

# OnlineMedEd

## Study Plans



## Study Plan #1 Once-A-Day, Year-Long (Our Vision):

Assumptions we made:

1. Medicine is 3 months
2. Surgery is 2 months
3. Ob / Gyn is 2 months
4. Pediatrics is 2 months
5. Neurology is 1 month
6. Psychiatry is 1 month

With these assumptions, the course was designed to have roughly 210 total videos. Taking the annual approach you'll easily be able to get through every lecture if you just do one a day. Each topic has a **video, notes, audio, Qbank**, and a corresponding section in the **QuickTables** and **flash cards**.

The idea is that you'll:

1. Prime: Read the notes
2. Acquire: Watch the video
3. Challenge: Do the Qbank
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4. Enforce: Read the QuickTables once a week, Flashback Flashcards every day.

Here's the rationale: By reading, listening/watching, then practicing you take maximum advantage of understanding and retention. The question answer explanations provide feedback and let you know whether or not you need to go back over the material. We could put this into fancy schmancy educational words, but the point is you have to learn the content (read, watch) then follow it up from a perspective you haven't seen yet (the questions).

Everyone knows **repetition** is essential to hold onto what you've learned. That's what the QuickTables and flashcards are for. Buzzwords, memory queues, and word association - it builds the necessary synaptic connections needed to really solidify the information.

The only time this gets a little hairy is in **Internal Medicine**; it's a HUGE topic. **If you have a 2-month rotation** you have to selectively choose what to learn and leave off, or double-up the effort. See the year-long study guide on the resources page for more advice there.

## Study Plan #2: Step Prep - After OnlineMedEd

This plan is for someone who used us through the entire year. You watched every video, read every note, and did our questions to prepare for shelves. You're already armed with the knowledge needed. It may not be apparent, but it's there.

Let's make you into a powerhouse.

There are two ways to do this:

1. Thanks OnlineMedEd, but peace. Get a review book like First Aid, Step Up, Master the Boards and grab a UWorld sub (our competitors). Never look at our content again; the foundation's been built. You might reference your notes from your time here, but since you crushed the shelves using our course already, you've gotten what you needed from us. We recommend **2-4 weeks** of UWorld, a read or two through a review book, and then take the test.
2. Remind me what's in my head OnlineMedEd. Watch every video again; do it at 1.5-2x speed. **DON'T TAKE NOTES.** Just watch the videos again. Read through the QuickTables; ensure you get through it twice. Grab UWorld and do it on timed mode. Or, if you never used our Qbank, get training. Practice!

*Why are you telling me to buy UWorld? Why don't you do it better than they do?*

UWorld doesn't have good questions. Their answer explanations are often weak and have some crap article to, "cite evidence." They also often mold their questions (test the same thing 5 different ways) which lets them appear to have, "so many questions." That said, what they do REALLY WELL is give you the feel for the test on test day; their software is nearly identical to the way the real thing looks and functions. We purposely didn't do that - we use the questions as an advanced education principle to solidify the knowledge you learn from us. But UWorld is great study fodder. If you've already gone through our material there's little utility in doing it again. **It will certainly help**, but if you're pushing to score really high you should grab UWorld.

### Study Plan #3: Step Prep, Augmentation = 250+

This plan assumes you didn't use our program during your clerkship. Instead, you're here to use it for the first time to study for the step 2. It doesn't matter what you've done so far in your training; follow this plan and we'll get you through all the material. **Most people won't use this plan.** If you think you will, please read through the ENTIRE plan before committing.

Step prep can be grueling. YOU have to decide how much effort you're willing to put in, your daily limits, and how long it'll take to get through everything.

People who can sustain a grueling pace (12 hours a day, 6 days a week) can do it all in 6-8 weeks.

People who can sustain a normal pace (8 hours a day, 5-6 days a week) can do it in 8-12 weeks. By the way, this is why our Step Prep option is 3 months.

This strategy is about **augmentation**. When you get the standard review book and Qbank you're getting the core information; what's almost guaranteed to be on the test. It's essential to know as everyone else is getting the same thing - they're using one review book and a Qbank. It's a great way to pass/get average, but to get into the 240s and higher you need to be learning what others aren't. The problem is you might not see some of these things you learn in augmentation. In fact, you likely have to learn 10 for every 1 you'll actually see on the test. At OnlineMedEd we teach you the **core and augmentation content**.

**Again, augmentation isn't for everyone.** You can't score a 250+ if you don't have the desire, commitment, and dedication to excel. More importantly, if you don't need to, don't waste your time with this course for step prep. Time and money are finite resources - save them.

But, if you're the type of person who wants to excel, be the best, and score the highest, do this. It'll work. It's complex, but we'll get you through it. We also include some sample schedules for you to follow.

We're going to start you in the learning phase. Your resources are:

1. The notes
2. The video lectures
3. The Qbank
4. QuickTables
5. Flashback Flashcards

Engage each topic, one at a time. Read the notes. Watch the video. Do the questions. The Qbank here isn't to practice USMLE style testing (you are, but that isn't the point). This takes you from an introduction to the memory cues of the video to the solidification and synthesis of that knowledge in the Qbank. You'll also notice the Qbank is harder than the video initially lets on; that's intentional.

We didn't design this to make you feel good or pat you on the back when you get a question right. It's meant to be hard, to teach you as much as possible. Anything you learn, any question you get wrong (or even right), should go into the white space (the margins) of the QuickTables. You'll review the QuickTables weekly for repetition. And, because we know you need forced repetition at ~48 hours for maximum retention, the Flashback Flashcards will present themselves on your dashboard two days after a lesson is completed.

In all reality, any single topic will take an average of 2 hours to get through for a normal student. Some sections might go faster, others slower. There are ~200 topics, which means you can expect 400 hours of training.

Do the read-watch-questions routine Monday through Friday. On Saturday you'll read through QuickTables cover to cover. Don't engage or ponder – just read it. You'll do this twice a month.

Like a sprinter preparing for a race, you need a rest day – one a week. You won't succeed if you over-train so please take a day to decompress. If you insist on working every day, space your read through the QuickTables over two days.

After 8-10 weeks of learning your brain will be swollen with information. The taper should occur about two weeks prior to test day. When it begins you should not acquire new knowledge. From here on it's about practicing for the test. Read or watch about the phases of learning for more.

Some rules here:

1. DON'T READ EXPLANATIONS
2. DON'T USE TUTOR MODE
3. DO 7 (SEVEN) BLOCKS OF 40 TIMED QUESTIONS EVERY DAY

Everyone else says I should read all the answer explanations in UWorld. Why don't you advise that?

If you're doing UWorld as your only source of studying you should read their answer explanations. Many people don't care about Step 2 so they do as a little as possible to get through it. This is foolish, of course, because Step 3 is just more Step 2. If you don't really learn it now you'll be playing catchup later. Not good. But if that's the study strategy they've chosen, they should be reading the answer explanations. This strategy condenses the time needed to commit substantially. It essentially has you trying to taper and learn at the same time. It may work for some, but for most it will yield an average score at best.

So truly, UWorld is meant for preparing for game day. Get the look and feel of the test. It's the best simulator of the real deal. On test day, you CAN'T check your answers or look at explanations. You CAN'T stop whenever you want. So even though the option's there, don't do it during your training. Train for how it'll be. This is why students are often confused by predicted vs real score: UWorld only predicts your score if you treat it like the actual test. Timed test mode, not tutor. Seven blocks of 40 questions every day.

## Study Plan 4: Step Prep, First Time Here (6 weeks or less)

DISCLAIMER: We've set up OnlineMedEd to be a comprehensive curriculum that takes advantage of multiple educational modalities. We feel there just isn't enough time to do the full course in this amount of time. That said, a nice thing about this platform is versatility. There are elements you can use to make an effective strategy, even if you don't use everything we've got to offer.

In this scenario you **don't have time** for separate learning and taper phases; you'll be doing both simultaneously.

Resources:

1. A Review Book: **QuickTables**, Step Up, First Aid
2. A Qbank: **Qbank** or UWorld
3. Something Else: the **Videos** or the **Notes** or another review book from #1

What to do:

1. **Read.** Over the course of the month, you will read through the Review book twice. You have 4 weeks to do so. Just read through it. **Twice.**
2. **Questions.** Do the Qbank. Make it **random** (not by subject). Do it **UN**timed and **ON** tutor mode. You'll get some training in board-style questions, but most of your learning will come from the answer explanations.
3. Take **your own notes** from the Qbank into your review book. On your first pass, you won't have many notes. On your second pass, you'll have many.
4. Augment your studying by using either the notes or the videos to explain what isn't clear to you. We want you doing well on the test. IF that means you get UWorld and Step Up, so be it. We're always here with free videos if you need something explained.

If going this route, just be sure you have a rigid plan for your test prep and stick to it. The one way you can be hurt in a <6 week test prep is by trying to do everything; chances are you'll burn out or fall short. Neither is good come test day.