

Most students think that preparing to take the exams needed to qualify for your medical license is a daunting task.



It doesn't have to be

With **USMLE® Easy™ Test Prep**

You will be taken on an easy to follow, well organized, and comprehensive path to moving beyond an understanding of the basic sciences to mastering the clinical skills you need to practice medicine.



Welcome to a video tutorial on the **USMLE® Easy™ Test Prep**

USMLE® Easy™ makes the questions hard, so passing is easy!

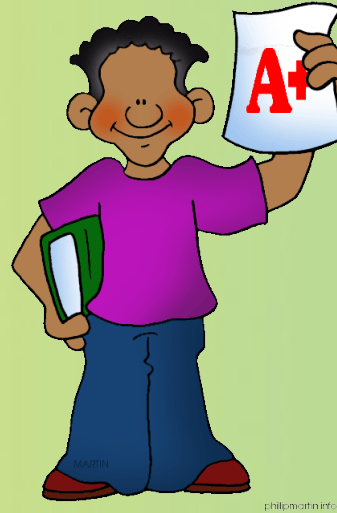
As you take the practice exams, USMLE Easy will get to know the depth of your knowledge quickly.

With powerful customization tools, adaptive learning technology, and more than 11,000 questions covering all the disciplines and organ systems, USMLE Easy helps you spend more time on the concepts you need to strengthen and less on the material you've already mastered.



USMLE EASY TEST PREP

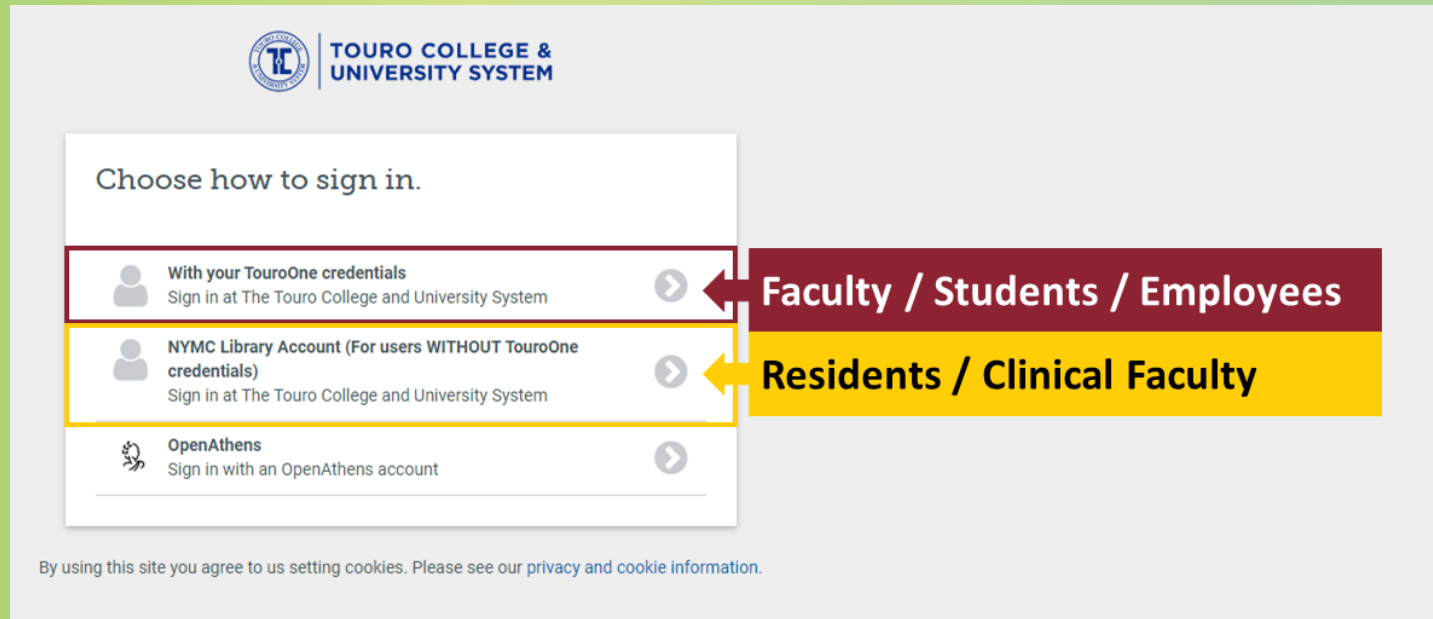
Let's get started.



This video tutorial will walk you through the simple steps in registering for an account with USMLE Easy. You will then be able to start your prep for the test, and put on the path to passing with flying colors.

To access USMLE:

- Simply visit the link below and login with your TouroOne credentials:
 - <https://www.usmle-easy.com/athensHome?entityID=https://idp.touro.edu/openathens>



The screenshot shows the login interface for Touro College & University System. At the top left is the university's logo and name. Below it, a white box titled "Choose how to sign in." contains three options, each with a user icon, a title, a description, and a right-pointing arrow:

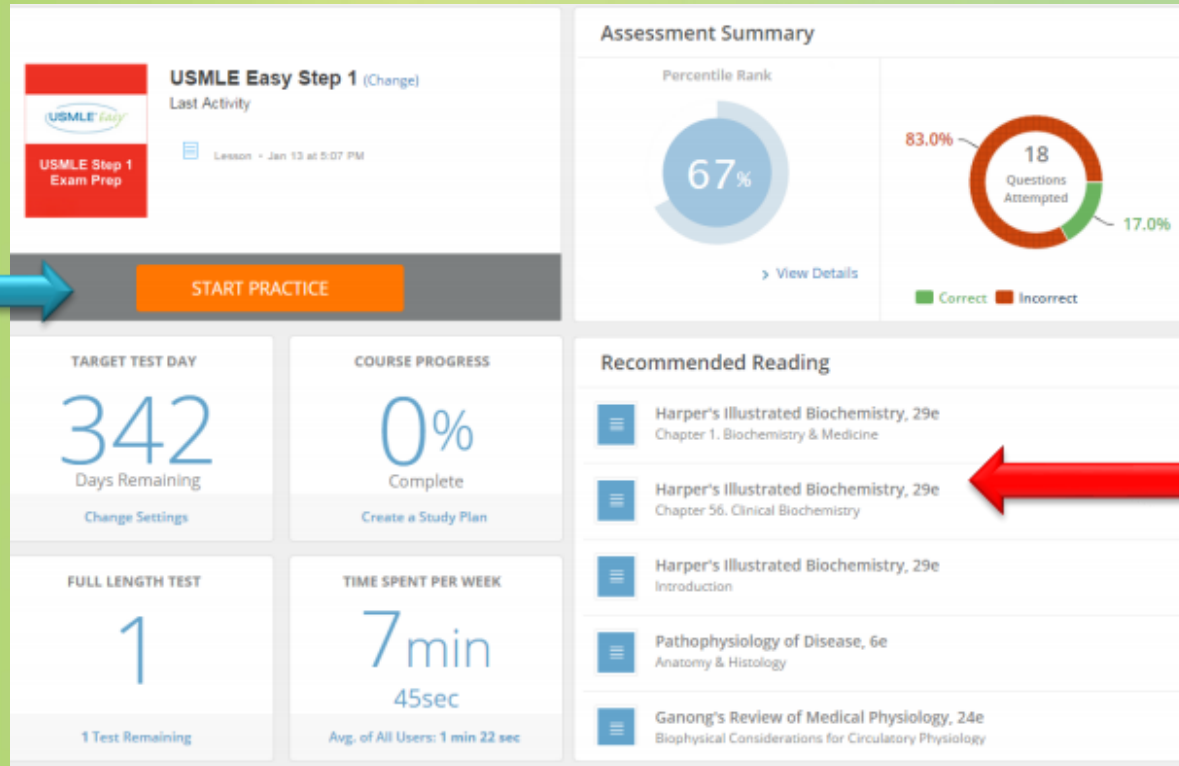
- With your TouroOne credentials**
Sign in at The Touro College and University System
- NYMC Library Account (For users WITHOUT TouroOne credentials)**
Sign in at The Touro College and University System
- OpenAthens**
Sign in with an OpenAthens account

To the right of these options are two colored boxes with arrows pointing to the corresponding login options:

- A maroon box labeled **Faculty / Students / Employees** with an arrow pointing to the "With your TouroOne credentials" option.
- A yellow box labeled **Residents / Clinical Faculty** with an arrow pointing to the "NYMC Library Account" option.

At the bottom of the page, a small text line reads: "By using this site you agree to us setting cookies. Please see our [privacy](#) and [cookie information](#)."

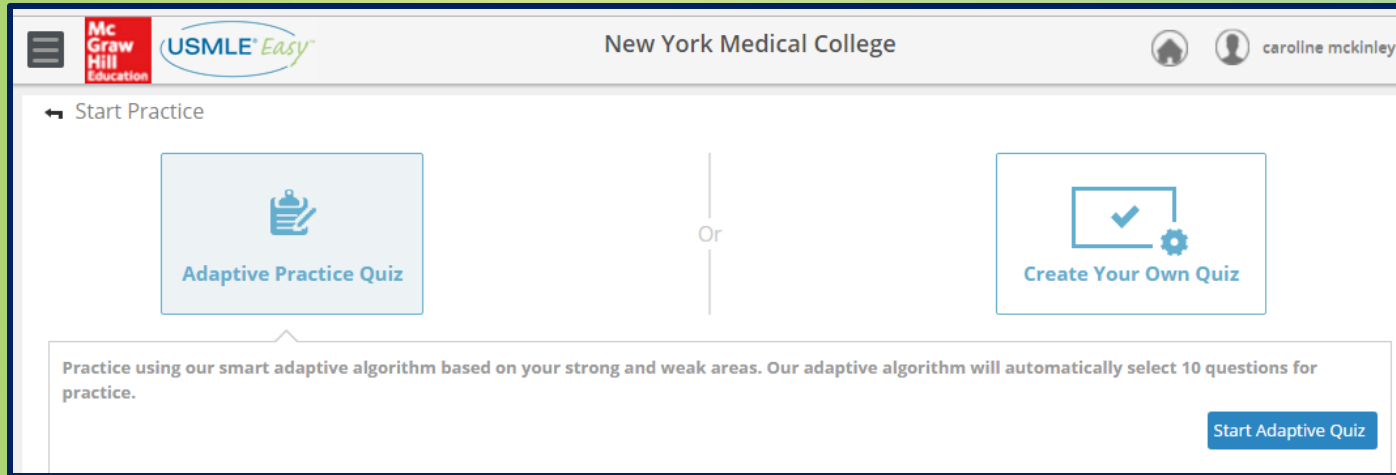
Once you are logged in you will see the student dashboard, which displays your latest activities, course progress, and scores. Here, you can see what quiz you took last and easily resume your studying exactly where you left off.



Resources to help you bridge your knowledge gaps

To start, simply click on “START PRACTICE.”

This will take you to a screen that gives you the option for clicking on "Adaptive Practice Quiz," or "Create your Own Quiz."



The “Adaptive Practice Quiz” will select 10 questions based on what the database learns about your informational needs.

And, the more questions you answer in USMLE Easy, the more the database will learn about your strengths and weaknesses in certain subjects.

The **“Create Your Own Quiz”** option will take you to this screen where you can customize your quiz based on your individual study needs.

- You can choose questions from specific disciplines that you feel you need to review, such as Behavioral Sciences or Cell Biology.

The screenshot shows the 'Create Your Own Quiz' interface on the USMLE Easy website. The header includes the McGraw Hill Education logo, the USMLE Easy logo, the text 'New York Medical College', and a user profile for 'caroline mckinle'. Below the header, there are two main options: 'Adaptive Practice Quiz' and 'Create Your Own Quiz'. The 'Create Your Own Quiz' option is selected, leading to a configuration screen. The screen is titled 'Create Your Own Quiz by selecting question types and learning objectives:'. It contains four sections: 1. Choose Your Quiz Mode: Radio buttons for Practice (selected), Test, and Simulation. A tooltip for Practice mode states: 'Practice mode reveals the correct answer with an explanation after each question is answered.' 2. Choose Your Question Types: A dropdown menu showing 'Unanswered'. 3. Pick Your Difficulty Level: Checkboxes for All, Easy, Medium, and Hard, all of which are checked. 4. Specify Learning Objectives: Radio buttons for All (selected) and Select Learning Objectives. Below these sections, it says 'Total 25 selected'. On the left, there is a list of disciplines under the 'Disciplines' tab, each with a checkbox and a count: 1.1 Anatomy (1778), 1.2 Behavioral Sciences (52), 1.3 Biochemistry (1349), 1.4 Biostatistics and Epidemiology (234), 1.5 Cell Biology (371), 1.6 Embryology (143), 1.7 Genetics (1101), and 1.8 Histology (168). A large red arrow points from the text 'Choose test subject' to the list of disciplines. On the right, there is a box titled 'Available Questions' showing the number '7329'. Below this, there is a field for 'How many questions do you want to attempt?' with the value '10' and a 'Recommended time' field showing '00:13:00'.

McGraw Hill Education USMLE Easy New York Medical College caroline mckinle

Start Practice

Adaptive Practice Quiz Or Create Your Own Quiz

Create Your Own Quiz by selecting question types and learning objectives:

1. Choose Your Quiz Mode: ☒ Practice ☐ Test ☐ Simulation Practice mode reveals the correct answer with an explanation after each question is answered.

2. Choose Your Question Types: Unanswered

3. Pick Your Difficulty Level: ☒ All ☒ Easy ☒ Medium ☒ Hard

4. Specify Learning Objectives: ☒ All ☐ Select Learning Objectives

Total 25 selected

Disciplines Organ System...

☒ 1.1 Anatomy (1778)
☒ 1.2 Behavioral Sciences (52)
☒ 1.3 Biochemistry (1349)
☒ 1.4 Biostatistics and Epidemiology (234)
☒ 1.5 Cell Biology (371)
☒ 1.6 Embryology (143)
☒ 1.7 Genetics (1101)
☒ 1.8 Histology (168)

Available Questions

7329

How many questions do you want to attempt? 10

Recommended time: 00:13:00

Choose test subject

You can also tailor your questions by selecting the Quiz Mode.

- Practice Mode gives you the correct answer with an explanation.

The screenshot shows the 'USMLE Easy' interface for 'New York Medical College'. The user is logged in as 'caroline mckinle'. The main heading is 'Start Practice'. There are two main options: 'Adaptive Practice Quiz' and 'Create Your Own Quiz'. The 'Create Your Own Quiz' section is active, showing a form to select question types and learning objectives. A tooltip explains that 'Practice mode reveals the correct answer with an explanation after each question is answered.' The form includes fields for 'Choose Your Quiz Mode' (Practice, Test, Simulation), 'Choose Your Question Types' (Unanswered), 'Pick Your Difficulty Level' (All, Easy, Medium, Hard), and 'Specify Learning Objectives' (All, Select Learning Objectives). A 'Total 25 selected' indicator is shown. Below this, there are tabs for 'Disciplines' and 'Organ Systems'. The 'Disciplines' tab is selected, showing a list of subjects with checkboxes. A red arrow points to the '1.3 Biochemistry (1349)' option with the text 'Choose subject for testing'. To the right, the 'Available Questions' section shows a large number '7329' and a field for 'How many questions do you want to attempt?' set to '10'. A 'Recommended time' of '00:13:00' is also displayed.

Mc Graw Hill Education USMLE[®] Easy New York Medical College caroline mckinle

Start Practice

Adaptive Practice Quiz Or Create Your Own Quiz

Create Your Own Quiz by selecting question types and learning objectives:

1. Choose Your Quiz Mode: ☒ Practice ☐ Test ☐ Simulation Practice mode reveals the correct answer with an explanation after each question is answered.

2. Choose Your Question Types: Unanswered

3. Pick Your Difficulty Level: ☒ All ☒ Easy ☒ Medium ☒ Hard

4. Specify Learning Objectives: ☒ All ☐ Select Learning Objectives

Total 25 selected

Disciplines Organ Systems

☒ 1.1 Anatomy (1778)
☒ 1.2 Behavioral Sciences (52)
☒ 1.3 Biochemistry (1349)
☒ 1.4 Biostatistics and Epidemiology (244)
☒ 1.5 Cell Biology (371)
☒ 1.6 Embryology (143)
☒ 1.7 Genetics (1101)
☒ 1.8 Histology (168)

Choose subject for testing


Available Questions

7329


How many questions do you want to attempt? 10

Recommended time: 00:13:00

- **Test** mode withholds all answers and explanations until the quiz is finished.
- **Simulation** mode is a timed test that also withholds answers and explanations until completion.
- You can also select **Question Types**, based on past questions you couldn't answer, got incorrect, or even skipped. In this way, you will always be reminded of what you need to review and repeat the questions you need to.


Adaptive Practice Quiz

Or


Create Your Own Quiz

Create Your Own Quiz by selecting question types and learning objectives:

1. Choose Your Quiz Mode:

☐ Practice

☒ **Test**

☐ Simulation

Test mode withholds all answers and explanations until the quiz is finished.

2. Choose Your Question Types:

Unanswered

All

Incorrect

Marked

Skipped

3. Pick Your Difficulty Level:

☒ Easy ☒ Medium ☒ Hard

4. Specify Learning Objectives:

☐ Select Learning Objectives

Disciplines

Organ Syste...

☒ 1.1 Anatomy (1777)

☒ 1.2 Behavioral Sciences (52)





5 selected

Available Questions

Simulation

Question Types



To begin a quiz, select your answer and then click “submit answer” at the bottom of the screen.


New York Medical Collegecaroline mckinley

Quiz

Quiz #7


View Lab Values ▾

 Time Spent
00:00:34 




Q 7.1: The wife of a recently married 24-year-old medical student reports that even though her husband doesn't snore, he stops breathing for periods of 1 to 2 minutes while he is sleeping. His physician refers him for a polysomnography study and pulmonary function testing, including ventilatory response curves. The tests confirm the apneic episodes during sleep and show depressed ventilatory responsiveness of the peripheral and central chemoreceptors. Both the peripheral and the central chemoreceptors mediate increased ventilation in response to which of the following?

- ☐ A Acute hypercapnia
- ☐ B Acute metabolic acidosis
- ☐ C Chronic hypercapnia
- ☐ D Chronic hypertension
- ☐ E Chronic hypoxemia

☐ Mark for Review

Submit Answer

Performance

 Overall Time Spent 00:00:34

Performance in Last 10 Qs

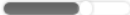
Hard

Easy

Question

About this Question

Question Difficulty

Difficulty 

59.88% (288/481)
Students got it correct

Study this topic

- Pathophysiology
- Physiology
- Central and Peripheral Nervous Systems
- Respiratory System

- The “Discussion” tab lets you begin a chat with others in this prep course.
- The “Performance” tab is open and gives information regarding difficulty level, what subjects cover this question, and the percentage of students who answered it correctly.
- The ★ allows you to write notes on this question. Then click “Mark for Review” at the bottom.



The screenshot shows a quiz interface with a question about apnea. The question is: "Q 7.1: The wife of a recently married 24-year-old medical student reports that even though her husband doesn't snore, he stops breathing for periods of 1 to 2 minutes while he is sleeping. His physician refers him for a polysomnography study and pulmonary function testing, including ventilatory response curves. The tests confirm the apneic episodes during sleep and show depressed ventilatory responsiveness of the peripheral and central chemoreceptors. Both the peripheral and the central chemoreceptors mediate increased ventilation in response to which of the following?"

The answer is A: Acute hypercapnia.

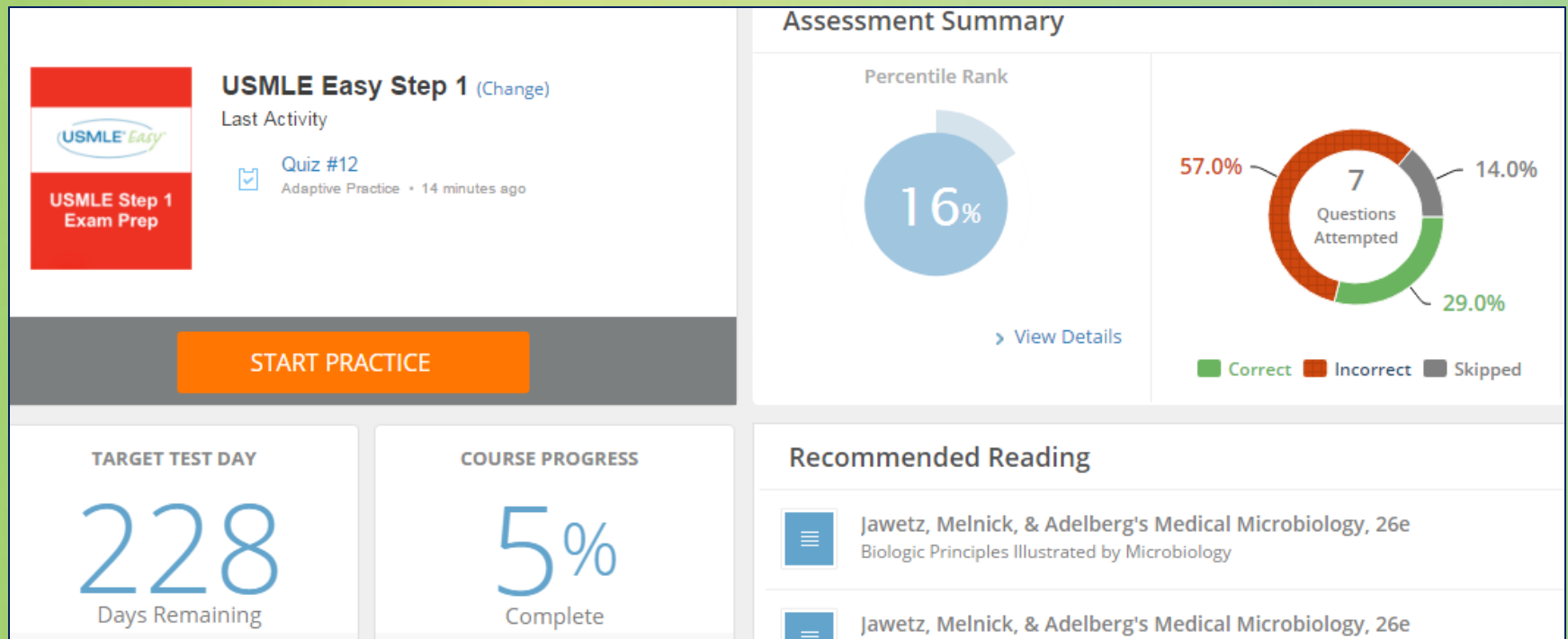
The interface also shows a "Performance" tab with a difficulty slider set to "Hard" and a score of 59.88% (288/481) for students who got it correct. The "Study this topic" section lists: Pathophysiology, Physiology, Central and Peripheral Nervous Systems, and Respiratory System.

At the bottom, there are buttons for "Explanation", "Peer Comparison", "Mark for Review" (with a star icon), and "Next Question".

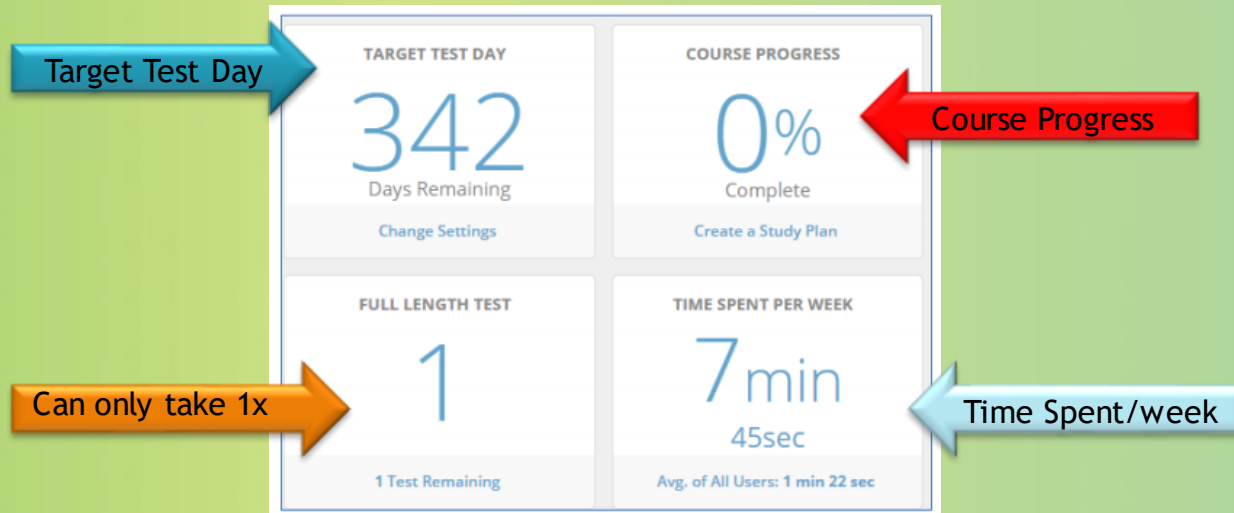
Explanation of why answer is correct.

Click this if you have written notes in ★

After you have completed your test, you can return to your dashboard. The left hand side of the screen indicates what quiz you took last. In the upper right hand corner under “Assessment Summary,” your performance results will be displayed.



The lower left hand corner of the dashboard gives you several options:



- Target Test Day allows you to select which date you will take the exam and set parameters that will help you study as you approach test day.
- Course Progress shows your progress of completion as you approach test day.
- Full Length Test allows you to take one full 8-hour test. **Please note: This test can only be taken once. So, only take it when you feel ready.**
- Time Spent Per Week displays the average amount of time you spend answering questions per week.

The bottom-right of the dashboard shows recommended readings based on what you need to spend more time on. In this example, the student should review Biochemistry. These texts in particular should be consulted.

The diagram illustrates the process of selecting a recommended reading and viewing it in the Access Medicine database. On the left, a 'Recommended Reading' list contains five items. A red arrow labeled 'By choosing' points to the second item, 'Harper's Illustrated Biochemistry, 29e Chapter 56. Clinical Biochemistry'. A blue arrow points from this item to the right-hand screenshot. The screenshot shows the 'ACCESS Medicine' interface with 'Chapter 56' selected in a dropdown menu. A text box labeled 'Will show up here' points to the chapter title in the database view.

Recommended Reading

- Harper's Illustrated Biochemistry, 29e Chapter 1. Biochemistry & Medicine
- Harper's Illustrated Biochemistry, 29e Chapter 56. Clinical Biochemistry
- Harper's Illustrated Biochemistry, 29e Introduction
- Pathophysiology of Disease, 6e Anatomy & Histology
- Ganong's Review of Medical Physiology, 24e Biophysical Considerations for Circulatory Physiology

ACCESS Medicine

Harper's Illustrated Biochemistry, 29e >

Chapter 56

Chapter 56. Clinical Biochemistry

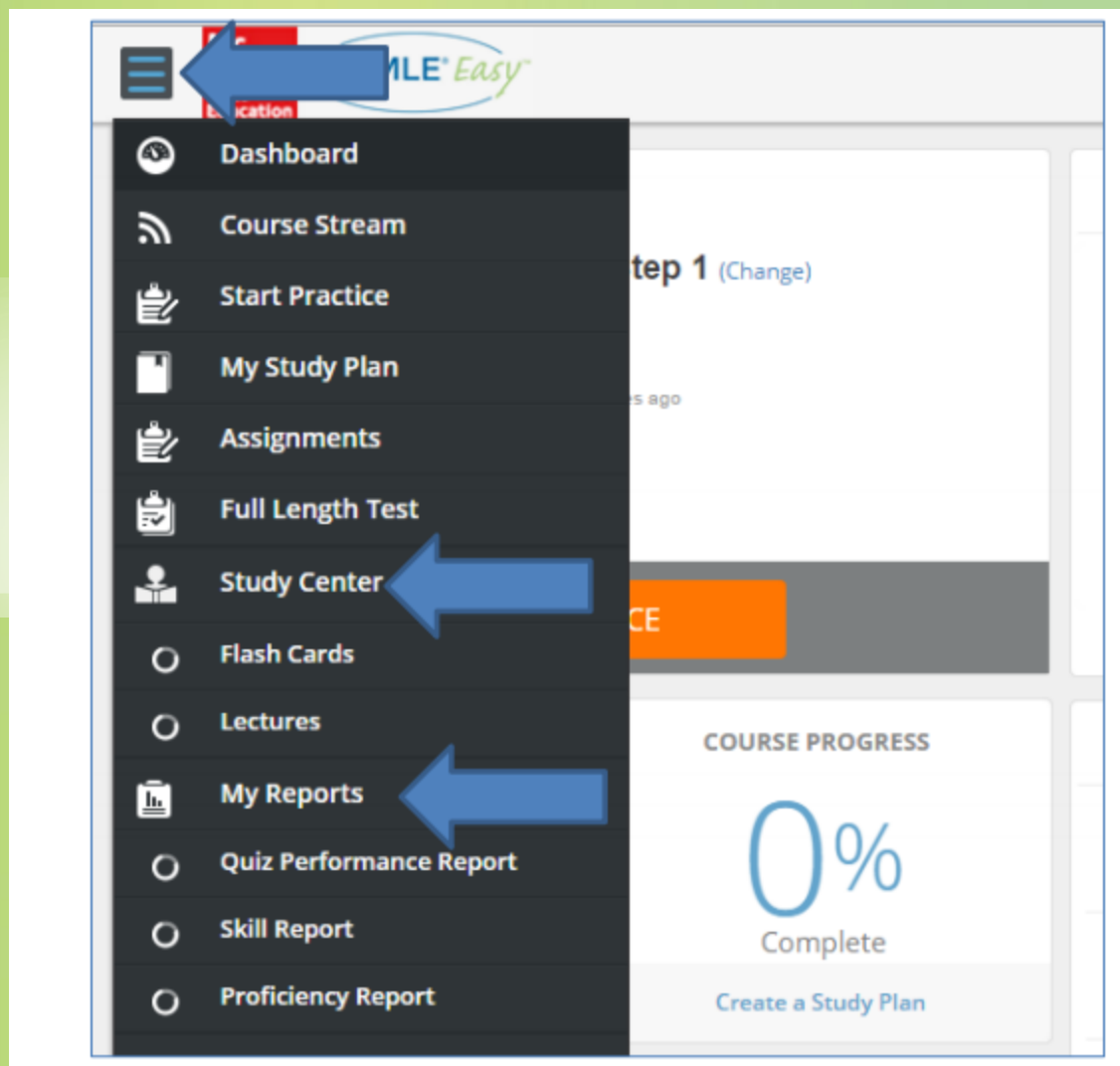
Joe Ingraham, MD, PhD; Holly Jacob, MD, PhD; Robert K. Murray, MD, PhD

Objectives

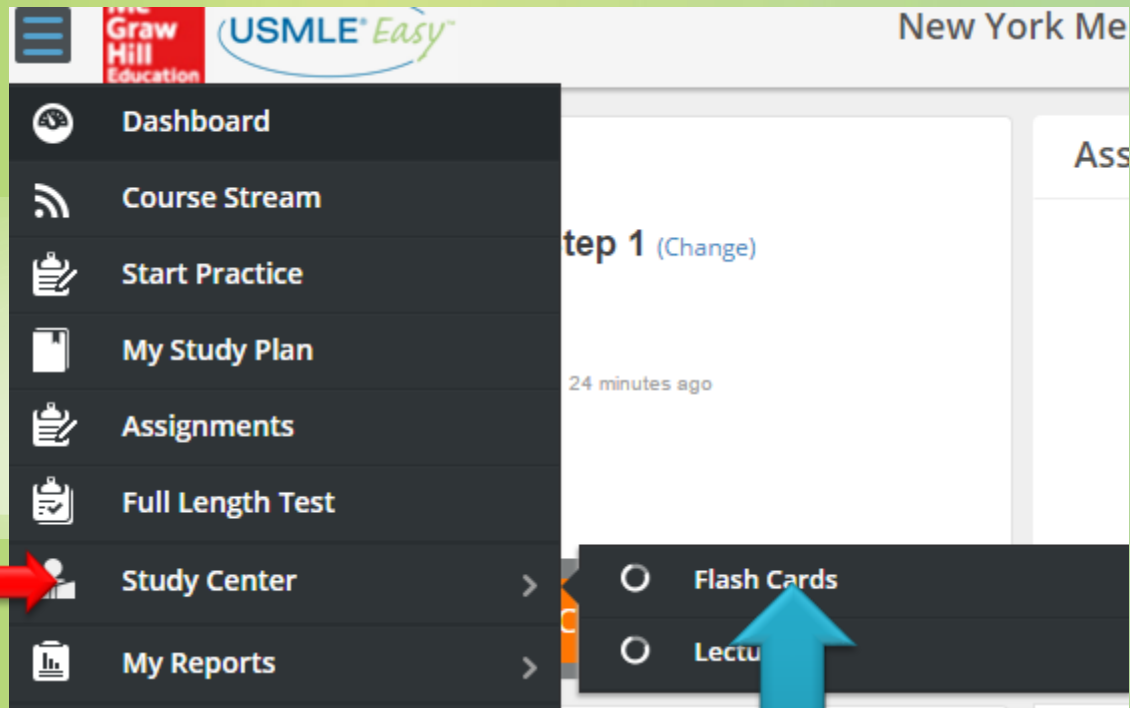
After studying this chapter, you should be able to:

After choosing the e-book, **Harper's Illustrated Biochemistry, 29e**, Chapter 56, it will show up in the Access Medicine database as full text.

Clicking on the grey /blue icon in the upper left corner, will give you access to two other important tools on the dashboard. They are the **Study Center** and **My Reports**.



The **Study Center** offers e-flashcards for anatomical regions.



Clicking here will take you to the next screen so you can test your knowledge of anatomy.

Test your knowledge by filling in the numbers with the correct anatomical part in the diagram.
We have answered “Lilac Crest” for # 1. Then when you click the flip icon ...

Abdomen, Pelvis, & Perineum
21

Head
20

Upper Limb
16

Thorax
7

Lower Limb
23

Neck
7

Back
6

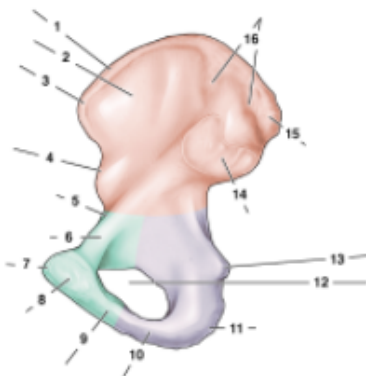
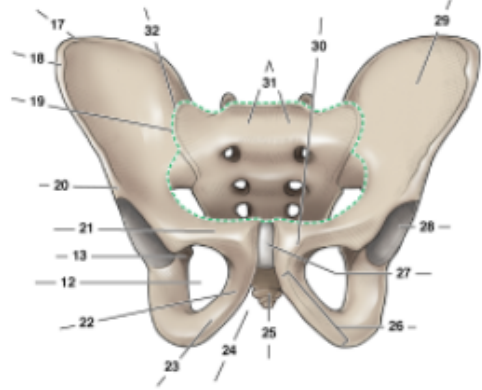
KEY

Os coxa

● Ilium

● Pubis

● Ischium

1. Lilac crest

2.

3.

4.

5.

6.

7.

8.

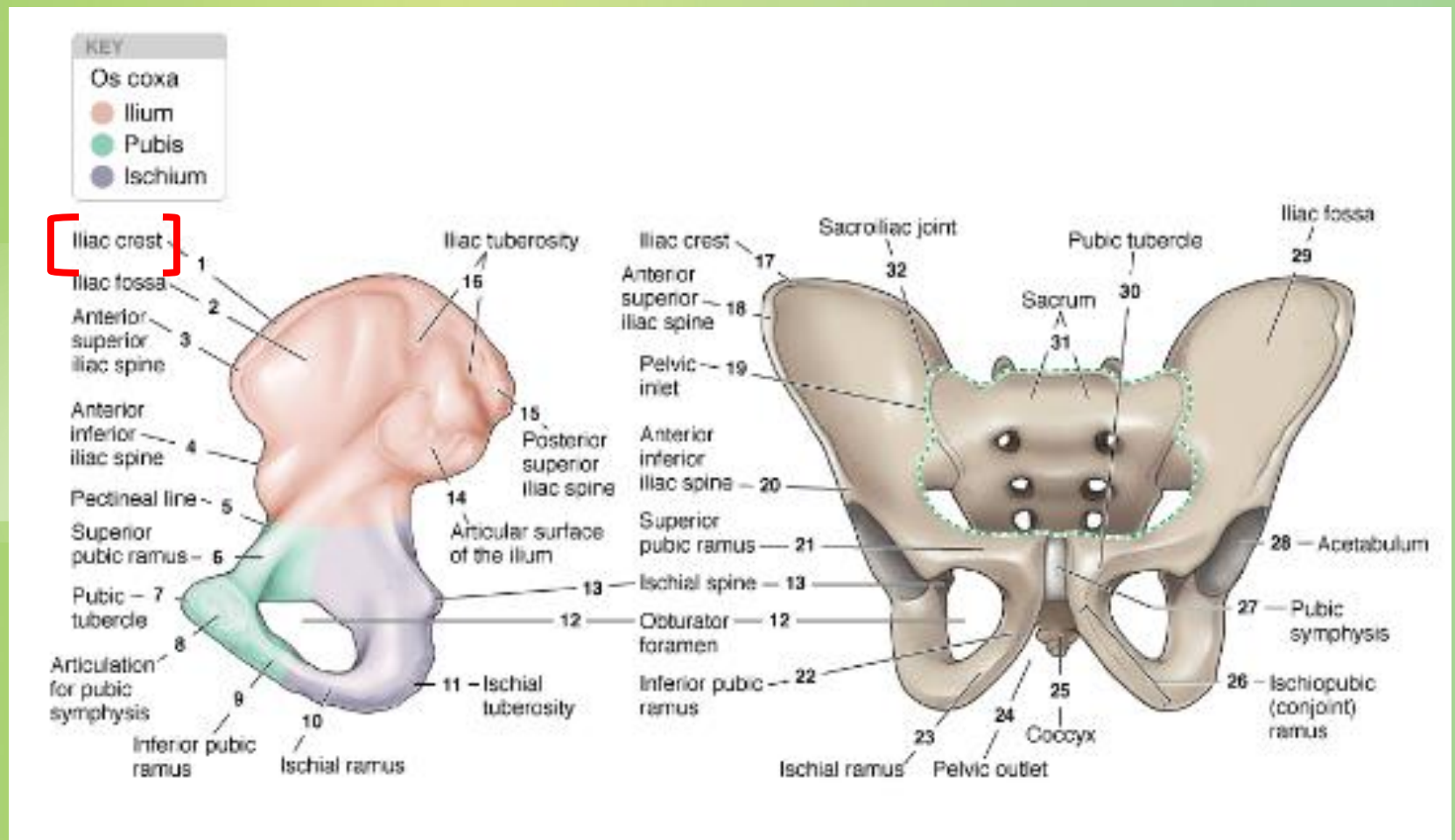
9.

10.

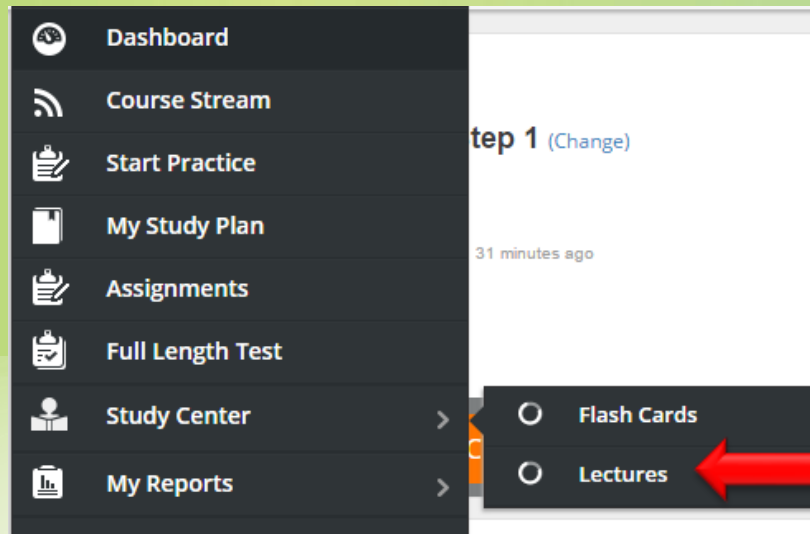
Abdomen, Pelvis, & Perineum

- ▶ Fascial layers of the anterior abdominal wall
- ▶ Step dissection of the anterior abdominal wall ...
- ▶ Neurovascular structures of the anterior abdomina...
- ▶ Schematic of the inguinal canal, spermatic cord, an...
- ▶ A. Parts of the stomach and duodenum. B. Anteri...
- ▶ Anterior view of the foregut with the body an...
- ▶ A. Arterial supply to the

...The answers are revealed. And as you can see, “Lilac Crest” is correct for question 1.

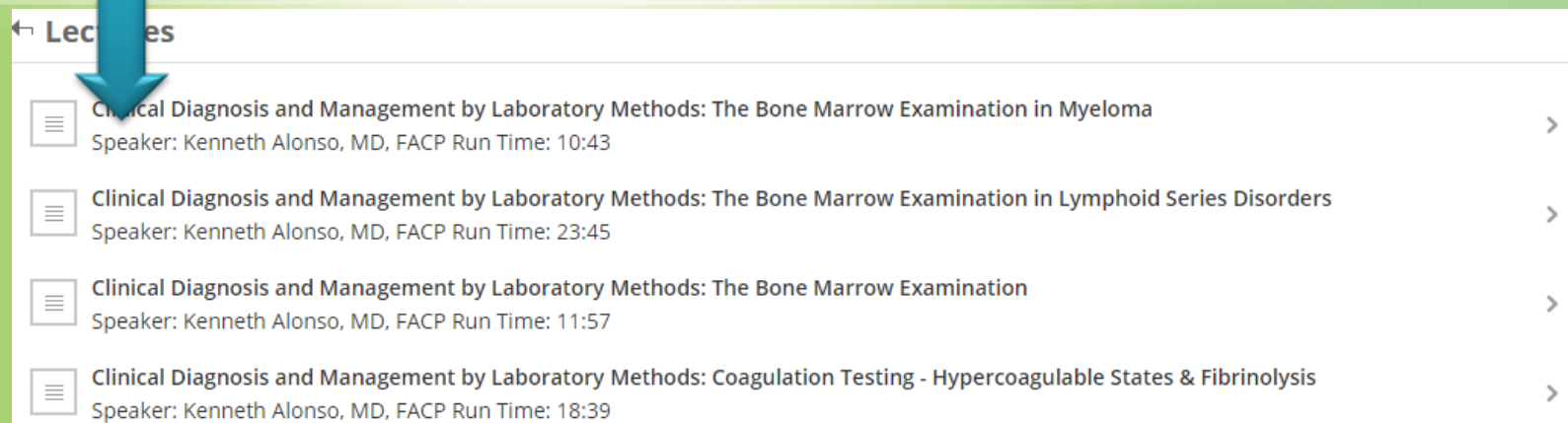


The study center tab also gives you the option for viewing and listening to Lectures.



Clicking here opens up the lecture.

Clicking on “Lectures” will take you to a new screen listing scholarly talks on diagnosis and management of diseases.




You can easily follow along with the slides, graphics,
and clear instructional audio.

Clinical Diagnosis and Management by Laboratory Methods: The Bone Marrow Examination in Myeloma

Biliary System (00:52 / 18:42)

McGraw-Hill's
USMLEasy.com

 **Kenneth Alonso, MD, FACP**
Clinical Professor,
Morehouse School of
Medicine Clinical Professor,
LECOM Bradenton

Outline Transcript Search

1. Biliary System
2. Embryology of Gallbladder and Pancreas
3. Development of Pancreas and Gallbladder from Midgut
4. Anatomic Relationships
5. Bilirubin
6. Bile Flow
7. Bile Flow
8. Neurohormonal Control of Biliary Secretion
9. Recycling of Bile Salts
10. Jaundice
11. Jaundice
12. Jaundice
13. Hereditary Hyperbilirubinemias
14. Biliary Atresia
15. Pathologic Criteria
16. Gallbladder
17. Gallbladder
18. Gallstones

Development of Pancreas and Gallbladder from Midgut

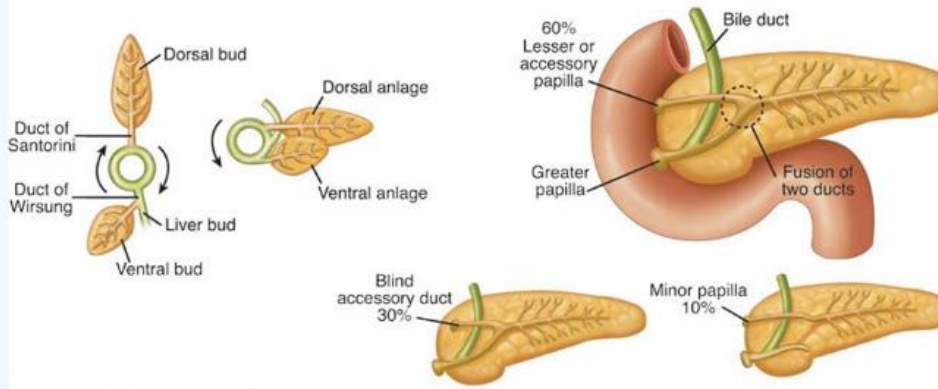
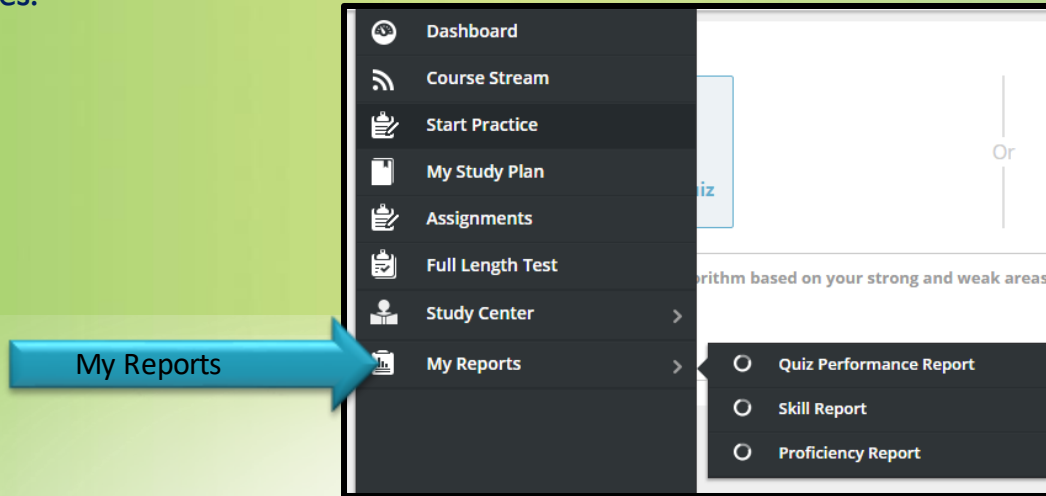


Figure 33.3. Embryology of pancreas and duct variations. In: Brunicaudi FC, Anderson DK, Billiar TR, Dunn DL, Hunter JG, Matthews JB, et al., eds. *Schwartz's Principles of Surgery*. 9th ed. New York, NY: McGraw-Hill; 2010. <http://www.accessmedicine.com>. Accessed February 1, 2010.

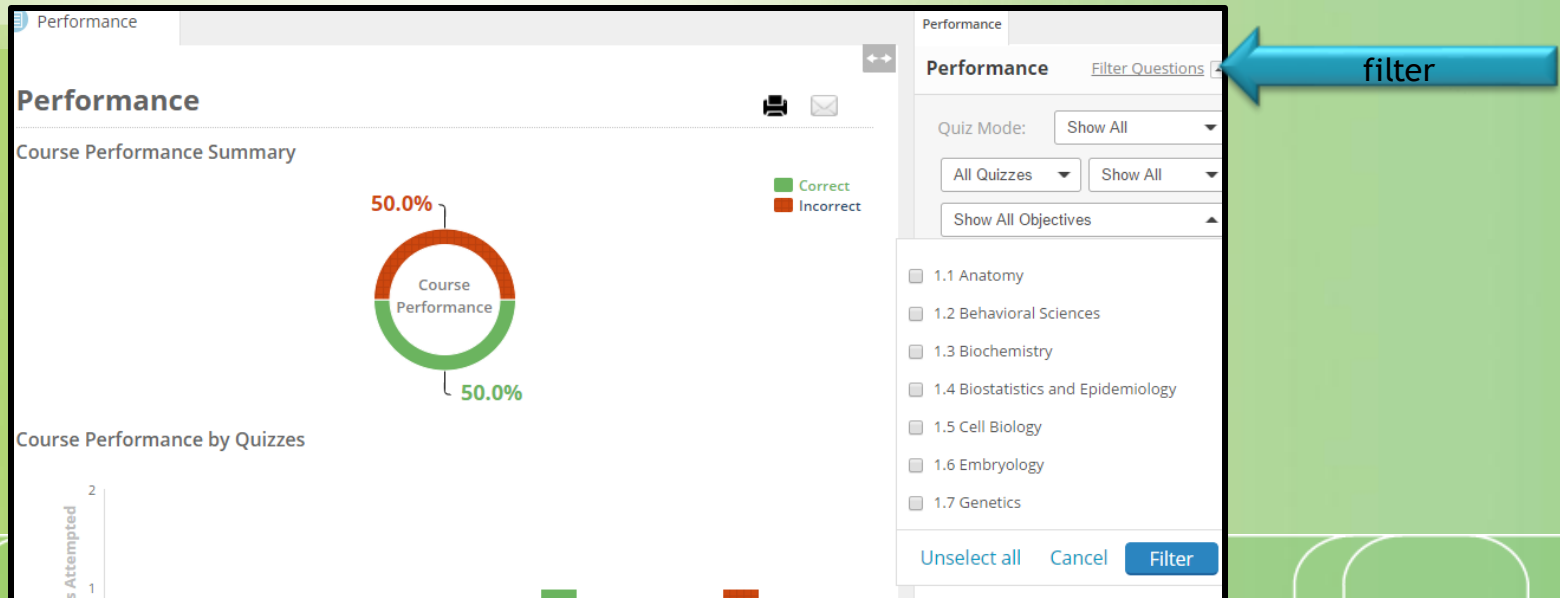
McGraw Hill Copyright © 2011. The McGraw-Hill Companies. All Rights Reserved.

SLIDE 3 OF 30 PLAYING 00:06 / 00:18

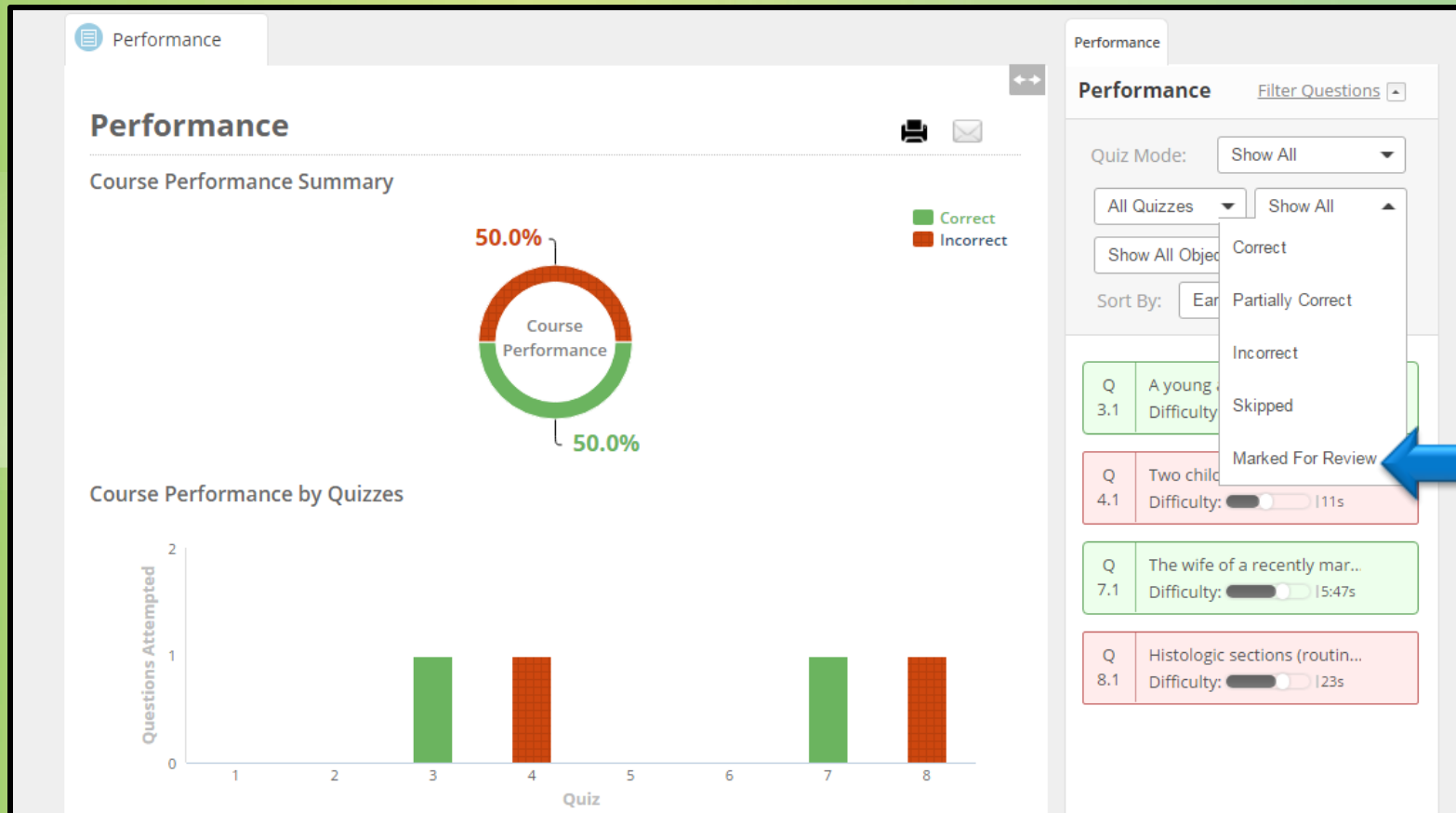
The “My Reports” tab opens up a “Quiz Performance Report,” “Skill Report,” and “Proficiency Report.” These three tabs display data about your subject strengths and weaknesses based on your answers to quizzes.



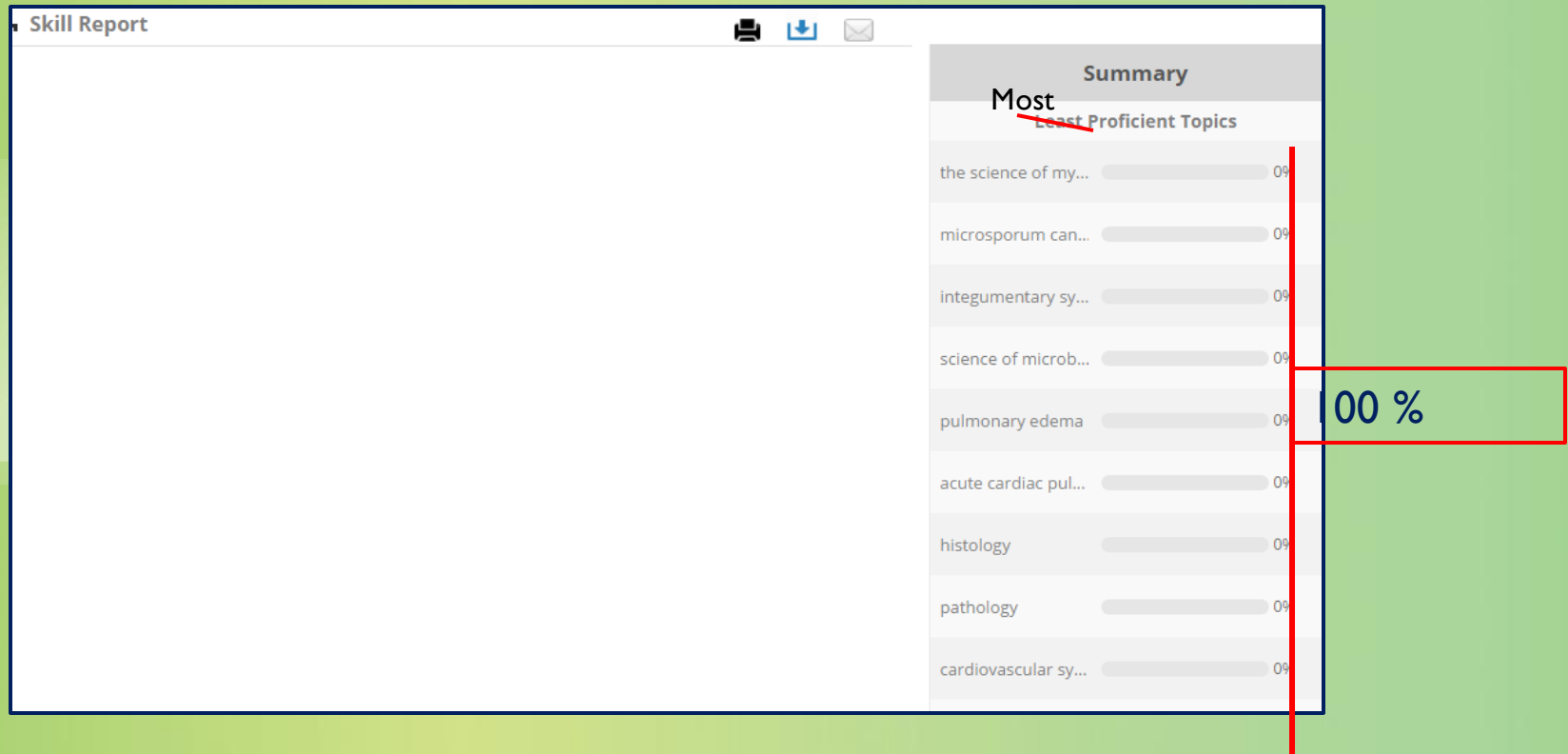
In “Quiz Performance Report” and “Proficiency Report,” you can filter your performance results based on quiz mode, and subject area objectives.



You can also filter your performance results based on what you got correct vs. incorrect. As well as which questions you had previously “Marked for Review” with the notes ★ tab after you submitted your answer.



Lastly, “Skill Report,” will give you an overall assessment of what subjects you need to spend more time on. As you have seen, USMLE Easy will guide you to the resources you need to review and the questions you need to answer.



The sooner you start, the sooner “Least Proficient Topics” will change to “Most.”

Have fun!



Compiled by Caroline McKinley
Public Services Librarian
May 18, 2017

Health Sciences Library
New York Medical College
Valhalla, NY 10595