



## **Study Planning Guide for Step2CK/Level 2**

### **General Principles:**

- Study 6 days/week, 1 day off for rest/light review
- 10-12 hours/day of focused studying
- Daily Anki reviews for spaced repetition
- Mix of UWorld, NBME self-assessments, and OMM review (for COMLEX)

### **Goals:**

- Gauge baseline - start with NBME 9 or UWSA 1
- Targeted review on areas of deficiency
- Maintain daily Anki and UWorld consistency
  - Goal with Anki is to only max 500 reviews daily and only on cards you specifically unlocked during dedicated)
  - Goal with questions is 120 Q per day, timed, random mode
  - During review of your blocks - unlock specific cards and add to a running list of topics you got wrong (be as specific as possible)

### **Daily Routine (Mon-Sat):**

- 7:00 AM - 8:00 AM: Anki Reviews
- 8:00 AM - 9:00 AM: UWorld Block 1
- 9:00 AM - 10:30 AM: UWorld Review, Anki Unlock, Add to topic list of weak areas
- 10:30 AM - 11:30 AM: UWorld Block 2
- 11:30 AM - 1:00 PM: UWorld Review, Anki Unlock, Add to topic list of weak areas
- 1:00 PM - 1:30 PM: Lunch / break
- 1:30 PM - 2:30 PM: UWorld Block 3
- 2:30 PM - 4:00 PM UWorld Review, Anki Unlock, Add to topic list of weak areas
- 4:00 PM - 7:00 PM: Review weak topic areas from list using Boards and Beyond videos, OMM Bootcamp, Amboss Articles

*As an alternative to this schedule, you can consider doing 3 UWorld blocks back to back in the AM and then doing the entirety of your review in the afternoon. If this feels better/more efficient then absolutely go for it!*

### **Sunday:**

- Anki reviews + 1 block of UWorld (+ review) only

## Special Considerations for Final Week Leading Up To Exam

### Focus:

- Full-length practice + review
- High-yield rapid content review
- OMM-specific reinforcement (for COMLEX)
- For COMLEX - TrueLearn currently has the best ethics practice questions (they are very different than USMLE ethics questions)

### Daily Routine

- 8:00 AM - 12:00 PM: Full-length NBME or UWSA
  - Always go in ascending order (so NBME 10,11,12 then UWSA 1/2, then free 120)
    - If you only have time for 3 or 4 of these, prioritize UWSAs, NBME 12, Free 120
- 12:00 PM - 1:00 PM: Lunch/break
- 1:00 PM - 5:00 PM: Review of exam + missed content
- 5:00 PM - 7:00 PM: OMM & weakest topic areas review

### Final Day Before Exam:

- NO STUDYING
- Rest and mentally prepare for exam week

### Best Practices:

- Wellness of the mind and body is critical. Dedicated is grueling. Make space for yourself to exercise and have down time daily. You will burn out if you don't.
- Consistency is the most important thing in this game. Daily block scores will fluctuate but it is ESSENTIAL to stay consistent and constantly learn from your mistakes both in content and in overall question approach
- Use OMM Bootcamp if COMLEX-bound for targeted topic review and extra questions.
- Take NBME/COMSAE exams seriously – simulate real test conditions with your wake up time, breaks, and meals.
- Don't study anything the day before the real exam

Interested in working 1:1 with a tutor that scored 260+ on Step2CK and can help optimize your question taking strategy and content integration skills? Schedule a free consultation at [matchpalmedical.com](http://matchpalmedical.com) to learn more about our tutoring and residency application prep offerings.

**GOOD LUCK!**

