

The
Ultimate
Schedule
For

USMLE step 1

Follow this
Schedule
As Is!

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You will
Get
Your
Desired
SCORE!

.

Trust me. :)

About me:

**I am Sina Alam, working as a
USMLE step 1 tutor for about 2
and half years;**

www.facebook.com/usmle1to1

www.youtube.com/c/usmle1to1

About this schedule:

**This schedule is based on my own USMLE
step 1 tutoring videos, notes, pathoma
videos, sketchy micro and obviously First
Aid and Uworld;**

To buy my videos and notes

Please sign up here:

<https://goo.gl/forms/LRuDucVpmkwAWHxg2>

**You will be sent some samples before you
decide to purchase.**

*****Please READ**

The schedule is divided into **numbers of sessions**; I recommend you **follow the order** of the sessions **as they are listed**.

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The **timing of each session is 7 or 8 hours**.

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So, if you study **7 or 8 hours** a day you can complete 1 session;

10-12 hours a day will be **1.5 sessions**;

12-14 hours (omg!) will be **2 sessions**;

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At least 1 session per day is recommended;

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The schedule is divided into **3 phases**:

- Induction phase
- Maintenance phase
- The ultimate phase

The schedule contains instruction about how to utilize the uworld properly. Please, follow the rules to ace your test;

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The schedule also mentions when to take NBME and UWorld self assessments;

Watch the

- **Pathoma videos**
- **Sketchy videos**

In a order, they are found in their respective websites; Please, don't use pirated contents;

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The Doctors spent thousand of hours to make these videos;

How to utilize uworld properly:

Recommended: 1 year subscription;

Please print my handouts; they contain lot of uworld notes, you can write some extra points while reading the uworld (please don't write everything :P only High yield points)

Induction phase:

- Go over the uworld in '**timed-tutor**' mode and session wise;
- First time **mark all the questions**;
- Make flash cards of the uworld tables and figures. The uworld software has option to do that;
- Leave no stones unturned;

Maintenance phase:

- Go over the '**marked questions**' (as you have already marked all the questions, so it will be a second go) in 'Timed-tutor' mode again;
- This time select random blocks;
- Review the already made flash cards;
- Highlight lines that seems important to you;

The Ultimate phase:

- **Reset** the uworld & Go over it the third time;
- This time, **completely random and timed mode**;
- Try to do 7 or 8 blocks at a stretch;
- Go over the highlighted lines after;

Induction Phase

Session 1: Around 7 or 8 hours;

Resource	Schedule	Your progress
My Tutoring video:	Biochemistry Lesson 1 Around 2 hours	
Tutoring notes:	It's a handout of the video	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 25 questions (biochemistry & genetics)	
First Aid	Read 6/7 pages	

Session 2: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Biochemistry Lesson 2 Around 2 hours	
Tutoring notes:	It's a handout of the video	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 25 questions (biochemistry & genetics)	
First Aid	Read 6/7 pages	

Session 3: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Biochemistry Lesson 3 Around 2 hours	
Tutoring notes:	It's a handout of the video	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 25 questions (biochemistry & genetics)	
First Aid	Read 6/7 pages	

Session 4: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Biochemistry Lesson 4 Around 2 hours	
Tutoring notes:	It's a handout of the video	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 25 questions (biochemistry & genetics)	
First Aid	Read 6/7 pages	

Session 5: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Biochemistry Lesson 5 Around 2 hours	
Tutoring notes:	It's a handout of the video	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 25 questions (biochemistry & genetics)	
First Aid	Read 6/7 pages	

Session 6: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Biochemistry Lesson 6 Around 2 hours	
Tutoring notes:	It's a handout of the video	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 25 questions (biochemistry & genetics)	
First Aid	Read 6/7 pages	

Session 7: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Biochemistry Lesson 7 Around 2 hours	
Tutoring notes:	It's a handout of the video	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 25 questions (biochemistry & genetics)	
First Aid	Read 6/7 pages	

Session 8: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Biochemistry Lesson 8 Around 2 hours	
Tutoring notes:	It's a handout of the video	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 25 questions (biochemistry & genetics)	
First Aid	Read 6/7 pages	

Done
With Biochemistry?

▪

Congrats!

▪

If not
Please
Complete!

▪

I know it's hard!
But,
It will worth!

Session 9: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Immunology Lesson 1 Around 2 hours	
Tutoring notes:	It's a handout of the video	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 25 questions (immunology)	
First Aid	Read 6/7 pages	

Session 10: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Immunology Lesson 2 Around 2 hours	
Tutoring notes:	It's a handout of the video	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 25 questions (Immunology)	
First Aid	Read 6/7 pages	

Session 11: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Immunology Lesson 3 Around 2 hours	
Tutoring notes:	It's a handout of the video	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 25 questions (Immunology)	
First Aid	Read 6/7 pages	

Session 12: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Immunology Lesson 4 Around 2 hours	
Tutoring notes:	It's a handout of the video	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 25 questions (Immunology)	
First Aid	Read 6/7 pages	

Done
with
Immunology?

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Good JOB!

Session 13: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Microbiology Lesson 1 Around 2 hours	
Tutoring notes:	Directly from FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions (Microbiology)	
First Aid	Read 6/7 pages	

Session 14: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Microbiology Lesson 2 Around 2 hours	
Tutoring notes:	Directly from FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions (Microbiology)	
First Aid	Read 6/7 pages	

Session 15: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Microbiology Lesson 3 Around 2 hours	
Tutoring notes:	Directly from FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions (Microbiology)	
First Aid	Read 6/7 pages	

Session 16: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Microbiology Lesson 4 Around 2 hours	
Tutoring notes:	Directly from FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions (Microbiology)	
First Aid	Read 6/7 pages	

Session 17: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Microbiology Lesson 5 Around 2 hours	
Tutoring notes:	Directly from FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions (Microbiology)	
First Aid	Read 6/7 pages	

Session 18: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Microbiology Lesson 6 Around 2 hours	
Tutoring notes:	Directly from FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions (Microbiology)	
First Aid	Read 6/7 pages	

Session 19: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Microbiology Lesson 7 Around 2 hours	
Tutoring notes:	Directly from FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions (Microbiology)	
First Aid	Read 6/7 pages	

Not
Done yet?

▪

I know

▪

Micro sucks!

▪

Well, take 1 or 2 extra days and
Finish the uw of micro.

:)

Session 20: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	General Patho & General Pharma Lesson 1; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	tick all the subjects tick 'General principles' as system; Do 20 questions;	
First Aid	Read 6/7 pages	

Session 21: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	General Patho & General Pharma Lesson 2; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	tick all the subjects tick 'General principles' as system; Do 20 questions;	

First Aid	Read 6/7 pages	
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Session 22: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	General Patho & General Pharma Lesson 3; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	tick all the subjects tick 'General principles' as system; Do 20 questions;	
First Aid	Read 6/7 pages	

Session 23: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	General Patho & General Pharma Lesson 4; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	tick all the subjects tick 'General principles' as	

	system; Do 20 questions;	
First Aid	Read 6/7 pages	

Session 24: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	General Patho & General Pharma Lesson 5; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	tick all the subjects tick 'General principles' as system; Do 20 questions;	
First Aid	Read 6/7 pages	

Session 25: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	General Patho & General Pharma Lesson 6; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	

UW questions	tick all the subjects tick 'General principles' as system; Do 20 questions;	
First Aid	Read 6/7 pages	

Well
That
Was
Easy
right?

First finish the **Biostatistics uworld**, then start **behavioral science**; the remaining questions you can do during psychiatry;

Session 26: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Biostatistics & Behavioral science Lesson 1; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 25 questions;	
First Aid	Read 6/7 pages	

Session 27: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Biostatistics & Behavioral science Lesson 2; Around 2 hours	
Tutoring notes:	Handout and FA	

Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 25 questions;	
First Aid	Read 6/7 pages	

Session 28: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Biostatistics & Behavioral science Lesson 3; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 25 questions;	
First Aid	Read 6/7 pages	

Session 29: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Biostatistics & Behavioral science Lesson 4; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 25 questions;	

I know
You
Are not
Done with
Biostatistics and
Behavioral science;
.
See the next page;

- You need 3 or 4 extra days here;
- For behavioral science you need to read 100 cases of medical ethics by kaplan medical
- For biostatistics, i recommend you purchase the uworld subject review;
- Try to finish the biostatistics part during the session 26-28;
- Start the behavioral science; do as much uw questions as you can;
- Rest of the questions can be done during psychiatry;

Session 30: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	CVS Lesson 1; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 31: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	CVS Lesson 2; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 32: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	CVS Lesson 3; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 33: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	CVS Lesson 4; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 34: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	CVS Lesson 5; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 35: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	CVS Lesson 6; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 36: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	CVS Lesson 7; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 37: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	CVS Lesson 8; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 38: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	CVS Lesson 9; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 39: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	CVS Lesson 10; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 40: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	CVS Lesson 11; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

**Done with
CVS?
If not, please
Do it!**

Just Do it!

Session 41: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Endocrinology Lesson 1; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 42: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Endocrinology Lesson 2; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 43: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Endocrinology Lesson 3; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 44: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Endocrinology Lesson 4; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 45: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Endocrinology Lesson 5; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Done
With Endocrine?
May be
A few
More questions left;
Do those and proceed;

Session 46: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	GIT Lesson 1; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 47: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	GIT Lesson 2; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 48: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	GIT Lesson 3; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 49: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	GIT Lesson 4; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 50: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	GIT Lesson 5; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 51: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	GIT Lesson 6; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

GIT
DONE?

▪

If not
Please,
Complete;

So
Much
Stress!

▪

Let's take 1 or 2 days
Off;

▪

Relax

Then start again!

I
Know
You
Can
Do
It!

Session 52: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Hematology Lesson 1; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 53: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Hematology Lesson 2; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 54: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Hematology Lesson 3; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 55: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Hematology Lesson 4; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 56: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Hematology Lesson 5; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 57: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Hematology Lesson 6; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Wow!
You are
Done
Upto
Hematology!
Congrats!

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If not, please 1 or 2 days to finish
the uworld qs;

Session 58: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	MSK and Dermatology Lesson 1; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 59: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	MSK and Dermatology Lesson 2; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 60: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	MSK and Dermatology Lesson 3; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 61: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	MSK and Dermatology Lesson 4; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 62: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	MSK and Dermatology Lesson 5; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 63: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	MSK and Dermatology Lesson 6; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 64: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	MSK and Dermatology Lesson 7; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Done
With
MSK and Derm?
Now
It's time
For

NeuroLogy!

Session 65: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Neuroscience lesson 1; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 66: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Neuroscience lesson 2; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 67: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Neuroscience lesson 3; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 68: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Neuroscience lesson 4; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 69: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Neuroscience lesson 5; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 70: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Neuroscience lesson 6; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

By
This
Time

You should
Be done
With pathoma
And
Sketchy;

- If you are not done continue the schedule
- If done, increase your uw question number;

Session 71: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Neuroscience lesson 7; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 72: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Neuroscience lesson 8; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 73: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Neuroscience lesson 9; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Done
With
Neuro?

.

OMG! OH, my GOD!
If not, give some extra days;

Remember? If you have leftover from Behavioral science; Do the questions here;
Session 74: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Psychiatry lesson 1 ; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 75: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Psychiatry lesson 2 ; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 76: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Psychiatry lesson 3 ; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Phew!

Hang

On

tight

!

Session 77: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Renal Lesson 1 ; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 78: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Renal Lesson 2 ; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 79: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Renal Lesson 3; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 80: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Renal Lesson 4 ; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 81: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Renal Lesson 5 ; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 82: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Renal Lesson 6 ; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Marvellous

!

Done with

Renal?

.

Bravo!

Session 83: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Reproductive Lesson 1 ; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 84: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Reproductive Lesson 2 ; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 85: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Reproductive Lesson 3 ; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 86: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Reproductive Lesson 4 ; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 87: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Reproductive Lesson 5 ; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 88: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Reproductive Lesson 6; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 89: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Reproductive Lesson 7 ; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Done
With
Reproductive?

.

It's interesting right?

;)

(until you become a parent)

Session 90: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Respiratory Lesson 1 ; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 91: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Respiratory Lesson 2; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 92: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Respiratory Lesson 3; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

Session 93: Around 7 or 8 hours;

Resource	Schedule	Your progress
Tutoring video:	Respiratory Lesson 4 ; Around 2 hours	
Tutoring notes:	Handout and FA	
Pathoma video	Watch 30 minutes	
Sketchy micro video	Watch 30 minutes	
UW questions	Do 30 questions;	
First Aid	Read 6/7 pages	

You
DID
IT!

▪

You
Made everyone
Proud!

▪

But, the game is not
over

YET!

Maintenance phase

Exam Time

▪

There is a good day
A bad day

▪

&

▪

An Exam day :(
Take

NBME 13/15

Online; Don't take more than
5 hours

▪

If you get 200+ (make sure
you check the converted score in the
table after the exam)

▪

You are in good shape!
(Depends on your retaining capacity; you
may score 230+/240+)

Now:

- There are about 2600 questions in uworld
- Do them in timed-tutor mode
- Highlight important stuff
- Review the flash cards;
- Try to do 120-160 questions a day;
- Read 20 pages of First Aid;
- Halfway down:

Take NBME

16/19

- The other halfway down:

Take

UWSA 1

(UWorld self-assessment 1)

By
Now
You
Are prepared
Almost
80%

.

Now the
Last fight!

The Ultimate Phase

- Reset the uworld
- Do them in timed mode
- Completely random
- Exam style
- 7 or 8 hours of uworld
everyday (mimic the real
exam)
- Review flash cards
- Review highlights;
- Review First Aid;

Take
NBME 18
UWSA 2
FRED (free questions on
usmle website);

By this time, if you had
followed the schedule strictly
you should reach your target
score.

**I know
You have
Worked
Really hard;**

▪

**You
Are prepared;**

Go
Take
The
Test;

.

.

Nail it.

Let
Me know about your
Results

·
:)

Email: doctorstutor@gmail.com