Evaluation of a Pre-Made Expanding-Retrieval Flashcard Tool and Medical Student Performance on Step 1

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Et al.
Day 1

Introduction

“Again,” Ebbinghaus algorithm and possible. The 125 members of the UMD class of 2019 were engaged before the start of an annual course. The messages included a description of Anki and the Maimonideck and a link to request access. Those who requested access received a smartphone, a smartphone, a smartphone, a smartphone, a smartphone, and a smartphone. The baseline access and interaction, prior questions and then, and the baseline access.

Baseline survey

Ebbinghaus algorithm was based on a 5-point scale asking if user agreed with the statement, “The Maimonideck is your primary study tool for reviewing previously covered material?” Categories included Primary Tool (Agreed / Strongly agreed), Secondary Tool (Neutral), or Reference Tool (Disagreed / Strongly disagreed).

NBME survey

Anki is an expanding retrieval electronic flashcard program available for desktop and smartphone, capable of word association, and exam functionality. It enables content creation, organization, and review in a single application.

What is Anki...

After activating cards, students are presented with flashcards daily according to the Superbowl’s level-learning algorithm. With each card they are given the options “Hard,” “Good,” “Easy” and “Again.” Each corresponds to a different multiplicity of the spaced repetition algorithm, with “Again” reinstating the algorithm entirely.

Step 1 Results (n=31)

There was no significant difference between MCAT scores of users and non-users, or between the UWorld scores and University of Massachusetts completion by the Primary, Secondary, and Reference tool groups among users.

The average of all UWorld test-takers was 74.5 (21.7%). The 44 Maimonideck learners averaged 79.6 (20.1%), remaining them resulted in a non-user average of 73.6.

Discussion

There has been a proliferation of Step 1 resources, but few address a fundamental difficulty of preparing for the exam: study scheduling. The Maimonideck—a resource created by two medical students—was designed for students with limited time, as well as those who can be effective in that capacity. The 31 users averaged 248.3 (Step 1) vs. 239.9 (average Step 1), resulting in a user rate of 8% vs. 10%.

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