



USMLE STEP 2 CK

Study plan

- ✓ Use proven techniques from our physician experts to prepare for the USMLE Step 2 Ck.
- ✓ Utilize high yield board review resources recommended by medical students
- ✓ Maximize your preparation using Question banks
- ✓ Free Board review schedule

Dear Students,

The following 3 month and 6 month study plans are intended to assist you on your journey to achieving a great score on your USMLE Step 2 CK exam, which is critical in attaining a residency position thereafter. Contrary to popular belief, there is no mystery to doing well on the USMLE. Doing well on the USMLE exams requires a comprehensive understanding of the material and the ability to apply learned knowledge in a timed setting.

According to these study plans, it is in your best interest to do at least 40 SMASH questions and 30 UWORLD questions per day, to remain at a good pace whilst learning and retaining information necessary for test day. Towards the end of the second month of your preparation, you may increase the number of questions you do per day, if you are able to retain information from past questions. If not, it is suggested that you continue to review questions that you have done in the past, to make sure that you understand the content. Doing so will make you more proficient and more able to answer the question in any way it may be presented.

When doing questions, it is important to read the vignette very carefully, especially the last line, which usually includes the specific question being asked. As you approach a new testing item, it is advised that you glance over the last line, or question being asked, before you read the entire vignette. This will guide your thinking to best be able to answer the question correctly.

After reading the vignette, and question asked of you, begin to interpret each of the answer choices, and determine what each of them could be referring to. Then, eliminate answer choices, one by one, that are most likely incorrect. This happens to be the best method to approaching USMLE questions.

It is most likely that you will complete all questions in both qbanks much before test day. Take advantage of the time you have left to revisit the questions in both qbanks. Redo them in a timed and test mode, and double the number of questions you do per day, since you've already done them before. This time around, it is important to know the concept, and why the answer choices are right or wrong.

Although not included in the study plans, the **SMASH videos** are a great resource for reviewing topics that may be unclear to you or in case you may need further clarification. If you feel that you need more review on any topic of subject, make time to watch the relevant videos and take notes or draw if necessary. Taking NBME exams is a great way to gauge your performance, as they are the closest estimation to the quality and content of questions that you will see on test day. Therefore there are many NBME exams embedded into these study plans.

Throughout your Step 2 CK Journey, **"Master the Boards"** for CK will be your main resource. You WILL eventually learn and apply all of the information in the book, as well as remember page numbers where specific information is located. Therefore it is important to learn FA by heart. During the course of these study plans, it is encouraged that you read parts of "Master the Boards" on a daily basis. This will help to solidify information and concepts.

Throughout this study process, don't forget to take care of yourself. Limit social interaction and fun time, as it is in your best interest to focus at this critical time. Limit your caffeine intake and make sure to get enough sleep each night. Develop a strict daily routine for yourself, so that you can make the most progress out of each day.

Finally, on the day before test day, DO NOTHING. Give your brain and body a day of rest. You may do questions if you must, but do not open a book. By now, you've worked hard and it's time to show it. Be confident in yourself, and in your answer choices on exam day.



USMLE Step 2 CK

3 months schedule



3 Months Plan – Month 1

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
Prepare Study Materials: SMASH Qbank and Videos, Master the Boards book, UWORLD Qbank	IM Infectious Diseases MTB p.1-20	IM Infectious Diseases MTB p.21-38	IM Allergy and Immunology MTB p.41-45	IM Allergy and Immunology MTB p.41-45	IM Allergy and Immunology MTB p.41-45	IM Cardiology MTB p.49-60
8	9	10	11	12	13	14
IM Cardiology MTB p.60-80	IM Cardiology MTB p.80-102	REVIEW Infectious Diseases, Allergy and Immunology, and Cardiology	IM Endocrinology MTB p.107-117	IM Endocrinology MTB p.118-128	IM Pulmonary MTB p.129-145	IM Pulmonary MTB p.146-166
15	16	17	18	19	20	21
IM Rheumatology MTB p.167-185	IM Rheumatology MTB p.186-202	REVIEW Endocrinology, Pulmonary, and Rheumatology	DO NBME #4, REVIEW INCORRECT NBME QUESTIONS and REST	REST, REVIEW, and DO QBANK QUESTIONS	IM Hematology MTB p.203-215	IM Hematology MTB p.216-236
22	23	24	25	26	27	28
IM Gastroenterology MTB p.237-250	IM Gastroenterology MTB p.251-272	IM Neurology MTB p.273-285	IM Neurology MTB p.286-298	REVIEW Hematology, Gastroenterology, and Neurology	IM Nephrology MTB p.299-320	IM Nephrology MTB p.321-346
29	30	31				



IM Oncology MTB p.347-350	IM Oncology MTB p.351-354	Preventive Medicine MTB p.355-358
------------------------------	------------------------------	---



Month 2

S	M	T	W	TH	FR	SAT
1	2	3	4	5	6	7
Preventive Medicine MTB p.359-362	DO NBME #5, REVIEW INCORRECT QUESTIONS, and REST	REST, REVIEW, and DO QBANK QUESTIONS	Dermatology MTB p.363-370	Dermatology MTB p.371-378	Surgery MTB p.379-389	Surgery MTB p.390-402
8	9	10	11	12	13	14
Pediatrics MTB p.403-413	Pediatrics MTB p.414-424	Pediatrics MTB p.425-438	Obstetrics and Gynecology MTB p.439-450	Obstetrics and Gynecology MTB p.451-471	Obstetrics and Gynecology MTB p.472-490	REVIEW Dermatology, Surgery, Pediatrics, and OBGYN
15	16	17	18	19	20	21
Radiology p.491-494	Radiology p.495-496	Ophthalmology p. 497-502	Behavioral science- Biostatistics, Epidemiology, Psychiatry, and Ethics p.503-512	Behavioral science- Biostatistics, Epidemiology, Psychiatry, and Ethics p.513-532, p.561-569	REVIEW Radiology, Ophthalmology, and Behavioral Science	DO NBME #6, REVIEW INCORRECT QUESTIONS, and REST
22	23	24	25	26	27	28
REST, REVIEW, and DO QBANK QUESTIONS	<i>Review Gross Anatomy from Musculocutaneous section of FA for Step 1 (Upper limb)</i>	<i>Review Gross Anatomy from Musculocutaneous section of FA for Step 1 (Lower limb)</i>	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions
29	30	31				
Review MTB + 40 SMASH questions +	Review MTB + 40 SMASH questions +	Review MTB + 40 SMASH questions + 30				



30 Uworld questions	30 Uworld questions	Uworld questions
---------------------	---------------------	------------------



Month 3

S	M	T	W	TH	FR	SAT
1	2	3	4	5	6	7
Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions
8	9	10	11	12	13	14
Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Do NBME #7, REVIEW INCORRECT QUESTION S, and REST	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions
15	16	17	18	19	20	21
Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions
22	23	24	25	26	27	28



REST, REVIEW, and DO QBANK QUESTIONS	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions
29	30	31				
Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions				



USMLE Step 2 CK

6 months schedule



6 Months Plan – Month 1

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
Prepare Study Materials: SMASH Qbank and Videos, Master the Boards book, UWORLD Qbank	IM Infectious Diseases MTB p.1-9	IM Infectious Diseases MTB p.10-20	IM Infectious Diseases MTB p.21-30	IM Infectious Diseases MTB p.31-38	IM Allergy and Immunology MTB p.41-42	IM Allergy and Immunology MTB p.43-44
8	9	10	11	12	13	14
IM Allergy and Immunology MTB p.41-45	IM Cardiology MTB p.49-59	IM Cardiology MTB p.60-70	IM Cardiology MTB p.71-81	IM Cardiology MTB p.82-92	IM Cardiology MTB p.49-80	IM Cardiology MTB p.81-106
15	16	17	18	19	20	21
REVIEW Infectious Diseases, Allergy and Immunology, and Cardiology	IM Endocrinology MTB p.107-110	IM Endocrinology MTB p.111-115	IM Endocrinology MTB p.116-120	IM Endocrinology MTB p.121-125	IM Endocrinology MTB p.126-128	IM Endocrinology MTB p.107-128
22	23	24	25	26	27	28
IM Pulmonary MTB p.129-134	IM Pulmonary MTB p.135-140	IM Pulmonary MTB p.141-146	IM Pulmonary MTB p.151-156	IM Pulmonary MTB p.157-162	IM Pulmonary MTB p.163-166	IM Rheumatology MTB p.167-175
29	30	31				
IM Rheumatology MTB p.176-184	IM Rheumatology MTB p.185-193	IM Rheumatology MTB p.194-202				



S	M	T	W	TH	FR	SAT
1	2	3	4	5	6	7
IM Rheumatology MTB p.167-184	IM Rheumatology MTB p.185-202	REVIEW Endocrinology, Pulmonary, and Rheumatology	DO NBME #4, REVIEW INCORRECT NBME QUESTIONS and REST	REST, REVIEW, and DO QBANK QUESTIONS	IM Hematology MTB p.203-208	IM Hematology MTB p.209-214
8	9	10	11	12	13	14
IM Hematology MTB p.215-220	IM Hematology MTB p.221-226	IM Hematology MTB p.227-232	IM Hematology MTB p.233-236	IM Gastroenterology MTB p.237-245	IM Gastroenterology MTB p.246-254	IM Gastroenterology MTB p.255-263
15	16	17	18	19	20	21
IM Gastroenterology MTB p.264-272	IM Gastroenterology MTB p.237-254	IM Gastroenterology MTB p.255-272	IM Neurology MTB p.273-277	IM Neurology MTB p.278-282	IM Neurology MTB p.283-287	IM Neurology MTB p.288-292
22	23	24	25	26	27	28
IM Neurology MTB p.293-298	IM Neurology MTB p.273-298	REVIEW Hematology, Gastroenterology, and Neurology	IM Nephrology MTB p.299-306	IM Nephrology MTB p.307-313	IM Nephrology MTB p.314-321	IM Nephrology MTB p.322-329
29	30	31				
IM Nephrology MTB p.330-	IM Nephrology MTB p.338-					



337	346
-----	-----

Month 3

S	M	T	W	TH	FR	SAT
1	2	3	4	5	6	7
IM Oncology MTB p.347-349	IM Oncology MTB p.350-352	IM Oncology MTB p.353-355	Preventive Medicine MTB p.356-359	Preventive Medicine MTB p.360-363	REVIEW Nephrology, Oncology, and Preventive Medicine	DO NBME #5, REVIEW INCORRECT QUESTIONS, and REST
8	9	10	11	12	13	14
REST, REVJEW, and DO QBANK QUESTIONS	Dermatology MTB p.363-368	Dermatology MTB p.369-374	Dermatolo gy MTB p.375-378	Dermatology MTB p.363-378	Surgery MTB p.379-382	Surgery MTB p.383-387
15	16	17	18	19	20	21
Surgery MTB p.388-392	Surgery MTB p.393-397	Surgery MTB p.398-402	Surgery MTB p.379-402	Pediatrics MTB p.403-410	Pediatrics MTB p.411-418	Pediatrics MTB p.419-426
22	23	24	25	26	27	28
Pediatrics MTB p.427-434	Pediatrics MTB p.435-438	Pediatrics MTB p.403-438	Obstetrics and Gynecolo gy MTB p.439-449	Obstetrics and Gynecology MTB p.450-460	Obstetrics and Gynecology MTB p.461-471	Obstetrics and Gynecology MTB p.472-482
29	30	31				
Obstetrics and Gynecology MTB p.483-490	Obstetrics and Gynecology MTB p.439-490	REVIEW Dermatolog y, Surgery, Pediatrics, and OBGYN				



--	--	--

Month 4

S	M	T	W	TH	FR	SAT
1	2	3	4	5	6	7
REST, REVJEW, and DO QBANK QUESTIONS	Radiology p.491-497 (Lookup radiologic and microscopic images of all disease processes)	Radiology p.491-497 (Lookup radiologic and microscopic images of all disease processes)	Radiology p.491-497 (Lookup radiologic and microscopic images of all disease processes)	Radiology p.491-497 (Lookup radiologic and microscopic images of all disease processes)	Radiology p.491-497 (Lookup radiologic and microscopic images of all disease processes)	Radiology p.491-497 (Lookup radiologic and microscopic images of all disease processes)
8	9	10	11	12	13	14
Ophthalmology p. 497-498	Ophthalmology p. 499-500	Ophthalmology p. 501-502	Ophthalmology p. 497-502	Behavioral science - Biostatistics, Epidemiology, Psychiatry, and Ethics	Behavioral science - Biostatistics, Epidemiology, Psychiatry, and Ethics	Behavioral science - Biostatistics, Epidemiology, Psychiatry, and Ethics
15	16	17	18	19	20	21



Behavioral science - Biostatistics, Epidemiology, Psychiatry, and Ethics	Behavioral science - Biostatistics , Epidemiolo gy, Psychiatry, and Ethics	Behavioral science - Biostatistic s, Epidemiol ogy, Psychiatry, and Ethics	REVIEW Radiology, Ophthalmol ogy, and Behavioral Science	DO NBME #6, REVIEW INCORREC T QUESTION S, and REST	REST, REVIEW, and DO QBANK QUESTIONS	Review MTB + 40 SMASH questions + 30 Uworld questions
22	23	24	25	26	27	28
Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions
29	30	31				
Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions				



Month 5

S	M	T	W	TH	FR	SAT
1	2	3	4	5	6	7
Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions
8	9	10	11	12	13	14
Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions
15	16	17	18	19	20	21
Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Do NBME #7, REVIEW INCORRECT QUESTIONS, and REST	REST, REVIEW, and DO QBANK QUESTIONS
22	23	24	25	26	27	28



Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions
29	30	31				
Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions				



Month 6

S	M	T	W	TH	FR	SAT
1	2	3	4	5	6	7
Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions
8	9	10	11	12	13	14
Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions
15	16	17	18	19	20	21
Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Do a FULL Exam, REVIEW INCORRECT QUESTIONS, and REST	Continue Reviewing Incorrect Questions and REST
22	23	24	25	26	27	28



Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions
29	30	31				
Review MTB + 40 SMASH questions + 30 Uworld questions	Review MTB + 40 SMASH questions + 30 Uworld questions					



We at SMASH USMLE will always be there to support you along the way. If you have used our preparation plans to prepare for your exams, please feel free to let us know about your experience on any of the Step exams.

Send us an email, at admin@smashusmle.com and feel free to share these preparation plans with your friends and colleagues.

We wish you all the best in your future endeavors.

Yours truly,

SMASH USMLE team

Dr Adeleke Adesina
CEO, Founder

