One of the hardest aspects of second year of medical school is coming up with a study plan. There are infinite options in terms of how to study, when to start studying, and what resources to use for studying. We will share with you our approach to second year so that you have an idea of how you can organize the year. Keep in mind that there is no right or wrong way of doing things. Everyone has a different opinion and we encourage you to get advice from others so that you can integrate multiple styles into one learning style that works best for you.

**General Timeline for Second Year**

1. August-September (Block 7): Study the lecture material and supplement this with First Aid and Sketchy Micro/Pharm
2. September-December (Blocks 8, 9): Study lecture material and supplement with First Aid and Pathoma
3. January -April (Blocks 10,11): This is around the time when student start to spend more time focusing on Step 1. Continue to study lecture material and supplement with First Aid and Pathoma. Many students used this period to get through the Uworld Qbank one time through prior to the Review period.
4. April-May (Review Period): This is not a cram study session, this is a time to review all of the information that you have learned throughout your years in medical school. We will discuss more specifics about how to approach the review period in January

**Resources for Second Year**

1. First Aid
   1. As you are learning in classes read along in First Aid, it is a great review book for Step 1 but keep in mind it is not all inclusive in terms of information on the test
   2. It has the high yield information and fills in the gaps with Step 1 information that Temple maybe does not cover
   3. It is **not** necessary to annotate with Temple lecture material. Annotate the book with material from Uworld, Pathoma, Sketchy Micro/Pharm (these will be discussed later)
2. Sketchy Micro/Pharm
   1. A visual mnemonic system that helps you learn microbiology and pharmacology which is useful for Block 7 and also Step 1
   2. An incredible resource for visual learners though it may not appeal to everyone. Check out a few videos and decide if it works for you
   3. Supplement information from Sketchy with First Aid
3. Pathoma
   1. A video lecture series & short textbook that conceptualizes all of the topics within pathology.
   2. Incredible resource for all blocks after Block 7 as well as for Step 1
   3. Watch the videos as you learn the information in lecture, and you can rewatch them again during the Review period at the end of the year prior to Step 1
   4. The first 3 chapters are great introductory lectures that contain useful knowledge relevant to all organ systems
4. Uworld
   1. Uworld is **the** best question bank for the Step 1 exam. We recommend not starting this question bank until January.
   2. If you decide to complete the question bank prior to the review period then take the time to also annotate First Aid with information from Uworld
5. Kaplan, USMLE Rx, USMLE Easy, Firecracker
   1. These are additional question banks for the Step 1 exam. UWorld still stands as the best question bank but if you decide to supplement with additional questions these are available options
   2. It is **not** necessary to complete more than one question bank. For some it ended up being an extra burden that only added stress...you have enough to study as it is and do not need to add another question bank.
   3. For some people they used these question banks during the first half of the year prior to starting Uworld.
   4. The questions that are most useful to Step 1 and most similar to the test come from Uworld
6. Robbins
   1. This is a pathology textbook that is filled with useful practice questions for **Temple** exams. It is not necessary for Step 1 studying but can be helpful to use these as practice questions prior to Temple exams

**Study Strategies for Second Year**

1. Study Groups
   1. It is almost impossible to make it through medical school without the help of others. Rely on your peers for study help by supplementing individual studying with group studying. Not only will you learn from your peers but this also gives you a chance to vent about the struggles associated with being a medical school student
2. Balancing your time
   1. You will have to balance lectures, Step 1 studying, and your life throughout this year. Keep in mind that you have time in order to try different study techniques so do not be afraid to adjust your study habits to maximize your learning but also your social life.
3. Ask for help
   1. If a study strategy is not working or you feel overwhelmed reach out to peers in your class and also the 3rd and 4th years. We have been through it and we are here to help you succeed
4. Deciding on resources
   1. Everyone has different preferences for resources. Do NOT feel like you need to use them all, there is not enough time for that and it is counterproductive. You have the time to try out different resources and figure out what works best for you. You can never go wrong with Uworld + First Aid + Pathoma. Those are your core resources.