

## Step 1 Resources for the Class of 2028

Most students will pursue their own plan for their dedicated study period, which may or may not include Kaplan's Step 1 On Demand Asynchronous course and Qbank, which all students gain access to upon matriculation and UWorld, which students gained access to during semester 1. In addition to the resources available to all students, we are offering some additional resources.

### Available to all students (no additional commitment)

[HYGuru Step 1 Bootcamp: January 6-9 Live online](#)

1.5- hour sessions, schedule TBD. Live virtual bootcamp series led by Dr. Damania focusing on high-yield content review, test-taking strategies, and study planning.

[Kaplan's Step 1 On Demand Asynchronous course with Kaplan's Qbank](#)

230+ hours of HY videos, plus Lecture Notes, eBook Assignments, (video quizzes launch March 2026). 3000+ step 1 style questions include explanations, a strategy section, references to First Aid & Med Essentials, AI tutor with step-by-step explanations, one diagnostic exam attempt, 9 discipline-based assessment exams, and two full length simulated exams.

[UWorld](#)

3600+ Question bank at or above exam difficulty paired with in-depth, visual answer explanations.

### Additional Resources

Students who have experienced difficulty in their phase 1 coursework, students with a low CBSE score, and/or students who would like more structure for their dedicated study period may choose from the following two additional resource options. Kaplan's course is live/synchronous, which can be useful for students who need to have a schedule where they are expected to sit at certain times each day and be guided through the material. HYGuru's course is asynchronous with synchronous group check-ins for those that need structure but also more flexibility with their schedule.

#### Kaplan Live Online Synchronous Course

[Kaplan Test Taking Strategy and How to Use Your Kaplan Review Resources](#)

Tues, Jan 6; 1.5-3hours TBD; Expert provides students with evidence-based strategies for maximizing their dedicated study period.

[Kaplan Step 1 Live Online Course Enrollment](#)

Jan 12-Feb 5: 4 weeks of high-yield topic review; Feb 16-28: 2 weeks of question-based review. 104-hour live online course provides high structure and accountability and includes a study plan, access to private FB community, Kaplan's AI tutor. Covers content review, test preparation, and test-taking strategies.

[1:1 Advising Sessions](#)

Three live virtual 1:1 advising sessions offered throughout the live online course.

#### HYGuru Asynchronous Course

[HYGuru How to Review UWorld & Approach Dedicated Study](#)

Date TBD; 1.5-hour session; Dr. Damania provides students with evidence-based strategies for maximizing their dedicated study period.

[HYGuru USMLE Step 1 Pass/Fail Course license](#)

77-hour asynchronous course covering content review, test preparation, and test-taking strategies. Includes video lectures, downloadable Anki Deck, customized UWorld question #'s that relate to each video.

[Check-in Sessions](#)

Three to five 1.5-hour live virtual group sessions offered during dedicated study. Includes a brief review of a challenging topic followed by open Q&A