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Introduction & Editor’s Note

Hello there,

The wait is over! We are proud to provide you with 2017’s Step 1 Study Schedule. Before you dive in, we’d like to make you aware of the following changes in this year’s version:

• Easier navigation. Simply click on the section you intend to study and the appropriate links will take you where you need to go.
• With the incorporation of spaced repetition, and the ever evolving Quiz feature, we have blocked off time to read the relevant First Aid Pages, learn the related Picmonics, and quiz to reinforce the information. We also provided some time for you to review with a question bank of your choosing.
• Since we are always listening to feedback and providing updates, our content structure may change a tad over time. But don’t worry! This guide is meant to be customizable to fit your needs, and we’ll always make sure that the proper Picmonics are where they need to be within the Picmonic Learning System.

We hope you enjoy our Study Schedule and use it as a way to help you manage your time with respect to our research-backed learning system. Here’s to a great Step 1 score!

- The Picmonic Team

Michael Bustos studied with Picmonic throughout his time at McGovern Medical School in Houston, Texas. He joined the Picmonic team as a Student Scholar shortly after his third year. Following graduation from medical school in May 2016, he began his residency training in Internal Medicine at William Beaumont Army Medical Center in El Paso, Texas. He has since contributed to various projects as part of the Picmonic community and remains a vital asset to the Picmonic team.

Interested in becoming a Student Scholar? Find out more by reaching out to feedback@picmonic.com.
Taking on Step 1 with the 3 Prong Approach

With so many resources out there, what’s the best way to fit them all in? Our 3 Prong Approach comes from the feedback and input of countless Campus Advocates, power users, and everyone in between.

1. Read First Aid.
Read the First Aid pages in each section and give them your undivided attention. Supplement with any relevant notes and lectures to ensure you’ve covered everything.

2. Review with Picmonic.
We have over 1,300 Picmonics covering every topic you’ll face in medical school. With this guide, we’ll help you find the most pertinent Picmonics for each First Aid section.

3. Assess with question banks.
Whether it's Kaplan, UWorld, or an NBME practice test, you need to practice like you’ll play come test time. Question banks are a great way to ensure that you’ve got what you need to know down and ready for rapid recall.
How our Study Guide Works

You have your 3 Prong Approach for Step studying as a whole, and Picmonic will supplement that with our own learning trifecta: **Play. Review. Quiz.**

That's the core of our platform and how you'll get the most out of your study time. When reading First Aid® and following along with our related Picmonics, you'll reinforce the vital content of First Aid and will be on track to rapidly recall come test time.

**Play** the Picmonic in the Educational audio setting. Follow along as the narrator reads through the key concepts and characters.

**Review** each character and what they represent in the Picmonic. Feel free to take your time in this mode as it will help you reinforce what is being covered in the Picmonic and how the characters and story will stick in your mind.

**Quiz** yourself at the end of each Picmonic to assess where you need to spend a little more time reviewing. Don't stress if you don't get it right away! Most people watch a Picmonic 3 to 5 times before it sticks for good.
Study Schedule

Each subject is broken down into 16 categories based on First Aid 2017. As the average student can expect to study for around 4 hours per day (from the feedback of our users), we’ve broken down our content to fit within 2 to 4 hour sessions. Keep in mind however, that not every day will take the full 4 hours, so if that is the case, use the additional time to study with other resources or review anything that still needs work.

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<tr>
<td>Respiratory</td>
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Disclaimer:
This study guide does not guarantee a specific score but rather provides a framework of effective practices to help students get the most from their Picmonic subscription. The success and results of those that follow it will vary. Picmonic does not guarantee a certain level of results or accept any legal liability whatsoever arising from the use of this study guide. Picmonic is not affiliated or endorsed by any third party mentioned herein. Reference to third parties or external websites do not constitute an endorsement or recommendation by Picmonic of any material on those sites or of any third party products or services offered by such third parties. All third party resources referenced herein are owned exclusively by such respective third parties.
Biochemistry

64 Hours | First Aid Pages 34-90

**First Aid:** Read pages 34-37

Continue to test your knowledge using an external question bank.

**First Aid:** Read pages 38-46

Continue to test your knowledge using an external question bank.

**First Aid:** Read pages 47-56

Continue to test your knowledge using an external question bank.

**First Aid:** Read pages 57-58

Continue to test your knowledge using an external question bank.

**First Aid:** Read pages 59-61

Continue to test your knowledge using an external question bank.

**First Aid:** Read page 62

Continue to test your knowledge using an external question bank.
Biochemistry

**First Aid:** Read pages 63-64

Continue to test your knowledge using an external question bank.

**First Aid:** Read page 65

Continue to test your knowledge using an external question bank.

**First Aid:** Read page 66

Continue to test your knowledge using an external question bank.

**First Aid:** Read pages 67-68

Continue to test your knowledge using an external question bank.

**First Aid:** Read pages 69-74

Continue to test your knowledge using an external question bank.

**First Aid:** Read pages 75-77

Continue to test your knowledge using an external question bank.
Biochemistry

First Aid: Read pages 78-80

DAY 13
Picmonics for Page 78  Picmonics for Page 79  Picmonics for Page 80

Continue to test your knowledge using an external question bank.

First Aid: Read pages 81-83

DAY 14
Picmonics for Page 81  Picmonics for Page 83

Continue to test your knowledge using an external question bank.

First Aid: Read page 84

DAY 15
Picmonics for Page 84

Continue to test your knowledge using an external question bank.

First Aid: Read pages 85-90

DAY 16
Picmonics for Page 85  Picmonics for Page 90

Continue to test your knowledge using an external question bank.
Immunology

24 Hours | First Aid Pages 92-118

**First Aid:** Read pages **92-105**

- Picmonics for Page 92
- Picmonics for Page 95
- Picmonics for Page 96
- Picmonics for Page 103

Continue to test your knowledge using an external question bank.

**First Aid:** Read pages **106-111**

- Picmonics for Page 106
- Picmonics for Page 108
- Picmonics for Page 109
- Picmonics for Page 110
- Picmonics for Page 111

Continue to test your knowledge using an external question bank.

**First Aid:** Read page **112**

- Picmonics for Page 112

Continue to test your knowledge using an external question bank.

**First Aid:** Read pages **113-114**

- Picmonics for Page 113

Continue to test your knowledge using an external question bank.

**First Aid:** Read pages **115-117**

- Picmonics for Page 115

Continue to test your knowledge using an external question bank.

**First Aid:** Read pages **118-120**

- Picmonics for Page 118

Continue to test your knowledge using an external question bank.
Microbiology

140 Hours | First Aid Pages 120-201

**DAY 1**
**First Aid:** Read pages 120-127

Continue to test your knowledge using an external question bank.

**DAY 2**
**First Aid:** Read page 128

Continue to test your knowledge using an external question bank.

**DAY 3**
**First Aid:** Read pages 129-130

Continue to test your knowledge using an external question bank.

**DAY 4**
**First Aid:** Read pages 131-132

Continue to test your knowledge using an external question bank.

**DAY 5**
**First Aid:** Read page 133

Continue to test your knowledge using an external question bank.

**DAY 6**
**First Aid:** Read page 134

Continue to test your knowledge using an external question bank.
Microbiology

**First Aid:** Read pages **135-136**

 Continue to test your knowledge using an external question bank.

**First Aid:** Read pages **137-138**

 Continue to test your knowledge using an external question bank.

**First Aid:** Read pages **139-140**

 Continue to test your knowledge using an external question bank.

**First Aid:** Read page **141**

 Continue to test your knowledge using an external question bank.

**First Aid:** Read pages **142-143**

 Continue to test your knowledge using an external question bank.

**First Aid:** Read page **144**

 Continue to test your knowledge using an external question bank.
Microbiology

**First Aid:** Read pages **145-147**

Picmonics for Page 145  Picmonics for Page 146  Picmonics for Page 147

Continue to test your knowledge using an external question bank.

**First Aid:** Read pages **148-150**

Picmonics for Page 148  Picmonics for Page 149  Picmonics for Page 150

Continue to test your knowledge using an external question bank.

**First Aid:** Read pages **151-153**

Picmonics for Page 151  Picmonics for Page 152  Picmonics for Page 153

Continue to test your knowledge using an external question bank.

**First Aid:** Read pages **154-155**

Picmonics for Page 154  Picmonics for Page 155

Continue to test your knowledge using an external question bank.

**First Aid:** Read pages **156-157**

Picmonics for Page 156  Picmonics for Page 157

Continue to test your knowledge using an external question bank.

**First Aid:** Read pages **158-160**

Picmonics for Page 160
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Microbiology

**First Aid:** Read pages **176-178**

Continue to test your knowledge using an external question bank.

**First Aid:** Read page **179**

Continue to test your knowledge using an external question bank.

**First Aid:** Read page **180**

Continue to test your knowledge using an external question bank.

**First Aid:** Read pages **181-184**

Continue to test your knowledge using an external question bank.

**First Aid:** Read page **185**

Continue to test your knowledge using an external question bank.

**First Aid:** Read pages **186-187**

Continue to test your knowledge using an external question bank.
Microbiology

**DAY 31**

**First Aid:** Read pages 188-189

Picmonics for Page 188  Picmonics for Page 189

Continue to test your knowledge using an external question bank.

**DAY 32**

**First Aid:** Read pages 190-192

Picmonics for Page 190  Picmonics for Page 191  Picmonics for Page 192

Continue to test your knowledge using an external question bank.

**DAY 33**

**First Aid:** Read pages 193-195

Picmonics for Page 193  Picmonics for Page 194  Picmonics for Page 195

Continue to test your knowledge using an external question bank.

**DAY 34**

**First Aid:** Read pages 196-198

Picmonics for Page 196  Picmonics for Page 197  Picmonics for Page 198

Continue to test your knowledge using an external question bank.

**DAY 35**

**First Aid:** Read pages 199-201

Picmonics for Page 199  Picmonics for Page 200

Continue to test your knowledge using an external question bank.
Pathology

8 Hours | First Aid Pages 204-221

**First Aid:** Read pages 204-216

- Picmonics for Page 207
- Picmonics for Page 211
- Picmonics for Page 212
- Picmonics for Page 213

Continue to test your knowledge using an external question bank.

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**First Aid:** Read pages 217-221

- Picmonics for Page 217

Continue to test your knowledge using an external question bank.
# Pharmacology

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Public Health Services

12 Hours | First Aid Pages 246-262

**First Aid:** Read pages 246-247

Continue to test your knowledge using an external question bank.

**First Aid:** Read pages 248-257

Continue to test your knowledge using an external question bank.

**First Aid:** Read pages 258-262

Continue to test your knowledge using an external question bank.
Cardiovascular

60 Hours | First Aid Pages 268-310

**First Aid:** Read pages 268-278

Day 1

- Picmonics for Page 270
- Picmonics for Page 271
- Picmonics for Page 276

Continue to test your knowledge using an external question bank.

**First Aid:** Read pages 279-281

Day 2

- Picmonics for Page 279

Continue to test your knowledge using an external question bank.

**First Aid:** Read pages 282-284

Day 3

- Picmonics for Page 282
- Picmonics for Page 284

Continue to test your knowledge using an external question bank.

**First Aid:** Read pages 285-288

Day 4

- Picmonics for Page 285
- Picmonics for Page 288

Continue to test your knowledge using an external question bank.

**First Aid:** Read pages 289-290

Day 5

- Picmonics for Page 289
- Picmonics for Page 290

Continue to test your knowledge using an external question bank.

**First Aid:** Read pages 291-294

Day 6

- Picmonics for Page 291
- Picmonics for Page 292
- Picmonics for Page 293

Continue to test your knowledge using an external question bank.
Cardiovascular

**First Aid:** Read pages 295-296

Continue to test your knowledge using an external question bank.

**First Aid:** Read pages 297-298

Continue to test your knowledge using an external question bank.

**First Aid:** Read pages 299-301

Continue to test your knowledge using an external question bank.

**First Aid:** Read page 302

Continue to test your knowledge using an external question bank.

**First Aid:** Read page 303

Continue to test your knowledge using an external question bank.

**First Aid:** Read page 304

Continue to test your knowledge using an external question bank.
Cardiovascular

**First Aid:** Read pages **305-306**

Continue to test your knowledge using an external question bank.

**First Aid:** Read pages **307-308**

Continue to test your knowledge using an external question bank.

**First Aid:** Read pages **309-310**

Continue to test your knowledge using an external question bank.
Endocrine

40 Hours | First Aid Pages 312-342

**DAY 1**

**First Aid:** Read pages 312-314

- Picmonics for Page 312
- Picmonics for Page 313
- Picmonics for Page 314

Continue to test your knowledge using an external question bank.

**DAY 2**

**First Aid:** Read pages 315-318

- Picmonics for Page 315
- Picmonics for Page 316
- Picmonics for Page 318

Continue to test your knowledge using an external question bank.

**DAY 3**

**First Aid:** Read pages 319-322

- Picmonics for Page 319
- Picmonics for Page 320
- Picmonics for Page 321

Continue to test your knowledge using an external question bank.

**DAY 4**

**First Aid:** Read pages 323-326

- Picmonics for Page 323
- Picmonics for Page 324
- Picmonics for Page 326

Continue to test your knowledge using an external question bank.

**DAY 5**

**First Aid:** Read pages 327-328

- Picmonics for Page 327
- Picmonics for Page 328

Continue to test your knowledge using an external question bank.

**DAY 6**

**First Aid:** Read pages 329-330

- Picmonics for Page 329
- Picmonics for Page 330
Endocrine

**First Aid:** Read pages 331-336
- Picmonics for Page 331
- Picmonics for Page 332
- Picmonics for Page 333
- Picmonics for Page 334
- Picmonics for Page 335

Continue to test your knowledge using an external question bank.

**First Aid:** Read pages 337-339
- Picmonics for Page 337
- Picmonics for Page 338
- Picmonics for Page 339

Continue to test your knowledge using an external question bank.

**First Aid:** Read page 340
- Picmonics for Page 340

Continue to test your knowledge using an external question bank.

**First Aid:** Read pages 341-342
- Picmonics for Page 341
- Picmonics for Page 342

Continue to test your knowledge using an external question bank.
Gastrointestinal

48 Hours | First Aid Pages 344-383

**DAY 1**

**First Aid:** Read pages 344-357

Continue to test your knowledge using an external question bank.

**DAY 2**

**First Aid:** Read pages 358-360

Continue to test your knowledge using an external question bank.

**DAY 3**

**First Aid:** Read pages 361-362

Continue to test your knowledge using an external question bank.

**DAY 4**

**First Aid:** Read pages 363-364

Continue to test your knowledge using an external question bank.

**DAY 5**

**First Aid:** Read page 365

Continue to test your knowledge using an external question bank.

**DAY 6**

**First Aid:** Read pages 366-367

Continue to test your knowledge using an external question bank.
Gastrointestinal

**First Aid:** Read pages 368-372

Continue to test your knowledge using an external question bank.

**First Aid:** Read pages 373-376

Continue to test your knowledge using an external question bank.

**First Aid:** Read page 377

Continue to test your knowledge using an external question bank.

**First Aid:** Read page 378

Continue to test your knowledge using an external question bank.

**First Aid:** Read pages 379-380

Continue to test your knowledge using an external question bank.

**First Aid:** Read pages 381-383
**Hematology & Oncology**

**48 Hours | First Aid Pages 386-422**

**DAY 1**

**First Aid:** Read pages 386-397

- Picmonics for Page 390
- Picmonics for Page 391
- Picmonics for Page 396
- Picmonics for Page 397

Continue to test your knowledge using an external question bank.

**DAY 2**

**First Aid:** Read pages 398-399

- Picmonics for Page 398
- Picmonics for Page 399

Continue to test your knowledge using an external question bank.

**DAY 3**

**First Aid:** Read page 400

- Picmonics for Page 400

Continue to test your knowledge using an external question bank.

**DAY 4**

**First Aid:** Read pages 401-403

- Picmonics for Page 401
- Picmonics for Page 402
- Picmonics for Page 403

Continue to test your knowledge using an external question bank.

**DAY 5**

**First Aid:** Read pages 404-405

- Picmonics for Page 404
- Picmonics for Page 405

Continue to test your knowledge using an external question bank.

**DAY 6**

**First Aid:** Read pages 406-407

- Picmonics for Page 406
- Picmonics for Page 407
Hematology & Oncology

**First Aid:** Read pages 408-409

Continue to test your knowledge using an external question bank.

**First Aid:** Read pages 410-412

Continue to test your knowledge using an external question bank.

**First Aid:** Read pages 413-414

Continue to test your knowledge using an external question bank.

**First Aid:** Read pages 415-417

Continue to test your knowledge using an external question bank.

**First Aid:** Read pages 418-419

Continue to test your knowledge using an external question bank.

**First Aid:** Read pages 420-422

Continue to test your knowledge using an external question bank.
Musculoskeletal, Skin, and Connective Tissue

52 Hours | First Aid Pages 424-457

**First Aid:** Read pages 424-426

Continue to test your knowledge using an external question bank.

**First Aid:** Read pages 427-428

Continue to test your knowledge using an external question bank.

**First Aid:** Read page 429

Continue to test your knowledge using an external question bank.

**First Aid:** Read pages 430-432

Continue to test your knowledge using an external question bank.

**First Aid:** Read page 433-434

Continue to test your knowledge using an external question bank.

**First Aid:** Read pages 435-438

Continue to test your knowledge using an external question bank.
## Musculoskeletal, Skin, and Connective Tissue

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Continue to test your knowledge using an external question bank.
# Neurology and Special Senses

## 60 Hours | First Aid Pages 460-521

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<td><strong>1</strong></td>
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<td><img src="#" alt="Day 1 Picmonics" /></td>
</tr>
<tr>
<td><strong>2</strong></td>
<td>Read page 476</td>
<td><img src="#" alt="Day 2 Picmonics" /></td>
</tr>
<tr>
<td><strong>3</strong></td>
<td>Read pages 477-480</td>
<td><img src="#" alt="Day 3 Picmonics" /></td>
</tr>
<tr>
<td><strong>4</strong></td>
<td>Read pages 481-483</td>
<td><img src="#" alt="Day 4 Picmonics" /></td>
</tr>
<tr>
<td><strong>5</strong></td>
<td>Read pages 484-489</td>
<td><img src="#" alt="Day 5 Picmonics" /></td>
</tr>
<tr>
<td><strong>6</strong></td>
<td>First Aid: Read pages 490-491</td>
<td>Picmonics for Page 490</td>
</tr>
</tbody>
</table>

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Neurology and Special Senses

**First Aid:** Read pages 492-494

Picmonics for Page 492  Picmonics for Page 493  Picmonics for Page 494

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**First Aid:** Read pages 495-497

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**First Aid:** Read pages 498-501

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**First Aid:** Read pages 502-506

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**First Aid:** Read pages 507-513

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Neurology and Special Senses

**DAY 13**

**First Aid:** Read pages 515-517

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**DAY 14**

**First Aid:** Read pages 518-519

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**DAY 15**

**First Aid:** Read pages 520-521

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Psychiatry

36 Hours | First Aid Pages 524-546

**First Aid:** Read pages 524-530

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**First Aid:** Read pages 531-534

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**First Aid:** Read pages 537-539

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**First Aid:** Read pages 541-542

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Psychiatry

**First Aid:** Read page 543

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**First Aid:** Read pages 544-545

Continue to test your knowledge using an external question bank.

**First Aid:** Read page 546

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Renal

First Aid Pages 548-577

DAY 1
First Aid: Read pages 548-555
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DAY 2
First Aid: Read pages 556-559
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DAY 3
First Aid: Read page 560
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DAY 4
First Aid: Read page 561
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DAY 5
First Aid: Read pages 562-565
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DAY 6
First Aid: Read pages 566-570
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Renal

**First Aid:** Read pages 571-575

Continue to test your knowledge using an external question bank.

**First Aid:** Read pages 576-577

Continue to test your knowledge using an external question bank.
Reproductive

40 Hours | First Aid Pages 580-623

**First Aid:** Read pages 580-587

Day 1

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**First Aid:** Read pages 588-595

Day 2

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**First Aid:** Read pages 596-599

Day 3

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**First Aid:** Read pages 600-604

Day 4

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**First Aid:** Read pages 605-607

Day 5

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**First Aid:** Read pages 608-609

Day 6

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Reproductive

**First Aid:** Read pages 610-612

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**First Aid:** Read pages 613-618

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**First Aid:** Read pages 619-621

Continue to test your knowledge using an external question bank.

**First Aid:** Read pages 622-623

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Respiratory

20 Hours | First Aid Pages 626-649

**First Aid:** Read pages 626-635

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**First Aid:** Read page 649

- Picmonics for Page 649

Continue to test your knowledge using an external question bank.
The Day Before the Exam

1. **Take the day off from studying.** Research has shown that anything you study right before an exam is more likely to hurt than help your performance. Why? Because the last-studied information is still floating around in your short term memory and actually interferes with recall of information that you studied days, weeks, or even months before.

2. **Plan something fun to do as a reward for all the effort you have put into getting ready.** Call friends to make plans for after the exam is over. Take in a good movie or shop at a favorite store. In short, do something appealing that you put off during the previous weeks of preparing and treat yourself to something special. Maybe hit the bars for a post-exam drink with some friends! #treatyoself

3. **Watch your intake of caffeine.** Nothing drives up your anxiety level faster than not being able to fall asleep the night before an exam. Avoid beverages like coffee, tea, or colas unless they are decaffeinated.

4. **Try to relax with physically tiring activities like swimming, jogging, or biking so that you will feel tired enough to sleep.** A warm shower or bath close to bedtime will also help relax you. Unless you know exactly how it will affect you the next day, avoid taking any sleeping medications because they may leave you feeling groggy.

5. **Lay out everything you will need the night before so you won’t have to stress out locating your lucky shirt or the test permit tomorrow morning.** If you plan to drive to the test center, make sure you have enough gasoline and ensure that you step out early enough to account for traffic jams, accidents, or anything that can possibly go wrong.
Closing

If you've come this far, you've definitely put the time, effort, and energy into making sure your Step 1 score is the best it can be. Aside from studying, there are a few things you can do to help ensure you arrive at the test center ready to go. Check out the following blog on “What to do Before the Exam: Prepping the Mind and Body” for some last minute tips and pointers for your big day. If you're wanting some additional content to review, check out this recorded webinar from our Co-Founder, Adeel Yang, M.D., on how to fully prepare for Step 1.

Best of luck, and let us know how you did!

The Picmonic Team
feedback@picmonic.com

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