

SMASHUSMLE REVIEWS

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# INSIDER SECRETS TO SCORING **260** ON THE USMLE

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WHAT THE NBME/NBOME QUESTION WRITERS  
DO NOT WANT YOU TO KNOW!

FREE USMLE STEP 1 SCHEDULE INSIDE

ADELEKE ADESINA

# Insider Secrets to Scoring 260 on the USMLE

What the NBME/NBOME question writers don't want you to know!

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**Free USMLE Step 1 Study Schedule Included!**



How to use USMLE Practice questions

Review 300 hours of SmashUSMLE resources

Learn how to use First Aid with question banks

Maximize your chances of getting your desired score

Understand our proven formula and systemic approach to preparing for the USMLE Step 1

**smashusmle.com**

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2018 by Adeleke Adesina, DO  
Emergency Medicine Physician

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# Preface

Dear Students,

The following 6-week intensive mastery schedule and 12-week study plans should assist you on your journey to achieving a great score on your USMLE Step 1 exam, which is important in getting a residency position. 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.

# What Sets Us Apart

**Our mission:** We want to help you score higher on the USMLE/COMLEX.

The first 2 years of medical school sucks, right?! You have been drinking from a fire hose of endless information that is relevant and irrelevant to the USMLE and COMLEX. You sit in lectures asking yourself, “Do I need to know all this information? ... Is this even tested on the USMLE/COMLEX?” The materials seemed disjointed, extraneous but you got the job done and did well! But now comes the dreaded USMLE/COMLEX exam. It's time to decide which resources you want to use to study.

So, you bought your **First Aid for the USMLE Step 1 book** and tried to read it, but it made very little sense! Everyone says it's the “Bible” for Step 1 study, but you're still overwhelmed with so many other options for preparation. There has to be a better way right?? There is!

At SmashUSMLE Reviews, we understand your frustrations. We know there is a better way to master the high yield concepts for the USMLE/COMLEX. So we we got a whiteboard, a camera, tons of high yield USMLE review books (including Pathoma, Goljan Review, BRS physiology, Lippincott Pharmacology, Micro made ridiculously simple, Roadmap to Neuroscience, Master the boards and more) and made USMLE review videos. We posted it on YouTube, people love it, and they subscribed like crazy to our channel.

Students asked us to make more whiteboard videos, so we did. We got 1 million views in our first year and that's when we knew we were up to something extraordinary. Students hated dry, boring PowerPoints; they love engaging whiteboard videos that are short and simple to digest for their board review. Our lectures are easy to understand and focus only what you need to know for the boards. Our question bank tests your knowledge of what is on the exam and you can solidify your preparation with our flashcards.

That's it! Follow our strategies and work very hard and your dream USMLE/COMLEX score will be within reach. Now let's show you how to use this guide.

# Inside the Boards

Would you like to know how the USMLE/COMLEX question writers want you to think? What if we shared the secrets the NBME and NBOME do not want you to know? Well, we will!

You know, there are some important things you MUST know before you study for the boards. Think of these pearls of wisdom as a navigation system to help you plan your trip.

We know you have little time to read another 100 pages to tell you what you need to know, so we have created this short four-part series of videos to help you strategize your approach to studying for the boards. Watch the series to help you maximize your dream score.

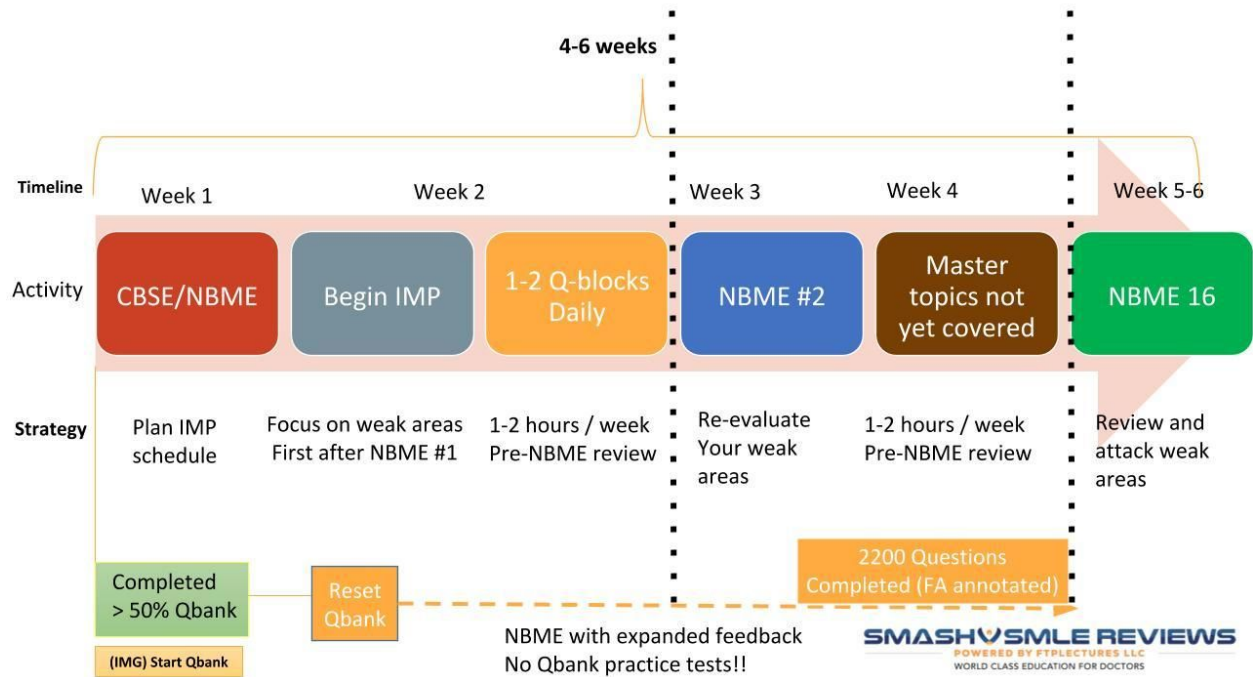
The videos cover the following framework for preparing the boards.:

**The clinical framework** - learn how the questions are framed as patient case presentation

**How to use First Aid for the USMLE Step 1** - learn how to use your First Aid book and avoid common mistakes other students make

**The Intensive mastery period** - learn the NBME secret formula and how to prepare for the USMLE/COMLEX exam





**How to Study Practice test** - learn how to use your question bank to the max.

[Click here to watch all 4 videos](#)

# Stop!

**You must watch all the videos before you  
continue reading.**

# Create your schedule

Now you have learned the insider secrets to the boards. Let's create your schedule. We have created 6 and 12-week intensive mastery plans.

## The 6-week Plan

This is designed for U.S. medical graduates who are already pre-planning with using practice questions during the second year of medical school. We assume you have completed about 800-1000 (50%) USMLE questions prior to the end of your second year. We also expect that you have already annotated in your First Aid book from doing these practice questions. This is the pre-intensive study period we talked about in our intensive mastery period video. Now you can reset your question bank and start the intense studying!

Here is our sample schedule, but you will create your own version based on your performance on your first NBME sample test. This will show you, your weakest areas, so you can plan your schedule based on your weakest to strongest subjects. For example, if your lowest score was in neuroscience, cardiology, and biostatistics, you should create your schedule starting with these three subjects.

*Which Qbank should I use?* There are many question banks on the market today (SmashUSMLE, UWorld, Kaplan, USMLERx). **We recommend you use at least one Qbank.** For selecting a question bank, we leave the decision to you. All that matters is that you pick one high quality question bank and

make sure you finish it before you start another! **Don't make the mistake of jumping from one question bank to another. You don't have the time to waste!** If you finish the SmashUSMLE Qbank and you want to use UWorld after, that's great or vice versa.

### **Here is our designed schedule**

This schedule is broken down into three main tasks per day, labeled with (1), (2) and/or (3). Each of these tasks is expected to take four or six hours to complete. A short 10-minute break must be taken per hour between these tasks, and oftentimes, the order of completing the tasks is interchangeable.

-Your daily schedule should be in blocks:

- Block 1- Study (8a- 12p)
- Lunch (12p-1p)
- Block 2- Study FA (1p-5p)
- Dinner (5p-6p)
- Block 3 (Qbank Review- 6p-11p)
- Sleep (11p-7a)

- Use the latest edition of First Aid (FA)- This schedule is based on FA 2018.

- Total number of questions and practice exams range between (1200 questions with 4 NBMEs and 1 UWorld Sim Forms) and (approx. 2500 questions). It is highly recommended to take at least two official NBME practice test exams.

- Practice questions can be used from either USMLE UWorld or SmashUSMLE. Reading the entirety of each question, each explanation, and

each explanation for each correct and incorrect answer choice is essential.

- It is recommended that you review sections relevant to incorrect questions in FA for all questions done daily, although this is only explicitly stated for NBME reviews.

- It is recommended that all question sets be performed in timed sections of 40 questions each during both daily questions and NBME simulations on Sundays to simulate the boards. If this is too strenuous, tutor mode (untimed, immediate answer provided) can be used for the first two weeks only. It is not recommended to use tutor mode on or after week 3.

- This schedule is broken down into three main tasks per day, labeled with (1), (2) and (3). Each of these tasks is expected to take up to four or six hours to complete. A short 10 minute break must be taken per hour between these tasks, and oftentimes the order of completing the tasks is interchangeable.

- Your daily schedule should be in blocks: Block 1- Study (8am- 12pm), Lunch (12p-1p), Block 2- Study FA (1p-5p), Dinner (5p-6p), Block 3 (Qbank Review- 6p-11p) Sleep (11p-7a)

- Use latest edition of First Aid (FA)- This schedule is based on 2018 FA.

- Total number of questions and practice exams ranges between (1200 questions with 4 NBMEs and 1 UWorld Sim Forms) and (~3000 questions). It is highly recommended to take at least two office NBME practice test exams.

- Practice questions can be used from either USMLE UWorld or SMASH. **Reading the entirety of each question, each explanation, and each explanation for each correct and incorrect answer choice is essential.**

- It is recommended that you both review sections relevant to correct and incorrect questions in FA for all questions done daily.

- It is recommended that all question sets be performed in timed sections of 40 questions each during both daily questions and NBME simulations on Sundays to simulate the boards. If this is too strenuous, tutor mode (untimed, immediate answer provided) can be used for the first two weeks only. It is not recommended to use tutor mode on or after week 3.

			Intensive Mastery Schedule				
Week #	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	(1) Take NBME 16, review report to identify weak subjects (2) Review incorrect questions, look up relevant sections in FA and mark new facts into FA (3) Create your Schedule based on the weakest subject areas on the NBME Report.	(1) Micro (Bacteriology and Clinical Bacteriology FA p.124-140) (2) 40 Micro questions with review of questions (3) 40 Random questions with review of questions	(1) Review: Micro (Mycology, Parasitology and Virology FA p.151-177) (2) 40 Micro questions with review of questions (3) 40 Random questions with review of questions	(1) Review: Micro (Systems and Antimicrobials) FA p.178-187 (2) 40 Micro questions with review of questions (3) 40 Random questions with review of questions	(1) Review: Pharm- Pharmacokinetics and Pharmacodynamics, Autonomic Drugs, Toxicities and Side effects, Miscellaneous FA 228-249) (2) 40 Pharm questions with review of questions (3) 40 Random questions with review of questions	(1) Review: Biochem (Molecular and Cellular FA p.34-51) (2) 40 Biochem questions with review of questions (3) 40 Random questions with review of questions	(1) Review: Biochem (Lab techniques and Genetics FA p. 52-64) (2) 40 Biochem questions with review of questions (3) 40 Random questions with review of questions
2	(1) Review: Biochem (Lab techniques and Genetics FA p. 52-64) (2) 40 Biochem questions with review of questions (3) 40 Random questions with review of questions	(1) Review: Immuno (Lymphoid structures and Lymphocytes FA p.95- 103) (2) Review: Immuno (Immune responses and Immunosuppressants) FA p. 104-122) (2) 40 Biochem questions with review of questions (3) 40 Random questions with review of questions	(1) Review: General Pathology (Cell Injury FA p.206-218) (2) Review: General Pathology (Neoplasia FA p.219-226) (3) 40 Path questions with review of questions (4) 40 Random questions with review of questions	(1) Review: Cardio- Embryology, Anatomy, Phys (FA p.274-293) (2) 40 Cardio questions with review of questions (3) 40 Random questions with review of questions	(1) Review: Cardio Path and Pharm (FA p.294-317) 2) 40 Cardio questions with review of questions (3) 40 Random questions with review of questions	(1) Review: Heme/Onc Anatomy and Phys (FA p.396-403) 2) 40 Heme/Onc questions with review of questions (3) 40 Random questions with review of questions	(1) Review: Heme/Onc Patho and Pharm (FA p. 404-423) 2) 40 Heme/Onc questions with review of questions (3) 40 Random questions with review of questions
3	(1) Do NBME 17, reevaluate weak areas based on NBME report (2) Review incorrect questions, look up relevant sections in FA and mark new facts into FA	(1) Review: Heme/Onc Path & Pharm FA 423-431) 2) 40 Heme-onc questions with review of questions (3) 40 Random questions with review of questions	(1) Review: Respiratory (Embryo, Anatomy, and Phys) FA.p642-652) 2) 40 Resp questions with review of questions (3) 40 Random questions with review of questions	(1) Review: Respiratory ( Patho, and Pharm) FA.p653-668) 2) 40 Resp questions with review of questions (3) 40 Random questions with review of questions	(1) Review: GI ( Embro,Anatomy and Phys) FA p.325-369) (2) 40 GI questions with review of questions (3) 40 Random questions with review of questions	(1) Review: GI Pharm and Path) FA p.370-394) (2) 40 GI questions with review of questions (3) 40 Random questions with review of questions	(1) Review: Neuroanatomy, Embryology, and Phys (FA p.474-494) (2) 40 Neuro questions with review of questions (3) 40 Random questions with review of questions
4	(1) UWorld Sim Form 1, reevaluate weak areas based on test report (2) Review incorrect questions, look up relevant sections in FA and mark new facts into FA	(1) Review: Neuro (Neuropathology FA p.494-516) (2) 40 Neuro questions with review of questions (3) 40 Random questions with review of questions	(1) Review: Neuro (Ophthalmology and Pharm FA p.517-535) (2) 40 Neuro questions with review of questions (3) 40 Random questions with review of questions	(1) Review Psychiatry Psychology, Path and Pharm FA p.538-560) (2) 40 Psychiatry questions with review of questions (3) 40 Random questions with review of questions	(1) Review: Public Health Science FA p 252-268) (2) 40 Public Health questions with review of questions (3) 40 Random questions with review of questions	(1) Review: Endocrine- Embryology, Anatomy, Physiology-FA p 320-330) (2) 40 Endocrine questions with review of questions (3) 40 Random questions with review of questions	(1) Review: Endocrine Path and Pharm FA p 331-340) (2) 40 Endocrine questions with review of questions (3) 40 Random questions with review of questions
5	(1) Do NBME 18 or 200 qbank questions, review questions (2) Review incorrect questions, look up relevant sections in FA and mark new facts into FA (1) Do NBME 19 or 200 qbank questions, review questions (2) Review incorrect questions, look up relevant sections in FA and mark new facts into FA	(1) Review: Renal (Anatomy and Phys) FA p.562-577 (2) 40 Renal questions with review of questions (3) 40 Random questions with review of questions	(1) Review: Renal (Patho and Pharm) FA p.578-592) (2) 40 Renal questions with review of questions (3) 40 Random questions with review of questions	(1) Review Reproductive (Embryo, Anatomy and Phys FA p. 594-619) 2) 40 Repro questions with review of questions (3) 40 Random questions with review of questions	(1) Review Reproductive (Path and Pharm FA p.620-639) 2) 40 Repro questions with review of questions (3) 40 Random questions with review of questions	(1) Review Musculoskeletal- Anatomy, Phys and Path- 434-460 (2) 40 Musc questions with review of questions (3) 40 Random questions with review of questions	(1) Musculoskeletal- Anatomy, Phys and Path- 460-472 (2) 40 Musc questions with review of questions (3) 40 Random questions with review of questions
6	(1) Do NBME 19 or 200 qbank questions, review questions (2) Review incorrect questions, look up relevant sections in FA and mark new facts into FA	Rapid Review of Weak Subjects in FA Review missed questions in weak subjects again	Rapid Review of Weak Subjects in FA Review missed questions in weak subjects again	Rapid Review of Weak Subjects in FA Review missed questions in weak subjects again	Rapid Review of Weak Subjects in FA Review missed questions in weak subjects again	Rest, watch Netflix, Movies, Confirm your ID, buy your snacks, confirm your car is working and get ready to take the exam.  Do NOT Read or review anything today! You are done.	Sit for the boards! You did it! Step 1 done.

## **The 12-week schedule**

This is intended for international medical graduates who have more time to prepare and have not started the pre-intensive study period. Most IMGs need more time to refresh all the topics they have been taught in medical school. That is why we have stretched out preparation to 12 weeks. Every student is different, and we understand you may be involved in research, have children, family obligations to attend to while you are also trying to juggle USMLE prep. We recommend that you create a schedule you will adhere to. We recommend no longer than 12 - 16 weeks (3 - 4 months) of intense preparation. You will experience the law of diminishing returns if you choose longer.

You should watch all of our videos if you are an IMG to maximize your knowledge base while preparing for the USMLE. Also, you should complete at least 2 Qbanks twice (SmashUSMLE and UWorld) before you take your exam. Here is a sample 12-week schedule for you as a guide. Remember, same rules apply; you will create your own version based on your performance on your first NBME result.

- This schedule is broken down into three main tasks per day, labeled with (1), (2) and (3). Each of these tasks is expected to take up to four or six hours to complete. A short 10 minute break must be taken per hour between these tasks, and oftentimes the order of completing the tasks is interchangeable.

- Your daily schedule should be in blocks: Block 1- Study (8am- 12pm), Lunch (12p-1p), Block 2- Study FA (1p-5p), Dinner (5p-6p), Block 3 (Qbank Review- 6p-11p) Sleep (11p-7a)

- Use latest edition of First Aid (FA)- This schedule is based on 2018 FA.

- Total number of questions and practice exams ranges between (1200 questions with 4 NBMEs and 1 UWORLD Sim Forms) and (4000 questions). It is highly recommended to take at least two office NBME practice test exams.

- Practice questions can be used from either USMLE UWORLD or SMASH. Reading the entirety of each question, each explanation, and each explanation for each correct and incorrect answer choice is essential.

- It is recommended that you both review sections relevant to incorrect questions in FA for all questions done daily, although this is only explicitly stated for NBME reviews.

- It is recommended that all question sets be performed in timed sections of 40 questions each during both daily questions and NBME simulations on Sundays to simulate the boards. If this is too strenuous, tutor mode (untimed, immediate answer provided) can be used for the first two weeks only. It is not recommended to use tutor mode on or after week 3.

Intensive Mastery Schedule							
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6	(1) Review: Public Health Science FA p.252-268 (2) 40 Public Health questions with review of questions	(1) Review: Endocrine-Embryology, Anatomy, Physiology-FA p.320-330 (2) 40 Endocrine questions with review of questions	(1) Review: Endocrine-Embryology, Anatomy, Physiology-FA p.320-330 (2) 40 Endocrine questions with review of questions	(1) Review: Endocrine Path and Pharm FA p.331-350 (2) 40 Endocrine questions with review of questions	(1) Review: Endocrine Path and Pharm FA p.331-350 (2) 40 Endocrine questions with review of questions	(1) Review: Endocrine Path and Pharm FA p.331-350 (2) 40 Endocrine questions with review of questions	(1) Review: Renal (Anatomy and Phys) FA p.562-577 (2) 40 Renal questions with review of questions
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8	(1) Musculoskeletal-Anatomy, Phys and Path-460-472 (2) 40 Musc questions with review of questions	(1) Musculoskeletal-Anatomy, Phys and Path-460-472 (2) 40 Musc questions with review of questions	Rapid Review of Weak Subjects in FA (2) 40 Radom questions with review of questions (3) Review flashcards	Rapid Review of Weak Subjects in FA (2) 40 Radom questions with review of questions (3) Review flashcards	Rapid Review of Weak Subjects in FA (2) 40 Radom questions with review of questions (3) Review flashcards	Rapid Review of Weak Subjects in FA (2) 40 Radom questions with review of questions (3) Review flashcards	Rapid Review of Weak Subjects in FA (2) 40 Radom questions with review of questions (3) Review flashcards
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## How to use video lectures when studying for boards

1. Start with a list of your weak topics. The first step to using videos when preparing for the boards is to **look at your schedule and highlight the important topics from First Aid that you find difficult**. You should factor in video studying time; watch a lecture and take detailed notes. Follow your list and only use videos when appropriate, and don't use video studying if you are strong in a certain subject area. You should use question banks or read the text for such concepts.
2. Use the speed option. With 6-8 weeks to prepare for the USMLE/COMLEX, you do not have the luxury of watching every single video at 1.0 speed. **Try speeding up the video to 1.25x or 1.5x or even 2.0x**, if possible. Your brain is very adaptive. Start with 1.25x and after a while, you will adjust your learning speed. If you want to increase the speed more, know that you may lose the ability to take notes and you may need to rewind more. This may slow your studying down and you'll waste precious time.
3. Keep track. Once you have watched a video, check off the list of topics you have already covered on your master schedule until you complete your entire board review.

# 4 Keys to Success on the USMLE

**1. Master the material** – The vast amount of information on the USMLE covers the high yield and relevant clinical content from first two years of medical school. Learn to understand the mechanisms of disease processes, pathways, and associations often tested on the exam. Use rapid review videos from SmashUSMLE to brush up on topics you have forgotten or unable to understand to clarify and solidify the content for you.

**2. Review, Review, Review** – The exam is integrated and requires a multifaceted approach. Practice thousands of questions! Read the right and wrong answers to each question, go to First Aid and find where the question was derived and write summary notes on extra pages in the book. It takes no less than 3-4 hours to complete a 40-question block. Anything less, you are wasting your time. Be patient, the second attempt will be less painful.

**3. Recall** – Re-read First Aid at least twice before taking the actual exam, check your weakest areas and work to improve your knowledge to maximize your score.

**4. Health** – Throughout this study process, don't forget to take care of yourself.  
a. Limit social interaction and fun time, as it is in your best interest to focus at this critical time.

b. Limit your caffeine intake and get enough sleep each night. Develop a strict daily routine for yourself, so you can make the most progress out of each day.

c. On the day before test day, DO NOTHING. Give your brain and body a day of rest, as you will need both to be functional the next day. 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 your answer choices.

# The Five Biggest Mistakes Students Make With Qbanks

1. **Not starting question bank study early.** Contrary to popular belief that just reading your medical textbook first is the key to mastering concepts tested on the USMLE, the opposite could be true. The key to learning how NBME/NBOME board writers create questions is through practicing questions. Start early. During the second year of medical school, start doing 10 questions a day. If you are on cardiology block, start doing 10 Uworld or SmashUSMLE questions daily. If you attempt 10 questions daily, you will have completed 300 questions in a month! You do not need to focus on biochemistry or epidemiology during a cardiology block. The earlier you start practicing difficult case vignettes in the question bank, the more efficient your question-based studying will be later.
2. **Not spending enough time reading the explanation section.** Students who perform poorly on the USMLE do so primarily because they do not spend enough time reading and understanding the explanations for each question in the question bank. The purpose of the question bank is to show you the thought process involved in solving standard USMLE case vignettes. We hear students complain about how it takes one hour to complete a 40-question block and three to four hours to read the explanations. Yes. That is how long it should take you to read and understand both the correct and incorrect answer choices.

Some students will only read the explanations to the correct answer choices and educational objective. This is a big mistake. The incorrect explanations force you learn new information that will be tested in other concepts later on in the question bank. Take your time to learn them.

3. **Not annotating First Aid with question bank content.** Everyone knows First Aid is the Bible for Step 1. But have you tried to read the book by itself? It's not comprehensible. The reason is because you must flip each page and find where the question bank concepts come from. Then, annotate and write short descriptions near the pages for you to understand how it is tested on the boards. So do not skip this step; it is the most important part of your board prep besides from doing questions.
4. **Using the Qbank once.** You must go through one question bank at least twice to gain mastery of the information. There is an enormous amount of content in the explanations and no one can grasp all the knowledge from a question bank on the first try. Remember, "Repetition is the mother of all learning, the father of action and architect of all accomplishment."
5. **Focusing on percentage correct instead of mastery.** Some students are more worried about why they are scoring 30% on the SmashUSMLE or Uworld Qbank, rather than what they should be learning for the boards. Do not focus on your percentages correct as this is not the

essence of the question bank. Even if you are scoring 30-40% correct on the question bank, it is irrelevant as what matters is what your score is on the NBME assessment test. This is the most accurate reflection of your actual predictive performance on the real USMLE exam.

# The Journey to 260

Although this guide is titled, “*Insider Secrets to Scoring a 260 on the USMLE*,” we want to give you a clearer perspective on what it actually means to score a 260 on the real exam. We chose 260 as a benchmark because this is a very difficult score to get and only 4% of students who take the USMLE attain this goal. However, we believe if you “shoot for the moon, you’ll land amongst the stars.” If you shoot higher, you increase your chance of scoring higher and do not beat yourself up if you did not attain the magical 260. This is not the cure for HIV or pancreatic cancer. Let see what the numbers say:

- The mean scores on the USMLE Step 1 among US and Canadian exam takers in 2014, 2015, and 2016 were 229, 229, and 228, respectively. For Step 2CK, the means for 2013, 2014, and 2015 were 240, 240 and 242, respectively. ([USMLE score interpretation guidelines](#))
- Only 9% of all exam takers scored 255 or higher on the USMLE Step 1;  
**Only 4% scored 260 or higher on the exam**
- Less than 1% scored 270 or higher (see snapshot below)

Norm Table Based on US/Canadian First Takers*	
USMLE Step 1	
<i>USMLE Score</i>	<i>Percentile</i>
265	99
<b>260</b>	<b>96</b>
255	91
250	84
245	76
240	67

What about scoring a “240?” The magical number that guarantees you will not be turned down by most residency programs.

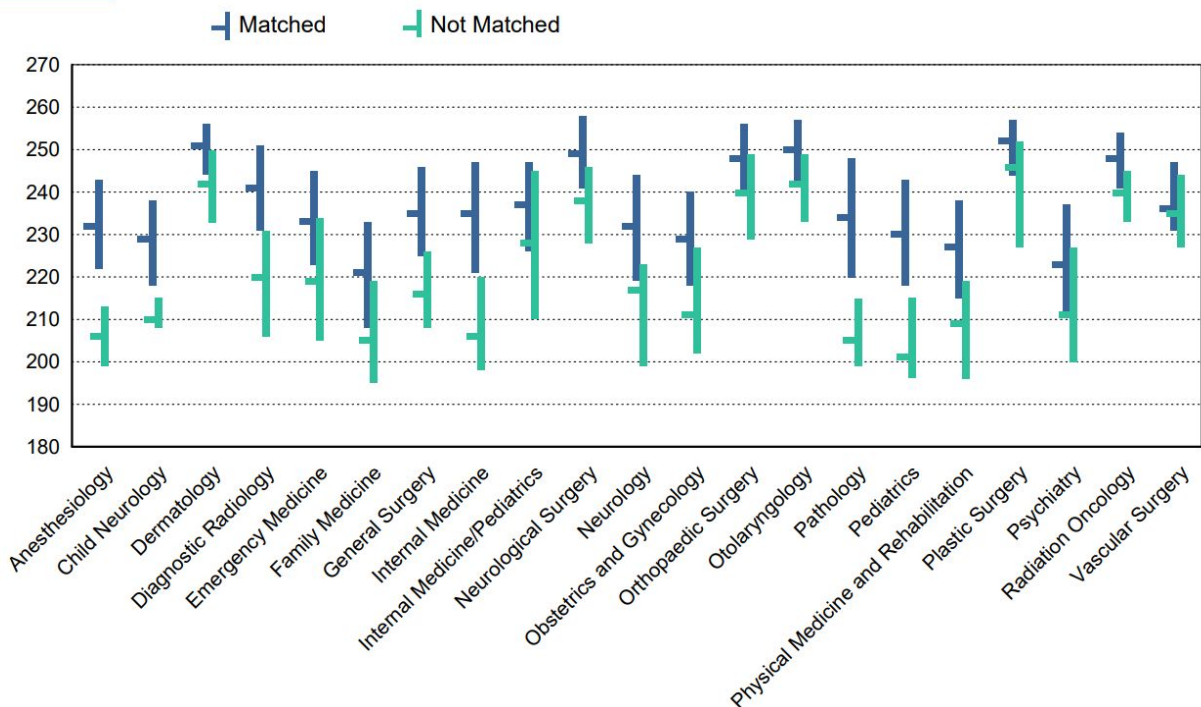
***Only the top 33% of exam takers achieve a 240+ on test day.***

To give you a much better perspective, here are the 2016 USMLE Step 1 scores of U.S. Allopathic Seniors by preferred specialty and Match Status.



**Chart  
6**

**USMLE Step 1 Scores of U.S. Allopathic Seniors  
by Preferred Specialty and Match Status**



\*Chart 6 from the NMRP's [Charting the Outcomes in the Match for 2016](#)

Now that you know the truth, just look at the graph above and select the specialty you want to match into. You can see the scores of the matched and unmatched candidates. As a U.S. graduate, you can match with a 235 in most specialties except Dermatology, Neurosurgery, Otolaryngology (ENT), Plastic Surgery and Radiation Oncology. Because of the extremely competitive nature of these specialties, you must score very high to get a chance to match into them.

If you are an international student, we strongly recommend that you ignore U.S. graduate average scores. They don't apply to you. You should aim for a 240 or higher to increase your chances of getting interviews and matching into residencies.

Remember to work hard to achieve your dream score. You should not close the door to your dreams, but instead, be diligent in your study for the USMLE and know that, in the end, everything will work out. Your USMLE score is not the only thing that will get you into residency.

“Most things will be okay eventually, but not everything will be. Sometimes you'll put up a good fight and lose. Sometimes you'll hold on really hard and realize there is no choice but to let go. Acceptance is a small, quiet room.”

— **Cheryl Strayed, *Tiny Beautiful Things: Advice on Love and Life from Dear Sugar***

# Editor's advice

Your ability to succeed on the USMLE® or COMLEX®, and in life, depends on how much effort you are willing to invest. You have the potential to do whatever you set your mind to including achieving your USMLE dream score be it, 250 or 270+ or 700 (COMLEX). You also possess the key to your potential freedom and success in matching into the residency you decide to choose. You are the captain of your own ship. We implore you to maintain a positive attitude throughout this USMLE preparation process and focus on your goal. It is important for you to know that one of life's lesson is, "Success does not go to those who have a genius and a natural talent for knowledge, but to those who are willing to put enough time and work to realize their goal."

~Anonymous~

In conclusion, *"There are no secrets to success. It is the result of perseverance, hard work, and learning from failure."*- Colin Powell

If this guide has helped you we would love for you to share it with your classmates, and colleagues who are also preparing for the USMLE/COMLEX.

We want you to share the word on social media- Facebook, Twitter, and Snapchat! Here is a link for you to share with your friends.

<https://freetrial.smashusmle.com/ebook-secrets-scoring-260>

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USMLE Step 1



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All the best.

