

**7-WEEK USMLE STEP 1 SAMPLE SCHEDULE**

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Day	Event	Subjects	Pathoma tasks	First Aid (2019) Tasks	First Aid pages	Pathoma length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
1	Begin study block #1	Pathology - General, Biochem, Cell Bio, Genetics	1.1 Growth Adaptations, 1.2 Cellular Injury, 1.3 Cell Death (Part 1 of 2)	Pathology pp. 205-229, Molecular pp. 34-37	29	1.5 hours	40	4	2	3
2		Biochem, Cell Bio, Genetics, Pathology - General	1.3 Cell Death (Part 2 of 2), 1.4 Free Radical Injury, 1.5 Amyloid, 2.1 Acute Inflammation Part 1	Biochemistry pp. 38-64	27	1.5 hours	40	4	2	3
3		Biochem, Cell Bio, Genetics, Pathology - General	2.1 Acute Inflammation Part 2, 2.1 Acute Inflammation Part 3, 2.2 Chronic Inflammation, 2.5 Wound Healing (Part 1 of 2)	Biochemistry pp. 65-94	30	1.5 hours	40	4	2	3
4		Microbiology, Pathology - General	2.5 Wound Healing (Part 2 of 2), 3.1 Neoplasia, 3.2 Carcinogenesis Part 1, 3.2 Carcinogenesis Part 2	Microbiology pp. 124-150	27	1.5 hours	40	4	2	3
5		Microbiology, Pathology - General, Immunology	3.2 Carcinogenesis Part 3, 3.3 Tumor Progression, 3.4 Clinical Characteristics, 2.3 Primary Immunodeficiency, 2.4 Autoimmune Disorders Part 1	Microbiology pp. 151-180	30	1.5 hours	40	4	2	3
6		Microbiology, Immunology, Nervous System	2.4 Autoimmune Disorders Part 2, 17.1 Developmental Anomalies, 17.2 Spinal Cord Lesions, 17.3 Meningitis, 17.4 Cerebrovascular Disease, 17.5 Trauma, 17.6 Demyelinating Disorders	Microbiology pp. 181-204, Immunology pp. 95-98	28	1.5 hours	40	4	2	3
7		Immunology, Nervous System, Cardiovascular System	17.7 Dementia and Degenerative Disorders, 17.8 CNS Tumors, 7.1 Vasculitis, 7.2 Hypertension (HTN), 7.3 Arteriosclerosis	Immunology pp. 99-122, Neurology & Special Senses pp. 478-480	27	1.5 hours	40	4	2	3
8		Nervous System, Cardiovascular System	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, 8.4 Valvular Disorders	Neurology & Special Senses pp. 481-510	30	1.5 hours	40	4	2	3
9	Catch-up day									
10	Practice Test 1									
11		Nervous System, Cardiovascular System, Endocrine System	8.5 Endocarditis, 8.6 Cardiomyopathy, 8.7 Cardiac 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. 511-538	28	1.5 hours	40	4	2	3
12		Nervous System, Cardiovascular System, Endocrine System, Musculoskeletal System	15.10 Adrenal Cortex, 15.11 Adrenal Medulla (Part 2 of 2), 18.1 Skeletal System, 18.2 Bone Tumors, 18.3 Joint, 18.4 Skeletal Muscle, 18.5 Neuromuscular Junction, 18.6 Soft Tissue Tumors	Neurology & Special Senses pp. 539-539, Cardiovascular pp. 278-305	29	1.5 hours	40	4	2	3
13		Cardiovascular System, Endocrine System, Skin, Respiratory System	19.1 Inflammatory Dermatoses, 19.2 Blistering Dermatoses, 19.3 Epithelial Tumors, 19.4 Disorders of Pigmentation and Melanocytes, 19.5 Infectious Disorders, 9.1 Nasopharynx, 9.2 Larynx, 9.3 Pulmonary Infections	Cardiovascular pp. 306-319, Endocrine pp. 321-334	28	2 hours	40	4	2	3
14		Endocrine System, Musculoskeletal System, Respiratory System, Renal & Urinary 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, 9.9 Pleura, 12.1 Congenital	Endocrine pp. 335-350, Musculoskeletal, Skin, and Connective Tissue pp. 438-450	29	2 hours	40	4	2	3





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37	Practice Test 2									
38		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. 418-436, Gastrointestinal pp. 352-361	29	1.5 hours	40	4	3	3
39		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, 10.2 Salivary Gland, 10.3 Esophagus	Gastrointestinal pp. 362-390	29	1.5 hours	40	4	2	3
40		Gastrointestinal System, Reproductive System	10.4 Stomach, 10.5 Small Bowel, 10.6 Appendix, 10.7 Inflammatory Bowel Disease, 10.8 Colon (1)	Gastrointestinal pp. 391-394, Reproductive pp. 598-623	30	1.5 hours	40	4	2	3
41		Reproductive System, Behavioral/Psychiatry, 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, 11.3 Liver: Hepatitis, 11.3 Liver: Cirrhosis & Tumors, 13.1 Vulva	Reproductive pp. 624-643, Psychiatry pp. 541-549	29	1.5 hours	40	4	2	3
42		Behavioral/Psychiatry, Biochem, Cell Bio, Genetics, Reproductive System	13.1 Vulva (Part 2 of 2), 13.2 Vagina, 13.3 Cervix, 13.4 Endometrium and Myometrium, 13.5 Ovary, 13.6 Ovarian Tumors (Part 1 of 2)	Psychiatry pp. 549-564	15	1.5 hours	40	4	2	3
43		Biochem, Cell Bio, Genetics, Reproductive System	13.6 Ovarian Tumors (Part 2 of 2), 13.7 Gestational Pathology, 14.1 Penis, 14.2 Testicle, 14.3 Testicular Tumors, 14.4 Prostate	Biochemistry pp. 46-77	32	1.5 hours	40	4	2	3
44		Biochem, Cell Bio, Genetics, Microbiology, Reproductive System, Immunology	16.1 Introduction, 16.2 Inflammatory Conditions, 16.3 Benign Tumors and Fibrocystic Changes, 16.4 Breast Cancer, 2.3 Primary Immunodeficiency, 2.4 Autoimmune Disorders Part 1 (Part 1 of 2)	Biochemistry pp. 78-94, Microbiology pp. 124-133	27	2 hours	40	4	2	3
45		Microbiology, Immunology, Pathology - General	2.4 Autoimmune Disorders Part 1 (Part 2 of 2), 2.4 Autoimmune Disorders Part 2, 1.1 Growth Adaptations, 1.2 Cellular Injury (Part 1 of 2)	Microbiology pp. 134-164	31	1.5 hours	40	4	2	3
46		Microbiology, Pathology - General	1.2 Cellular Injury (Part 2 of 2), 1.3 Cell Death, 1.4 Free Radical Injury	Microbiology pp. 165-193	29	1.5 hours	40	4	2	3
47		Microbiology, Immunology, Pathology - General	1.5 Amyloid, 2.1 Acute Inflammation Part 1, 2.1 Acute Inflammation Part 2, 2.1 Acute Inflammation Part 3	Microbiology pp. 194-204, Immunology pp. 95-113	30	2 hours	40	4	2	3
48		Immunology, Pathology - General	2.2 Chronic Inflammation, 2.5 Wound Healing, 3.1 Neoplasia	Immunology pp. 114-122, Pathology pp. 205-224	29	1.5 hours	40	4	2	3
49		Pathology - General, Pharmacology - General	3.2 Carcinogenesis Part 1, 3.2 Carcinogenesis Part 2, 3.2 Carcinogenesis Part 3, 3.3 Tumor Progression, 3.4 Clinical Characteristics	Pathology pp. 225-229, Pharmacology pp. 231-253	28	2 hours	40	4	2	3