262 in step 1-Beating down the Beast-My Story

STATUTORY WARNING
Brace yourselves. Its going to be a long lecture. LOL.

INTRODUCTION
Well I am an Indian IMG. In third final year of MBBS. Started preparing out of bloom when one of my friend asked me to think about it and yes I went online to search about it and boom next day i started reading for it.

GOAL
260+ Wrote it on first page on my FA. But i was okay with anything above 250.

KLN
Started in June end of 2016. Started with kaplan lecture notes with videos. Did all the subjects except pathology of course, for which I did Pathoma and Goljan.! I finished kaplan lecture notes in 2.5 months. Used to read 50 pages a day for about 4-5 days a week. Remaining 2-3 days I was busy attending lectures and wards in college.

PATHOLOGY + 1/2 FA
After finishing KLN I started reading pathology from Goljan as well as Pathoma as well as videos of Pathoma. Took me over a month to finish both of these resources and along with it I was reading first aid. So by the end of september I was done with all KLN, Goljan and Pathoma and almost half of first aid.! Also i tried to listen to golden audio but not my cup of tea and also Rapid review was a waste of time too coz i was not able to revise it later and so all got vaporised by the time i sat for my exam.

INTERRUPTION + 1/2 FA
Then had to read for my college exams for 25 days and then after read FA for 15 days and i finished first aid for first time by mid November after which i started reading for my university exams which took about 1.5 months.

QBANK-USMLERX + FA
No after reading in pieces and after getting done with my university exam i started reading First aid again along with UsmleRX qBank. Helped a lot to consolidate first aid. I was done with the Qbank and so called second read of first which felt like first read because of gaps i had in my preparation. So done with it at around 15th feb. During this reading i used to google anything from FA that i did not understand, literally anything including meanings of word that were not in my vocabulary. LOL. I would read a topic from FA around 15-20 pages in the morning and then do questions from that topic or system in noon and evening. I used to do around 80-100 questions that way. Also i did Highyield Neuroanat and BRS physic and 100 cases by conrad in this period too. Found them useful and they took no longer than 2-3 days each.

UWORLD + FA +PATHOMA
I bought 2 months subscription for UWorld on 17th feb and started doing it in random timed mode. But time was never an issue for me. So no biggie there but doing questions randomly i felt as if i was wasting questions of topics that i was weak in. So contrary to the popular belief i did what i did with rx. Read from FA and then do questions of that topic. It worked for me and i used to make notes from UWorld since i was pretty sure that i was not going to get time to do it again.! I used to do 60-120 questions each day. 60 when i would read first aid in the morning and 120 when i won't. Also did Pathoma daily every night for 1-2 hours and finished it in 10-15 days. I finished third reading of first aid and UWorld Bank way behind the schedule on around 5th of april. 15 days prior to my step 1 exam.

FA + SELF MADE UWORLD NOTES

Then after I started reading from first aid and my notes of UWorld. It was going way slowly then i expected and that bugged me a lot. Hardly 35 pages of FA every day. Was left with entire micro the day before my exam but well i went through few pages of micro and thats it.

DAY BEFORE
Went through tutorial on usmle.org. Planned to sleep for around 8 hours but slept for only 6. Was groggy in the morning when i got up but 6 hrs to was fantastic for me since i sleep far less in my university exams. I was much relaxed when i went to sleep and i thought that i had played my role. I have done enough. I hoped for the best.

EXAM DAY
On the day of exam, I got up at 6 to reach prometric centre at around 7. Exam time was 8 am but they started it early.
Had 272 questions in total. First block was terrible. I freaked out and thought that it was a very bad day for me and i was screwed. Finished it with around 3 seconds left.. Took break after that to compose myself and went to pee and have some protein bar and juice that i brought with me. Second was relatively easy, but still was tough. Next four were easy ones. Was getting them done with around 15 minutes left in every block. Took 5-15 minutes break after every block and last block had only 32 questions. Way weird. Mostly one liners which weren't direct and neither they involved reasoning. But still did it. When i was checking out the staff at promteric centre was shocked. Lol. They said that you did way earlier then rest of the guys. Had more than 1.5 hr of break time left. That obviously freaked me out. Checked 4-5 question just after coming out of exam and all came out to be wrong so i just stopped doing that.

WORDS ON UFAP
All in all UFAP is more than enough. Goljan was way too much. Its an excellent resource but way too lengthy and use it only if you were to revise it again. And revise the limited resources that you use. Focus on 90% that will be there from UFAP instead of trying to get 10% correct thats going to be out of UFAP. There will be such questions and well lets face it no matter what you do you might get them wrong.

WHAT I DID
KLN -1time
Goljan-1time
Pathoma-2 times(Videos once)
First aid- 4 times
BRS pysio-1 time
HY Neuroanat-1 time

MOTIVATION
Struggled some days for it and some days i was all good.Q Banks were tiring and reading explanations was boring on some days. But thanks to friends and family who constantly stood by me and had faith in me more than i had in myself and kept me motivated.

WAITING FOR RESULTS
Anxiously waited for my results. They were delayed because of pending verification of my student status from my med school. But finally the results are out.
And viola its 262.

PRACTICE TESTS AND QBANK SCORES
Scores in practice tests i gave:
6/02   -USMLERX half sim 1-248(76%correct)
26/02 -RX half sim 2-263(82% correct)
6/03   -UWSA1-256(79%correct)
31/03 -UWSA2-262(88%correct)
2/04   -NBME18-255(183/200)

12/04 -NBME19-253(187/200)
Gave NBME 13,14,15,16,17 offline and got above 180 correct in all of them.
UsmleRX q bank at 79%
Uworld q bank at 83%

20/04 Real deal:262