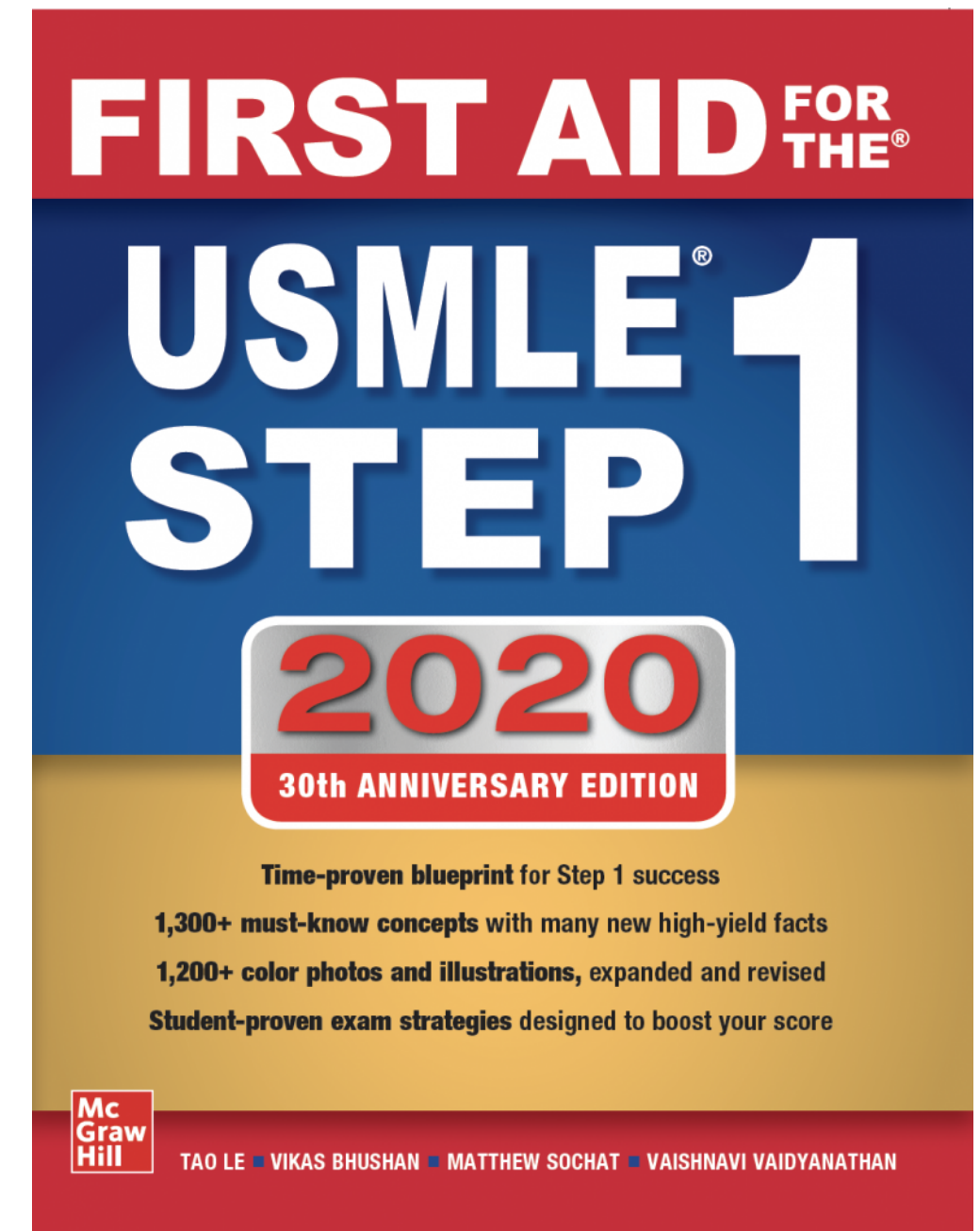


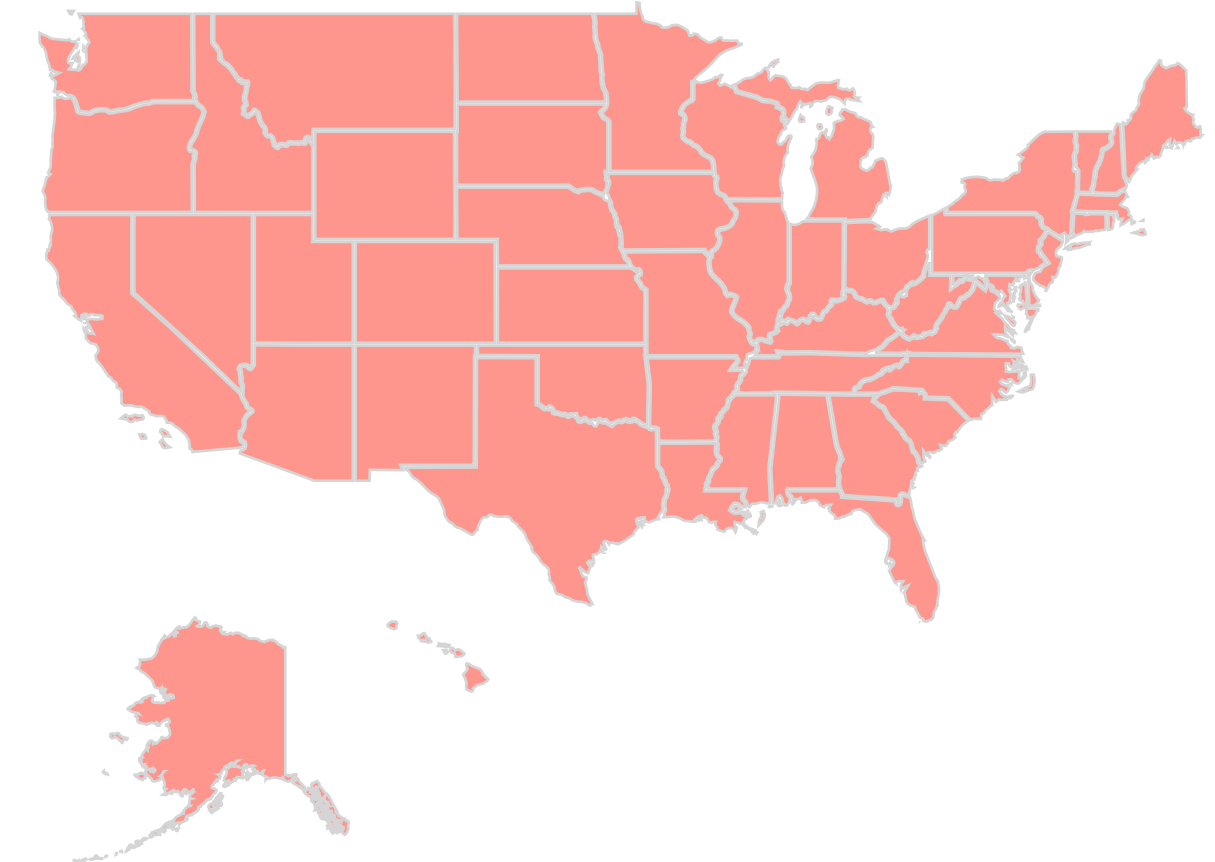
USMLE STEP 1 EXPERIENCE

We either make ourselves miserable or make ourselves strong. The amount of work is the same.



Alhassan Al Mostaneer

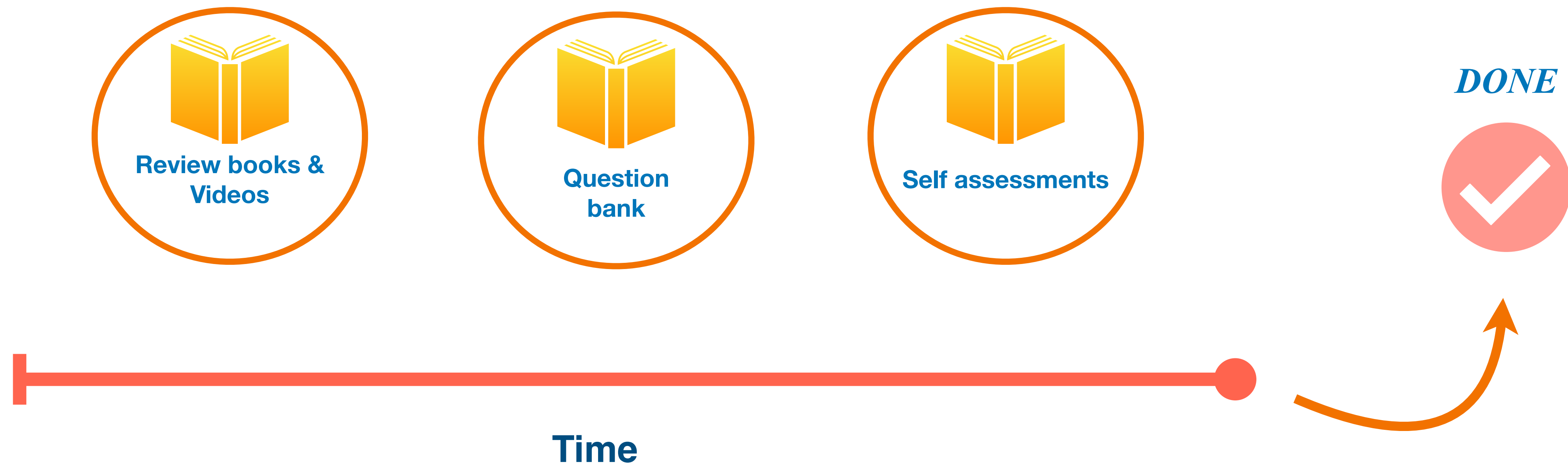
**Neurology Resident | King Saud Medical
city | Riyadh**



[@HSHM20 \(Click here to follow\)](#)

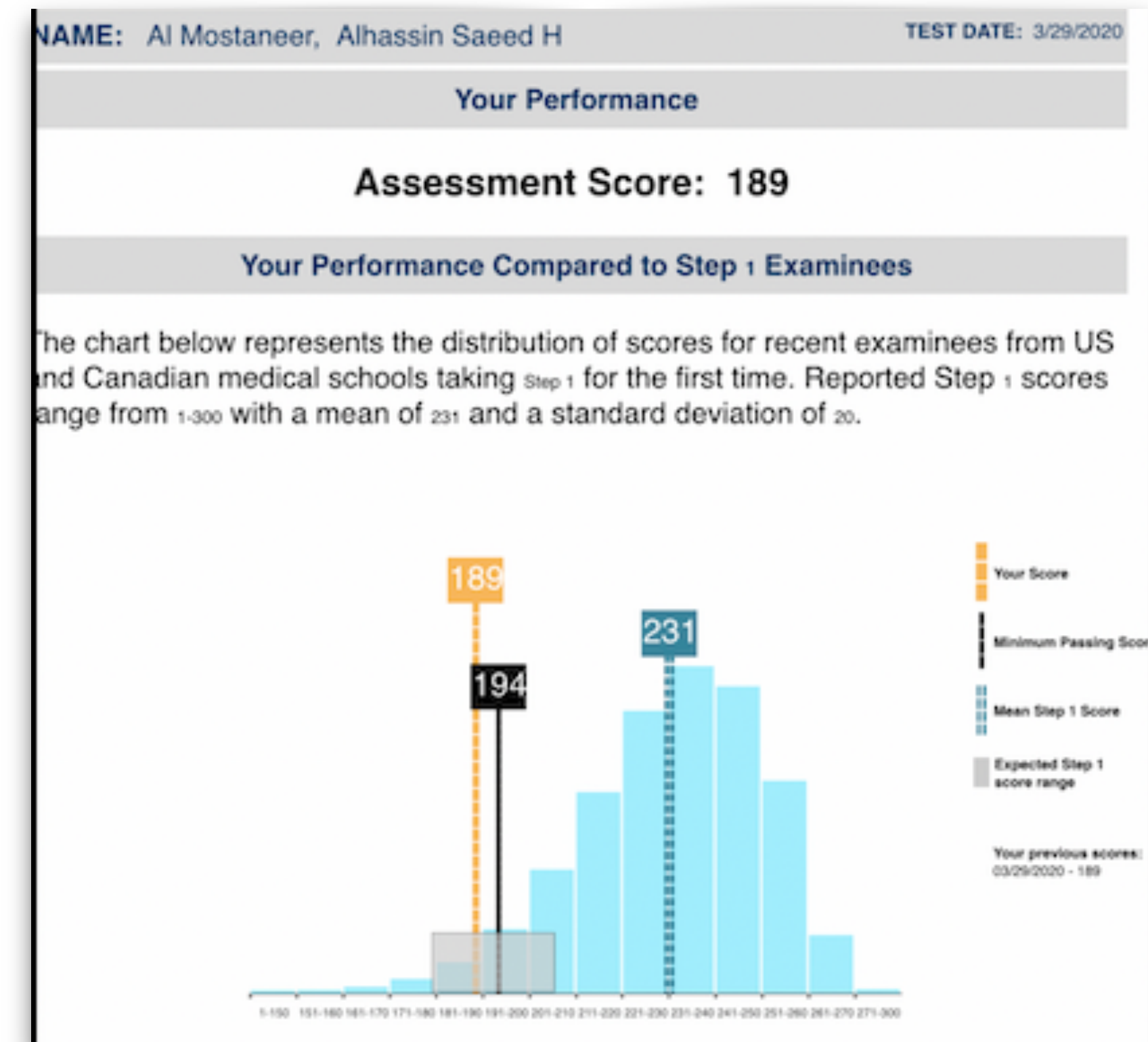
OVERVIEW

- Duration *12 months (1 month gap) all during a full residency program.*
- Exam date *04/04/2021.*
- Real score *ABOVE AVERAGE.*



Baseline

- I thought it was an important step to see where I stand before starting the real prep.
 - *It helps a lot on what to focus on more.*
- I decided to take NBME 18
- My experience with step 1 was after step 2 CK so I was familiar with the USMLE questions style.



“Don't give up on a dream just because of the time it will take to accomplish it. *The time will pass anyway.*”

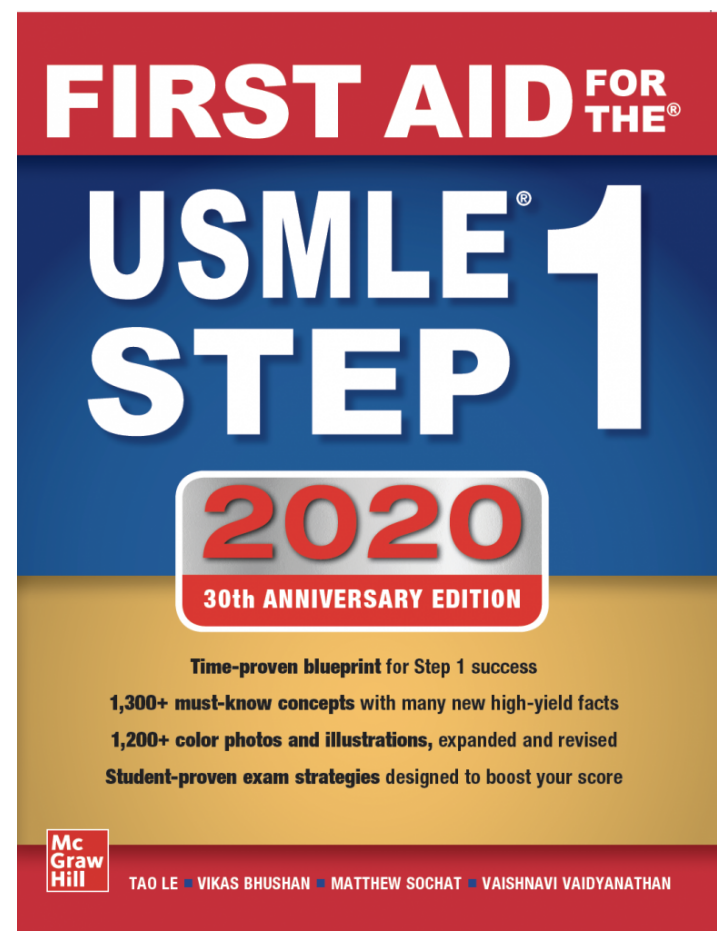


@HSHM20 (Click here to follow)

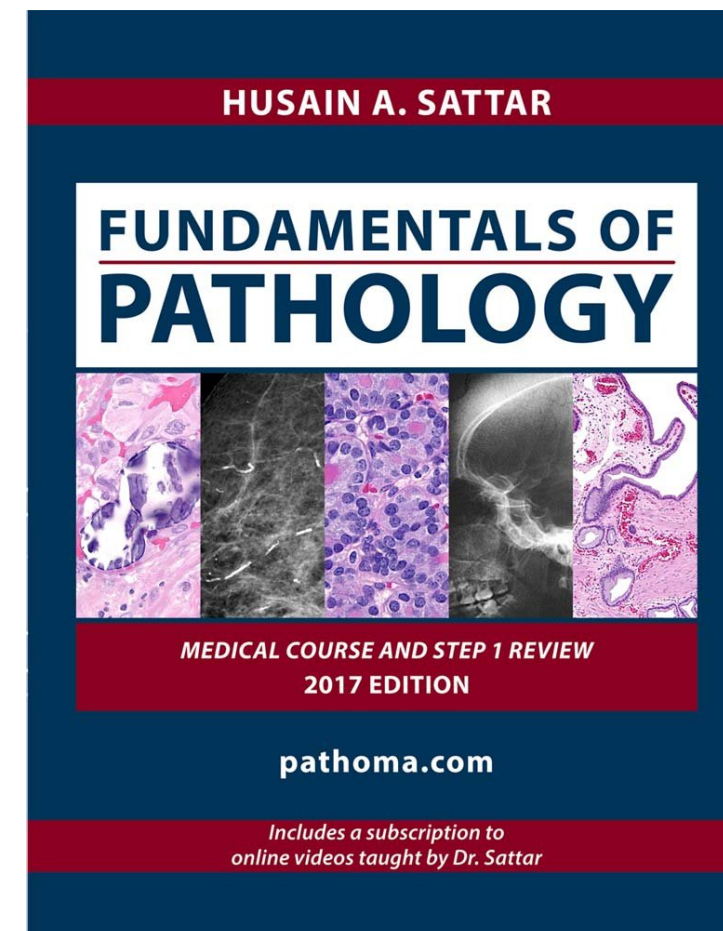
REVIEW BOOK & VIDEOS



Review books & Videos



- **The Most important resource**
- From day 1 alongside with B&B
- I Started with Organ system then Basics



- I went through the Textbook only.
- **Very important.**



- ZANKI Deck, covers FA and Pathoma
- I used it on a daily basis (I tried)
- Very helpful and **highly recommended**
- After each chapter, I used to review its ANKI cards & keep reviewing.

- **Space repetition ANKI (CLICK)**



Boards & Beyond
STUDY SMARTER™

- Very helpful to understand the the tiny details on First aid.
- From day 1 alongside with FA



SketchyMicro

- Sketchy then FA
- All you need for Microbiology!
- **Highly recommended**



@HSHM20 ([Click here to follow](#))

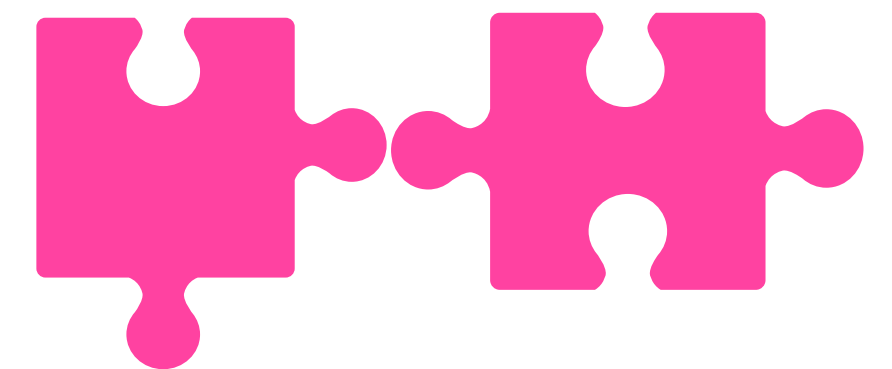
QUESTION BANKS



Question banks



- Overall the most important question bank
- I went through it once, and 100 of the incorrect questions. (**BIG mistake**)
- I would make sure to go through it once and a half (by doing all the incorrect **AT LEAST!**)



“Problem solving is the best example of active learning.”



- I did 50% - system wise at the early stages
- I would not recommend it unless **you MASTERED UWORLD first**
- Questions ofc help but make sure to choose wisely based on, how much time you have.



@HSHM20 ([Click here to follow](#))

SELF ASSESSMENTS

UWSA 1 8 days to go!

27/03/2021

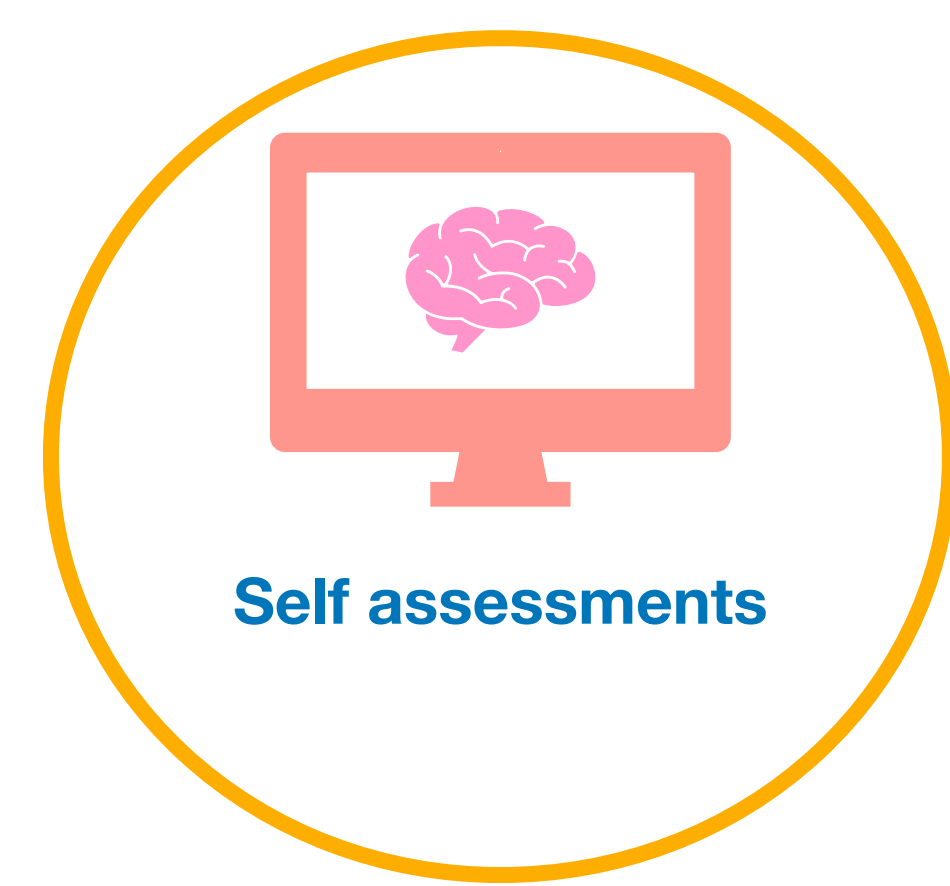
UWorld STEP1 SIM Form 1

UserId: 800311

Name: Alhassin Al Mostaneer

Assessment Score* : 600

Approximate 3 Digit Score** : 249



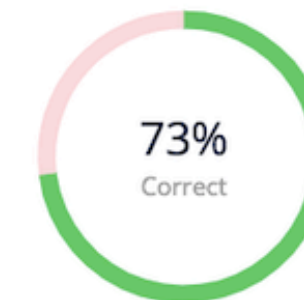
FREE 120 questions 2 days to go!

Result Summary

You have correctly answered:

37 out of 40 on Exam Section 1 – 93% correct
31 out of 40 on Exam Section 2 – 78% correct
32 out of 40 on Exam Section 3 – 80% correct
100 out of 120 for this examination – 83% correct

UW overall performance

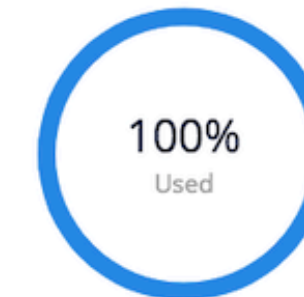


Your Score

Total Correct	2491
Total Incorrect	941
Total Omitted	2

Answer Changes

Correct to Incorrect	8
Incorrect to Correct	23
Incorrect to Incorrect	0



QBank Usage

Used Questions	3424
Unused Questions	0
Total Questions	3424

Test Count

Tests Created	94
Tests Completed	94
Suspended Tests	0



@HSHM20 ([Click here to follow](#))

FINAL WORD

- It is extremely important to be relaxed & confident - this really has big effect - Ok to be a bit, very little stressed but focus hard)
- Short breaks after each block help.
- It is completely normal to feel fully unprepared (you won't feel prepared anyway!)
- **Do not overthink.**
- The exam is doable, it is meant to be hard but, do not let the hard questions distract you & remember that you did your best and that is enough.



Believe in yourself & set high goals because we all can do it! & **Be proud of the outcome no matter what.**

