

# USMLE Preparation Checklist and Study Planner

A Complete Step-by-Step Guide for Step 1, Step 2 CK, and Step 3

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**Title:** USMLE Prep Checklist & Study Planner

**Subtitle:** Your Ultimate Roadmap to Passing the USMLE Exam

**Website:** <https://dedicatedprep.com/>

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## ➤ Quick Overview

The USMLE exam is the standardized pathway to medical licensure in the United States. This checklist breaks down everything you need to *study effectively, plan your time, track your progress, and succeed* across Step 1, Step 2 CK, and Step 3.

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## ❖ About the USMLE Exam

The **United States Medical Licensing Examination (USMLE)** is a multi-part exam doctors must pass for medical licensure in the U.S. It tests foundational science, clinical reasoning, and applied patient care skills.

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# USMLE Content Topics — What You Need to Know

## Step 1 Content Areas (Foundational Sciences)

These subjects form the core of Step 1:

- Anatomy
- Biochemistry & Nutrition
- Pathology
- Physiology
- Pharmacology
- Microbiology
- Immunology
- Behavioral Sciences

These areas are tested through integrated questions that require scientific reasoning and clinical application.

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## Step 2 CK Topics (Clinical Knowledge)

This step tests your ability to apply clinical science:

- Internal Medicine
- Surgery
- Pediatrics
- Psychiatry
- Obstetrics & Gynecology

Step 2 CK questions focus on solving real clinical problems and interpreting patient data.

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## Step 3 Topics (Clinical Decision-Making)

Step 3 evaluates your ability to manage patient care independently:

- Patient diagnosis
- Management & treatment
- Clinical case simulations
- Prognosis
- Independent decisions

This step is the closest to real-world patient care scenarios.

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## **Step-by-Step Checklist**

### **General Prep Essentials**

- Create a customized study plan
  - Set target exam dates for all steps
  - Gather high-yield resources (Qbanks, NBME, guides)
  - Schedule practice tests at regular intervals
  - Track performance + weak areas
  - Budget > register > schedule exams early
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### **Step 1 Checklist (Basic Sciences)**

Subject Areas:

- Anatomy
- Biochemistry & Nutrition
- Pathology
- Physiology
- Pharmacology
- Microbiology
- Immunology
- Behavioral Sciences

Study Actions:

- Complete UWorld Step 1 QBank
  - Take official NBME practice exams
  - Review with First Aid + Pathoma
  - Daily flashcards (Anki)
  - Weekly review + timed practice
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### **Step 2 CK Checklist (Clinical Applications)**

Clinical Areas:

- Internal Medicine
- Surgery
- Pediatrics
- Psychiatry
- Obstetrics & Gynecology

Study Actions:

- Finish UWorld Step 2 CK QBank
  - Practice clinical vignettes
  - Timed mock exams weekly
  - Track incorrects and revisit concepts
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## **Step 3 Checklist (Practice & Decisions)**

Topic Areas:

- Patient Diagnosis
- Case Management
- Clinical Simulation Practice
- Prognosis & Decisions

Study Actions:

- Complete Step 3 QBank + CCS simulations
  - Full-length practice exams
  - Break down simulation questions
  - Review patterns + improve weak areas
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## **Suggested Study Timetables**

### **16-Week Plan — Step 1**

<b>Week</b>	<b>Focus</b>
1-2	Anatomy + Physiology overview

<b>Week</b>	<b>Focus</b>
3-4	Biochemistry + Microbiology
5-6	Pathology Systems
7-8	Pharmacology + Integrated review
9-10	Mixed QBank practice
11-12	Full-length practice tests
13-14	Reinforce weak areas
15-16	Final review & rest

*(Apply similar structure for Step 2 CK and Step 3 by dividing clinical subjects into blocks.)*

## **Progress Tracker (Printable Table)**

**Date Resource Topic Completion % Mock Score Notes**

### **Exam Logistics**

- Check eligibility requirements
- Register through NBME/FSMB
- Submit fees + confirmations
- Schedule through Prometric
- Confirm test time & location
- Review cancellation/rescheduling policy

### **Final Pre-Exam Actions**

- Confirm Prometric admission
- Print arm band confirmation
- Pack valid ID + essentials
- Rest well before exam
- Quick review of high-yield topics

## ? FAQs

**Q1: How hard is the USMLE exam?**

It's challenging but conquerable with correct study strategy and high-yield practice.

**Q2: How long is the USMLE exam?**

Step 1 ~ 8 hrs, Step 2 CK ~ 9 hrs, Step 3 ~ two days (~16 hrs total).

**Q3: How to cancel the USMLE Step 1 exam?**

Cancel or reschedule via Prometric before your eligibility window (fees may apply).

**Q4: How to register for USMLE Step 1?**

Register through the official NBME or FSMB channel, verify eligibility, then schedule with Prometric.

**Q5: When are USMLE exams taken?**

Commonly: Step 1 after basic sciences; Step 2 CK during clinical years; Step 3 after graduation.

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***BEST OF LUCK  
STUDENST!***