



The 7-Step **USMLE** SUCCESS *blueprint*

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StudywithKennedy.com

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USMLE
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Hi! I'm Uche Kennedy, and I'm a USMLE Success Coach.

I help Medical Students get their target scores on the USMLE in 4 months or less with my specially formulated TTM Framework.

Thank you for downloading this blueprint and make sure to read to the very end to get the most out of your USMLE preparation.

Let's get started.



Step 1

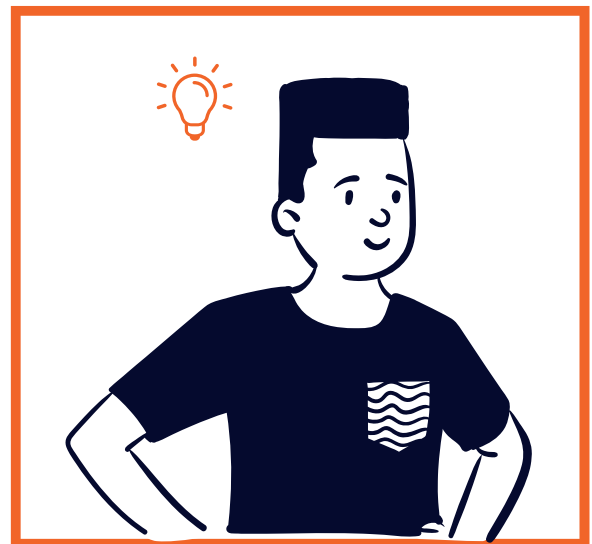
Your Mindset is Everything!

Your approach to the USMLE and how you think about the USMLE is very important, and a very strong determinant of both your experience in the preparation process and your performance ultimately on the exam.

There are generally two types of students:



Those that are trying to escape failing



Those that are aiming to score high



But if failure is always on your mind (even if you think you're just trying to avoid it), it's going to negatively affect your performance on the exam.

Keep your head in the right place from the beginning and you're sure to succeed.



Step 2

Master Integrative Methods

Integrative methods help you see the human anatomy and physiological processes as connected to each other. Already remember that nothing works in isolation.

It's extremely important to develop integrative skills because they'll help you make sense of 2nd and 3rd order questions. These questions are designed to make you think about the whole human being, like a doctor would.

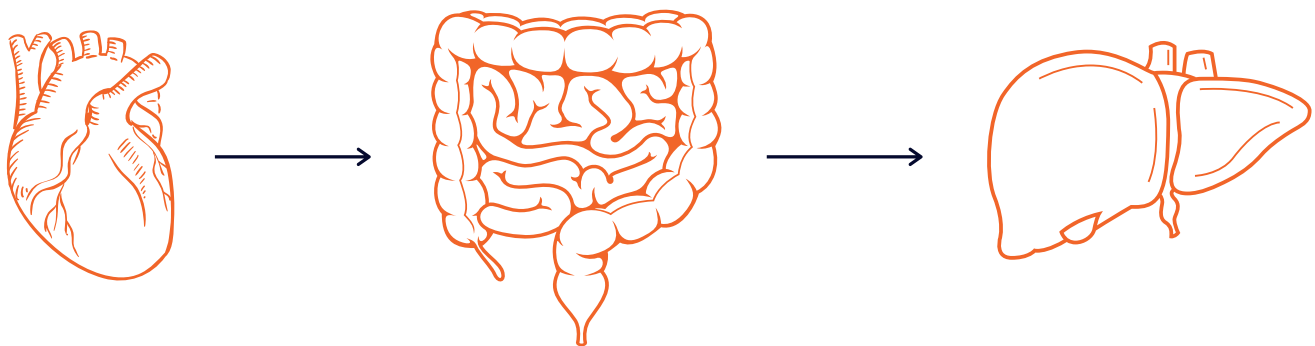
Finding the links between organ systems, different subject areas, and across different concepts is what the examiners do when they create those questions that look very strange to you.

Pro Tip: Practice thinking like a doctor when doing questions because you ARE being tested like one.



Finding the links between organ systems, different subject areas, and across different concepts is what the examiners do when they create those questions that look very strange to you.

You would have noticed that when you study a system like the cardiovascular system, for example, and begin to do questions. Although the body of the question sounds like cardiovascular system, the actual question is biochemistry.



How a cardiovascular system question becomes biochemistry is the function of the integrative tool. With this method fully mastered, you'll be able to approach questions efficiently and effectively.

Step 3

Understand How The USMLE Questions Are Structured

Did you know that answers to questions are often represented in specific parts of the question? Yes! And it's possible to use just one part of a question to find the correct answer.

Most USMLE questions have 5 parts:

1. First Line
2. Body
3. LAB values
4. Images
5. Options.

Understanding how the 5 parts of a question could be used individually and how they function together is the solution thousands of students have been looking for.



If you struggle a lot with test-taking, practice questions and trying figuring out the solution using only one part of the question.

The better you get at using each one, the better you'll be at using all five!



Step 4

Practice Speed Reading

"I've been studying cardio for 3 weeks now."
"I spent the whole day doing just 25 questions."
"I was still on the last 6 questions when the time was up."

If these sound familiar, it's because the many medical students struggle with this problem. You're not alone. Slow-reading is a problem even for students who have the answers to the questions.

Improving your speed will help you both in the preparation process, and on the exam.

This is a something you can learn online by simply searching "how to speed read".

Step 5

Manage Anxiety And Forgetfulness

We all get a little scared initially about exams. And then with time, that fear and anxiety is replaced with confidence as you acquire more knowledge and practice more questions.

But if you don't deal with it early on and get to the level of confidence you need for the exam, it can seriously affect your performance and cause you to forget important high yield concepts.

So first, understand what level of anxiety you have, and then work on becoming more balanced.

Pro Tip: Relax. The more you stress, the less you'll perform, which will only make you stress more.



Complacent Student



- Lacks self awareness
- Poor sense of judgement
- Hurries through the materials, missing details
- Ignores warning signs during prep
- Goes into exam without proper preparation and performs below expectation

Overly Anxious Student



- May have failed before on the exam
- Focuses on weaknesses
- Forgets to acknowledge the little progress
- Gets fixated on details that may not count on the exam
- Frustrated during preparation
- Overly anxious on exam day
- Performs below expectation

Balanced Student

- Self aware
- Good sense of judgement
- Has an accurate sense of his ability
- Pays attention to detail
- Good balance btw anxiety and optimism
- Goes into the exam prepared
- Best performance



Step 6

Learn To Think Like The Examiner

Practice questions! Practice questions!!
Practice questions!!!

Yes, it's true. The more questions you practice, the better you get at understanding how examiners structure their questions.

The USMLE is a language. The more you use it, the more fluent you'll become with it.

Keep practicing questions to better improve your speed and understanding on the exam day.

Pro Tip: Practice does make perfect, but with time. The more you practice USMLE questions, the better you'll be by exam day!

Step 7

Get A Coach

Since 2018, I have been working with a lot of students and helped them pass several NBMEs and USMLE exams. In that time, I've noticed a common and universal pattern:

Less than 10% of the people who struggle are actually lazy and unserious with their academics.

The remaining 90% struggle because they just don't know what they don't know.

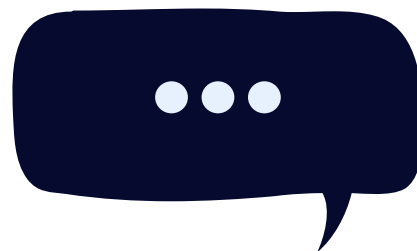




As human beings, it's very difficult to objectively assess ourselves and figure out what steps we need to take next.

And that cycle of working hard, reading for hours, and practicing questions AND still seeing no positive change... that cycle can be really frustrating, and it can break your determination and motivation.

That is why I always recommend getting a coach as soon as possible when you notice that you need help.



If you don't know where to start, [click here](#) to book a call with me and let's create a strategy that will help you improve your score on your very next board exam.

I'll see you soon.



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