



**DR. HEBA**  
— TUTORING —



# USMLE STEP 2

Live Course



**Student  
Introduction  
Handbook**

# WELCOME

to the USMLE Step 2 CK Live Course



This course is designed to help you move beyond memorization and develop the clinical thinking skills required to succeed in USMLE Step 2 CK.

You are not just learning information — **you are learning how to think like a doctor and answer questions the way examiners expect.**

We are excited to guide you step by step throughout this journey.

— **Dr. Heba Jihad**



# DR. HEBA JIHAD

## **USMLE Mentor & Clinical Educator**

Dr. Heba Jihad is a physician and USMLE mentor with years of experience teaching medical students from different backgrounds worldwide. She specializes in simplifying complex clinical concepts and helping students develop strong clinical reasoning skills rather than relying on memorization.

# COURSE OVERVIEW

USMLE Step 2 CK focuses on clinical reasoning, diagnosis, and management.

**This live course is structured to help you:**

- Understand clinical scenarios clearly
- Apply knowledge in exam-style questions
- Build confidence in decision-making
- Develop a systematic approach to every question

## Course Duration



**Start Date:** 15 February



**End Date:** 15 June



# WHAT

You Will Get in the Course



## High-Yield Step 2 CK Concepts — All in One Place

This course is built to save you time and mental energy by **bringing all essential Step 2 CK resources together in one structured system.**

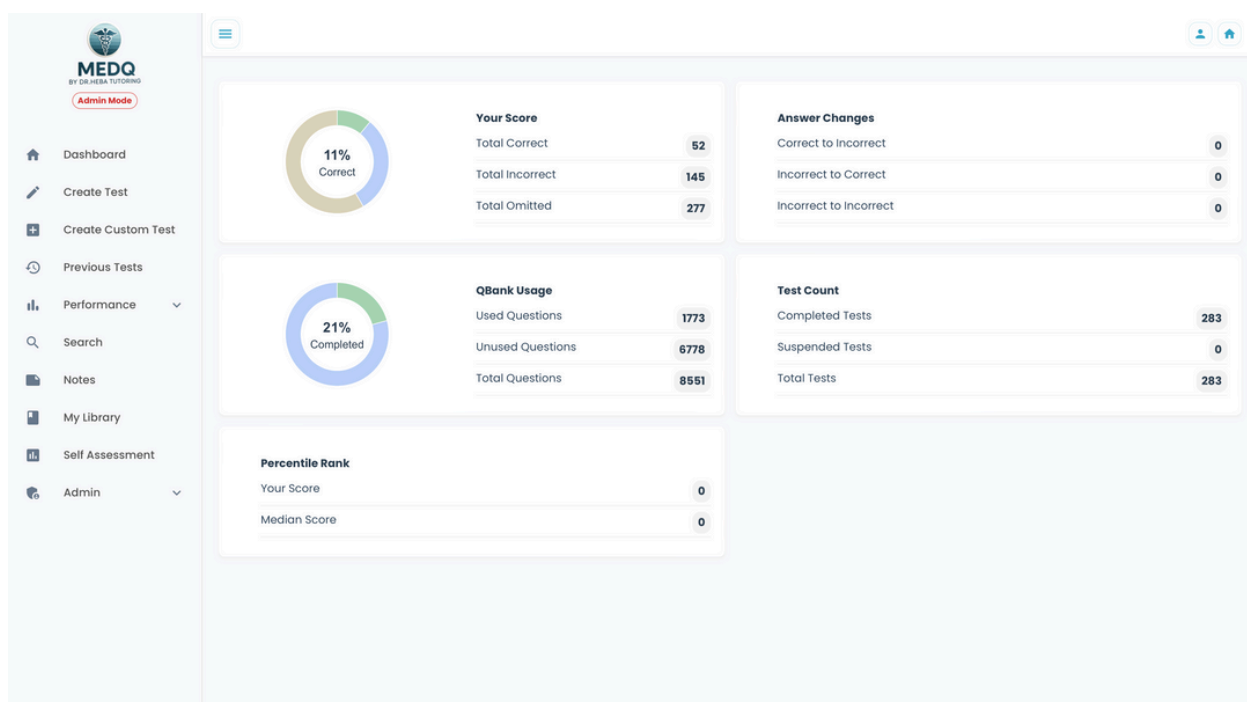
The teaching materials and notes in this course **integrate the high-yield content from:**

- Kaplan
- Master the Boards
- Step-Up to Medicine
- UWorld explanations and notes

Instead of moving between multiple books, videos, and notes, students receive **one clear, organized source** that combines the most important concepts from all of these resources.

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# UWorld-Oriented Explanations + Free Question Bank Access



This course is designed around **UWorld-style clinical reasoning**, ensuring that everything you learn directly translates into better performance while solving questions.

In addition to live teaching, **students receive FREE access for 4 months to our exclusive question bank, which includes:**

- **Live UWorld question-solving lectures**
- Carefully selected **UWorld-style and NBME-style questions**
- Step-by-step explanation of each question
- Clear reasoning for **why answers are correct or incorrect**
- **Concise summaries** that highlight the key learning points from each question

# Mentorship & Guidance Throughout the Course

Throughout the course, students receive **continuous mentorship and personalized guidance to ensure steady progress and clarity in their preparation.**

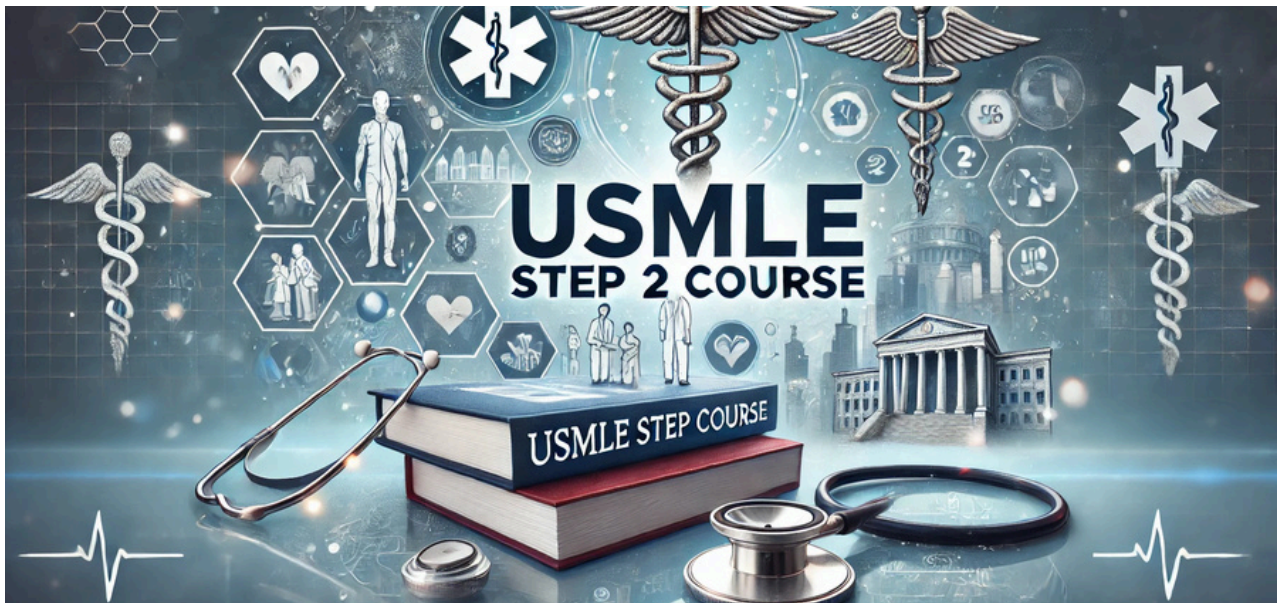
Each student is supported in creating a **personalized study schedule that fits their daily routine, academic responsibilities, and personal commitments.**

Students also have access to **regular one-on-one mentoring meetings** with the doctor. These sessions are used to:

- Review weekly progress
- Identify weaknesses and knowledge gaps
- Adjust the study plan when needed
- Discuss exam strategy and question-solving approach
- Set clear goals for the upcoming week



This mentorship model transforms **preparation from a solo struggle into a guided, structured journey with expert support at every step.**



# WEEKLY COURSE SCHEDULE

- **Saturday & Sunday:** Live material explanation (concepts & clinical reasoning)
- **Tuesday:** UWorld question-solving session
- **Weekly:** 1-on-1 mentoring calls available for students

# **MONTH 1 — CORE CLINICAL FOUNDATIONS**

## **Week 1-2: Cardiovascular Disorders**

- Ischemic heart disease
- Heart failure & cardiomyopathies
- Arrhythmias & ECG interpretation
- Valvular heart disease
- Hypertension & emergencies
- **UWorld-style cardiology questions**

## **Week 3: Pulmonary Disorders**

- Obstructive & restrictive lung disease
- Pulmonary embolism
- Pneumonia & TB
- Pleural diseases
- Respiratory failure
- **UWorld pulmonary blocks**

## **Week 4: Gastrointestinal Disorders**

- Esophageal & gastric disorders
- Hepatobiliary disease
- Pancreatitis
- GI bleeding
- Inflammatory bowel disease
- **UWorld GI blocks**



# **MONTH 2 — SYSTEM-BASED CLINICAL REASONING**

## **Week 5: Hematology & Oncology**

- Anemias
- Coagulation disorders
- Leukemias & lymphomas
- Solid tumors
- Oncologic emergencies
- **UWorld Hematology blocks**

## **Week 6: Endocrine Disorders**

- Diabetes & complications
- Thyroid disorders
- Adrenal disorders
- Pituitary disease
- Calcium & bone metabolism
- **UWorld Endocrine blocks**

## **Week 7: Genitourinary Disorders**

- Acute & chronic kidney disease
- Electrolyte abnormalities
- Glomerular vs tubular disease
- UTIs & nephrolithiasis
- **UWorld Genitourinary blocks**



## **MONTH 2 — SYSTEM-BASED CLINICAL REASONING**

### **Week 8: Neurologic Disorders**

- Stroke & TIA
- Seizures
- Headache syndromes
- Neuromuscular disorders
- Altered mental status
- **UWorld Neurology blocks**

## **MONTH 3 — WOMEN, CHILDREN & ACUTE CARE**

### **Week 9: Pediatrics**

- Growth & development
- Pediatric infections
- Congenital disorders
- Pediatric emergencies
- **UWorld Pediatrics blocks**

### **Week 10: Obstetrics**

- Normal & abnormal pregnancy
- Hypertensive disorders
- Diabetes in pregnancy
- Labor & delivery
- Postpartum complications

## **MONTH 3 — WOMEN, CHILDREN & ACUTE CARE**

### **Week 11: Gynecologic & Breast Disorders**

- Abnormal uterine bleeding
- Ovarian pathology
- Cervical & breast cancer
- Gynecologic emergencies

### **Week 12: Musculoskeletal & Dermatology**

- Arthritis & connective tissue disease
- Bone & joint disorders
- High-yield dermatologic conditions
- Skin manifestations of systemic disease

## **MONTH 4 — HIGH-YIELD & EXAM READINESS**

### **Week 13: Emergency Medicine, Critical Care & Surgery**

- Trauma
- Shock
- Sepsis
- Acute abdomen
- Post-operative complications

### **Week 14: Psychiatric Disorders**

- Mood disorders
- Anxiety disorders
- Psychosis
- Substance use disorders
- Psychiatry emergencies

# **MONTH 4 — HIGH-YIELD & EXAM READINESS**

## **Week 15: Epidemiology & Ethics**

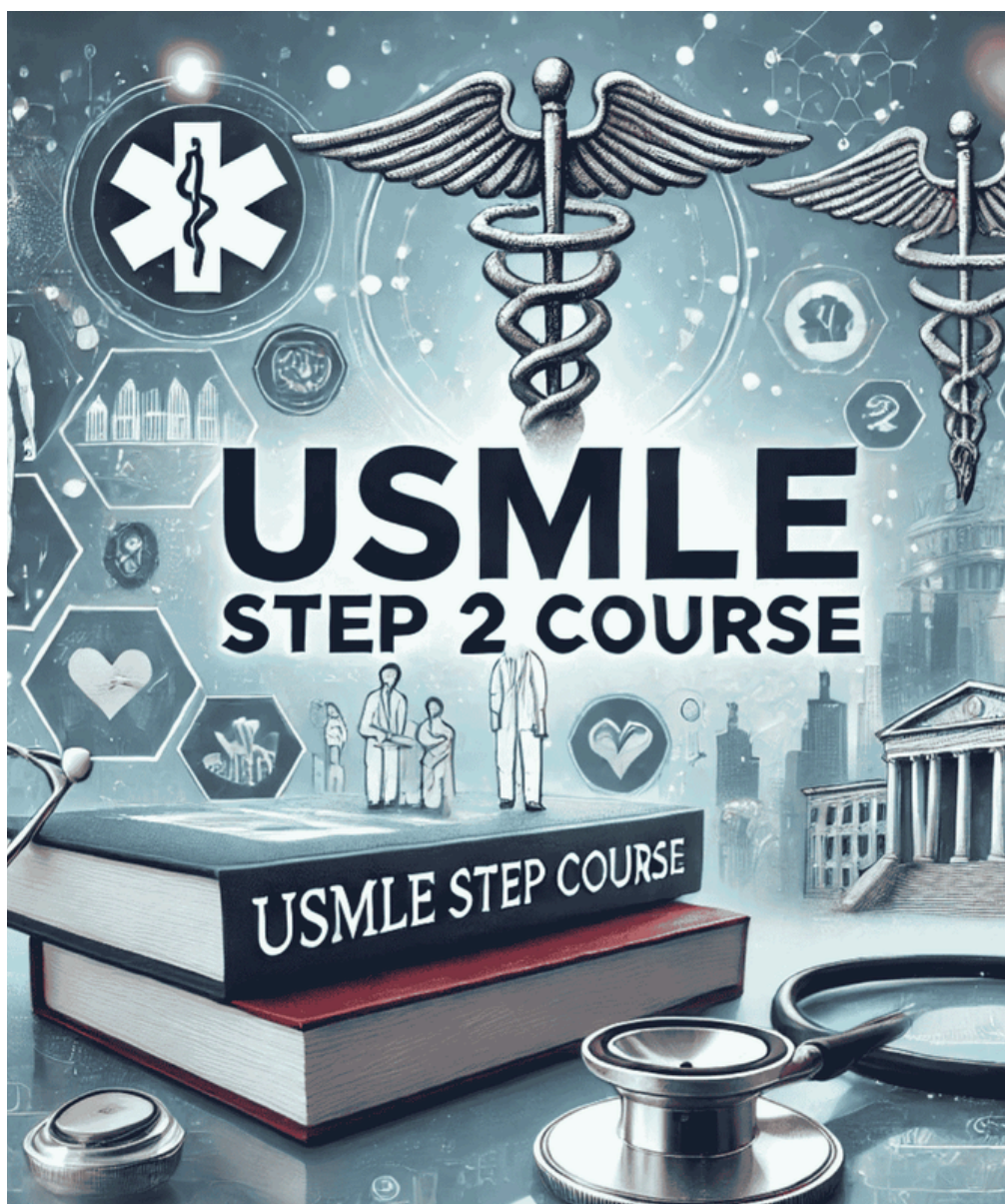
- Study design
- Biostatistics
- Screening & prevention
- Medical ethics
- Professional conduct scenarios

## **Week 16: Final Integration & Review**

- Mixed UWorld blocks
- NBME-style exams
- Weakness targeting
- Exam-day strategy
- Personalized final review plan

### **Weekly Structure (Same Every Week)**

- **Saturday:** System explanation (clinical concepts)
- **Sunday:** Case-based application & algorithms
- **Tuesday:** UWorld / NBME question-solving session
- **Mentorship:**
  - **Weekly progress review**
  - **Personalized schedule adjustment**
  - **One-on-one booking available**



USMLE Step 2 CK is challenging — but with the right approach, it becomes manageable and logical.

This course is here to support you, guide you, and help you succeed with confidence.

**We're glad you're here**