## 5 WEEK CALENDAR



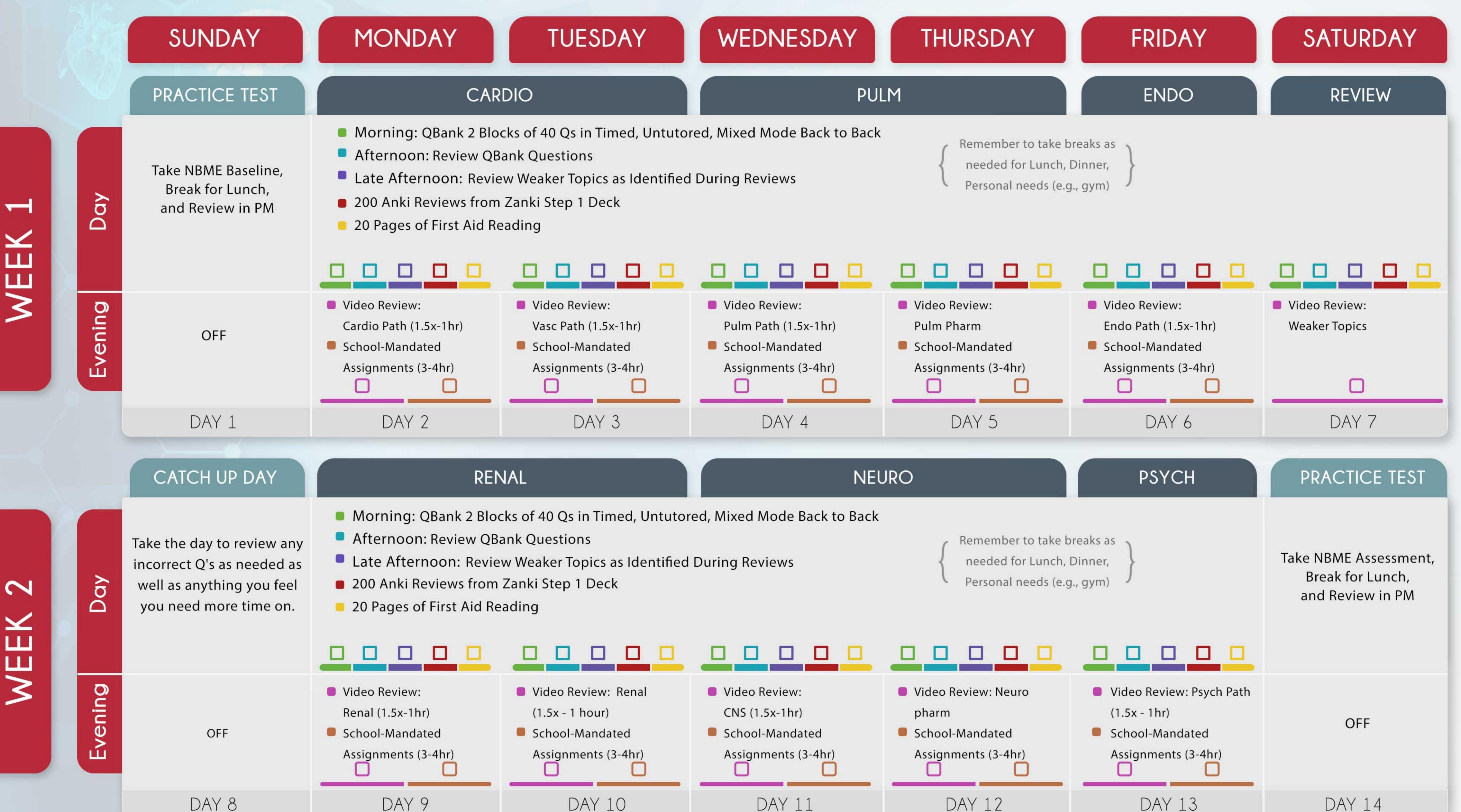
This calendar requires 10+
hours of dedicated study
time per day. A minimum of
2 assessments (NBME /
QBank) should be taken
prior to test day.

We recommend completing a MINI-MUM of 80 QBank questions per day. During the 5 weeks, you should transition from doing questions in tutor mode to timed mode as you get ready for your exam.

QBank review should incorporate other resources like review books, visual mnemonics, flashcards, videos, & more. Use the Q's as an opportunity to review each subject & identify problem areas.

Completing a 40 Q block in **timed mode** should take 1 hour with an additional 2 to 3 hours afterwards spent reviewing (maximum 4 hours). Completing a 40 Q block on **tutor mode** should take about 3-4 hours, allowing for time to read explanations & make flashcards.

CBSE ('the Comp') has very similar content coverage to Step 1, and many of the questions are retired from old USMLEs. Thus, some of the questions are awkwardly worded or may have answer choices that aren't as up to date as they should be. However, mastering the content on the CBSE will set you up well for the USMLE. Exposure to NBME style questions is key. Consider doing practice questions from purchased NBME exams from the official NBME website.



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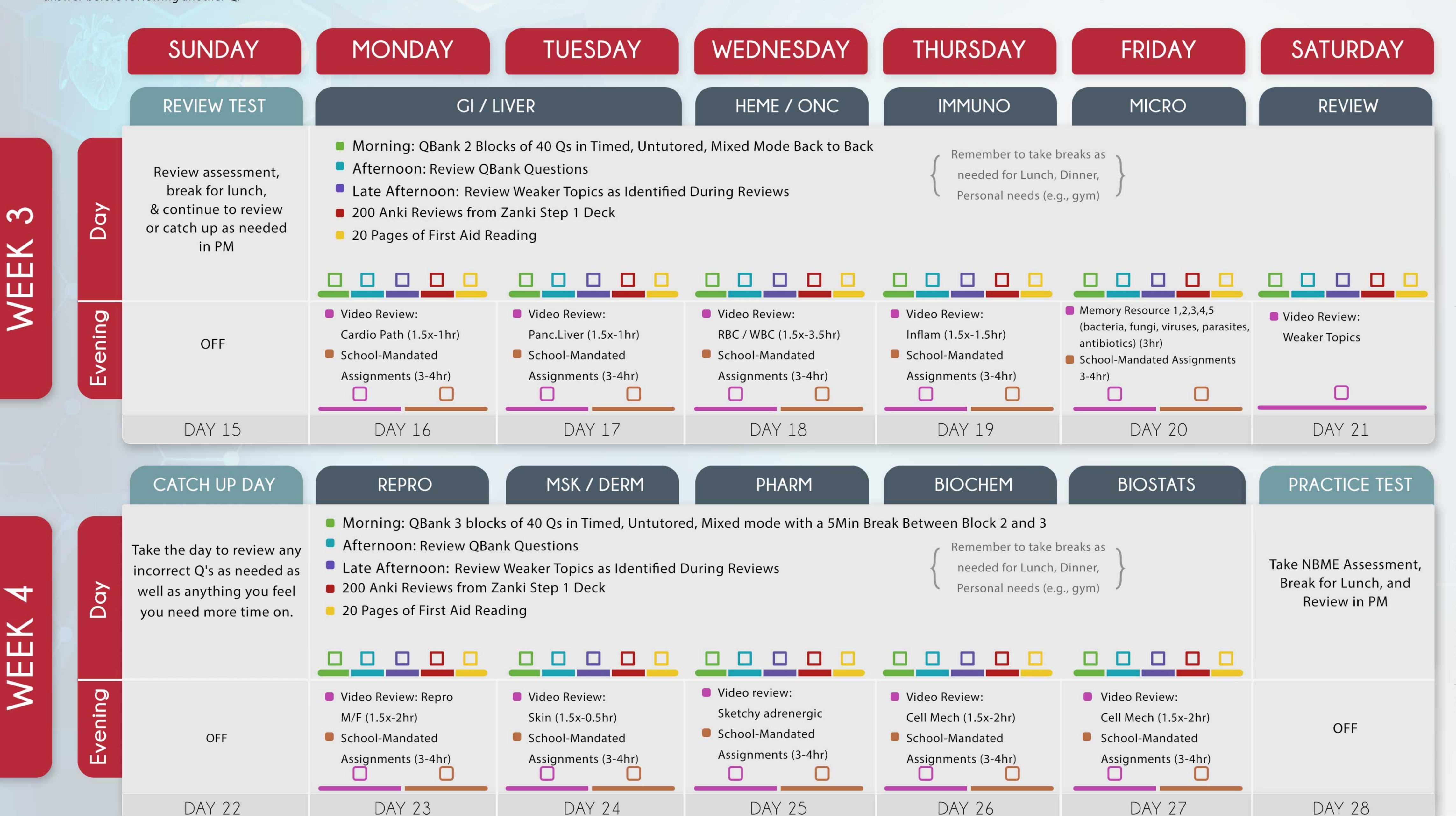
When reviewing incorrect Q's in QBank, treat these blocks as flashcards. If you remember the correct answer by sight alone, be sure to test yourself before hitting "submit." Test yourself by recalling the underlying reason/explanation for the correct answer before reviewing another Q.

Don't stress over getting Q's wrong! Starting your day with QBank Q's acts as a "pre-test" to maximize your study time by identifying topics you know well & topics needing supplement with flash-cards &/or a video learning resource.

For QBank blocks, we do not recommend reviewing more than 20-40 Q's in one sitting.

Take small 5-10 min breaks between Q sets to avoid burnout.

Spaced repetition is important! When the study calendar says "Flashcard Review" without specifying a particular subject, you should be reviewing **all your cards!** 



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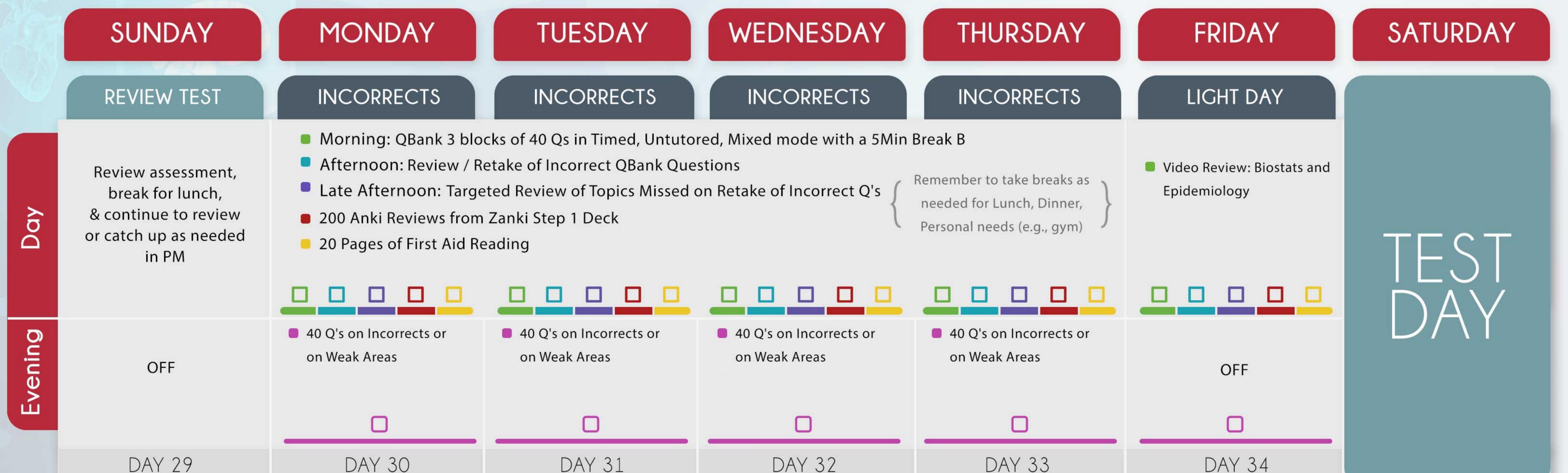


The week before your exam anxiety may be high. Be kind to your-self & take small additional breaks if you need them! Resist the temptation to stray from the study schedule & frantically "crash review" everything you've ever studied in the final days leading up to your exam. When you do this, you risk exam day fatigue.

We **DO NOT** advise taking a practice test less than 5 days before your exam. Athletes don't run a full marathon the day before the real thing!

Spend the day before the exam doing light review & practice writing out a "cheat sheet" of stats equations, Winter's Formula, etc. if you plan to jot some reminders down on your whiteboard when you enter the exam room.

Aim to pass the CBSE on the 1st attempt. If a passing score is not achieved, the earliest a retake can usually be scheduled is between 2-6 weeks. After the 1st attempt, most students prep alone at home, which can be harder/more distracting than passing while still on campus. Also, each failed attempt further delays you getting to the clinical rotations. Put the work in up front!





If at the end of this study period you are not ready, remember you have options:

- This study planner was designed to be completed 1 week earlier than most dedicated study periods. Give yourself the extra week to review anything you need more time on.
- Elite Medical Prep tutors are here to help. Contact us for a consultation to get started.
   Info@elitemedicalprep.com ►+1 (508) 928-7737

For More Resources

