To start things off let me give you the best piece of advice I received before second year. Look back on what you did first year that worked and go with it. You know yourself better than anyone else and you must capitalize on your strengths and amend you weaknesses. You can pick and choose from others, but ultimately you must do what feels right to you.

Books:

- Big Robbins
- Little Robbins
- Robins Review
- Goljan

Additional Material:
- Goljan Audio
- Class Lecture Objectives
- Note Service
- Web Path: http://library.med.utah.edu/WebPath/webpath.html
- Image CD provided by Pathology Department
- First Aid for the USMLE Step 1
- Kaplan MedEssentials

Study Plan:

My study plan involved going from the broadest most overarching material down to the most specific material. I worked really hard to achieve the best grade that I could. It was important to me to do as well as possible without hindering my peers. Always be forthcoming with information you have, help each other out and share your knowledge. For myself, I would take one hour off to work out and two hours off to have dinner with my significant other. I only watched one TV show a week, but would always take off Friday or Saturday night to do something fun. Following you will find a rough outline of how I approached each block. This is not a steadfast schedule and often required tweaking depending on life and other obligations. However, it was always my goal to not study from about 7 o’clock on the day before the exam.

At the time of writing this study plan my grade in pathology with two tests left was: 100%
Week 1:
- Start reading Big Robbins
  - I would read the assigned readings in Big Robbins, making flash cards as I went. I would work ahead in the lecture series, with the hope to be able to finish reading all the assignments by mid week two.
- After each assigned set of readings, I would review the lecture slides quickly and annotate any note cards that I made with important information.
- I would also start listening to Goljan:
  - Even if I didn’t have any idea what was going on in the block, I would start listening to Goljan on day 1. I would listen while I drove to school, I would listen when I worked out at home, and I would listen when doing household chores. It was important for me to get through the Goljan lectures at least twice per block, finding that it was incredibly helpful to hear someone else say the important information.
- At the end of week one, I would go through all the flash cards I made once and begin to review the Note Service for the week.
  - The idea behind reviewing Note Service was to take what I read in Big Robbins and narrow it down to the information that the teachers considered important. I would make any additional note cards that I thought were necessary.
- Week 1 review:
  - Start reading Big Robbins, start listening to Goljan Audio, make flash cards, review lecture slides and note service.

Week 2:
- Finish reading Big Robbins
  - It was my goal to be finished with assigned readings by mid week. As I read, I continued to make flash cards.
- Continue listening to Goljan
  - At this point things are sounding more familiar and the second listen through is where it starts to stick.
- Review ALL flashcards from Robbins, Lecture Slides, and Note Service 2 times
  - I would go through my flash cards twice during the second week separating out what I knew off the top of my head and what I needed to review.
- Read through Goljan Rapid Review:
  - After I finished reading Big Robbins and reviewed my flashcards I would start to read Goljan Rapid Review. I would also make flashcards for this as I went, keeping them separate from my other flashcards for review later. I would do one read through of Goljan during the second week.
- Do ALL Robbins Review Questions:
  - The weekend before the test, I would do all of the Robbins Review Questions one time through, reading all of the answers. This will put things in perspective as to how to apply
the important information. I would always try to get through all the questions at least twice before the test so it was important to do the first set as soon as possible.

- Review Images at leisure:
  o The image questions are pretty easy so if there aren’t a lot of images on the CD I would wait until early next week to review them. If there are a lot start in week two.

**Week 3 (Test Week):**

Week three is crunch week and it is important that you use your time wisely. Do the most high-yield activities to help you achieve your grade.

- Finish reading Goljan Rapid Review
- Review ALL Flash Cards once separating out trouble cards
- Review Trouble Cards twice before the test
- Continue to listen to Goljan in free time until you feel comfortable with the information
- Do Robbins Review Question Again the day before the test
  o Anything I got wrong on a Robbins Review question, I would read the section in Baby Robbins to ensure that I knew the information.
- Do ALL Web Path Questions twice this week
  o Web Path offers examination questions and it is very likely that you will see at least 1 question that is literally word for word from web path.
  o Anything that I got wrong on Web Path I would read the section in Baby Robbins to ensure that I knew the answer.
- At the beginning of the week I would start to read through the Lecture Objectives provided by the class above us and annotate any information that was necessary. This was just to reinforce the information and didn’t take a lot of time.
- Review Images:
  o Go through all the images until you feel comfortable picking out what they are. Remember that there will be a stem to the question which will be incredibly helpful in identifying the correct answer. Most you don’t even need the images for, but don’t let the images get the best of you. Give them some time.
- Read through First Aid and Kaplan MedEssentials quickly and annotate anything that will help you later in the year studying for the USMLE.
- If there is time, read through Goljan for a second time.

Basically this is the study plan I followed for all of the Pathology blocks. To sum it all up I would begin with reading the broad information in Big Robbins and work my way down to Goljan and Baby Robbins to see the high yield fact in condensed form. Then I would wrap it all up with Lecture Objectives, First Aid, and Kaplan MedEssentials. I know it seems like this is an impossible amount of work to do in a three week period, but I assure you that if you tweak the schedule you will be able to achieve it all. Pick and choose what works best for you, and use the high yield items that provided you the most information in the shortest amount of time.
Extra Information:

For the first half of the year I attended class and found it helpful to hear the information at least once. My advice on class is that if you find it helpful go and if you find it to be a waste of time stay home. I never found class to interfere with me achieving the grade I wanted, but towards the end of the year I did find it difficult to keep up with class, life, and USMLE studying. Also I cannot stress enough how **important it is to do questions before the exam**. Questions will provide you the highest yield information and because they are all written by Dr. Crawford, you should really know Robbins, because that is where he gets his information form.

I hope that this helps, just don’t forget that you will get the grade you desire based on the amount of work you are willing to put in. Second year is hard, but you should enjoy it and by the end you will begin to see the results in your clinical experiences. Good luck!