

2-MONTH USMLE STEP 1 SAMPLE SCHEDULE

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Day	Event	Subjects	Pathoma tasks	First Aid (2018) Tasks	First Aid pages	Pathoma length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
1	Begin study block #1	Pathology - General	1.1 Growth Adaptations, 1.2 Cellular Injury	Pathology pp. 205-226	22	1 hour	40	4	2	3
2		Biochem, Cell Bio, Genetics, Pathology - General	1.3 Cell Death, 1.4 Free Radical Injury, 1.5 Amyloid (Part 1 of 2)	Biochemistry pp. 34-55	22	1 hour	40	4	2	3
3		Biochem, Cell Bio, Genetics, Pathology - General	1.5 Amyloid (Part 2 of 2), 2.1 Acute Inflammation Part 1, 2.1 Acute Inflammation Part 2	Biochemistry pp. 56-79	24	1 hour	40	4	2	3
4		Biochem, Cell Bio, Genetics, Microbiology, Pathology - General	2.1 Acute Inflammation Part 3, 2.2 Chronic Inflammation, 2.5 Wound Healing, 3.1 Neoplasia (Part 1 of 2)	Biochemistry pp. 80-94, Microbiology pp. 124-130	22	1.5 hours	40	4	2	3
5		Microbiology, Pathology-General	3.1 Neoplasia (Part 2 of 2), 3.2 Carcinogenesis Part 1, 3.2 Carcinogenesis Part 2 (Part 1 of 2)	Microbiology pp. 131-150	20	1 hour	40	4	2	3
6		Microbiology, Pathology-General, Immunology	3.2 Carcinogenesis Part 2 (Part 2 of 2), 3.2 Carcinogenesis Part 3, 3.3 Tumor Progression, 3.4 Clinical Characteristics, 2.3 Primary Immunodeficiency	Microbiology pp. 151-174	24	1 hour	40	4	2	3
7		Microbiology, Immunology	2.4 Autoimmune Disorders Part 1, 2.4 Autoimmune Disorders Part 2	Microbiology pp. 175-196	22	1 hour	80	4	2	3
8		Microbiology, Immunology, Nervous System	17.1 Developmental Anomalies, 17.2 Spinal Cord Lesions, 17.3 Meningitis, 17.4 Cerebrovascular Disease, 17.5 Trauma, 17.6 Demyelinating Disorders, 17.7 Dementia and Degenerative Disorders (Part 1 of 2)	Microbiology pp. 197-204, Immunology pp. 95-108	22	1.5 hours	80	4	2	3
9	Catch-up day									
10	Practice Test 1									
11		Immunology, Nervous System, Endocrine System	17.7 Dementia and Degenerative Disorders (Part 2 of 2), 17.8 CNS Tumors, 15.1 Anterior Pituitary Gland, 15.2 Posterior Pituitary Gland, 15.3 Thyroid Gland, 15.4 Hyperthyroidism, 15.5 Hypothyroidism, 15.6 Thyroiditis, 15.7 Thyroid Neoplasia, 15.8 Parathyroid Gland, 15.9 Endocrine Pancreas (Part 1 of 2)	Immunology pp. 109-122, Neurology & Special Senses pp. 474-481	22	1 hour	40	4	2	3
12		Nervous System, Endocrine System, Cardiovascular System	15.9 Endocrine Pancreas (Part 2 of 2), 15.10 Adrenal Cortex, 15.11 Adrenal Medulla, 7.1 Vasculitis, 7.2 Hypertension (HTN), 7.3 Arteriosclerosis (Part 1 of 2)	Neurology & Special Senses pp. 482-503	22	1 hour	40	4	2	3
13		Nervous System, Cardiovascular System	7.3 Arteriosclerosis (Part 2 of 2), 7.4 Aortic Dissection and Aneurysm, 7.5 Vascular Tumors, 8.1 Ischemic Heart Disease (IHD), 8.2 Congestive Heart Failure (CHF), 8.3 Congenital Defects (Part 1 of 2)	Neurology & Special Senses pp. 504-526	23	1 hour	40	4	2	3
14		Nervous System, Endocrine System, Cardiovascular System, Musculoskeletal System	8.3 Congenital Defects (Part 2 of 2), 8.4 Valvular Disorders, 8.5 Endocarditis, 8.6 Cardiomyopathy, 8.7 Cardiac Tumors, 18.1 Skeletal System	Neurology & Special Senses pp. 527-535, Endocrine pp. 320-330	20	1 hour	40	4	2	3
15		Endocrine System, Cardiovascular System, Musculoskeletal System, Respiratory System	18.2 Bone Tumors, 18.3 Joint, 18.4 Skeletal Muscle, 18.5 Neuromuscular Junction, 18.6 Soft Tissue Tumors, 9.1 Nasopharynx, 9.2 Larynx, 9.3 Pulmonary Infections (Part 1 of 2)	Endocrine pp. 331-350, Cardiovascular pp. 274-276	23	1 hour	40	4	2	3
16		Cardiovascular System, Respiratory System	9.3 Pulmonary Infections (Part 2 of 2), 9.4 Chronic Obstructive Pulmonary Disease, 9.5 Restrictive Diseases	Cardiovascular pp. 277-299	23	1 hour	40	4	2	3

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17		Cardiovascular System, Musculoskeletal System, Respiratory System, Skin	9.6 Pulmonary Hypertension, 9.7 Respiratory Distress Syndromes, 9.8 Lung Cancer, 9.9 Pleura, 19.1 Inflammatory Dermatoses, 19.3 Epithelial Tumors, 19.4 Disorders of Pigmentation and Melanocytes (Part 1 of 2)	Cardiovascular pp. 300-317, Musculoskeletal, Skin, and Connective Tissue pp. 434-437	22	1 hour	40	4	2	3
18		Musculoskeletal System, Skin, Renal & Urinary System	19.4 Disorders of Pigmentation and Melanocytes (Part 2 of 2), 19.5 Infectious Disorders, 12.1 Congenital, 12.2 Acute Renal Failure (ARF), 12.3 Nephrotic Syndrome, 12.4 Nephritic Syndrome	Musculoskeletal, Skin, and Connective Tissue pp. 438-459	22	1 hour	40	4	2	3
19		Musculoskeletal System, Miscellaneous, Renal & Urinary System, Hematology & Oncology	12.5 Urinary Tract Infection, 12.6 Nephrolithiasis, 12.7 Chronic Renal Failure, 12.8 Renal Neoplasia, 12.9 Lower Urinary Tract Carcinoma, 4.1 Primary Hemostasis and Related Bleeding Disorders	Musculoskeletal, Skin, and Connective Tissue pp. 460-472, Public Health Sciences pp. 251-259	22	1 hour	40	4	2	3
20		Miscellaneous, Respiratory System, Hematology & Oncology	4.2 Secondary Hemostasis and Related Disorders, 4.3 Other Disorders of Hemostasis, 4.4 Thrombosis, 4.5 Embolism, 5.1 Anemia	Public Health Sciences pp. 260-268, Approaching the Organ Systems pp. 270-271, Respiratory pp. 641-651	22	1 hour	80	4	2	3
21		Respiratory System, Renal & Urinary System, Hematology & Oncology	5.2 Microcytic Anemias (Part 1) 5.2 Microcytic Anemias (Part 2), 5.2 Microcytic Anemias Part 3, 5.3 Macrocytic Anemia (Part 1 of 2)	Respiratory pp. 652-668, Renal pp. 562-564	20	1 hour	80	4	2	3
22		Renal & Urinary System, Hematology & Oncology	5.3 Macrocytic Anemia (Part 2 of 2), 5.4 Normocytic Anemia, 5.5 Normocytic Anemias w/ Extravascular Hemolysis, 5.6 Normocytic Anemias w/ Hemolysis, 5.7 Anemia Due to Underproduction (Part 1 of 2)	Renal pp. 565-588	24	1 hour	80	4	2	3
23		Renal & Urinary System, Hematology & Oncology	5.6 Normocytic Anemias w/ Intravascular Hemolysis, 5.7 Anemia Due to Underproduction (Part 2 of 2), 6.1 Leukopenia and Leukocytosis, 6.1 Acute Leukemia, 6.3 Chronic Leukemia, 6.4 Myeloproliferative Disorders (MPD) (Part 1 of 2)	Renal pp. 589-592, Hematology & Oncology pp. 396-414	23	1 hour	40	4	2	3
24		Hematology & Oncology, Gastrointestinal System	6.4 Myeloproliferative Disorders (MPD) (Part 2 of 2), 6.5 Lymphadenopathy (LAD), 6.6 Lymphoma, 6.7 Hodgkin Lymphoma (HL), 6.8 Plasma Cell Disorders (Dyscrasias), 6.9 Langerhans Cell Histiocytosis, 10.1 Oral Cavity, 10.2 Salivary Gland, 10.3 Esophagus (Part 2 of 2)	Hematology & Oncology pp. 415-431, Gastrointestinal pp. 352-356	22	1 hour	40	4	2	3
25		Gastrointestinal System	10.3 Esophagus (Part 2 of 2), 10.4 Stomach, 10.5 Small Bowel (Part 1 of 2)	Gastrointestinal pp. 357-378	22	1 hour	40	4	2	3
26		Gastrointestinal System, Reproductive System	10.5 Small Bowel (Part 2 of 2), 10.6 Appendix, 10.7 Inflammatory Bowel Disease, 10.8 Colon (1), 10.8 Colorectal Carcinoma (2), 11.1 Exocrine Pancreas, 11.2 Gallbladder and Biliary Tract (Part 1 of 2)	Gastrointestinal pp. 379-394, Reproductive pp. 594-599	22	1 hour	40	4	2	3
27		Reproductive System, Gastrointestinal System	11.2 Gallbladder and Biliary Tract (Part 2 of 2), 11.3 Liver: Jaundice, 11.3 Liver: Hepatitis, 11.3 Liver: Cirrhosis & Tumors, 13.1 Vulva, 13.2 Vagina (Part 1 of 2)	Reproductive pp. 600-619	20	1 hour	40	4	2	3

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28		Reproductive System, Behavioral/Psychiatry	13.2 Vagina (Part 2 of 2), 13.3 Cervix, 13.4 Endometrium and Myometrium, 13.5 Ovary, 13.6 Ovarian Tumors (Part 1 of 2)	Reproductive pp. 620-639, Psychiatry pp. 537-540	24	1 hour	40	4	2	3
29		Behavioral/Psychiatry, Reproductive System	13.6 Ovarian Tumors (Part 2 of 2), 13.7 Gestational Pathology, 14.1 Penis, 14.2 Testicle, 14.3 Testicular Tumors (Part 1 of 2)	Psychiatry pp. 541-560	20	1 hour	40	4	2	3
30	Complete first pass of First Aid	Pharmacology-General, Reproductive System	14.3 Testicular Tumors (Part 2 of 2), 14.4 Prostate, 16.1 Introduction, 16.2 Inflammatory Conditions, 16.3 Benign Tumors and Fibrocystic Changes, 16.4 Breast Cancer	Pharmacology pp. 227-249	23	1 hour	40	4	2	3
31	Practice Test 2									
32	Begin study block #2	Nervous System	17. Developmental Anomalies, 17.2 Spinal Cord Lesions, 17.3 Meningitis, 17.4 Cerebrovascular Disease, 17.5 Trauma, 17.6 Demyelinating Disorders, 17.7 Dementia and Degenerative Disorders	Neurology & Special Senses pp. 474-500	27	1.5 hours	40	4	2	3
33		Nervous System, Endocrine System	17.8 CNS Tumors, 15.1 Anterior Pituitary Gland, 15.2 Posterior Pituitary Gland, 15.3 Thyroid Gland, 15.4 Hyperthyroidism, 15.5 Hypothyroidism, 15.6 Thyroiditis, 15.7 Thyroid Neoplasia, 15.8 Parathyroid Gland, 15.9 Endocrine Pancreas, 15.10 Adrenal Cortex, 15.11 Adrenal Medulla (Part 1 of 2)	Neurology & Special Senses pp. 501-527	27	1.5 hours	40	4	2	3
34		Nervous System, Endocrine System, Cardiovascular System	15.10 Adrenal Cortex, 15.11 Adrenal Medulla (Part 2 of 2), 7.1 Vasculitis, 7.2 Hypertension (HTN), 7.3 Arteriosclerosis, 7.4 Aortic Dissection and Aneurysm, 7.5 Vascular Tumors	Neurology & Special Senses pp. 528-535, Endocrine pp. 320-338	27	1.5 hours	40	4	2	3
35		Endocrine System, Cardiovascular System	8.1 Ischemic Heart Disease (IHD), 8.2 Congestive Heart Failure (CHF), 8.3 Congenital Defects, 8.4 Valvular Disorders, 8.5 Endocarditis	Endocrine pp. 339-350, Cardiovascular pp. 274-287	26	1.5 hours	40	4	2	3
36		Cardiovascular System, Musculoskeletal System, Respiratory System	8.6 Cardiomyopathy, 8.7 Cardiac Tumors, 18.1 Skeletal System, 18.2 Bone Tumors, 18.3 Joint, 18.4 Skeletal Muscle, 18.5 Neuromuscular Junction, 18.6 Soft Tissue Tumors, 9.1 Nasopharynx, 9.2 Larynx	Cardiovascular pp. 288-314	27	1.5 hours	40	4	2	3
37		Cardiovascular System, Musculoskeletal System, Respiratory System	9.3 Pulmonary Infections, 9.4 Chronic Obstructive Pulmonary Disease, 9.5 Restrictive Diseases (Part 1 of 2)	Cardiovascular pp. 315-317, Musculoskeletal, Skin, and Connective Tissue pp. 434-457	27	1.5 hours	40	4	2	3
38		Musculoskeletal System, Miscellaneous, Respiratory System, Skin	9.5 Restrictive Diseases (Part 2 of 2), 9.6 Pulmonary Hypertension, 9.7 Respiratory Distress Syndromes, 9.8 Lung Cancer, 9.9 Pleura, 19.1 Inflammatory Dermatoses, 19.2 Blistering Dermatoses, 19.3 Epithelial Tumors, 19.4 Disorders of Pigmentation and Melanocytes	Musculoskeletal, Skin, and Connective Tissue pp. 458-472, Public Health Sciences pp. 251-261	26	1.5 hours	40	4	2	3
39		Miscellaneous, Skin, Renal & Urinary System	19.5 Infectious Disorders, 12.1 Congenital, 12.2 Acute Renal Failure (ARF), 12.3 Nephrotic Syndrome, 12.4 Nephritic Syndrome, 12.5 Urinary Tract Infection, 12.6 Nephrolithiasis, 12.7 Chronic Renal Failure	Public Health Sciences pp. 262-268, Approaching the Organ Systems pp. 270-271, Rapid Review pp. 669-689	27	1.5 hours	40	4	2	3

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40		Miscellaneous, Respiratory System, Renal & Urinary System, Hematology & Oncology	12.8 Renal Neoplasia, 12.9 Lower Urinary Tract Carcinoma, 4.1 Primary Hemostasis and Related Bleeding Disorders, 4.2 Secondary Hemostasis and Related Disorders, 4.3 Other Disorders of Hemostasis	Rapid Review pp. 687-688, Respiratory pp. 641-664	26	1.5 hours	40	4	2	3
41		Respiratory System, Renal & Urinary System, Hematology & Oncology	4.4 Thrombosis, 4.5 Embolism, 5.1 Anemia, 5.1 Microcytic Anemias Part 1, 5.2 Microcytic Anemias Part 2	Respiratory pp. 665-688, Renal pp. 562-584	27	1.5 hours	40	4	2	3
42		Renal & Urinary System, Hematology & Oncology	5.2 Microcytic Anemias Part 3, 5.3 Macrocytic Anemia, 5.4 Normocytic Anemia, 5.5 Normocytic Anemias w/ Extravascular Hemolysis	Renal pp. 585-592, Hematology & Oncology pp. 396-414	27	1.5 hours	40	4	2	3
43		Hematology & Oncology, Gastrointestinal System	5.6 Normocytic Anemias w/ Intravascular Hemolysis, 5.7 Anemia Due to Underproduction, 6.1 Leukopenia and Leukocytosis, 6.2 Acute Leukemia, 6.3 Chronic Leukemia, 6.4 Myeloproliferative Disorders (MPD) (Part 1 of 2)	Hematology & Oncology pp. 415-431, Gastrointestinal pp. 352-360	26	1.5 hours	40	4	2	3
44		Gastrointestinal System, Hematology & Oncology	6.4 Myeloproliferative Disorders (MPD), 6.5 Lymphadenopathy (LAD), 6.6 Lymphoma, 6.7 Hodgkin Lymphoma (HL), 6.8 Plasma Cell Disorders (Dyscrasias), 6.9 Langerhans Cell Histiocytosis, 10.1 Oral Cavity, 10.2 Salivary Gland, 10.3 Esophagus (Part 1 of 2)	Gastrointestinal pp. 361-387	27	1.5 hours	80	4	2	3
45		Gastrointestinal System, Reproductive System	10.3 Esophagus (Part 2 of 2), 10.4 Stomach, 10.5 Small Bowel, 10.6 Appendix, 10.7 Inflammatory Bowel Disease (Part 1 of 2)	Gastrointestinal pp. 388-394, Reproductive pp. 594-613	27	1.5 hours	80	4	2	3
46	Catch-up day									
47		Reproductive System, Gastrointestinal System	10.6 Appendix, 10.7 Inflammatory Bowel Disease (Part 2 of 2), 10.8 Colon (1), 10.8 Colorectal Carcinoma (2), 11.1 Exocrine Pancreas, 11.2 Gallbladder and Biliary Tract, 11.3 Liver: Jaundice, 11.3 Liver: Hepatitis, 11.3 Liver: Cirrhosis & Tumors (Part 1 of 2)	Reproductive pp. 614-639	26	1.5 hours	80	4	2	3
48		Behavioral/Psychiatry, Biochem, Cell Bio, Genetics, Gastrointestinal System, Reproductive System	11.3 Liver: Cirrhosis & Tumors (Part 2 of 2), 13.1 Vulva, 13.2 Vagina, 13.3 Cervix, 13.4 Endometrium and Myometrium (Part 1 of 2)	Psychiatry pp. 537-560, Biochemistry pp. 34-36	27	1.5 hours	40	4	2	3
49		Biochem, Cell Bio, Genetics, Reproductive System	13.4 Endometrium and Myometrium (Part 2 of 2), 13.5 Ovary, 13.6 Ovarian Tumors, 13.6 Gestational Pathology, 14.1 Penis	Biochemistry pp. 37-62	26	1.5 hours	40	4	2	3
50		Biochem, Cell Bio, Genetics, Reproductive System	14.2 Testicle, 14.3 Testicular Tumors, 14.4 Prostate, 16.1 Introduction, 16.2 Inflammatory Conditions, 16.3 Benign Tumors and Fibrocystic Changes, 16.4 Breast Cancer (Part 1 of 2)	Biochemistry pp. 63-89	27	1.5 hours	40	4	2	3
51		Biochem, Cell Bio, Genetics, Microbiology, Reproductive System, Immunology	16.4 Breast Cancer (Part 2 of 2), 2.3 Primary Immunodeficiency, 2.4 Autoimmune Disorders Part 1, 2.4 Autoimmune Disorders Part 2 (Part 1 of 2)	Biochemistry pp. 90-94, Microbiology pp. 124-145	27	1.5 hours	40	4	2	3
52		Microbiology, Immunology, Pathology-General	2.4 Autoimmune Disorders Part 2 (Part 2 of 2), 1.1 Growth Adaptations, 1.2 Cellular Injury	Microbiology pp. 146-171	26	1.5 hours	40	4	2	3

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53		Microbiology, Pathology-General	1.3 Cell Death, 1.4 Free Radical Injury, 1.5 Amyloid, 2.1 Acute Inflammation Part 1 (Part 1 of 2)	Microbiology pp. 172-198	27	1.5 hours	40	4	2	3
54		Microbiology, Immunology, Pathology-General	2.1 Acute Inflammation Part 1 (Part 2 of 2), 2.1 Acute Inflammation Part 2, 2.1 Acute Inflammation Part 3, 2.2 Chronic Inflammation (Part 1 of 2)	Microbiology pp. 199-204, Immunology pp. 95-115	27	1.5 hours	40	4	2	3
55		Immunology, Pathology-General	2.2 Chronic Inflammation (Part 2 of 2), 2.5 Wound Healing, 3.1 Neoplasia, 3.2 Carcinogenesis Part 1 (Part 1 of 2)	Immunology pp. 116-122, Pathology pp. 205-223	26	1.5 hours	40	4	2	3
56		Pathology-General, Pharmacology-General	3.2 Carcinogenesis Part 1 (Part 2 of 2), 3.2 Carcinogenesis Part 2, 3.2 Carcinogenesis Part 3, 3.3 Tumor Progression, 3.4 Clinical Characteristics	Pathology pp. 224-226, Pharmacology pp. 227-249	26	1.5 hours	40	4	2	3