

## LMU-DCOM Summer Preparation

Your priority this summer is to do what you need to **come back rested and energized for your OMS-II year**. How exactly you decide to spend your time is up to you. *Here are suggestions from Academic Support:*

- **Use your course exam averages** as a review guide:
  - Heavy review of areas of weakness (final exam average less than 76%).
    - Consult the Course Directors and faculty about topics you don't understand.
    - Use your resources: Blackboard, Mediasite, Textbooks, Web Resources (Sketchy, Boards and Beyond, Kaplan, etc.).
  - Moderate to light review of areas with final exam averages higher than 76%.
    - Focused board review material (see some examples below).
    - Focus on the major concepts from those courses.
- **Board Preparation Research**
  - Begin to plan *how* you will study for boards:
    - Review available resources and think about which *two* speak to how you learn best.
    - Where do you focus best and how can you prepare that location?
    - Organize your materials from OMS-I courses.
  - Your year-end review/second-year prep is a form of board prep – you don't know enough at this point to fully dive into board studying and that's okay!
- **Recharge**
  - Remember *why* you started medical school.
    - Shadow, conduct informational interviews, read about specialties, etc.
  - Relax! This is going to be your last *free* summer for a while. Celebrate and do some non-academic things.

*\*If you are remediating a course contact your Director of Academic Support for more information.\**

### Board Prep Resources

**Do not attempt to use every resource** you have access to. Narrow them down based on *your* learning preferences. You will get more out of using a few resources well than skimming all of them.

**Board resources do not replace the level of depth from course material.** For example, First Aid is a great compilation of facts but also very simplified. If you do not have a strong foundation in physio, then reviewing the physio section is not going to be helpful. Reserve these quick-review style resources to test yourself on areas you have already studied.

<i>Study Materials:</i>	
All courses	Blackboard, Textbooks, Course Directors, Faculty
<i>Supplemental Aids:</i>	
MGA	BRS Gross Anatomy: Chung, Chung, & Halliday Gray's Anatomy Review: Loukas & Carmichael Acland's Video Atlas: <a href="http://aclandanatomy.com/">http://aclandanatomy.com/</a>
MFMI & MFMI	BRS Biochemistry & Genetics: Lieberman & Ricer Kaplan Biochemistry Medical Microbiology: Murray, Rosenthal, & Pfaller The Immune System: Parham Janeway's Immunology Videos (YouTube) <a href="https://step1.medbullets.com/">https://step1.medbullets.com/</a> (Immunology)

Histo	<a href="http://www.lab.anhb.uwa.edu.au/mb140/">http://www.lab.anhb.uwa.edu.au/mb140/</a> <a href="http://www.histology-world.com/">http://www.histology-world.com/</a> <a href="http://www.histologyguide.com/slidebox/slidebox.html">http://www.histologyguide.com/slidebox/slidebox.html</a>
Physio	Physiology: Constanzo BRS Physiology: Constanzo Color Atlas of Physiology: Silbernagl (free eBook in LMU library) <a href="http://www.physeo.com">www.physeo.com</a> <a href="http://www.khanacademy.com">www.khanacademy.com</a>
Pharm	Pharmacology Examination & Board Review: Katzung & Trevor Basic Concepts in Pharmacology: Stringer The Pharmacological Basis of Therapeutics: Goodman & Gilman Videos from Goodman & Gilman: <a href="https://accessmedicine.mhmedical.com/">https://accessmedicine.mhmedical.com/</a> →multimedia →sort by category →pharmacology Case Files Pharmacology 3e: <a href="https://accessmedicine.mhmedical.com/">https://accessmedicine.mhmedical.com/</a> →cases →case files →pharmacology <i>*Access Medicine resources are free to LMU students*</i>
<i>Board Resources:</i>	
General Review Materials	First Aid for the USMLE Step 1 Boards & Beyond <a href="https://www.boardsbeyond.com/">https://www.boardsbeyond.com/</a> OMT Review by Savarese Pathoma <a href="https://www.pathoma.com/">https://www.pathoma.com/</a> Tip: review the first 3 chapters of Pathoma <i>before</i> OMSII
Commercial Review Courses	Doctors in Training (DIT) <b>Kaplan Test Prep (Free for DCOM students)</b> Boards Boot Camp Wolfpacc PASS
Scheduling	CramFighter Osmosis