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# How To Prepare For The Medical Boards: Secrets For Success On Usmle Step 1 and Comlex Level 1

*By Adeleke T. Adesina*



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Studying for major medical exams can be a confusing and stressful task. In **HOW TO PREPARE FOR THE MEDICAL BOARDS**, third-year medical students Adeleke T. Adesina and Farook W. Taha present a useful guide for medical students studying for both the United States Medical Licensing Exam (USMLE) Step 1 and the Comprehensive Osteopathic Medical Licensing Exam (COMLEX) Level I. Using a system-based learning method, **HOW TO PREPARE FOR THE MEDICAL BOARDS** provides a plan to study for the major topics tested on the board exams and suggests a unique approach to reading and keeping mental notes. It discusses the use of First Aid for the USMLE Step 1 and question banks in the preparation process. A bonus chapter addresses how to survive medical school's rigorous education requirements and the most ancient ways to maximize education while still enjoying life. Based on personal experience, Adesina and Taha help medical students discover the secrets, learn the rules, and avoid common costly mistakes when preparing for and taking important national medical board examinations. These students have developed a unique stepwise approach to help students score above 95 on their medical boards.



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#### **About the Author**

Adeleke T. Adesina is a native of Nigeria and a third-year medical student at the University of Medicine and Dentistry, School of Osteopathic Medicine, New Jersey. Farook W. Taha is an Arab-American medical student studying to become a doctor at the University of Medicine and Dentistry, School of Osteopathic Medicine, New Jersey.

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