

Class of 2009

Junior AOA consensus

This consensus was derived from a survey completed by the class of 2009's junior AOA members. This group is comprised of the top 13 members of the class. The junior AOA members were asked what they "recommend" doing and what resources they "recommend" using.

Please note that at the time this survey was completed it had been 3 years since they were MS1s and roughly 1 year since they took USMLE Step 1. For the 2 M.D./Ph.D members, it had been even longer. That being said, please take into account that courses may have been changed since we took them and other study resources have likely been developed.

First and foremost, YOU need to do what works best for YOU. If you are trying to figure out what that is, hopefully our consensus can be of some help. We wish you the best of luck!

Sleep

7.5 hours per night (range: 7-8)

7 hours per night the week before a test (range: 6-8)

5.7 hours the night before the test (range: 3-9)

8/13 recommended waking up early the morning of the test to study for 1-3 hours

5/13 do not recommend waking up early the morning of the test to study

Exercise

3.5 hours per week (range: 0-5)

Family/Social activities

MS1 & MS2 years

We recommend spending ~2-3 hours per day and ~2 nights per week.

During test weeks cut this in half.

MS3 year

Varies with rotation.

~15-30 hours per week on Family Medicine.

~0 – 10 hours per week on surgery.

MS1

Biochemistry

Syllabus: 3X (range: 2-4)
Lectures: ATTEND
Slides outside lecture: 2/13

Anatomy

Syllabus: 3X (range: 2-4)
Lectures: ATTEND
Slides outside lecture: 3/13
Moore and Dalley: 3/13
Netter's CD or Book: 13/13
Rohen's Atlas: 1/13

Genetics

Syllabus: 3X
Lectures: ATTEND
Slides outside lecture: 7/13

Physiology

Syllabus: 3X
Lectures: ATTEND
Slides outside lecture: 4/13
Boron & Boulpaep: 4/13
BRS Physiology: 6/13

Embryology

Syllabus: 2.4X (range: 1-4)
Lectures: 1/13 recommended attending

Cell Biology

Syllabus: 3X (range: 2-5)
Lectures: 7/13 recommend attending
Lecture slides outside lecture: 3/13
Some found High Yield Histology helpful

Human Behavior

Syllabus: 2X (range: 1-3)
Lectures: 9/13 recommend attending
Slides outside lecture: 0/13

As a class, update the previous class's answers to the objectives – then study those.

Neuroscience

Syllabus: 3X (range: 2-4)
Lectures: ATTEND
Slides outside lecture: most studied them
Purves: 6/13

Endocrinology

Syllabus: 3X
Lectures: ATTEND
Slides outside lecture: 1/13
Study the course's REVIEW packet

Some found BRS Physiology's Endocrine chapter helpful

MS2

Immunology

Syllabus: 3X (range: 3-4)

Lectures: ATTEND

Slides outside lecture: 2/13

Immunology- A Short Course: 5/13

Microbiology

Syllabus: 3X (range: 2-4)

Lectures: 11/13 recommend attending

Slides outside lecture: 7/13

Microbiology Made Ridiculously Simple: 6/13

Ben's Marvelous Micro Outline: 3/13

BRS Microbiology/Immunology: 2/13

Clinical Medicine

Syllabus: 3X

Lectures: ATTEND

Slides outside lecture: 8/13

Update and study the previous class's objectives!!!

Pathology

Syllabus: 2X (range: 1-3)

Lectures: 7/13 recommend attending

Slides outside lecture: 2/13

Robbins and Cotran PBD = papa: 2/13

Baby Robbins: 6/13

Rapid Review by Goljan: 2/13

BRS Pathology: 5/13

Pharmacology

Syllabus: X3 (range: 2-4)

Lectures: 10/13 recommend attending

Slides outside lecture: 6/13

WebCurriculum flashcards: 2/13

USMLE Step 1

First Aid: 13/13

Kaplan QBank: 8/13

USMLE World: 5/13

Online AAMC practice tests:

5/13 recommend taking 2 of them

4/13 recommend taking 3 of them

4/13 recommend taking 4 of them

BRS Physiology: 8/13

BRS Pathology: 7/13

Microbiology Made Ridiculously Simple: 7/13

Goljan Audio: 4/13

HY Neuroanatomy: 4/13

HY Behavioral Science: 3/13

HY Embryology: 2/13

HY Anatomy: 2/13

Kaplan book series: 1/13

Other books some members found helpful:

RR Pathology, RR Biochemistry, RR Pharmacology, RR Microbiology, Ben's Micro Outline, HY Histology,
HY Biostatistics

MS3 (resources in order of popularity)

Family Medicine

Case Files

NMS

Internal Medicine

Step-up to Medicine

MKSAP 3

Case Files

Neurology

Case Files

PreTest

Crash Course

Blue Prints

OB-GYN

ACOG Online Question Bank

Case Files

Blue Prints

BRS

Pediatrics

Case Files

Blue Prints

BRS

Appleton&Lange Question Book

First Aid for Pediatrics

Psychiatry

First Aid for Psychiatry

Case Files

Appleton&Lange Question Book

Surgery

NMS Casebook

Online WebCurriculum Cases

BRS

Case Files

Appleton&Lange Question Book

First Aid for Step 2 CK: 4/13 recommend studying the respective section for each shelf exam

Boards and Wards: 2/13 recommend studying the respective section for each shelf exam