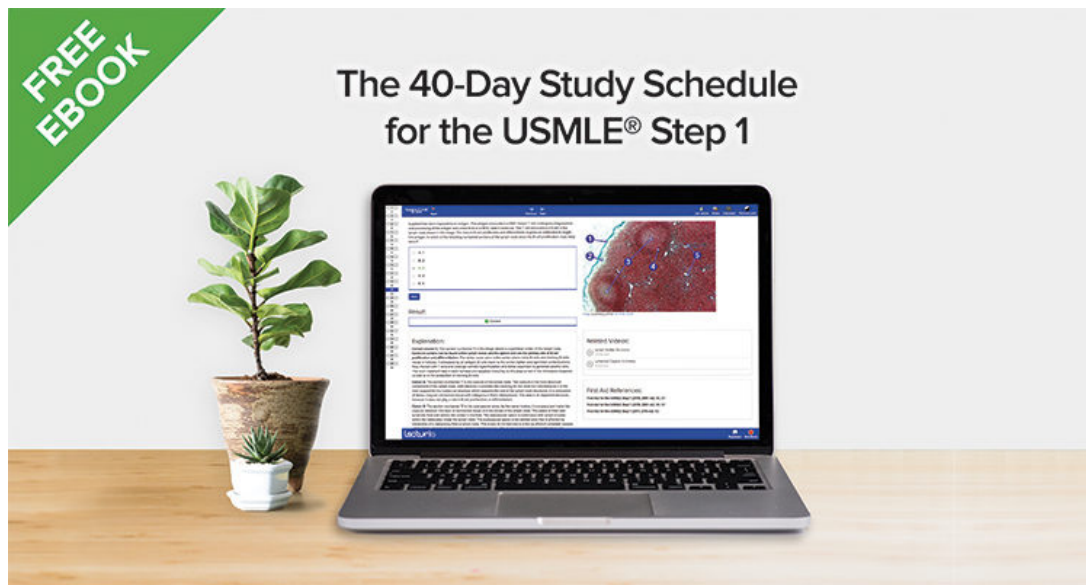


The 40-Day Study Schedule for the USMLE® Step 1 (FREE eBook)

[See online here](#)

Is your USMLE exam less than 2 months away? This 40-day study schedule will teach you how to study strategically and make most out of each day! For the next 40 days, you will - by adopting this schedule - use a Qbank to learn high-yield medical concepts and test-taking strategies. Each Qbank question you complete during this period will expand your knowledge-base and familiarize you with the best way to work through other questions like it. For the next 40 days, you will - by adopting this schedule - use a Qbank to learn high-yield medical concepts and test-taking strategies. Each Qbank question you complete during this period will expand your knowledge-base and familiarize you with the best way to work through other questions like it. Download your free eBook now!



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Why we created this schedule

Traditionally, students spend roughly three months studying in a dedicated fashion for the USMLE Step 1 exam. However, life does not always give you a dedicated 3-month period to study for Step 1. For example, some medical schools may only permit six weeks or less of dedicated study time or students may find themselves in situations in which they only have a few weeks for intense USMLE Step 1 studying. When life gives you lemons, make lemonade! When life gives you one month to crush the USMLE Step 1 exam, study strategically and make the most out of each day. This is why we created this [40-day study schedule](#) for the USMLE Step 1.

How this schedule was created

The key to successfully studying for the USMLE Step 1 exam is to carefully choose the right resources, know how to effectively study with them, and be able to implement the ideal strategies for taking this unique exam. Med school upperclassmen have long been the primary source of information about taking USMLE Step 1. First-year med students have long turned to them for advice on how to do well on this exam. The idea behind Lecturio as a USMLE Step 1 resource is to give you even more information and advice than you could ever possibly receive from upperclassmen alone.

We developed our approach by working directly with medical students, residents, and attending physicians across the nation. We picked the minds of those whose own USMLE Step 1 scores were sky-high. We asked them to explain how they studied for the exam in the very short time they had available. We analyzed their responses and used those insights as the basis for creating what we believe is the most effective USMLE Step 1 study strategy.

How to use the schedule

Our study schedule recognizes that you have very little time in which to prepare for the test. Due to the brevity of the study timeframe, we recommend you exclusively prepare with the aid of a Qbank. You should strive to complete two blocks of Qbank questions each day. This is the recommended number that will allow you to fully finish each block and have sufficient time to go back over the answers to learn why your correct choices were right and why your incorrect choices were wrong.

In order to get the most out of the Qbank, it's extremely advisable to always complete sessions of 40 questions each. There is no value in sitting down to do any more or less than 40 questions at a time. The rationale here is that 40 is the number of questions each real USMLE question block contains.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	Bio-chemistry	Bio-chemistry	Immunology	Immunology	Microbiology	Microbiology	Pathology
Week 2	Pathology	Pathology	Pharmacology	Biostatistics	General Principles	Cardio-vascular	Cardio-vascular
Week 3	Endocrine	Endocrine	RELAX!	Gastro-intestinal	Gastro-intestinal	Hematology & Oncology	Hematology & Oncology
Week 4	MCT	MCT	Neurology	Neurology	Neurology	Renal	Reproductive
Week 5	Respiratory	Pathology all Systems	Simulation	Simulation	Exam Simulation		

Overview Study Schedule

Having now worked your way through the entire 40-day schedule, you're ready to take USMLE Step 1! You deserve a super-big pat on the back. These last 40 days, filled with intense studying, were exhausting. But you will soon reap the rewards of your investment of time and highly focused efforts.

When you walk into the USMLE testing center, you will do so well-prepared. Just as importantly, you will arrive with the right mindset – a mental frame of thinking that will let you be in control from start to finish. After following the advice in this [40-day study schedule](#), you should be in great shape on test day. Oh, sure, you might be nervous, but the confidence you have built up in yourself over the course of 40 days of intensive study can go a long way towards helping you overcome any amount of jitters. This is a test you can dominate because you're ready for it. This is a test you can score outrageously well on because you made the commitment of time to hone your knowledge and to excel. You have what it takes to achieve the USMLE Step 1 score of your dreams!

Good things are coming. Just keep going...!

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