

Medical Student Peer Support Initiatives for Step Exams

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Objectives

- Discuss the development and implementation of Step 1 and Step 2 peer mentorship programs
 - Discuss strengths and weaknesses
 - Discuss different needs and requirements for Step 1 versus Step 2
- Gain ideas through Q&A with current medical students from across the Western Region
- Case scenarios highlighting:
 - Challenges of recruiting and training mentors
 - Addressing needs of mentees

Keck School of Medicine

- Step 1 1-on-1 mentorship program
 - Paired prior Step 1 takers with Step 1 studiers
 - Informal mentorship/guidance
 - Supervised by academic support staff
- Step 2 support program
 - M4 students leading weekly support group
 - Weekly check-ins on study progress
 - Reviewed NBME and Uworld questions with students
 - Pre- and post-program survey to track student progress and satisfaction

Program Goals: Step 2 Support

- Provide “unofficial” Step 2 support
- Create ~relatively~ stress free space to plan, study, and reflect
- Some content review and question strategy (not comprehensive)
 - Some structured, some “study-hall” format
- Not one-on-one tutoring, not intended to replace studying on your own
- Space to hold yourself accountable (if you want)
- Find out if this program is helpful and potentially replicate for future years/other medical schools
- We hope you find this helpful and come back every week!

DISCLAIMER

- Group of M4 medical students that enjoy teaching and want to help with Step 2 preparations. Most have at least some experience tutoring
- WE ARE NOT EXPERTS OR THE AUTHORITY ON STEP 2
- There is not a single approach to preparing for Step 2
- Our promise is to be open and transparent about our experience but remember your goals and experience should be your own
- USE THE ACADEMIC SUPPORT OFFICE



California University of Science and Medicine SCHOOL OF MEDICINE

- Peer Mentorship focused on pre-clinical curriculum and general medical school advice
- Peer Mentorship focuses on pairings be academic, specialty, or extracurricular interests
- Dedicated class/academic support staff geared towards Step 1 study strategies and content review
 - Faculty holds optional review course during dedicated/Professional development semester



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- Step advising is an unofficial part of mentorship
- Peer tutors are available for all levels and all topics of tutoring
- No official Step 2 course since dedicated is limited (less time from EM and Neurology rotation as MS3) but same faculty is available
- School provides 6 months of UWorld for Step 1 and 2 along with OME

- Academic support team
 - 3 full-time academic support staff
 - 80 tutors; over 600 peer tutoring matches each year
- More recent developments in Step 1 and Step 2 programming
- Peer tutors trained with intentional collaboration and sharing of study support materials



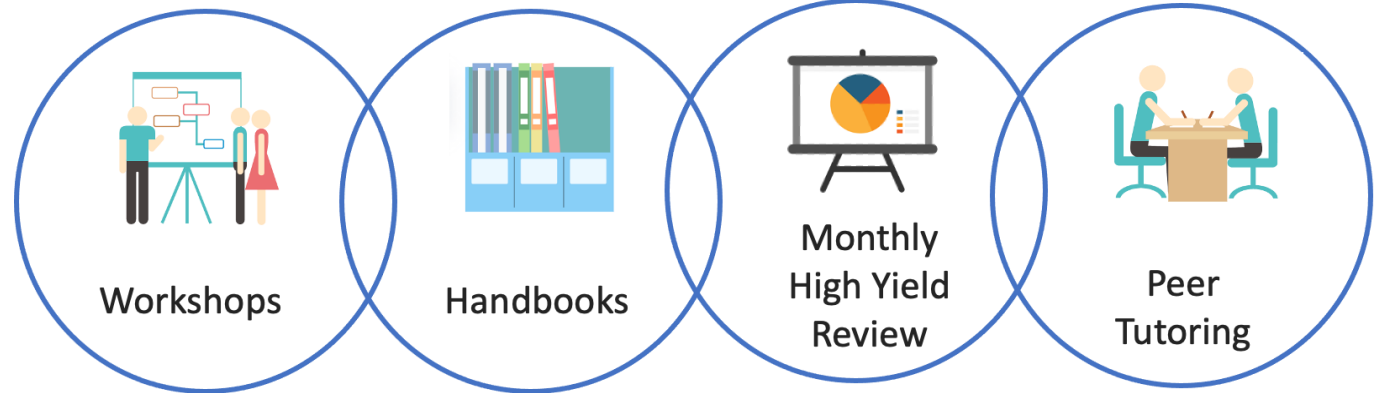
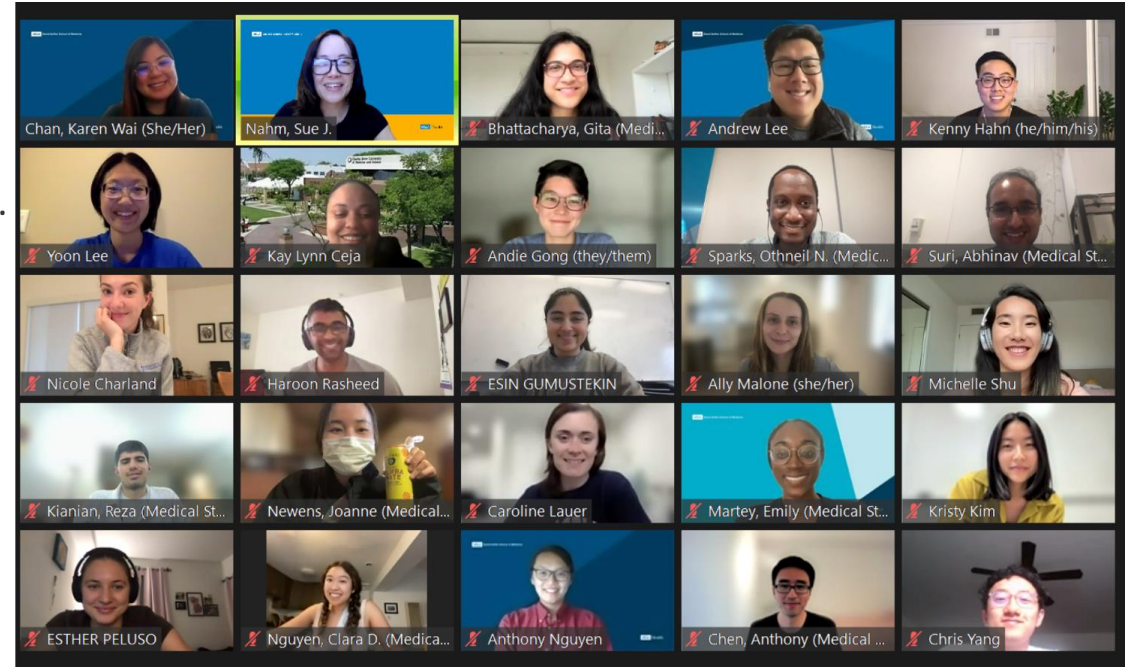
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Step 2 CK Handbook

A student-to-student guide for the USMLE Step 2 CK Clinical Knowledge Exam

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Agenda:



TEST-TAKING MENTALITY



INTERNAL SCRIPTS



SAMPLE ABSTRACT QUESTION



Q&A PANEL

Recommended Number of Weeks of Dedicated AY 2021-2022 (n=114)

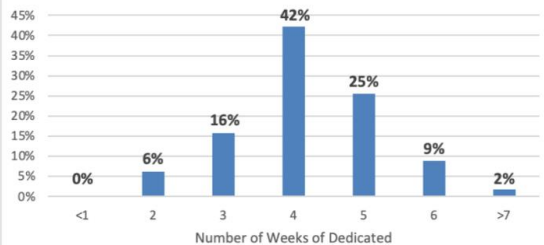


Table of Contents

A student-to-student guide for the USMLE Step 2 CK Clinical Knowledge Exam

INTRODUCTION	3
NUTS AND BOLTS OF STEP 2 CK	4
REGISTERING FOR THE TEST	4
APPLYING FOR TESTING ACCOMMODATIONS	5
TEST FORMAT	6
SETTING A GOAL	7
WHAT IS A GOOD SCORE	8
DESIGNING YOUR DEDICATED	9
WHEN SHOULD I TAKE STEP 2 CK?	9
SHOULD I TAKE STEP 2 CK BEFORE OR AFTER STEP 1?	10
WHEN SHOULD I START STUDYING FOR STEP 2 CK?	12
HOW MANY WEEKS SHOULD MY DEDICATED BE?	14
HOW MANY HOURS PER WEEK SHOULD I STUDY?	15
TAKING BREAKS DURING DEDICATED	16
TAKE-HOME POINTS	17
RESOURCES TO USE FOR STEP 2 CK	18
HOW MANY PASSES OF UWORLD?	19
PRACTICE TESTS	20
HOW DO PRACTICE TESTS COMPARE TO THE REAL EXAM?	21
KEYS TO SUCCESS	22
HOW IMPORTANT IS THE CONTENT CHANGE?	23
HOW DO I PREPARE FOR THE CONTENT CHANGE?	24
DEVELOPING A STUDY SCHEDULE	27
ADDITIONAL SUPPORT	30

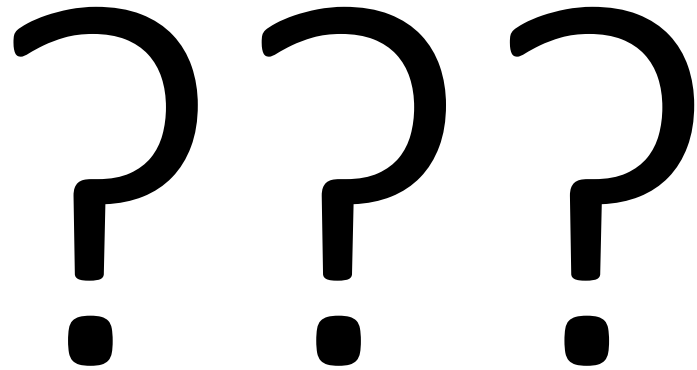
Week 1						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	UWorld 3 Blocks	UWorld 3 Blocks	UWorld 3 Blocks	UWorld 3 Blocks	UWorld 3 Blocks	Break
Week 2						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
NBME 6	UWorld 3 Blocks	UWorld 3 Blocks	UWorld 3 Blocks	UWorld 3 Blocks	UWorld 3 Blocks	Break
Week 3 - College Foundations						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
UWorld Sim 1	UWorld 20 Q's	UWorld 20 Q's	UWorld 20 Q's	UWorld 20 Q's	UWorld 20 Q's	Break
Week 4						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
NBME 7	UWorld 3 Blocks	UWorld 3 Blocks	UWorld 3 Blocks	UWorld 3 Blocks	UWorld 3 Blocks	Break
Week 5						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
NBME 8	UWorld 3 Blocks	UWorld 3 Blocks	UWorld 3 Blocks	UWorld 3 Blocks	UWorld 3 Blocks	Break
UWorld Sim 2						
Week 6						
Sun	Mon	Tue	Wed	Thu		
UWorld 3 Blocks	UWorld 3 Blocks	UWorld 3 Blocks	Light Review	Step 2 CK exam day		



All Files > DGSOM Tutor Resources > Step 1

NAME	UPDATED ↓	SIZE
Step 1 Workshops and Panels	Jan 26, 2023 by Gita Bhattacharya	104 Files
Step 1 Handbooks	Aug 26, 2021 by Karen Chan	4 Files
Step 1 High Yield Small Group Worksheets	Dec 6, 2019 by Karen Chan	59 Files
Sample Study Schedules	Dec 9, 2018 by Whitney Griggs	23 Files
Step 1 - Study Supplements	Oct 9, 2018 by Sue Nahm	2 Files
NBME test-taking and cues.pptx	Oct 23, 2022 by Gita Bhattacharya	41.9 KB
2024 Step 1 Considerations (Napolitano - 8.8.21).docx	Oct 21, 2021 by Sue Nahm	27.7 KB
AMBOSS_CardiologyQs.pptx	Mar 24, 2021 by A Prior Collabora...	18.3 MB

Medical Student Q&A: Ask Anything!!!!



Case Scenarios

- Example 1: “the struggling mentee”
- Example 2: “the know-it-all tutor”
- Example 3: “the busy tutor”
- Example 4: “the mentee that doesn’t ask for help”