

6-WEEK 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 | | Nervous System, Immunology | 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) | Neurology & Special Senses pp. 474-492 | 19 | 1 hour | 80 | 3 | 2 | 3 |
| 2 | | 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 | Neurology & Special Senses pp. 493-511 | 19 | 1 hour | 80 | 3 | 2 | 3 |
| 3 | | Nervous System, Endocrine System | 15.3 Thyroid Gland, 15.4 Hyperthyroidism, 15.5 Hypothyroidism, 15.6 Thyroiditis, 15.7 Thyroid Neoplasia (Part 2 of 2), 15.8 Parathyroid Gland, 15.9 Endocrine Pancreas, 15.10 Adrenal Cortex, 15.11 Adrenal Medulla (Part 1 of 2) | Neurology & Special Senses pp. 512-530 | 19 | 1 hour | 80 | 3 | 2 | 3 |
| 4 | | 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 (Part 1 of 2) | Neurology & Special Senses pp. 531-535, Endocrine pp. 320-333 | 19 | 1 hour | 80 | 3 | 2 | 3 |
| 5 | | Endocrine System, Cardiovascular System | 7.4 Aortic Dissection and Aneurysm (Part 2 of 2), 7.5 Vascular Tumors, 8.1 Ischemic Heart Disease (IHD), 8.2 Congestive Heart Failure (CHF), 8.3 Congenital Defects (Part 1 of 2) | Endocrine pp. 334-350, Cardiovascular pp. 274-275 | 19 | 1 hour | 80 | 3 | 2 | 3 |
| 6 | | 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 (Part 1 of 2) | Cardiovascular pp. 276-293 | 18 | 1 hour | 80 | 3 | 2 | 3 |
| 7 | Catch-up day | | | | | | | | | |
| 8 | | Cardiovascular System, Musculoskeletal System | 18.1 Skeletal System (Part 2 of 2), 18.2 Bone Tumors, 18.3 Joint, 18.4 Skeletal Muscle, 18.5 Neuromuscular Junction, 18.6 Soft Tissue Tumors | Cardiovascular pp. 294-312 | 19 | 57 minutes | 80 | 3 | 2 | 3 |
| 9 | | Cardiovascular System, Musculoskeletal System, Respiratory System | 9.1 Nasopharynx, 9.2 Larynx, 9.3 Pulmonary Infections, 9.4 Chronic Obstructive Pulmonary Disease (Part 1 of 2) | Cardiovascular pp. 313-317, Musculoskeletal, Skin, and Connective Tissue pp. 434-447 | 19 | 1 hour | 80 | 3 | 2 | 3 |
| 10 | | Musculoskeletal System, Respiratory System | 9.4 Chronic Obstructive Pulmonary Disease (Part 2 of 2), 9.5 Restrictive Diseases, 9.6 Pulmonary Hypertension, 9.7 Respiratory Distress Syndromes, 9.8 Lung Cancer (Part 1 of 2) | Musculoskeletal, Skin, and Connective Tissue pp. 448-446 | 19 | 1 hour | 80 | 3 | 2 | 3 |
| 11 | | Musculoskeletal System, Miscellaneous, Respiratory System, Skin | 9.8 Lung Cancer (Part 2 of 2), 9.9 Pleura, 19.1 Inflammatory Dermatoses, 19.2 Blistering Dermatoses, 19.3 Epithelial Tumors, 19.4 Disorders of Pigmentation and Melanocytes, 19.5 Infectious Disorders | Musculoskeletal, Skin, and Connective Tissue pp. 467-472, Public Health Sciences pp. 251-563 | 19 | 56 minutes | 80 | 3 | 2 | 3 |
| 12 | | Miscellaneous, Renal & Urinary System | 12.1 Congenital, 12.2 Acute Renal Failure (ARF), 12.3 Nephrotic Syndrome, 12.4 Nephritic Syndrome | Public Health Sciences pp. 264-268, Approaching the Organ Systems pp. 270-271, Rapid Review pp. 669-679 | 18 | 1 hour | 80 | 3 | 2 | 3 |
| 13 | | Miscellaneous, Respiratory System, 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 (Part 1 of 2) | Rapid Review pp. 680-688, Respiratory pp. 641-650 | 19 | 1 hour | 80 | 3 | 2 | 3 |
| 14 | | Respiratory System, Hematology & Oncology | 4.1 Primary Hemostasis and Related Bleeding Disorders (Part 2 of 2), 4.2 Secondary Hemostasis and Related Disorders, 4.3 Other Disorders of Hemostasis, 4.4 Thrombosis (Part 1 of 2) | Respiratory pp. 651-668 | 18 | 1 hour | 80 | 3 | 2 | 3 |

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| 15 | | Renal & Urinary System, Hematology & Oncology | 4.4 Thrombosis (Part 2 of 2), 4.5 Embolism, 5.1 Anemia, 5.2 Microcytic Anemias Part 1, 5.2 Microcytic Anemias Part 2 (Part 1 of 2) | Renal pp. 562-581 | 20 | 1 hour | 80 | 3 | 2 | 3 |
| 16 | | Renal & Urinary System, Hematology & Oncology | 5.2 Microcytic Anemias Part 2 (Part 2 of 2), 5.2 Microcytic Anemias Part 3, 5.3 Macrocytic Anemia, 5.4 Normocytic Anemia (Part 1 of 2) | Renal pp. 582-592, Hematology & Oncology pp. 396-403 | 19 | 1 hour | 80 | 3 | 2 | 3 |
| 17 | | Hematology & Oncology | 5.4 Normocytic Anemia (Part 2 of 2), 5.5 Normocytic Anemias w/ Extravascular Hemolysis, 5.6 Normocytic Anemias w/ Intravascular Hemolysis, 5.7 Anemia Due to Underproduction | Hematology & Oncology pp. 404-421 | 18 | 56 minutes | 80 | 3 | 2 | 3 |
| 18 | | Hematology & Oncology, Gastrointestinal System | 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. 422-431, Gastrointestinal pp. 352-360 | 19 | 1 hour | 80 | 3 | 2 | 3 |
| 19 | | Gastrointestinal System, Hematology & Oncology | 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 | Gastrointestinal pp. 361-379 | 19 | 58 minutes | 80 | 3 | 2 | 3 |
| 20 | | Gastrointestinal System, Reproductive System | 10.2 Salivary Gland, 10.3 Esophagus, 10.4 Stomach (Part 1 of 2) | Gastrointestinal pp. 380-394, Reproductive pp. 595-597 | 19 | 1 hour | 80 | 3 | 2 | 3 |
| 21 | Catch-up day | | | | | | | | | |
| 22 | | Reproductive System, Gastrointestinal System | 10.4 Stomach (Part 2 of 2), 10.5 Small Bowel, 10.6 Appendix, 10.7 Inflammatory Bowel Disease, 10.8 Colon (1) (Part 1 of 2) | Reproductive pp. 598-616 | 19 | 1 hour | 80 | 3 | 2 | 3 |
| 23 | | Reproductive System, Gastrointestinal System | 10.8 Colon (1) (Part 2 of 2), 10.8 Colorectal Carcinoma (2), 11.1 Exocrine Pancreas, 11.2 Gallbladder and Biliary Tract, 11.3 Liver: Jaundice | Reproductive pp. 617-634 | 18 | 1 hour | 80 | 3 | 2 | 3 |
| 24 | | Reproductive System, Behavioral/Psychiatry, Gastrointestinal System | 11.3 Liver: Hepatitis, 11.3 Liver: Cirrhosis & Tumors, 13.1 Vulva, 13.2 Vagina (Part 1 of 2) | Reproductive pp. 635-639, Psychiatry pp. 537-550 | 19 | 1 hour | 80 | 3 | 2 | 3 |
| 25 | | Behavioral/Psychiatry, Biochem, Cell Bio, Genetics, Reproductive System | 13.2 Vagina (Part 2 of 2), 13.3 Cervix, 13.4 Endometrium and Myometrium, 13.5 Ovary | Psychiatry pp. 551-560, Biochemistry pp. 34-42 | 19 | 1 hour | 80 | 3 | 2 | 3 |
| 26 | | Biochem, Cell Bio, Genetics, Reproductive System | 13.6 Ovarian Tumors, 13.7 Gestational Pathology | Biochemistry pp. 43-61 | 19 | 57 minutes | 80 | 3 | 2 | 3 |
| 27 | | Biochem, Cell Bio, Genetics, Reproductive System | 14.1 Penis, 14.2 Testicle, 14.3 Testicular Tumors, 14.4 Prostate, 16.1 Introduction, 16.2 Inflammatory Conditions, 16.3 Benign Tumors and Fibrocystic Changes (Part 1 of 2) | Biochemistry pp. 62-80 | 19 | 1 hour | 80 | 3 | 2 | 3 |
| 28 | | Biochem, Cell Bio, Genetics, Microbiology, Reproductive System, Immunology | 16.3 Benign Tumors and Fibrocystic Changes (Part 2 of 2), 16.4 Breast Cancer, 2.3 Primary Immunodeficiency, 2.4 Autoimmune Disorders Part 1 (Part 1 of 2) | Biochemistry pp. 81-94, Microbiology pp. 124-127 | 18 | 1 hour | 80 | 3 | 2 | 3 |
| 29 | | Microbiology, Immunology | 2.4 Autoimmune Disorders Part 1 (Part 2 of 2), 2.4 Autoimmune Disorders Part 2 (Part 1 of 2) | Microbiology pp. 128-146 | 19 | 1 hour | 80 | 3 | 2 | 3 |

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| 30 | | Microbiology, Immunology, Pathology-General | 2.4 Autoimmune Disorders Part 2 (Part 2 of 2), 1.1 Growth Adaptations, 1.2 Cellular Injury (Part 1 of 2) | Microbiology pp. 147-165 | 19 | 1 hour | 80 | 3 | 2 | 3 |
| 31 | | Microbiology, Pathology-General | 1.2 Cellular Injury (Part 2 of 2), 1.3 Cell Death | Microbiology pp. 166-184 | 19 | 55 minutes | 80 | 3 | 2 | 3 |
| 32 | | Microbiology, Pathology-General | 1.4 Free Radical Injury, 1.5 Amyloid, 2.1 Acute Inflammation Part 1 (Part 1 of 2) | Microbiology pp. 185-203 | 19 | 1 hour | 80 | 3 | 2 | 3 |
| 33 | | 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 | Microbiology pp. 204-204, Immunology pp. 95-111 | 18 | 56 minutes | 80 | 3 | 2 | 3 |
| 34 | | Immunology, Pathology-General | 2.2 Chronic Inflammation, 2.5 Wound Healing, 3.1 Neoplasia (Part 1 of 2) | Immunology pp. 112-122, Pathology pp. 205-212 | 19 | 1 hour | 80 | 3 | 2 | 3 |
| 35 | | Pathology-General, Pharmacology-General | 3.1 Neoplasia (Part 2 of 2), 3.2 Carcinogenesis Part 1, 3.2 Carcinogenesis Part 2 (Part 1 of 2) | Pathology pp. 213-226, Pharmacology pp. 227-231 | 19 | 1 hour | 80 | 3 | 2 | 3 |
| 36 | | Pharmacology-General, Pathology-General | 3.2 Carcinogenesis Part 2 (Part 2 of 2), 3.2 Carcinogenesis Part 3, 3.3 Tumor Progression, 3.4 Clinical Characteristics | Pharmacology pp. 232-249 | 18 | 1 hour | 80 | 3 | 2 | 3 |