



SHARED DISCOVERY CURRICULUM

College of Human Medicine
MICHIGAN STATE UNIVERSITY

Increasing Emotional Well-Being During Dedicated Study for Step One



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Michigan State University occupies the ancestral, traditional, and contemporary Lands of the Anishinaabeg—Three Fires Confederacy of Ojibwe, Odawa, and Potawatomi peoples. The University resides on Land ceded in the 1819 Treaty of Saginaw.

Overview of the USMLE Step Exam Structure

Step One

Tests basic science concepts applied to medicine

Taken at the end of 2nd year of medical school

One day examination, 280 questions completed over eight hours

Became P/F in 2022

Step Two

Assesses the ability to apply medical knowledge and skills to patient care under supervision

Taken at the end of 3rd year of medical school

One day examination, 318 questions completed over nine hours

Scored exam, higher scores are needed for those applying to competitive specialties

Step Three

Evaluates the ability to apply medical knowledge and clinical science for the unsupervised practice of medicine

Typically taken one year into residency

Two day examination, includes 232 MCQs over day one and 180 MCQs plus 13 case simulations on day two



Students report reduced quality of life, increased burnout, and higher levels of anxiety and depression during their dedicated study for Step 1 (2022). Despite the exam becoming pass/fail in 2022, students still report high levels of anxiety and decreased wellness as they prepare for the exam. Research indicates that social support from peers can be an important protective factor for wellness in medical school.



What is “You Got This!” ?



Topical
Webinars:
Weekly sessions
organized
around common
struggles during
the dedicated
study period for



Peer Support:
Hosted by third-
and fourth-year
medical students
who have been
through their
Step One exam



Concrete
Suggestions:
Panelists shared
strategies for
how they
tackled common
challenges



Shared
Struggles:
Students shared
honest stories
about their
experience to
help normalize
difficulty

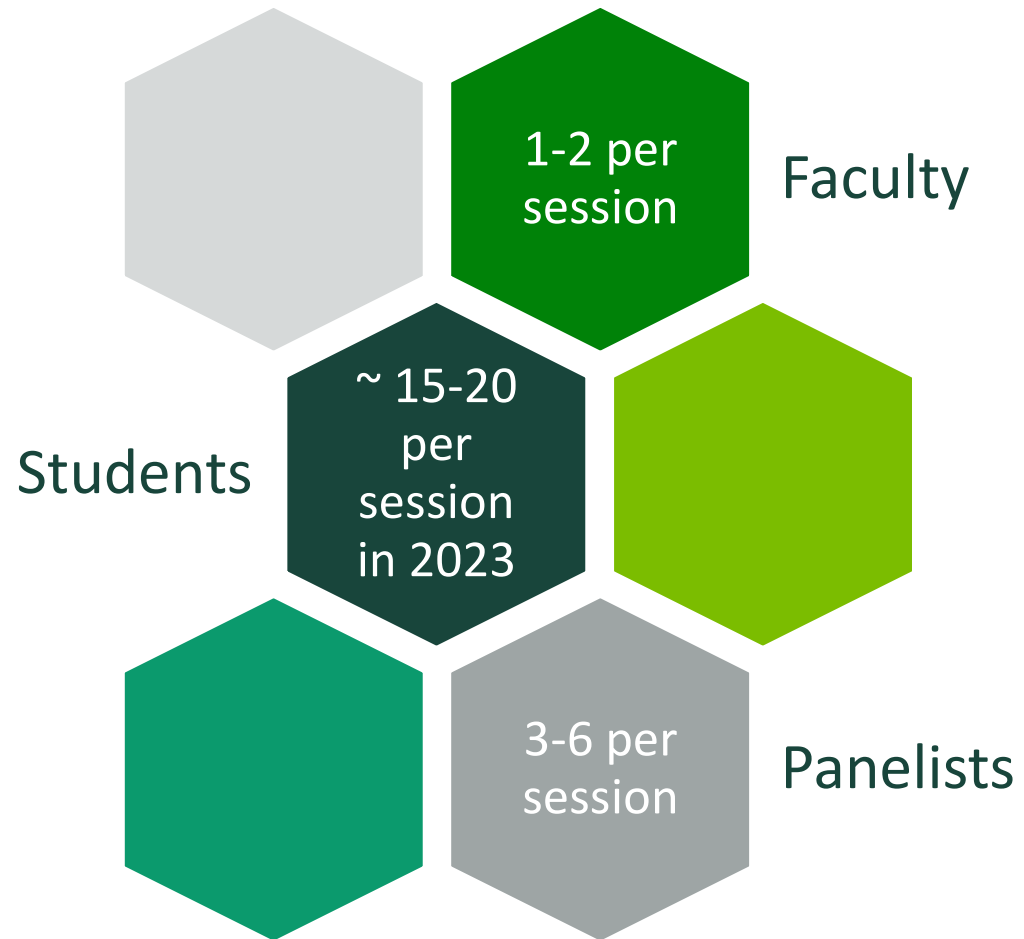


Participation and Feedback in “YGT!”

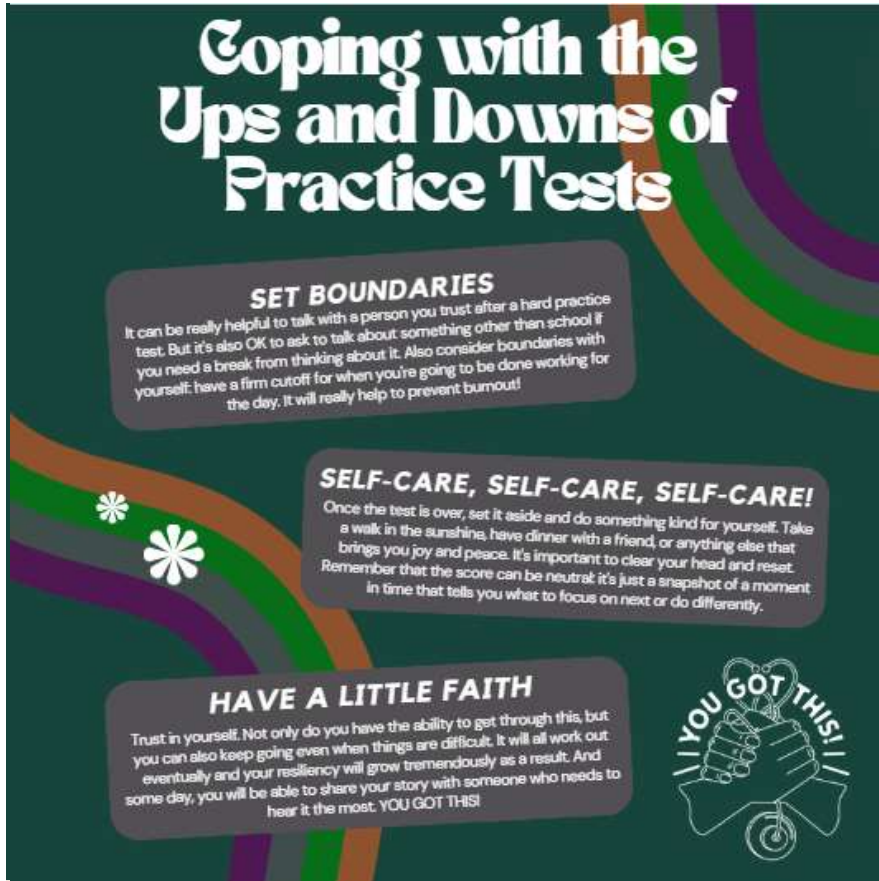
“It was very helpful to hear from CHM students who have already gone through the process. It was extremely encouraging to hear their tips and stories.”

“This was probably [...] the single most helpful Step 1 related event I have attended.”

“Absolutely loved these sessions - They really helped my mental health and made me feel less alone.”



Outcomes of “YGT!”



A student interest group was formed to take over “YGT!” and offer opportunities across cohorts

Student leaders were elected to serve on an e-Board to identify priorities and create programming

Social media channels were created to promote social support and wellness at a broader level



Want to Do Something Similar?



@yougotthis_msuchm

Check out our
resources:

Promotional emails

Flyers

Recruitment surveys

Email us!

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