- NMS Case Files and Pestana Notes

- Pestana + UWorld Qbank
- Uworld, Pestana's, MedEd Online Videos, Surgical Recall (for pimp questions)
- Pestana's and NMS case files
- Uworld, Pestana surgery notes. Ask for opportunities to practice skills throughout the rotation so the OSATS isn't the first time you're performing skills.
- There's NMS and UWorld are both great. You must also get Pastana's book. It's a quick read and extremely high yield!
- U world, Pestana surgery notes. OSATS are directly from weekly skills sessions during rotation. I would highly recommend that you attend the final practice day.
- Uworld, pestana
- Pestana's surgery notes and questions, NBME subject tests
- Schwart's Principals of Surgery
- forget Surgical Recall. pestanas and pretest very helpful. taking med I first (or using uworld to study for it) also very helpful - LOTS of medicine on surgery shelf
- Pastana (concepts) and get the other book that covers pimp questions for each surgery (forget what it's called, but ask again... it is known.
- Pestana's, Case files -- though neither complete nor sufficient; it is hard to study for this shelf since IMHO it is 70-80% medicine...so the best advice is to take it after med-i, if going for honors.
- "I found Pestana's very helpful.
- Make sure you take the time during the skills training to be more than comfortable with the skills and you'll be fine on the OSATS.
- Onlinemeded.com has great succinct videos that helped a lot as well."
- UWorld Step 2 Qbank, medicine + surgery questions
- Pestana and Med I
- Pestanas is great for a quick read. NMS cases is a great overview. Surgical Recall is a must for the OR.
- Pestana - I'd read it twice
- "UWorld, Surgical Recall
- Make sure you can gown and glove independently for the OSATS"
- Surgical Recall
- Watch youtube videos on suturing and knot tying "
- High Yield Surgery lecture video/powerpoint by Emma Holliday Ramahi (google it)"
- Pestana's at least twice, Do UWorld surgery questions with Medicine questions from GI and other groups if you can
- surgical recall"
- Surgery pretest
- UWorld questions
- Do not forget to study the surgical subspecialty topics for the shelf exam. "
- OnlineMedEd
- "Pestana's and as supplemental Case Files, Blueprints, Surgical Recall.
- OSATS portion--Paying attention in the skills labs and practicing a few times, studying/memorizing the checklists for each skill.

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## Psychiatry

- **U World (x 8)**
- **Pre-test (x 3)**
- **Lange Q and A (x 3)**
- **First Aid for Psych (x 4)**
- First Aid for the Psych rotation was phenomenal, especially the Pharm section.
- First Aid only. Lange and Pretest were almost useless.
- The books they give you. Qbank questions are much easier than the test itself.
- First aid for psychiatry is the best resource. Mix in some UWorld QBank as well.
- First Aid for the Psychiatry Clerkship + UWorld. University Psych department will loan additional review books for the duration of the clerkship, ask the University's course coordinator (not your site coordinator).
- U-World and First-Aid for Psychiatry worked great.
- 1. Case Files was great (4/5).
- 2. UWorld was great (4/5).
- Overall: I was definitely prepared with these resources."
- Step 2 U world question bank, First Aid for Psychiatry
- Uworld + Lange Q&A + Emma Ramahi video w/ slides. The Emma Ramahi video was excellent.
- CaseFiles
- Tuttle Psychiatry Review pdf"
- "Step 2 CK First Aid book
- This rotation will not teach you to answer multiple choice questions... use the wards to practice interviewing skills. The diagnosis and treatment in textbooks is quite different from practice and provider dependent."
- Psych primer - found online "dr Tuttle"
- Uworld and First Aid for step 1
- Uworld, First Aid Psychiatry for Wards, Case Files
- Uworld, pre-test.
- All you need to study is Step 2 CK First Aid psyche section
- First aid, U world, pre test.
- First Aid for Step 1, any Step 2 CK review book, NBME subject tests
- first aid psych. enough said.
- FA for Psych
- First Aid for Psychiatry was really succinct and gave exactly the information needed.
- Onlinemeded.com provides good free adjunct videos."
- First Aid for Psychiatry (available for free as a PDF online)
- OnlineMedEd
- First Aid for Psychiatry "
- Psych primer/handbooks and question books provided by rotation, FA for Step 2CK, uworld questions.



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## **Emergency Medicine**

- **Online study materials provided (x 6)**
- EM Case Files
- CDEM Curriculum
- The recommended CDEM (?) website
- CaseFiles
- Do the readings
- Pay close attention to the online modules provided for rotation
- course website
- Literally ONLY read the assigned readings. It may feel basic, but if you know that content you have a great chance of getting 100% on the final
- Provided Web Site Links
- CORD website
- The online website they give you is ALL you need
- Read the assigned website at least once, twice if you have time
- First Aid
- can't comment, I took on RPAP which had a different curriculum
- Do the required modules online.
- as far as shelf; provided online curriculum is completely sufficient.
- I really enjoyed the cases on the website. It helped both for the test and in patient encounters while on the rotation.
- The website the course directs you to is great.
- Read the entirety of the assigned CDEM Curriculum readings. If you really want to do well, make a study guide of the learning objectives from the readings.
- the website readings are all you need to know (1-2 times through is more than enough)
- specific online site that will be given to you at orientation
- Provided handouts - all need for test

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## Family Medicine

- **FM Case Files (x 10)**
- Rotation-specific cases only
- I thought this was one of the hardest exams. Study stuff from Med 1 and know guidelines of managing HTN, diabetes, and heart failure.
- The course power points, fm cases
- Study the student lectures, take the projects seriously as some grade more strictly than others and it can have a serious impact on the final grade.
- Wednesday lecture material
- 1. Definitely have the USPSTF recommendations memorized.
- Overall: I wish I studied more."
- Cases they provide, AHRQ guidelines
- Do the readings
- Family med lectures and reviewing recommended screening guidelines.
- Do the CLIP or SIMPLE or whatever the name of the cases was that they assign. All the questions come from that.
- Download the US Preventive Services Task for App on your phone & use it! Know it!
- CLIPP cases. Maybe do Case Files if you have time.
- Do the Cases they assign!!
- The lectures/didactics are actually really pertinent to the exam"
- FM cases, and pay attention during education days
- can't comment, I took on RPAP which had a different curriculum
- provided lectures
- Online cases are ok. Lange Case Files for family med is pretty good as well.
- go over the CDC/guidelines meticulously
- FM Cases (download the PDFs after going through each case, very helpful summaries)
- Workshop materials"
- Know the powerpoints and associated algorithms (ie hypertension and asthma treatment) "
- Provided handouts/modules- all need for test
- CLIPP cases predominately.

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## Neurology

- **UWorld Qbank (x 5)**
- **Casefiles (x 6)**
- Case Files was great.
- Blueprints
- PDF- Guide to Neurology Clerkship (google it) + U world
- uworld and DIT crash cart
- Case Files + UWorld
- Uworld, blueprints
- 1. UWorld is a must (5/5).
- 2. Pre-Test was helpful but not up to the difficulty of the shelf (4/5).
- Overall: I felt prepared, but this was a tough shelf."
- BluePrints
- Neurology study guide by Tuttle - you can google for this and it pops up! Also Pre-test.
- Uworld + Pretest + Mark Tuttle's neurology study guide
- Pre-Test
- Blueprints + Case Files + UWorld Question Bank + PreTest
- UWorld Neurology and Ophtho questions (subsection's of IM)
- Uworld, Case Files
- Neuro section from Step Up to Medicine
- i used pretest only and did fairly well, not excellent
- didn't find anything really useful; I took Neuro last so I didn't study much. FA, case files are somewhat helpful but I found them not complete.
- Lange Neurology Case Files was excellent prep for the shelf.
- the pretest book
- Neurology Blueprints, PDF provided in previous high yield rotation resources called Neurology Clerkship study guide, UWorld questions
- pretest
- Pretest
- OnlineMedEd
- Pre-test, blueprints, case files for Neuro. Also I recommend reading Step2CK review book as overview.

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## **Other specialty notes**

- In general I liked First Aid for the Wards before starting a new rotation
- In general the \$20 NBME subject specific tests were good for gauging my knowledge toward the end of the rotation
- Urology test - All the recommended readings from online AUA resources
- Derm: provided text book, supplement with additional images from VisualDx
- Derm - read through the two derm books provided
- Dermatology - A to Z powerpoint on course website
- Derm - provided book is really applicable for real life, study presentation for test
- Ortho: provided text book, orthobullets.com (great for quick reference before you run into operating room)"
- Ortho - required textbook
- Orthopedics: The final is more Step1 style questions compared to the Step2 CK style of Shelf exams, but the assigned readings are great preparations for excelling on the exam
- Radiology - course powerpoints and chest x ray required text"
- Radiology - learningradiology.com 22 must see diagnosis for medical students
- for urology, there is an AUA med student curriculum which is excellent and highly appropriate. the next step up should be "Pocket guide to urology" by Wieder. Smith and Tanagho (textbook often recommended for students) is lousy.

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## General tips / suggestions

- Read at least 45 minutes per day about patient problems you encounter during clerkships. This information will stick with you much longer than book learning.
- In your preparations for SHELF exams find 1 good resource for reading and stick with it. Also don't underestimate Uworld step 2 qbank as a SHELF resource"
- Focus on your team's patients and clinical responsibilities while you're at the hospital- I learned way more by just being present and looking up relevant topics on UpToDate than I did trying to cram in questions or a quick few pages. Nights and weekends are for shelf studying, and things stick in your brain better when you've actually seen an affected patient.
- Always have a study book with you on rotations. There's tons of down time and 10-15 minute review sessions sprinkled throughout the day are often sufficient to cover most material.
- Enjoy your rotations. Read up on anatomy if relevant to the rotation. Show up with a good attitude and be ready to learn. Don't be too hard on yourself because there's a lot you won't know.
- Do not save studying for the last minute, stay a little later at the hospital or discipline yourself to look over materials for at least 60 minutes a day on the heavier core rotations. Generally you can fit this time in throughout the day on services such as Internal Medicine. Take notes on the Uworld questions you do so that you can review things quickly at the end -- generally several things are wrapping up at the same time towards the end of the rotation and you may not have the time to read every question again.
- Download the qbank app on your phone and tablet and use them any chance you get
- Chip away at the qbank daily, even if it means just Doing 5-10 qbank questions a day. It helps a lot in the end and on a day to day basis "
- Bring stuff with you to read/study. There's usually some down time in any rotation!
- Study during downtime during the day, thread it throughout rotation
- Figure out what resources you're going to use for the next rotation while at the end of the previous rotation, if you can, or early on in the given rotation. Divide up the questions/pages of reading/whatever so you know how much you need to do each night but divide it up pretending you have one week less to study. Try to stay on schedule and use the last week for catch up if needed but ideally for review! Try to keep a book or some study material with you /near you while on rotations - there often is random downtime and its surprising how many questions you can get done in short bursts of time!
- Start studying EARLY in the rotation - it really makes the rotation experience AND exams go way better. Learn to go home when your resident tells you to - they aren't tricking you, it's a sign that they respect your time. Don't try to stick around just to be visible while trying to study on whatever material you brought.
- Study on the wards! Read up on all the patients on your team, even create a differential and plan for small things like anemia and hypokalemia. Use each minute wisely while in the hospital or clinic to study and read; this will impress the attendings and give you the evening off when you are home!
- I purchased a year-long Uworld subscription and did the questions pertinent to each clerkship while on it as a way to prep for the shelf. It worked really well, plus then I was also prepping for Step 2 at the same time.
- Most of the residents are super understanding about your need to study for shelf exams so they don't seem to mind if you study during your 'down time' on rotations.

- Study consistently. Some people may have survived this far continuing bad habits in terms of procrastinating and cramming the week before a final. You need to break this habit now because clerkships, shelves, and board exams are no joke.
- Constantly researching each patient you are working with and the guidelines for what they are going through will prepare you for the shelf exams! Also, get the qbank apps on your phone so when in doubt you can do questions in your free time.
- Downtime at hospital = study time = less time studying at home
- Try to do some reading or work every night! Even if you've been at the hospital for 12 hours... every little bit really adds up.
- If you find that you can't study as much as you would like or are too exhausted at the end of a long day give yourself a break. You do learn a ton on the rotation itself even if it seems like you aren't. Also, take advantage of downtime during the day whenever possible and ask residents/attendings if they have any good chalk talks on subjects for the exam.
- Start studying early! It can be challenging to find enough time to study amidst the rigorous schedule of most rotations, but if you plan your time efficiently, you will do well.
- Study during down time at hospital, there is a lot
- Focus on being present in clinic (seeing extra patients, asking thoughtful questions, generally paying attention to conversations going on around you about patient care and decision-making, etc), and the exams will go well with only a small amount of extra input.
- Try hard to treat every rotation as if it was the specialty you are going into. For most rotations, the first hand experiences stick with you MUCH longer and really are excellent preparation for the test, provided you put in the effort to understand what is going on
- Study your patients at home and study a little bit for the exam every day - makes the tests much easier... cause you're gonna cram before the test either way... but creating a foundation before hand really helps.
- Realize that E vs. H is generally decided by the shelf score. So if H is important start studying for shelf from day #1 of the rotation; especially for pediatrics and medicine.
- The best learning is to be engaged and asking questions. There is some learning available for every single patient encounter - if you read about something that your patient is experiencing, you are much more likely to remember it since it has a context. Ask questions for everything and always ask why you are doing something.
- Settle into the rotation for the first couple weeks without worrying about studying too much. I spent most of my time on exam preparation in the second half of rotations and felt this was adequate.
- Take care of yourself - whatever this means for you. Establish a sustainable balance now that you'll take with you to residency. Sleep as much as you can and enjoy time off as much as you can. Still do fun things!
- Do 10 U World questions in the subject area corresponding to your rotation. Don't beat yourself up if this and reading about your patients from the day are the only things you have time to get to on a particularly busy day.
- The "balance" should lean heavily toward clinical experience. The more involved you are in patient care, the more you will learn. Research your patients' conditions in your free time at work rather than doing questions and you will both learn more and make a good impression on your team.
- Spend first half of rotation doing readings, second half doing questions. Try to do a little each day early so it doesn't pile up on you.
- definitely start studying for the shelf early, it's a marathon - not a sprint, even though you are tired from working all day. Try to act like an intern as much as possible.

- Read for 30mn to an hour every day and this will help you with both clinical responsibilities and the exam.
- Be diligent about working on questions throughout the week.
- Download uworld on phone/ipad so that you can do questions when you have down time.
- Always bring a book to study from to rotations so that you can study when there is time between patients.
- Pestana's fits into surgery scrubs so you can read between cases
- Make sure you start studying early in the rotation because often times there are projects/papers/presentations also due at the end of certain rotations. Cramming can be difficult, ESPECIALLY for medicine/pediatrics.
- Practice questions are one of the best study tools.
- Constantly be looking up information on pathology/pharmacology related to patients you are following. You will always remember things better if you can tie them to a specific patient/encounter. "

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## Step 2CK / CS notes

- **U World Qbank (x 7)**
- uworld questions only!
- First Aid
- Doctors in Training"
- UWorld for Step 2CK only
- Master The Boards Step 2 book"
- UWorld QBank and Step up to medicine
- qbank uworld, DIT
- Step Up to Step 2 + UWorld. UWorld Qbank can be reset once during the subscription. Recommend working through as many topic-specific questions for each clerkship, then resetting the subscription for dedicated Step 2 CK study time.
- First aid and uworld
- I haven't taken 2CK yet, but I have done quite a bit of research on the "best" resources. My conclusion is that there is no 'Bible' like FA for Step1. All books contain some of the information. I purchased FA for Step 2CK and regret it, as it does not go in-depth enough. Most of my classmates I see studying are using Step Up. UWorld is an absolute must, and from anecdotes, it sounds like it does a good job of preparing you.
- 2CK - I just used the step 2 U world question bank.
- First Aid for Step 2 CK"
- Step Up to Medicine, Uworld, First Aid
- First Aid for 2 CK"
- Qbank and DIT
- UWorld question bank - purchase early and use the questions for shelf prep too!
- DON'T buy Doctors in Training. It was great for Step 1, but excessive for Step 2 (plus it's expensive).
- UWorld Question Bank + Master the Boards Step 2CK
- UWorld (most essential)
- First Aid for Step 2 CS (not as helpful as First Aid was for Step 1. Okay). "
- UWorld, MedEd Online Videos
- 1. Uworld
- 2. Uworld
- 3. Uworld
- 4. First Aid"
- UWorld and First Aid Step 2 CK (only for rotations you haven't taken before the test!)
- UWORLD Step 2 CK Qbank, any CK review book
- 1. do all of uworld
- 2. do it again"
- UWorld (read all answers... each question could teach you 5 related concepts that way).
- Uworld self-assessment for Step 2 is better than NBME."
- UWorld q bank; take \*at least\* two weeks off; ideally 3-4 to study especially if aiming to improve the step 1 score.
- UWorld was the number one resource.



- Also onlinemeded was similar in value to Pathoma - it runs through the very basics and helps refresh your memory to build on deeper learning."
- UWorld Qbank -- that's it!
- Start doing a QBank throughout rotations. Just like Step 1, try to get through as many questions/qbanks as possible before the test. But don't forget that you have to read the entire answer so you know why you get questions right and wrong.
- First Aid
- OBgyn clerkship"
- First Aid is essential.
- Uworld questions and First Aid for Step 2CK or Master the Boards.