

# USMLE Step 3

# 6 WEEK CALENDAR

This calendar requires 8+ hours of study time per day. The number of self-assessments available for Step 3 is limited, requiring creation of mock assessments with four 40Q QBank blocks together.

Flashcards should be made for all antibiotics, pathogens, and medications found in QBank. ANKI allows for guided repetition while studying the flashcards.

Each CCS case should be completed within the provided time limit. Review of a CCS case material should take 30 minutes to 1 hour.

## WEEK 1

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	PRACTICE TEST	CARDIO		PULM		GI	HEPATOLOGY
DAY	MOCK Practice Exam: Create Four UWORLD Timed Non-Tutor Blocks, Take in Succession	<ul style="list-style-type: none"> <li>Morning: 40 Q topic focused tutor mode, 40Q mixed subject tutor mode, and make flashcards</li> <li>Afternoon: Review QBank questions</li> <li>Late Afternoon: Complete two symptom focused CCS cases and review</li> </ul>					
<div style="text-align: right; font-size: 2em;">}</div> Remember to take breaks as needed for Lunch, Dinner, Personal needs (e.g., gym)							
■ Review exam, identifying areas of weakness	■ High Yield Review: Ischemic and Electrolyte ECGs ■ Review Flashcards (2hr)	■ High Yield Review: Dysrhythmic ECGs ■ Review Flashcards (2hr)	■ High Yield Review: Modes of Ventilation ■ Review Flashcards (2hr)	■ High Yield Review: Pulm procedure indications ■ Review Flashcards (2hr)	■ High Yield Review: Indications for scopes ■ Review Flashcards (2hr)	■ High Yield Review: Biliary procedures ■ Review Flashcards (2hr)	
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	

## WEEK 2

	REVIEW	RENAL	NEURO	PSYCH	TOXICOLOGY	
DAY	Review CCS Cases From the Past Week	<ul style="list-style-type: none"> <li>Morning: 40 Q topic focused tutor mode, 40Q mixed subject tutor mode, and make flashcards</li> <li>Afternoon: Review QBank questions</li> <li>Late Afternoon: Complete two symptom focused CCS cases and review</li> </ul>				
■ Review Flashcards (2hr)	■ High Yield Review: Electrolyte Derangements ■ Review Flashcards (2hr)	■ High Yield Review: Dialysis indications ■ Review Flashcards (2hr)	■ High Yield Review: CSF Interpretation ■ Review Flashcards (2hr)	■ High Yield Review: Cranial nerves ■ Review Flashcards (2hr)	■ High Yield Review: Personality D/O ■ Review Flashcards (2hr)	■ High Yield Review: Intoxication and Withdrawal ■ Review Flashcards (2hr)
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14



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Completing a 40Q QBank block in tutor mode should take 2-3 hours, allowing time to read explanations and make flashcards. Completing a 40Q timed block should take 1 hour, with 1-2 hours allotted for review.

When doing CCS cases, have a set of basic labs and nursing interventions that you order for every case; this will differ between adult and pediatric. Then, add in the orders that are specific to the chief complaint.

The best time to take Step 3 is mid-way through intern year on a low-stress clinical or research rotation.

## WEEK 3

		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		REVIEW	HEME	ONCOLOGY	OBSTETRICS	GYNECOLOGY		
DAY		Review CCS Cases From the Past Week	<ul style="list-style-type: none"> <li>Morning: 40 Q topic focused tutor mode, 40Q mixed subject tutor mode, and make flashcards</li> <li>Afternoon: Review QBank questions</li> <li>Late Afternoon: Complete two symptom focused CCS cases and review</li> </ul>					
EVENING		Review Flashcards (2hr)	<ul style="list-style-type: none"> <li>High Yield Review: CBC and Smear</li> <li>Review Flashcards (2hr)</li> </ul>	<ul style="list-style-type: none"> <li>High Yield Review: Anti-coagulant Reversal</li> <li>Review Flashcards (2hr)</li> </ul>	<ul style="list-style-type: none"> <li>High Yield Review: Cancer screening</li> <li>Review Flashcards (2hr)</li> </ul>	<ul style="list-style-type: none"> <li>High Yield Review: Immunocompromised infections</li> <li>Review Flashcards (2hr)</li> </ul>	<ul style="list-style-type: none"> <li>High Yield Review: Prenatal screening</li> <li>Review Flashcards (2hr)</li> </ul>	<ul style="list-style-type: none"> <li>High Yield Review: STI screening</li> <li>Review Flashcards (2hr)</li> </ul>
		DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21

Remember to take breaks as needed for Lunch, Dinner, Personal needs (e.g., gym)

## WEEK 4

		REVIEW	MALE GU	ENDROCRINE	ORTHO	RHEUM
DAY		Review CCS Cases From the Past Week	<ul style="list-style-type: none"> <li>Morning: 40 Q topic focused tutor mode, 40Q mixed subject TIMED mode, and make flashcards</li> <li>Afternoon: Review QBank questions</li> <li>Late Afternoon: Complete two symptom focused CCS cases and review</li> </ul>			
EVENING		Review Flashcards (2hr)	Review Flashcards (2hr)	<ul style="list-style-type: none"> <li>High Yield Review: Diagnostic algorithms</li> <li>Review Flashcards (2hr)</li> </ul>	<ul style="list-style-type: none"> <li>High Yield Review: Emergencies</li> <li>Review Flashcards (2hr)</li> </ul>	<ul style="list-style-type: none"> <li>High Yield Review: Arthrocentesis interpretation</li> <li>Review Flashcards (2hr)</li> </ul>
		DAY 22	DAY 23	DAY 24	DAY 25	DAY 26
		DAY 27	DAY 28			



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Focus your time on the organ systems you don't routinely see during your clinical work in order to review material that is less familiar.

By the last two weeks of studying, you should be scoring >75% on timed CCS cases.

COMLEX Level 3 differs from USMLE Step 3 in the case based portion of the exam, and CDM cases should be substituted for CCS cases on this schedule.

Step 3 is a two day exam. **Day 1:** Approximately 232 MCQs, divided into six 60-minute blocks. The Day 1 test session is approximately 7 hours. **Day 2:** Approximately 180 MCQs, divided into six 45-minute blocks and 13 computer-based case simulations (CCS); each simulation is allotted a maximum of 10 or 20 minutes of real time. The Day 2 test session is approximately 9 hours.

## WEEK 5

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	PRACTICE TEST	DERM	ENT / OPHTH	PEDIATRICS	AMBULATORY	ETHICS / BIOSTATS	
DAY	UW Practice EXAM #1 + 4 CCS Cases	<ul style="list-style-type: none"> <li>Morning: 40 Q topic focused tutor mode, 40Q mixed subject TIMED mode, and make flashcards</li> <li>Afternoon: Review QBank questions</li> <li>Late Afternoon: Complete two symptom focused CCS cases and review</li> </ul>					Complete UW Biostats Supplementary Review
EVENING	Review Exam	<ul style="list-style-type: none"> <li>High Yield Review: "Erythemas"</li> <li>Review Flashcards (2hr)</li> </ul>	<ul style="list-style-type: none"> <li>High Yield Review: Slit lamp findings</li> <li>Review Flashcards (2hr)</li> </ul>	<ul style="list-style-type: none"> <li>High Yield Review: Vaccines and Development</li> <li>Review Flashcards (2hr)</li> </ul>	Review Flashcards (2hr)	<ul style="list-style-type: none"> <li>High Yield Review: Screening Guidelines</li> <li>Review Flashcards (2hr)</li> </ul>	Review Flashcards (2hr)
	DAY 29	DAY 30	DAY 31	DAY 32	DAY 33	DAY 34	DAY 35

## WEEK 6

	PRACTICE TEST	INCORRECTS				TEST DAY #1	TEST DAY #2
DAY	UW Practice EXAM #2 + 4 CCS Cases	<ul style="list-style-type: none"> <li>Morning: 80-120Q Incorrect QBank Questions Timed</li> <li>Afternoon: Review QBank Questions</li> <li>Late Afternoon: Complete 4 of lowest percentage CCS Cases</li> </ul>					
EVENING	Review Exam	<ul style="list-style-type: none"> <li>Review CCS Cases</li> <li>Review Flashcards (2hr)</li> </ul>	<ul style="list-style-type: none"> <li>Review CCS Cases</li> <li>Review Flashcards (2hr)</li> </ul>	<ul style="list-style-type: none"> <li>Review CCS Cases</li> <li>Review Flashcards (2hr)</li> </ul>	<ul style="list-style-type: none"> <li>Review CCS Cases</li> <li>Review Flashcards (2hr)</li> </ul>		
	DAY 36	DAY 37	DAY 38	DAY 39	DAY 40		