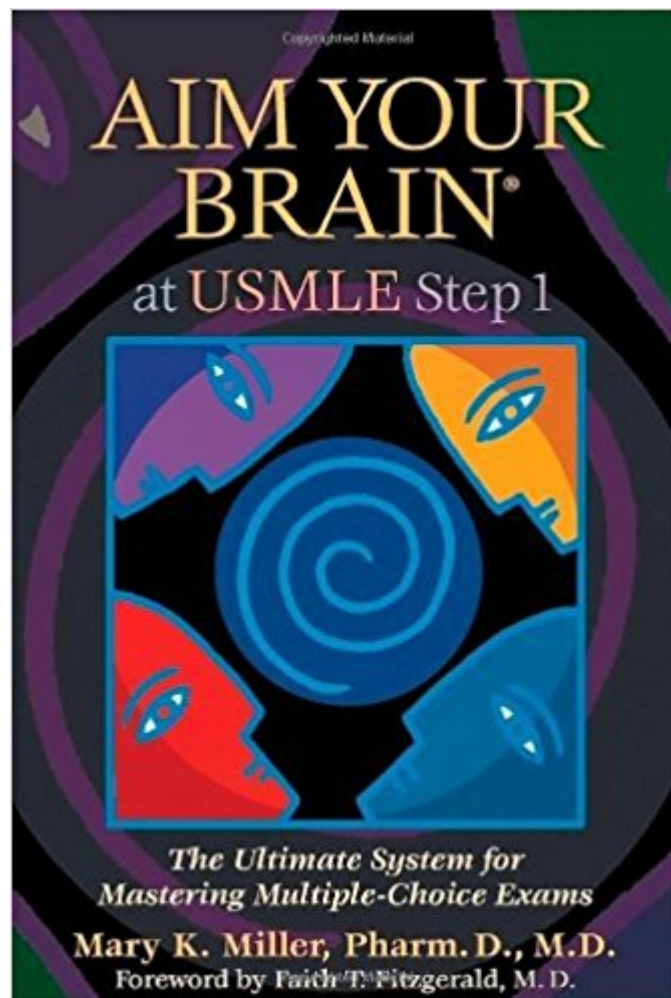




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Aim Your Brain At USMLE Step 1: The Ultimate System For Mastering Multiple-Choice Exams



Synopsis

Please select the ONE BEST answer: 1. You are a medical student preparing to take the USMLE Step 1 exam. Which of the following best expresses your innermost thoughts? (A) I hate multiple-choice exams. (B) I wish there were a better way to prepare for the test. (C) I know the material, but I don't do well on standardized exams. (D) I worry about the consequences of not passing. (E) All of the above. Answer: E The multiple-choice question above strikes fear into the heart of every medical student. They must all pass USMLE "board" and NBME "shelf" exams. As a clinical professor who teaches medical students and residents, author Mary K. Miller has seen some of her best and brightest students stumble when taking multiple-choice tests. To help them, she has developed the Aim Your Brain Study System. Her techniques include: Laying the foundation for how to study for USMLE Step 1; Using the AIM YOUR BRAIN Study System to overcome the "I hate multiple-choice exams" mindset; and helping students overcome test anxiety and other difficult issues.

Book Information

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Customer Reviews

Mary K Miller, PharmD, MD is a Clinical Professor and Clinic Medical Director for the Ellison and Cypress Ambulatory Clinics in the Department of Obstetrics and Gynecology at the University of California, Davis, School of Medicine. She is a licensed physician and clinical pharmacist, as well as

the HIV gynecologist at the Center for AIDS Research, Education, and Services (CARES-Sacramento). Dr. Miller is a graduate of Michigan State University, College of Human Medicine and a graduate of the University of the Pacific, School of Pharmacy. She is the winner of numerous national teaching awards: APGO, CREOG, and the Kaiser Foundation Award for Excellence in Teaching.

This is a quick read but very useful. I used the method for my step 3 exam and it made it so easy that I wished I knew about this book earlier. I've given this book as a gift to several friends and they've all found it useful as well. It is a simple method, not new and some very reassuring examples, fair for the price and if you didn't know them and use them, you will get results. I am just grateful I found this book when I did.

This book is just about a person explaining the same method we already use to study. Major waste of time.

It wasn't the best. The crux of the "aim" is doing a bunch of questions and writing down stuff about ones you got wrong... Eureka!?

I used this book to improve my performance on multiple choice exams - it was the only book I could find specifically geared towards med students. While the focus is mostly on the USMLE, the strategies can be used within course work. Quick read, great suggestions. I highly recommend picking this up during one of your breaks.

Please make a book for USMLE step 2 and 3 too. I can't wait to read your book!!!! It's a wonderful book to student who prepare to USMLE step 1. Before you do anything about USMLE step 1. You must to read this!!! (appropriate white space ? ^ ^)

This book even helped during my regular semester exams! Fantastic resource, combine it with the First Aid Question book.

I like the schedule the book sets up for studying for the USMLE. However, the majority of the 'important' part of the book can be viewed w/ the limited preview. Oh well, I was able to read it in about 2 hours or less.

I rarely write any reviews, but this book was completely worthless especially for it's price. It doesn't really tell you anything new and it could be summed up into a page or so. Very dissatisfied with this book.

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