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MIND BREW

Office of Student Success



Preparing for Summer Step 1

THE LEARNING SPECIALIST TEAM

It is hard to believe, but you are almost complete with your first year of medical school. With five pre-clerkship blocks under your belt and only three more to go, it is time for Step 1 prep.

Over the course of your first year, the Office of Student Success has addressed multiple strategies to ensure your preparation and success for Step 1. Now it is time to combine and apply deliberate practice, habit formation, goal-setting, memory techniques, and a growth mindset to enhance your learning for Step 1.

Here are a few things to keep in mind as you prepare for Summer Step 1 studying:

- Set SMART goals for your Step studying. What achievable metric do you want to accomplish by the end of Summer?
- Find a consistent time to conduct questions and content review so you can easily reach your weekly quota for questions.
- Do a smaller number of questions consistently to form productive habits.
- Employ metacognition: reflect on your learning strategies and whether they are working towards improving your performance. Be willing to adjust and adapt your strategies.
- Do not forget to self-test after questions! Ensure that you are interleaving and using time-spaced repetition to help consolidate content gaps.
- Remember Step is a marathon, not a sprint. There will be times where you are frustrated, but remember while you are not there yet, you will get there with deliberate practice.

Remember to set up your Summer Step 1 appointment with your assigned learning specialist through our bookings page!

<https://outlook.office365.com/owa/calendar/LearningSpecialistBookingPage@emil.arizona.onmicrosoft.com/bookings/>

"Consistency of effort over the long term is everything."

ANGELA DUCKWORTH

