Medical School 2.0: An Unconventional Guide to Learn Faster, Ace the USMLE, and Get Into Your Top Choice Residency

By David Larson MD

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Forget the old concept of medical school taking over your life. It is possible to do great in school while still having a rich and well-rounded life. Whether your dream is having time for international volunteer work, having time to do cutting edge research, having time to be the parent and spouse you want to be, having time to exercise relax and unwind, or just HAVING TIME to live more and work less, Medical School 2.0 is your blue print to thrive as a medical student. This step-by-step guide to medical school teaches: • How Dave, a medical student with below-average SAT and MCAT scores used these techniques to go from spending 16 hours a day on medical school and getting a "C" average to spending 1-3 hours a day on medical school and getting the top academic honors, 99.7th percentile on USMLE Steps 1 and 2, induction into the AOA honor society, and getting into his top choice residency in his top choice location, all the while enjoying the process of learning and having plenty of free time to enjoy life outside of medical school. • How to clarify your personal goals for your life in medicine and in medical school and use those to reverse-engineer a personalized and customized curriculum for yourself. • How to sift through seemingly infinite study sources and choose the highest yield information for your own unique goals. • How to apply the latest research findings in the neuroscience of learning and memory to supercharge your brain's learning potential, maximizing your per-hour learning output. • How to structure and schedule your study sessions and your "work days" to maximize your learning potential. • What to eat and drink to fuel your brain to form and maintain sold long term memories of what you're learning. This book is the result of hundreds of hours of research interviewing top-performing medical students across the USA to deconstruct the strategies behind their success, researching and integrating the latest science of how our brain's learn, and then distilling the final product into a group of practical, simple, and extremely high yield tools and tricks to both maximize your mind's learning output, to enjoy the process of learning, and to have the time to follow your dreams in medical school and beyond. These are the same strategies that the author used in medical school, continues to use now, and has taught to hundreds of other students who have achieved even better results.

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Editorial Review

About the Author
David Larson, M.D. is an integrative medicine physician, leadership seminar facilitator, and life hacker. He studied business at Brown University before spending a year in Spain on a Fulbright Fellowship and then working in rural India in the public health sector. He then attended USC School of Medicine and graduated with highest distinction, earning the Alpha Omega Alpha merit scholarship. He is currently in his final year of postgraduate medical training at UCSD, pursuing 3 residencies in Family Medicine, Psychiatry, and Integrative Medicine.

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