



USMLE[®] Step 2 CK
Study Plan 2016

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Welcome Letter

A Letter from our Co-Founder, Adeel Yang M.D.

Hello MS3s,

If you are still smiling and living large, props to you! Most of us get pretty burned out in our third year. Long hours, new rules, difficult people, and recurring shelf exams just slowly beat you down. The good news is you've made it this far, and there is light at the end of the tunnel. From those of us that have made it through, we want to let you know that we've got your back. Although Step 2 is not as hard as Step 1, it is still a test you want to prepare hard for because residencies do look at your results!

The following are some do's and don'ts I'd like to impart upon you as you progress through the rest of the semester:

Do:

- **Do USMLE World QBank for Step 2 and REVIEW the answers carefully. When reviewing the answers, reference Picmonic to help remember the key facts!**
 - Picmonic's Step 2 Pathway ([click to view](#)) organizes all the topics into the appropriate categories so you can easily follow along.
- **When you hit a question that you are having trouble remembering the answers for, like Duke's criteria or bone tumors, search them directly in Picmonic and spend a few minutes reviewing the picture and story to solidify your memory.**
 - *If you've already gone through it once during 3rd year for your shelf exams, then do them all again!
 - **The style and difficulty level of Step 2 is very similar to the USMLE World QBank.
- **Do the questions on random, timed, at one-hour intervals (44 questions) each time.**
- **Do a practice test on the first day of your dedicated Step 2 study and another one at the halfway mark.**



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Don't:

- Don't just do the questions and not spend time reviewing the answers.
- Don't cram! There are too many topics covering all 3 years of medical school.
- You've been studying all along with Step 1 and shelf exams, so DON'T stress.
- Don't try to review too many books or resources (*a good question bank and using Picmonic in parallel is all you'll need*).
- Don't wait to do questions! Start as soon as possible.

At this point, you are no stranger to how things work, to making sacrifices and of course, meeting your priorities. While you have come a long way, there is still much more to come, so hang in there. The time you put in now will pay off dividends in the not so distant future!

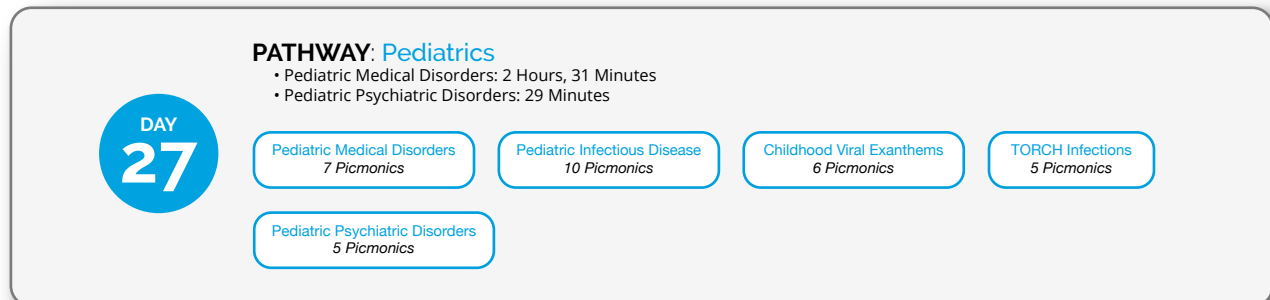


Adeel Yang, M.D.
Picmonic Co-Founder



About the Study Plan

This plan was put together with customization in mind. While our Pathways feature makes life easier for everyone, we know that there will be some areas that require more or less time than others. That is why we stress that although a Pathway or path states a certain amount of time, it won't necessarily take that long.



For example, someone going through the **Pediatric Medical Disorders** path may find themselves finishing faster than the 2 hours, 31 minutes allotted. Why is this? They could already be familiar with many of the Picmonics within that specific path or already have content mastered. They can then opt to bypass or breeze right through the Picmonics they are familiar with, whereas someone that struggles with the Picmonics or topics in that path may need to spend more time on them.

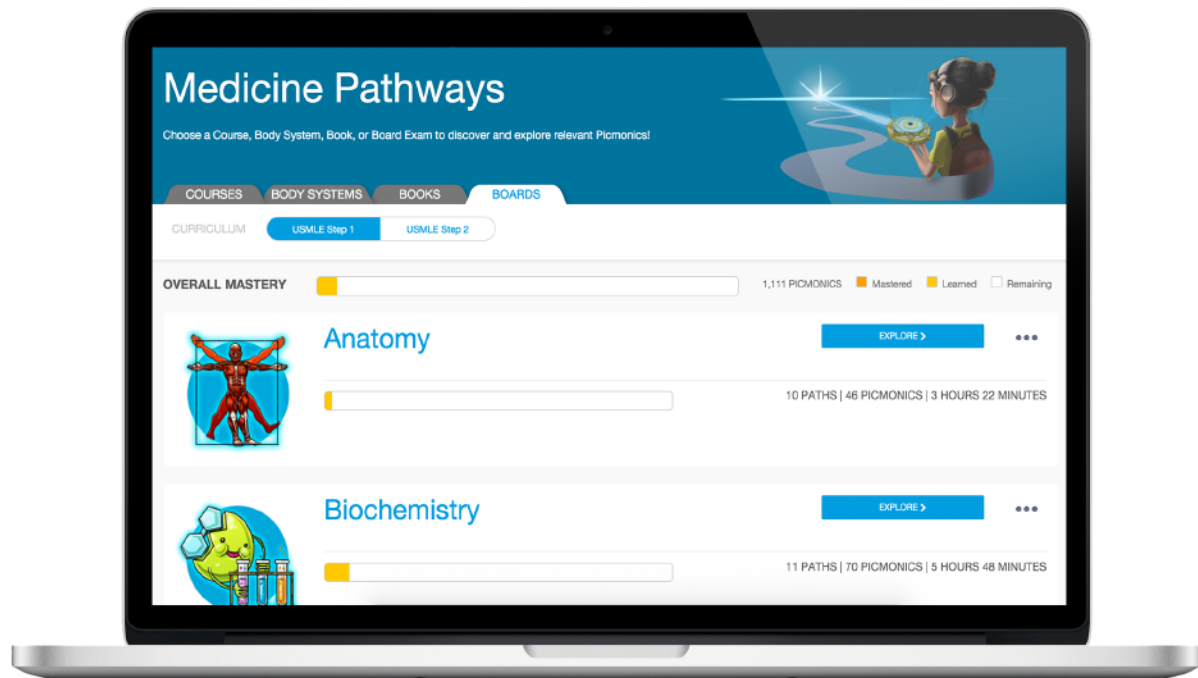
Each student is different, with varying strengths and weaknesses along with the amount of time per day they have set aside for studying. Thus we have provided a blueprint to help you get an idea for the time needed to go through our Step 2 Pathways.

Some Pathways will cover multiple days of studying, and you'll see the overall time displayed on each day. Don't worry- we're not asking you to study for 6 hours and 9 minutes for 3 days in a row! The paths within each Pathway are divided up amongst the days for an average of 2-4 hours.



A Brief Introduction to Pathways

Picmonic Pathways makes it easier than ever to determine which of our 1,000+ Picmonics for Medicine are most relevant to exactly where you are in your studies. We even have Pathways specifically covering Step 2 and First Aid Step 2 CK page by page to make this part of your journey through medical school easier!



By following this order:

- 1) Internal Medicine
- 2) Psychiatry
- 3) Obstetrics and Gynecology
- 4) Pediatrics
- 5) Surgery
- 6) Epidemiology

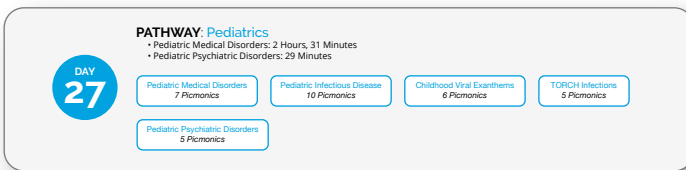
you will review over 800 Picmonics that will pertain to the USMLE Step 2 Boards. At this point, you are no stranger to the hard work, disciplined studying, and sacrifice required to land a good score, so let's dig in.



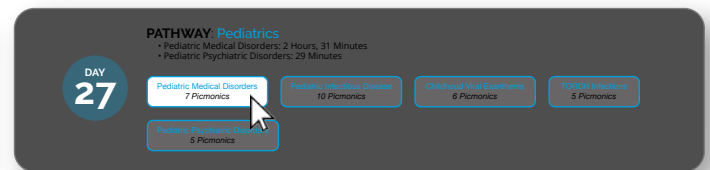
30 Day Calendar

As mentioned earlier, our 30 Day Calendar is based on the assumption that you are able to put in up to 4 hours per day studying. To many that may be the norm, to others, too much, and to some, too little. Regardless of your preference, follow along as best you can- and don't procrastinate! You don't need to wait until you're exactly 30 days out from your boards. The sooner you get on this, the easier life will be.

1) To begin, simply select a specific day.



2) Click on the first link to the specific path.



3) And boom, you're ready to go!

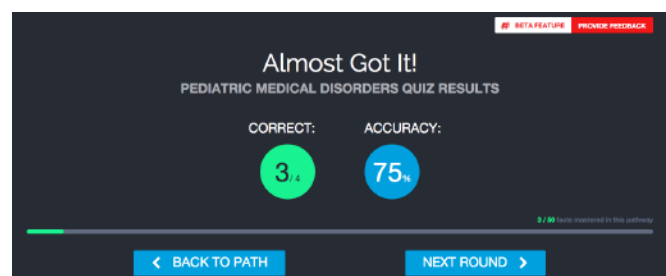
Once you've completed a path, take a minute or two to quiz yourself using our new Quiz feature. (Currently, this feature is only available if you have opted in to access our Beta Features.)



This feature will throw as many Picmonic fact-based questions in multiple choice format as you can answer until the time you specified is up. The best part? The results of the quiz will identify your weak points within that path.

Here, you can see what you need to spend more time on, what you've mastered and whether or not you're ready to move onto the next path.

Want to really get the most of your study time? Try quizzing yourself on a path before you go through the Picmonics. This will tee you up for what you need immediately.



30 Day Calendar

DAY
1

PATHWAY: Internal Medicine

- Skills & Calculations: 1 Hour
- Cardiology Disorders: 6 Hours, 9 Minutes

Skills & Calculations 12 Picmonics	Hypertension & Hypercholesterolemia 6 Picmonics	ECG's and Arrhythmias 2 Picmonics	Angina 2 Picmonics
Myocardial Infarction 4 Picmonics	Cardiac Enzymes 3 Picmonics	Heart Murmurs 5 Picmonics	Heart Malformations 10 Picmonics

DAY
2

PATHWAY: Internal Medicine

- Cardiology Disorders: 6 Hours, 9 Minutes

Heart Failure 4 Picmonics	Cardiomyopathies 4 Picmonics	Inflammatory Heart Disorders 8 Picmonics	Medium-Small Vessel Vasculitides 3 Picmonics
Small Vessel Vasculitides 5 Picmonics	Large Vessel Vasculitides 2 Picmonics	12 LEAD ECG - Contiguous Leads 4 Picmonics	Vascular Disorders 7 Picmonics

DAY
3

PATHWAY: Internal Medicine

- Cardiology Pharmacology: 3 Hours, 45 Minutes

Antihypertensives 19 Picmonics	Antiarrhythmics 9 Picmonics	Inotropes 5 Picmonics	Dyslipidemia Medications 7 Picmonics
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DAY
4

PATHWAY: Internal Medicine

- Cardiology Disorders: 6 Hours, 9 Minutes

Hypothalamic & Pituitary Disorders 4 Picmonics	Thyroid Disorders 7 Picmonics	Parathyroid Disorders 2 Picmonics	Multiple Endocrine Neoplasias 3 Picmonics
Congenital Adrenal Hyperplasias 3 Picmonics	Other Adrenal Disorders 4 Picmonics	Mineral & Bone Disorders 3 Picmonics	Diabetes 5 Picmonics
Pituitary and Thyroid Medications 2 Picmonics	Diabetes Medications 13 Picmonics		



DAY
5

PATHWAY: Internal Medicine

- Gastroenterology Disorders: 6 Hours, 19 Minutes

Esophageal Disorders
6 Picmonics

Stomach Disorders
5 Picmonics

Intestinal Disorders
28 Picmonics

DAY
6

PATHWAY: Internal Medicine

- Gastroenterology Disorders: 6 Hours, 19 Minutes
- Pharmacology: 1 Hours

Pancreatic Disorders
8 Picmonics

Liver Disorders
15 Picmonics

Biliary Disorders
7 Picmonics

Gastrointestinal Pharmacology
11 Picmonics

DAY
7

PATHWAY: Internal Medicine

- Hematology Fluid Replacement: 40 Minutes
- Disorders: 3 Hours, 25 Minutes

Tranfusions & IV Fluids
7 Picmonics

Anemias
8 Picmonics

Leukemias
7 Picmonics

Lymphomas
9 Picmonics

Myeloma
2 Picmonics

Coagulation Disorders
10 Picmonics

Sepsis
3 Picmonics

DAY
8

PATHWAY: Internal Medicine

- Hematology > Pharmacology: 1 Hour, 20 Minutes
- Oncology > Screening Tests & Recommendations: 20 Minutes
- Oncology > Disorders: 4 Hours, 4 Minutes

Anticoagulants
12 Picmonics

Hematopoietics
1 Picmonic

Screening Tests & Recommendations
4 Picmonic

Leukemias
7 Picmonic

Lymphomas
9 Picmonic

Myeloma
2 Picmonics

Brain Tumors
11 Picmonics

DAY
9

PATHWAY: Internal Medicine

- Neurology > Assessments: 2 Hours, 53 Minutes
- Neurology > Disorders: 5 Hours, 13 Minutes

Skin Cancer
8 Picmonics

Cancer Medications
19 Picmonics

Ovarian Tumors
10 Picmonics

Breast Tumors
3 Picmonics

Bone Tumors
4 Picmonics



DAY
10

PATHWAY: Internal Medicine

- Neurology Assessments: 2 Hours, 53 Minutes
- Neurology Disorders: 5 Hours, 13 Minutes

Cranial Nerves
13 Picmonics

Dermatomes
3 Picmonics

Brachial Plexus
5 Picmonics

Brain Vasculature
3 Picmonics

Spinal Tracts
2 Picmonics

Nerve Palsies
8 Picmonics

Visual Field Defects
7 Picmonics

Neuromuscular Junctions Disorders
5 Picmonics

Movement & Dengerative Disorders
8 Picmonics

Neurocutaneous Disorders
5 Picmonics

DAY
11

PATHWAY: Internal Medicine

- Neurology Disorders: 5 Hours, 13 Minutes

Traumatic Brain Injury
4 Picmonics

Intracranial Hemorrhage
3 Picmonics

Stroke
5 Picmonics

Headaches
4 Picmonics

Seizures
1 Picmonic

Brain Tumors
11 Picmonics

Glaucoma
2 Picmonics

Other Eye Disorders
3 Picmonics

Ear Disorders
1 Picmonics

Infectious Disease
5 Picmonics

Common Causes of Meningitis
4 Picmonics

Nutritional Deficiencies
2 Picmonics

DAY
12

PATHWAY: Internal Medicine

- Neurology Pharmacology: 8 Hours, 53 Minutes

G Protein Coupled Receptors
4 Picmonics

Cholinergics
8 Picmonics

Adrenergics
18 Picmonics

Anxiolytics and Hypnotics
8 Picmonics

Opioids
7 Picmonics

Antidepressants
10 Picmonics

DAY
13

PATHWAY: Internal Medicine

- Neurology Pharmacology: 8 Hours, 53 Minutes

Antipsychotics
12 Picmonics

CNS Stimulants
5 Picmonics

Antiepileptics
11 Picmonics

Anesthetics
4 Picmonics

Other Nervous System Pharmacology
10 Picmonics

DAY
14

PATHWAY: Internal Medicine

- Pulmonology > Assessments: 33 Minutes
- Pulmonology > Disorders: 2 Hours, 10 Minutes
- Pulmonology > Pharmacology: 30 Minutes

Lung Sounds
4 Picmonics

Respiratory Calculations
4 Picmonics

Respiratory Disorders
21 Picmonics

Common Causes of Pneumonia
5 Picmonics

Respiratory Pharmacology
5 Picmonics



DAY
15

PATHWAY: Internal Medicine

- Nephrology > Disorders: 2 Hours, 53 Minutes
- Nephrology > Pharmacology: 1 Hour, 10 Minutes

Acid & Base Disorders 9 Picmonics	Electrolyte Imbalances 8 Picmonics	Nephritic Syndromes 5 Picmonics	Nephrotic Syndromes 7 Picmonics	Renal Tumors 1 Picmonic
Other Renal Disorders 2 Picmonics	Renal Pharmacology 11 Picmonics			

DAY
16

PATHWAY: Internal Medicine

- Urology > Disorders: 38 Minutes
- Urology > Pharmacology: 13 Minutes
- Infectious Disease > Bacteriology: 6 Hours, 20 Minutes

Prostate Disorders 2 Picmonics	Incontinence 4 Picmonics	Urological Pharmacology 2 Picmonics	Gram Positive Organisms 26 Picmonics
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DAY
17

PATHWAY: Internal Medicine

- Infectious Disease > Bacteriology: 6 Hours, 20 Minutes

Gram Negative Organisms 35 Picmonics	Gram (Other) Organisms 5 Picmonics
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DAY
18

PATHWAY: Internal Medicine

- Infectious Disease > Virology: 3 Hours, 45 Minutes

DNA Viruses 15 Picmonics	RNA Viruses 20 Picmonics	HIV 7 Picmonics
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DAY
19

PATHWAY: Internal Medicine

- Infectious Disease > Parasitology: 2 Hours
- Infectious Disease > Mycology: 1 Hour, 7 Minutes

Helminths 9 Picmonics	Protozoa 13 Picmonics	Systemic & Skin Mycoses 5 Picmonics	Opportunistic Mycoses 6 Picmonics	Antibiotics 36 Picmonics
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DAY
20

PATHWAY: Internal Medicine

- Infectious Disease > Pharmacology: 5 Hours, 12 Minutes

Antivirals 15 Picmonics	Antifungals 8 Picmonics	Anti-TB Medications 3 Picmonics
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DAY
21

PATHWAY: Psychiatry

- Anxiety Disorders > Anxiety Disorders: 19 Minutes
- Anxiety Disorders > Mood Disorders: 56 Minutes
- Anxiety Disorders > Personality Disorders: 1 Hour, 8 Minutes
- Anxiety Disorders > Cognitive Disorders: 22 Minutes
- Anxiety Disorders > Eating Disorders: 18 Minutes
- Anxiety Disorders > Pediatric Psychiatric Disorders: 10 Minutes
- Anxiety Disorders > Substance Related Disorders: 53 Minutes

Anxiety Disorders
3 Picmonics

Mood Disorders
9 Picmonics

Personality Disorders
11 Picmonics

Cognitive Disorders
5 Picmonics

Eating Disorders
3 Picmonics

Pediatric Disorders
2 Picmonics

Substance Related Disorders
10 Picmonics

DAY
22

PATHWAY: Psychiatry

- Psychiatry Pharmacology: 4 Hours, 10 Minutes

Anxiolytic and Hypnotics
8 Picmonics

Antipsychotics
12 Picmonics

Antidepressants
10 Picmonics

CNS Stimulants
5 Picmonics

Toxicities & Reversal Agents
19 Picmonics

DAY
23

PATHWAY: Obstetrics & Gynecology

- Prenatal Period: 1 Hour, 16 Minutes
- Labor and Delivery: 1 Hour, 39 Minutes

Prenatal Period
7 Picmonics

Discomforts of Pregnancy
3 Picmonics

Signs of Pregnancy
3 Picmonics

Diagnostic Tests
2 Picmonics

Labor & Delivery
7 Picmonics

Delivery & Postpartum Complications
5 Picmonics

Neonatal Assessments
5 Picmonics

DAY
24

PATHWAY: Obstetrics & Gynecology

- Pregnancy Complications: 1 Hour, 16 Minutes
- Postpartum Period: 24 Minutes
- TORCH Infections: 23 Minutes
- Gynecology > Reproductive Cycle: 23 Minutes

Pregnancy Complications
9 Picmonics

Implantation Abnormalities
4 Picmonics

Postpartum Period
5 Picmonics

TORCH Infections
5 Picmonics

Menstrual Cycle
2 Picmonics

Fetal Circulation
3 Picmonics

DAY
25

PATHWAY: Obstetrics & Gynecology

- Reproductive Disorders: 2 Hour, 46 Minutes

Genetic Sex Disorders
5 Picmonics

Uterine & Ovarian Disorders
9 Picmonics

Ovarian Tumors
10 Picmonics

Breast Tumors
3 Picmonics

Sexually Transmitted Infections
5 Picmonics

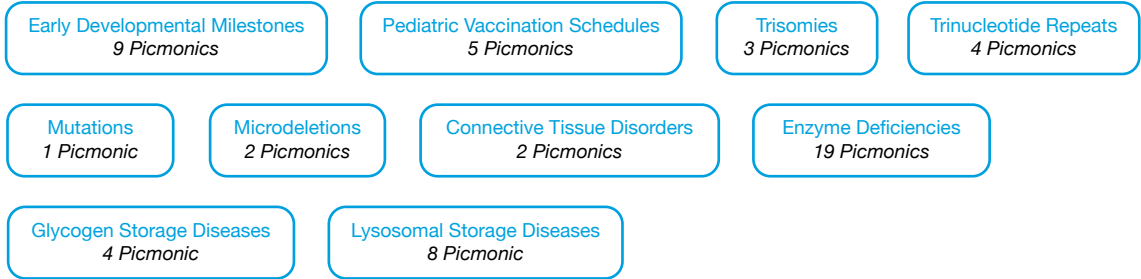
Reproductive Pharmacology
6 Picmonics



PATHWAY: Pediatrics

- Assessments: 1 Hour, 2 Minutes
- Pediatric Disorders: 6 Hours, 21 Minutes
- Genetic Abnormalities: 3 Hours, 21 Minutes

DAY
26



PATHWAY: Pediatrics

- Pediatric Medical Disorders: 2 Hours, 31 Minutes
- Pediatric Psychiatric Disorders: 29 Minutes

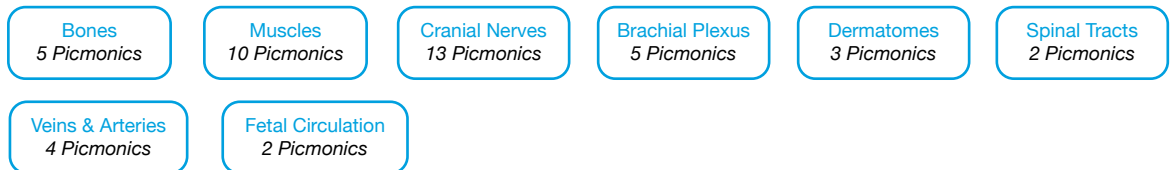
DAY
27



PATHWAY: Surgery

- Anatomy > Bones: 23 Minutes
- Anatomy > Muscles: 57 Minutes
- Anatomy > Nerves: 1 Hour, 22 Minutes
- Anatomy > Veins & Arteries: 30 Minutes

DAY
28



PATHWAY: Surgery

- Basic Principles: 49 Minutes
- Orthopedics > Musculoskeletal Disorders: 2 Hours, 5 Minutes

DAY
29



PATHWAY: Epidemiology

- Biostatistics > Biostatistics: 48 Minutes
- Biostatistics > Preventative Medicine: 19 Minutes

DAY
30



