

**Advising – Study schedule for Step 1**  
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*Important concepts:*

- Organization and discipline – sticking to a plan, no bleeding over to the next day
- Retrieval practice as learning tool
- Focused and random sets of questions each day
- Gaining confidence through topic revision and repetition

*Strategy*

- Identify a single discipline or organ system on which to focus each day.
- Ensure that all disciplines/organ systems will be covered before you take Step 1

*Recommended Daily schedule*

N	Function	Time	Comments
1	40 questions, focused, timed	1 hour	
2	Review results, only incorrect questions	30 mins	Must stay on schedule, learn from overview of results about areas of need
3	Review content using favorite resources (Pathoma, Anki)	4 hours	
4	40 questions, focused, timed	1 hour	Same topic (organ system/discipline) as item 1
5	Review results, only incorrect questions	30 mins	Self-assess progress, any new areas of need
6	(Content review, as needed)	1-3 hours	
7	40 questions, random, timed	1 hour	