



# USMLE<sup>®</sup> Step 1 Study Guide 2017

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# Table of Contents

Introduction & Editor’s Note.....	<b>Page 3</b>
Taking on Step 1 with the 3 Prong Approach .....	<b>Page 4</b>
How our Study Guide Works .....	<b>Page 5</b>
Study Schedule .....	<b>Page 6</b>
The Day Before the Exam .....	<b>Page 41</b>
Closing .....	<b>Page 42</b>

# 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



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**Senior Contributor**

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](mailto: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.

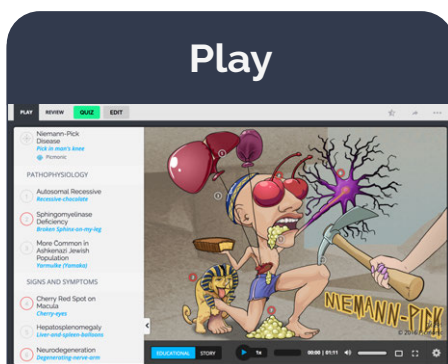
Whether it's Kaplan, UWorld, or an NBME practice test, you need to practice like you'll play come test time. Question banks are a great way to ensure that you've got what you need to know down and ready for rapid recall.



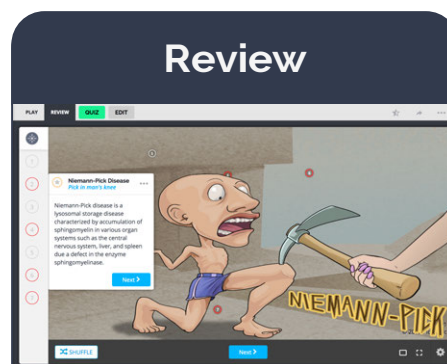
# How our Study Guide Works

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.**

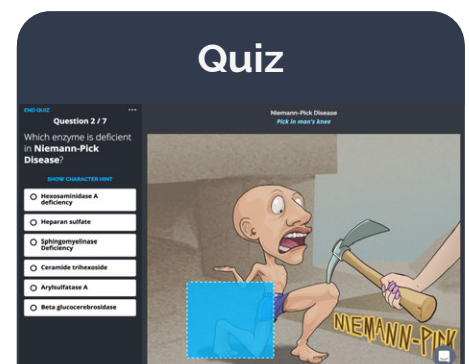
That's the core of our platform and how you'll get the most out of your study time. When reading First Aid® and following along with our related Picmonics, you'll reinforce the vital content of First Aid and will be on track to rapidly recall come test time.



**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.

<b>Biochemistry</b> .....	Page 7
<b>Immunology</b> .....	Page 10
<b>Microbiology</b> .....	Page 11
<b>Pathology</b> .....	Page 17
<b>Pharmacology</b> .....	Page 18
<b>Public Health Services</b> .....	Page 19
<b>Cardiovascular</b> .....	Page 20
<b>Endocrine</b> .....	Page 23
<b>Gastrointestinal</b> .....	Page 25
<b>Hematology &amp; Oncology</b> .....	Page 27
<b>Musculoskeletal, Skin, and Connective Tissue</b> .....	Page 29
<b>Neurology and Special Senses</b> .....	Page 31
<b>Psychiatry</b> .....	Page 34
<b>Renal</b> .....	Page 36
<b>Reproductive</b> .....	Page 38
<b>Respiratory</b> .....	Page 40

*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

DAY  
1

**First Aid:** Read pages [34-37](#)

[Picmonics for Page 34](#)

[Picmonics for Page 35](#)

[Picmonics for Page 37](#)

Continue to test your knowledge using an external question bank.

DAY  
2

**First Aid:** Read pages [38-46](#)

[Picmonics for Page 38](#)

[Picmonics for Page 41](#)

[Picmonics for Page 42](#)

Continue to test your knowledge using an external question bank.

DAY  
3

**First Aid:** Read pages [47-56](#)

[Picmonics for Page 47](#)

[Picmonics for Page 54](#)

[Picmonics for Page 56](#)

Continue to test your knowledge using an external question bank.

DAY  
4

**First Aid:** Read pages [57-58](#)

[Picmonics for Page 57](#)

[Picmonics for Page 58](#)

Continue to test your knowledge using an external question bank.

DAY  
5

**First Aid:** Read pages [59-61](#)

[Picmonics for Page 59](#)

[Picmonics for Page 60](#)

Continue to test your knowledge using an external question bank.

DAY  
6

**First Aid:** Read page [62](#)

[Picmonics for Page 62](#)

# Biochemistry

DAY  
7

**First Aid:** Read pages [63-64](#)

[Picmonics for Page 63](#)

[Picmonics for Page 64](#)

Continue to test your knowledge using an external question bank.

---

DAY  
8

**First Aid:** Read page [65](#)

[Picmonics for Page 65](#)

Continue to test your knowledge using an external question bank.

---

DAY  
9

**First Aid:** Read page [66](#)

[Picmonics for Page 66](#)

Continue to test your knowledge using an external question bank.

---

DAY  
10

**First Aid:** Read pages [67-68](#)

[Picmonics for Page 67](#)

Continue to test your knowledge using an external question bank.

---

DAY  
11

**First Aid:** Read pages [69-74](#)

[Picmonics for Page 72](#)

[Picmonics for Page 73](#)

[Picmonics for Page 74](#)

Continue to test your knowledge using an external question bank.

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DAY  
12

**First Aid:** Read pages [75-77](#)

[Picmonics for Page 75](#)

[Picmonics for Page 76](#)



# Biochemistry

DAY  
13

**First Aid:** Read pages **78-80**

Picmonics for Page 78

Picmonics for Page 79

Picmonics for Page 80

Continue to test your knowledge using an external question bank.

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DAY  
14

**First Aid:** Read pages **81-83**

Picmonics for Page 81

Picmonics for Page 83

Continue to test your knowledge using an external question bank.

---

DAY  
15

**First Aid:** Read page **84**

Picmonics for Page 84

Continue to test your knowledge using an external question bank.

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DAY  
16

**First Aid:** Read pages **85-90**

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

DAY  
1

**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.

DAY  
2

**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.

DAY  
3

**First Aid:** Read page [112](#)

[Picmonics for Page 112](#)

Continue to test your knowledge using an external question bank.

DAY  
4

**First Aid:** Read pages [113-114](#)

[Picmonics for Page 113](#)

Continue to test your knowledge using an external question bank.

DAY  
5

**First Aid:** Read pages [115-117](#)

[Picmonics for Page 115](#)

Continue to test your knowledge using an external question bank.

DAY  
6

**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](#)

[Picmonics for Page 121](#)

Continue to test your knowledge using an external question bank.

DAY  
2

**First Aid:** Read page [128](#)

[Picmonics for Page 128](#)

Continue to test your knowledge using an external question bank.

DAY  
3

**First Aid:** Read pages [129-130](#)

[Picmonics for Page 129](#)

Continue to test your knowledge using an external question bank.

DAY  
4

**First Aid:** Read pages [131-132](#)

[Picmonics for Page 131](#)

[Picmonics for Page 132](#)

Continue to test your knowledge using an external question bank.

DAY  
5

**First Aid:** Read page [133](#)

[Picmonics for Page 133](#)

Continue to test your knowledge using an external question bank.

DAY  
6

**First Aid:** Read page [134](#)

[Picmonics for Page 134](#)

# Microbiology

DAY  
7

**First Aid:** Read pages [135-136](#)

[Picmonics for Page 135](#)

[Picmonics for Page 136](#)

Continue to test your knowledge using an external question bank.

---

DAY  
8

**First Aid:** Read pages [137-138](#)

[Picmonics for Page 137](#)

[Picmonics for Page 138](#)

Continue to test your knowledge using an external question bank.

---

DAY  
9

**First Aid:** Read pages [139-140](#)

[Picmonics for Page 139](#)

[Picmonics for Page 140](#)

Continue to test your knowledge using an external question bank.

---

DAY  
10

**First Aid:** Read page [141](#)

[Picmonics for Page 141](#)

Continue to test your knowledge using an external question bank.

---

DAY  
11

**First Aid:** Read pages [142-143](#)

[Picmonics for Page 142](#)

[Picmonics for Page 143](#)

Continue to test your knowledge using an external question bank.

---

DAY  
12

**First Aid:** Read page [144](#)

[Picmonics for Page 144](#)

# Microbiology

DAY  
13

**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.

---

DAY  
14

**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.

---

DAY  
15

**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.

---

DAY  
16

**First Aid:** Read pages [154-155](#)

[Picmonics for Page 154](#)

[Picmonics for Page 155](#)

Continue to test your knowledge using an external question bank.

---

DAY  
17

**First Aid:** Read pages [156-157](#)

[Picmonics for Page 156](#)

[Picmonics for Page 157](#)

Continue to test your knowledge using an external question bank.

---

DAY  
18

**First Aid:** Read pages [158-160](#)

[Picmonics for Page 160](#)

# Microbiology

DAY  
19

**First Aid:** Read pages [161-163](#)

[Picmonics for Page 161](#)

[Picmonics for Page 163](#)

Continue to test your knowledge using an external question bank.

---

DAY  
20

**First Aid:** Read pages [164-165](#)

[Picmonics for Page 164](#)

[Picmonics for Page 165](#)

Continue to test your knowledge using an external question bank.

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DAY  
21

**First Aid:** Read pages [166-167](#)

[Picmonics for Page 166](#)

[Picmonics for Page 167](#)

Continue to test your knowledge using an external question bank.

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DAY  
22

**First Aid:** Read pages [168-170](#)

[Picmonics for Page 168](#)

Continue to test your knowledge using an external question bank.

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DAY  
23

**First Aid:** Read pages [171-174](#)

[Picmonics for Page 171](#)

[Picmonics for Page 173](#)

[Picmonics for Page 174](#)

Continue to test your knowledge using an external question bank.

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DAY  
24

**First Aid:** Read page [175](#)

[Picmonics for Page 175](#)

# Microbiology

DAY  
25

**First Aid:** Read pages [176-178](#)

[Picmonics for Page 176](#)

[Picmonics for Page 177](#)

[Picmonics for Page 178](#)

Continue to test your knowledge using an external question bank.

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DAY  
26

**First Aid:** Read page [179](#)

[Picmonics for Page 179](#)

Continue to test your knowledge using an external question bank.

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DAY  
27

**First Aid:** Read page [180](#)

[Picmonics for Page 180](#)

Continue to test your knowledge using an external question bank.

---

DAY  
28

**First Aid:** Read pages [181-184](#)

[Picmonics for Page 181](#)

[Picmonics for Page 183](#)

[Picmonics for Page 184](#)

Continue to test your knowledge using an external question bank.

---

DAY  
29

**First Aid:** Read page [185](#)

[Picmonics for Page 185](#)

Continue to test your knowledge using an external question bank.

---

DAY  
30

**First Aid:** Read pages [186-187](#)

[Picmonics for Page 186](#)

[Picmonics for Page 187](#)

# 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.

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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.

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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

DAY  
1

**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.

DAY  
2

**First Aid:** Read pages [217-221](#)

[Picmonics for Page 217](#)

Continue to test your knowledge using an external question bank.

# Pharmacology

24 Hours | First Aid Pages 224-244

DAY  
1

**First Aid:** Read pages [224-230](#)

[Picmonics for Page 228](#)

[Picmonics for Page 229](#)

[Picmonics for Page 230](#)

Continue to test your knowledge using an external question bank.

DAY  
2

**First Aid:** Read pages [231-233](#)

[Picmonics for Page 231](#)

[Picmonics for Page 232](#)

[Picmonics for Page 233](#)

Continue to test your knowledge using an external question bank.

DAY  
3

**First Aid:** Read page [234](#)

[Picmonics for Page 234](#)

Continue to test your knowledge using an external question bank.

DAY  
4

**First Aid:** Read pages [235-238](#)

[Picmonics for Page 235](#)

[Picmonics for Page 236](#)

[Picmonics for Page 237](#)

Continue to test your knowledge using an external question bank.

DAY  
5

**First Aid:** Read pages [239-241](#)

[Picmonics for Page 239](#)

Continue to test your knowledge using an external question bank.

DAY  
6

**First Aid:** Read pages [242-244](#)

[Picmonics for Page 242](#)

[Picmonics for Page 243](#)

# Public Health Services

12 Hours | First Aid Pages 246-262

DAY

1

**First Aid:** Read pages [246-247](#)

[Picmonics for Page 246](#)

[Picmonics for Page 247](#)

Continue to test your knowledge using an external question bank.

---

DAY

2

**First Aid:** Read pages [248-257](#)

[Picmonics for Page 248](#)

Continue to test your knowledge using an external question bank.

---

DAY

3

**First Aid:** Read pages [258-262](#)

[Picmonics for Page 258](#)

Continue to test your knowledge using an external question bank.

# Cardiovascular

60 Hours | First Aid Pages 268-310

DAY  
1

**First Aid:** Read pages [268-278](#)

[Picmonics for Page 270](#)

[Picmonics for Page 271](#)

[Picmonics for Page 276](#)

Continue to test your knowledge using an external question bank.

DAY  
2

**First Aid:** Read pages [279-281](#)

[Picmonics for Page 279](#)

Continue to test your knowledge using an external question bank.

DAY  
3

**First Aid:** Read pages [282-284](#)

[Picmonics for Page 282](#)

[Picmonics for Page 284](#)

Continue to test your knowledge using an external question bank.

DAY  
4

**First Aid:** Read pages [285-288](#)

[Picmonics for Page 285](#)

[Picmonics for Page 288](#)

Continue to test your knowledge using an external question bank.

DAY  
5

**First Aid:** Read pages [289-290](#)

[Picmonics for Page 289](#)

[Picmonics for Page 290](#)

Continue to test your knowledge using an external question bank.

DAY  
6

**First Aid:** Read pages [291-294](#)

[Picmonics for Page 291](#)

[Picmonics for Page 292](#)

[Picmonics for Page 293](#)

# Cardiovascular

DAY  
7

**First Aid:** Read pages [295-296](#)

[Picmonics for Page 295](#)

Continue to test your knowledge using an external question bank.

---

DAY  
8

**First Aid:** Read pages [297-298](#)

[Picmonics for Page 297](#)

[Picmonics for Page 298](#)

Continue to test your knowledge using an external question bank.

---

DAY  
9

**First Aid:** Read pages [299-301](#)

[Picmonics for Page 299](#)

[Picmonics for Page 300](#)

Continue to test your knowledge using an external question bank.

---

DAY  
10

**First Aid:** Read page [302](#)

[Picmonics for Page 302](#)

Continue to test your knowledge using an external question bank.

---

DAY  
11

**First Aid:** Read page [303](#)

[Picmonics for Page 303](#)

Continue to test your knowledge using an external question bank.

---

DAY  
12

**First Aid:** Read page [304](#)

[Picmonics for Page 304](#)

# Cardiovascular

DAY

13

**First Aid:** Read pages [305-306](#)

[Picmonics for Page 305](#)

[Picmonics for Page 306](#)

Continue to test your knowledge using an external question bank.

---

DAY

14

**First Aid:** Read pages [307-308](#)

[Picmonics for Page 307](#)

[Picmonics for Page 308](#)

Continue to test your knowledge using an external question bank.

---

DAY

15

**First Aid:** Read pages [309-310](#)

[Picmonics for Page 309](#)

[Picmonics for Page 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

DAY  
7

**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.

---

DAY  
8

**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.

---

DAY  
9

**First Aid:** Read page [340](#)

[Picmonics for Page 340](#)

Continue to test your knowledge using an external question bank.

---

DAY  
10

**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](#)

[Picmonics for Page 344](#)

[Picmonics for Page 345](#)

[Picmonics for Page 355](#)

[Picmonics for Page 356](#)

Continue to test your knowledge using an external question bank.

DAY  
2

**First Aid:** Read pages [358-360](#)

[Picmonics for Page 358](#)

[Picmonics for Page 360](#)

Continue to test your knowledge using an external question bank.

DAY  
3

**First Aid:** Read pages [361-362](#)

[Picmonics for Page 361](#)

[Picmonics for Page 362](#)

Continue to test your knowledge using an external question bank.

DAY  
4

**First Aid:** Read pages [363-364](#)

[Picmonics for Page 363](#)

[Picmonics for Page 364](#)

Continue to test your knowledge using an external question bank.

DAY  
5

**First Aid:** Read page [365](#)

[Picmonics for Page 365](#)

Continue to test your knowledge using an external question bank.

DAY  
6

**First Aid:** Read pages [366-367](#)

[Picmonics for Page 366](#)

[Picmonics for Page 367](#)

# Gastrointestinal

DAY  
7

**First Aid:** Read pages [368-372](#)

[Picmonics for Page 368](#)

[Picmonics for Page 369](#)

[Picmonics for Page 370](#)

[Picmonics for Page 371](#)

[Picmonics for Page 372](#)

Continue to test your knowledge using an external question bank.

---

DAY  
8

**First Aid:** Read pages [373-376](#)

[Picmonics for Page 373](#)

[Picmonics for Page 374](#)

[Picmonics for Page 375](#)

[Picmonics for Page 376](#)

Continue to test your knowledge using an external question bank.

---

DAY  
9

**First Aid:** Read page [377](#)

[Picmonics for Page 377](#)

Continue to test your knowledge using an external question bank.

---

DAY  
10

**First Aid:** Read page [378](#)

[Picmonics for Page 378](#)

Continue to test your knowledge using an external question bank.

---

DAY  
11

**First Aid:** Read pages [379-380](#)

[Picmonics for Page 379](#)

[Picmonics for Page 380](#)

Continue to test your knowledge using an external question bank.

---

DAY  
12

**First Aid:** Read pages [381-383](#)

[Picmonics for Page 381](#)

[Picmonics for Page 382](#)

[Picmonics for Page 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

DAY  
7

**First Aid:** Read pages [408-409](#)

[Picmonics for Page 408](#)

[Picmonics for Page 409](#)

Continue to test your knowledge using an external question bank.

---

DAY  
8

**First Aid:** Read pages [410-412](#)

[Picmonics for Page 410](#)

[Picmonics for Page 411](#)

Continue to test your knowledge using an external question bank.

---

DAY  
9

**First Aid:** Read pages [413-414](#)

[Picmonics for Page 413](#)

[Picmonics for Page 414](#)

Continue to test your knowledge using an external question bank.

---

DAY  
10

**First Aid:** Read pages [415-417](#)

[Picmonics for Page 415](#)

[Picmonics for Page 417](#)

Continue to test your knowledge using an external question bank.

---

DAY  
11

**First Aid:** Read pages [418-419](#)

[Picmonics for Page 418](#)

[Picmonics for Page 419](#)

Continue to test your knowledge using an external question bank.

---

DAY  
12

**First Aid:** Read pages [420-422](#)

[Picmonics for Page 420](#)

[Picmonics for Page 421](#)

# Musculoskeletal, Skin, and Connective Tissue

52 Hours | First Aid Pages 424-457

DAY  
1

**First Aid:** Read pages [424-426](#)

[Picmonics for Page 424](#)

[Picmonics for Page 425](#)

[Picmonics for Page 426](#)

Continue to test your knowledge using an external question bank.

DAY  
2

**First Aid:** Read pages [427-428](#)

[Picmonics for Page 427](#)

[Picmonics for Page 428](#)

Continue to test your knowledge using an external question bank.

DAY  
3

**First Aid:** Read page [429](#)

[Picmonics for Page 429](#)

Continue to test your knowledge using an external question bank.

DAY  
4

**First Aid:** Read pages [430-432](#)

[Picmonics for Page 430](#)

[Picmonics for Page 431](#)

[Picmonics for Page 432](#)

Continue to test your knowledge using an external question bank.

DAY  
5

**First Aid:** Read page [433-434](#)

[Picmonics for Page 433](#)

Continue to test your knowledge using an external question bank.

DAY  
6

**First Aid:** Read pages [435-438](#)

[Picmonics for Page 435](#)

[Picmonics for Page 436](#)

[Picmonics for Page 438](#)

# Musculoskeletal, Skin, and Connective Tissue

DAY  
7

**First Aid:** Read pages [439-442](#)

[Picmonics for Page 439](#)

[Picmonics for Page 440](#)

[Picmonics for Page 441](#)

[Picmonics for Page 442](#)

Continue to test your knowledge using an external question bank.

---

DAY  
8

**First Aid:** Read pages [443-447](#)

[Picmonics for Page 443](#)

[Picmonics for Page 444](#)

[Picmonics for Page 445](#)

Continue to test your knowledge using an external question bank.

---

DAY  
9

**First Aid:** Read pages [448-451](#)

[Picmonics for Page 448](#)

[Picmonics for Page 449](#)

[Picmonics for Page 451](#)

Continue to test your knowledge using an external question bank.

---

DAY  
10

**First Aid:** Read pages [452-453](#)

[Picmonics for Page 452](#)

[Picmonics for Page 453](#)

Continue to test your knowledge using an external question bank.

---

DAY  
11

**First Aid:** Read page [454](#)

[Picmonics for Page 454](#)

Continue to test your knowledge using an external question bank.

---

DAY  
12

**First Aid:** Read pages [455-456](#)

[Picmonics for Page 455](#)

[Picmonics for Page 456](#)

DAY  
13

**First Aid:** Read page [457](#)

[Picmonics for Page 457](#)

# Neurology and Special Senses

60 Hours | First Aid Pages 460-521

DAY  
1

**First Aid:** Read pages [460-475](#)

[Picmonics for Page 461](#)

[Picmonics for Page 473](#)

Continue to test your knowledge using an external question bank.

DAY  
2

**First Aid:** Read page [476](#)

[Picmonics for Page 476](#)

Continue to test your knowledge using an external question bank.

DAY  
3

**First Aid:** Read pages [477-480](#)

[Picmonics for Page 477](#)

[Picmonics for Page 478](#)

[Picmonics for Page 479](#)

[Picmonics for Page 480](#)

Continue to test your knowledge using an external question bank.

DAY  
4

**First Aid:** Read pages [481-483](#)

[Picmonics for Page 481](#)

[Picmonics for Page 482](#)

[Picmonics for Page 483](#)

Continue to test your knowledge using an external question bank.

DAY  
5

**First Aid:** Read pages [484-489](#)

[Picmonics for Page 484](#)

[Picmonics for Page 487](#)

[Picmonics for Page 488](#)

Continue to test your knowledge using an external question bank.

DAY  
6

**First Aid:** Read pages [490-491](#)

[Picmonics for Page 490](#)

# Neurology and Special Senses

DAY  
7

**First Aid:** Read pages [492-494](#)

[Picmonics for Page 492](#)

[Picmonics for Page 493](#)

[Picmonics for Page 494](#)

Continue to test your knowledge using an external question bank.

---

DAY  
8

**First Aid:** Read pages [495-497](#)

[Picmonics for Page 495](#)

[Picmonics for Page 496](#)

Continue to test your knowledge using an external question bank.

---

DAY  
9

**First Aid:** Read pages [498-501](#)

[Picmonics for Page 498](#)

[Picmonics for Page 500](#)

[Picmonics for Page 501](#)

Continue to test your knowledge using an external question bank.

---

DAY  
10

**First Aid:** Read pages [502-506](#)

[Picmonics for Page 502](#)

[Picmonics for Page 503](#)

[Picmonics for Page 504](#)

[Picmonics for Page 505](#)

[Picmonics for Page 506](#)

Continue to test your knowledge using an external question bank.

---

DAY  
11

**First Aid:** Read pages [507-513](#)

[Picmonics for Page 507](#)

[Picmonics for Page 511](#)

Continue to test your knowledge using an external question bank.

---

DAY  
12

**First Aid:** Read page [514](#)

[Picmonics for Page 514](#)



# Neurology and Special Senses

DAY  
13

**First Aid:** Read pages [515-517](#)

[Picmonics for Page 515](#)

[Picmonics for Page 517](#)

Continue to test your knowledge using an external question bank.

---

DAY  
14

**First Aid:** Read pages [518-519](#)

[Picmonics for Page 518](#)

[Picmonics for Page 519](#)

Continue to test your knowledge using an external question bank.

---

DAY  
15

**First Aid:** Read pages [520-521](#)

[Picmonics for Page 520](#)

[Picmonics for Page 521](#)

Continue to test your knowledge using an external question bank.

# Psychiatry

36 Hours | First Aid Pages 524-546

DAY  
1

**First Aid:** Read pages [524-530](#)

[Picmonics for Page 527](#)

[Picmonics for Page 528](#)

[Picmonics for Page 529](#)

[Picmonics for Page 530](#)

Continue to test your knowledge using an external question bank.

DAY  
2

**First Aid:** Read pages [531-534](#)

[Picmonics for Page 531](#)

[Picmonics for Page 532](#)

[Picmonics for Page 533](#)

[Picmonics for Page 534](#)

Continue to test your knowledge using an external question bank.

DAY  
3

**First Aid:** Read pages [535-536](#)

[Picmonics for Page 535](#)

Continue to test your knowledge using an external question bank.

DAY  
4

**First Aid:** Read pages [537-539](#)

[Picmonics for Page 537](#)

[Picmonics for Page 538](#)

Continue to test your knowledge using an external question bank.

DAY  
5

**First Aid:** Read page [540](#)

[Picmonics for Page 540](#)

Continue to test your knowledge using an external question bank.

DAY  
6

**First Aid:** Read pages [541-542](#)

[Picmonics for Page 541](#)

[Picmonics for Page 542](#)

# Psychiatry

DAY  
7

**First Aid:** Read page **543**

Picmonics for Page 543

Continue to test your knowledge using an external question bank.

---

DAY  
8

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

Picmonics for Page 544

Picmonics for Page 545

Continue to test your knowledge using an external question bank.

---

DAY  
9

**First Aid:** Read page **546**

Picmonics for Page 546

Continue to test your knowledge using an external question bank.

# Renal

32 Hours | First Aid Pages 548-577

DAY  
1

**First Aid:** Read pages [548-555](#)

[Picmonics for Page 550](#)

Continue to test your knowledge using an external question bank.

DAY  
2

**First Aid:** Read pages [556-559](#)

[Picmonics for Page 556](#)

[Picmonics for Page 559](#)

Continue to test your knowledge using an external question bank.

DAY  
3

**First Aid:** Read page [560](#)

[Picmonics for Page 560](#)

Continue to test your knowledge using an external question bank.

DAY  
4

**First Aid:** Read page [561](#)

[Picmonics for Page 561](#)

Continue to test your knowledge using an external question bank.

DAY  
5

**First Aid:** Read pages [562-565](#)

[Picmonics for Page 562](#)

[Picmonics for Page 563](#)

[Picmonics for Page 564](#)

[Picmonics for Page 565](#)

Continue to test your knowledge using an external question bank.

DAY  
6

**First Aid:** Read pages [566-570](#)

[Picmonics for Page 566](#)

[Picmonics for Page 569](#)

# Renal

DAY

7

**First Aid:** Read pages [571-575](#)

[Picmonics for Page 571](#)

[Picmonics for Page 575](#)

Continue to test your knowledge using an external question bank.

---

DAY

8

**First Aid:** Read pages [576-577](#)

[Picmonics for Page 576](#)

[Picmonics for Page 577](#)

Continue to test your knowledge using an external question bank.

# Reproductive

40 Hours | First Aid Pages 580-623

DAY  
1

**First Aid:** Read pages [580-587](#)

[Picmonics for Page 581](#)

[Picmonics for Page 587](#)

Continue to test your knowledge using an external question bank.

DAY  
2

**First Aid:** Read pages [588-595](#)

[Picmonics for Page 588](#)

[Picmonics for Page 593](#)

[Picmonics for Page 594](#)

Continue to test your knowledge using an external question bank.

DAY  
3

**First Aid:** Read pages [596-599](#)

[Picmonics for Page 596](#)

[Picmonics for Page 597](#)

[Picmonics for Page 598](#)

[Picmonics for Page 599](#)

Continue to test your knowledge using an external question bank.

DAY  
4

**First Aid:** Read pages [600-604](#)

[Picmonics for Page 600](#)

[Picmonics for Page 601](#)

[Picmonics for Page 603](#)

[Picmonics for Page 604](#)

Continue to test your knowledge using an external question bank.

DAY  
5

**First Aid:** Read pages [605-607](#)

[Picmonics for Page 605](#)

[Picmonics for Page 606](#)

[Picmonics for Page 607](#)

Continue to test your knowledge using an external question bank.

DAY  
6

**First Aid:** Read pages [608-609](#)

[Picmonics for Page 608](#)

[Picmonics for Page 609](#)

# Reproductive

DAY  
7

**First Aid:** Read pages [610-612](#)

[Picmonics for Page 610](#)

[Picmonics for Page 611](#)

Continue to test your knowledge using an external question bank.

---

DAY  
8

**First Aid:** Read pages [613-618](#)

[Picmonics for Page 613](#)

[Picmonics for Page 615](#)

[Picmonics for Page 618](#)

Continue to test your knowledge using an external question bank.

---

DAY  
9

**First Aid:** Read pages [619-621](#)

[Picmonics for Page 619](#)

[Picmonics for Page 621](#)

Continue to test your knowledge using an external question bank.

---

DAY  
10

**First Aid:** Read pages [622-623](#)

[Picmonics for Page 622](#)

[Picmonics for Page 623](#)

Continue to test your knowledge using an external question bank.

# Respiratory

20 Hours | First Aid Pages 626-649

DAY  
1

**First Aid:** Read pages [626-635](#)

[Picmonics for Page 627](#)

[Picmonics for Page 628](#)

[Picmonics for Page 629](#)

[Picmonics for Page 630](#)

[Picmonics for Page 631](#)

[Picmonics for Page 634](#)

Continue to test your knowledge using an external question bank.

DAY  
2

**First Aid:** Read pages [636-638](#)

[Picmonics for Page 636](#)

[Picmonics for Page 637](#)

[Picmonics for Page 638](#)

Continue to test your knowledge using an external question bank.

DAY  
3

**First Aid:** Read pages [639-646](#)

[Picmonics for Page 639](#)

[Picmonics for Page 642](#)

[Picmonics for Page 643](#)

Continue to test your knowledge using an external question bank.

DAY  
4

**First Aid:** Read pages [647-648](#)

[Picmonics for Page 647](#)

[Picmonics for Page 648](#)

Continue to test your knowledge using an external question bank.

DAY  
5

**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](mailto:feedback@picmonic.com)

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