

THE ULTIMATE GUIDE TO ANKI

Master **spaced repetition**,
retention, and **high-yield studying**



REMEMBER MORE
Long-term retention



STUDY SMARTER
Efficient and effective

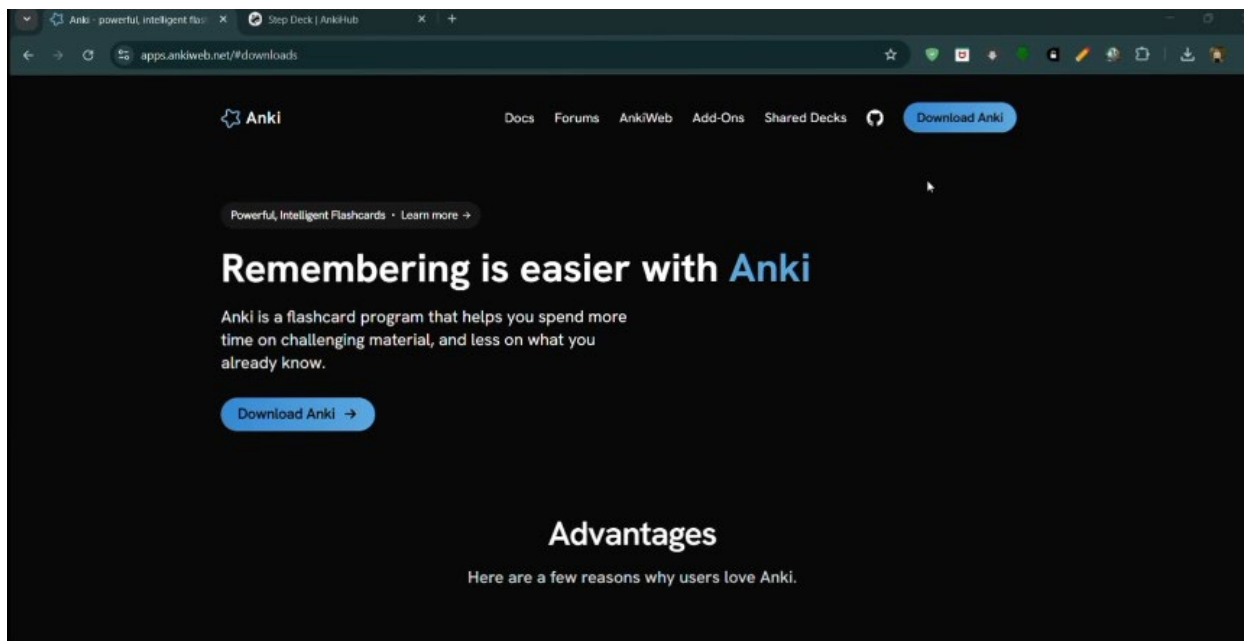


PERFORM BETTER
High-yield results



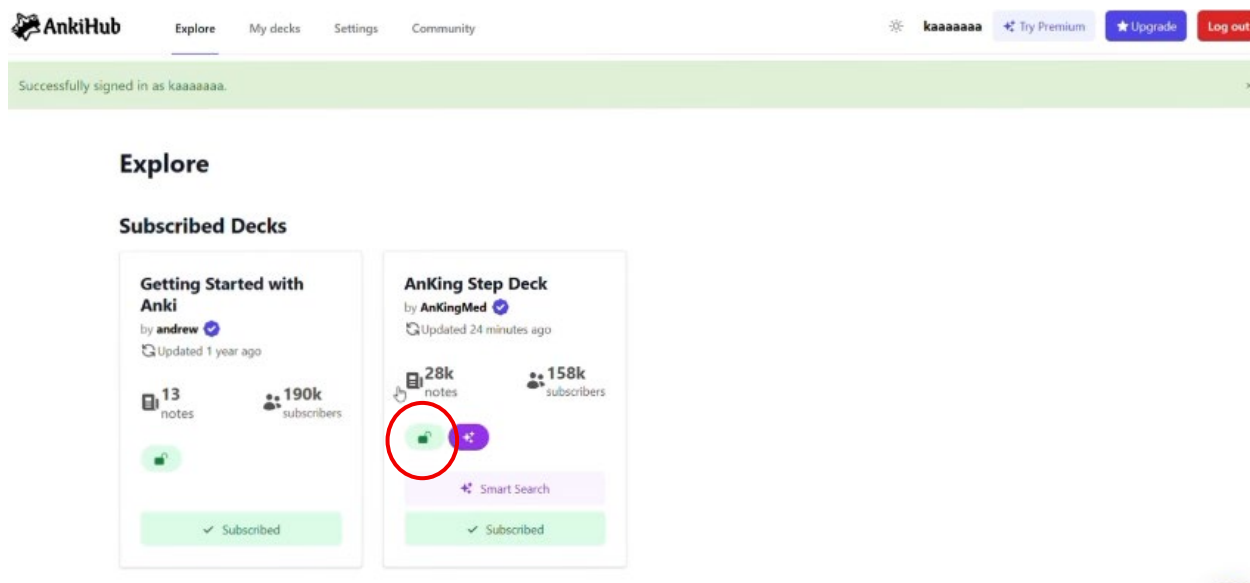
Step 1

Download anki from ankiweb: <https://apps.ankiweb.net/>



Step 2

Subscribe to anking deck using ankihub: <https://www.ankihub.net/step-deck>

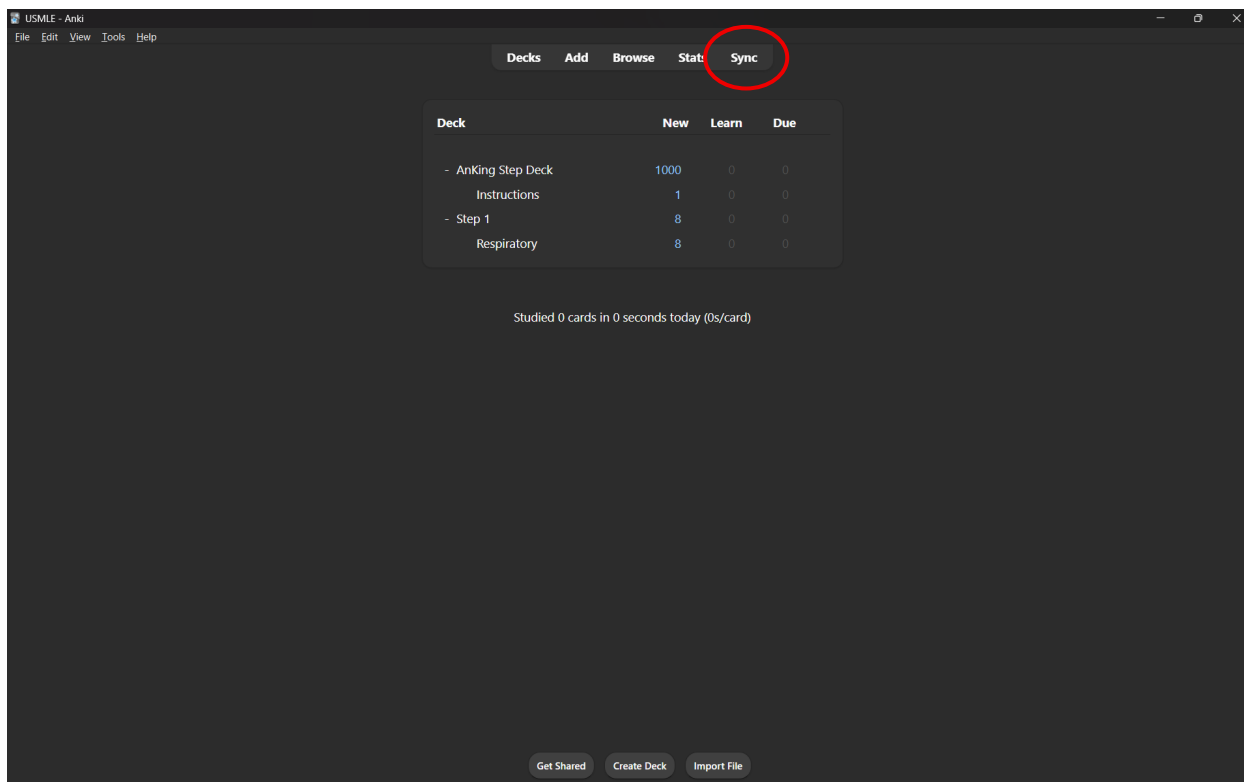




Step 3

Sync your ankihub to your anki application

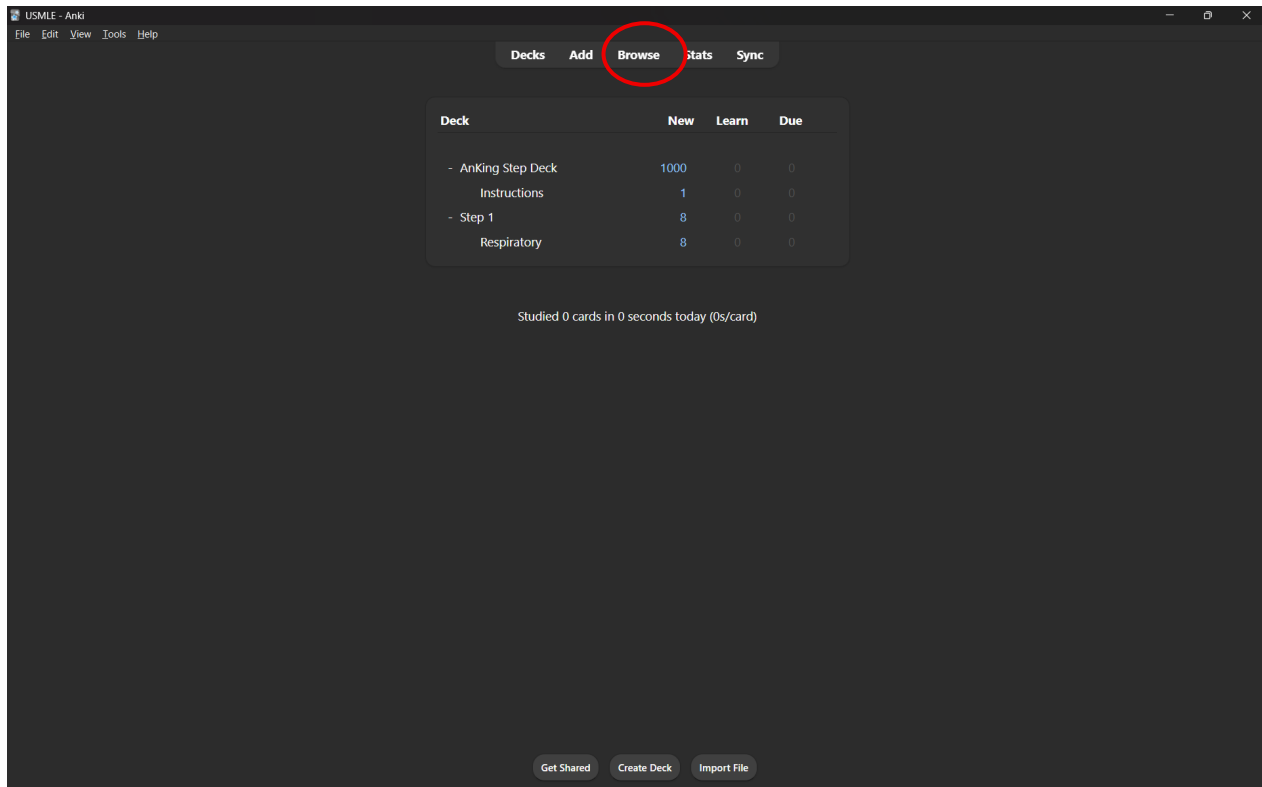
If you didn't find the sync option: click tools then preferences then third party services





Step 4

After downloading the deck Click on browse





Step 5

Expand tags then expand Ak-step1-v12 then expand #lowyield/high yield

Browse (1 of 34871 cards selected)

Edit View Notes Cards Go Help

Sidebar filter

Tags

- Untagged
- #AK_Other
- #AK_Step1_v12
 - #AMBOSS
 - #B&B
 - #Bootcamp
 - #COMBANK
 - #Costanzo
 - #DirtyMedicine
 - #FirstAid
 - #Low/HighYield
 - 1-HighYield
 - 2-RelativelyHighYield
 - 3-HighYield-temporary
 - 4-LowYield
 - 5-LowYield
 - #NBME
 - #NinjaNerd
 - #OME
 - #OME_banner
 - #Osmosis
 - #Pathoma
 - #Physeo
 - #Piorize
 - #SketchyAnatomy
 - #SketchyBiochem
 - #SketchyBiostats/Epidemiology
 - #SketchyImmunology
 - #SketchyMicro
 - #SketchyPath
 - #SketchyPharm
 - #SketchyPhysiology
 - #USMLERx
 - #UWorld
 - ^Systems
 - AMBOSS
- #AK_Step2_v12
- #AK_Step3_v12
- #PANCE
- AnkiHub_Instructions
- AnkiHub_Subdeck

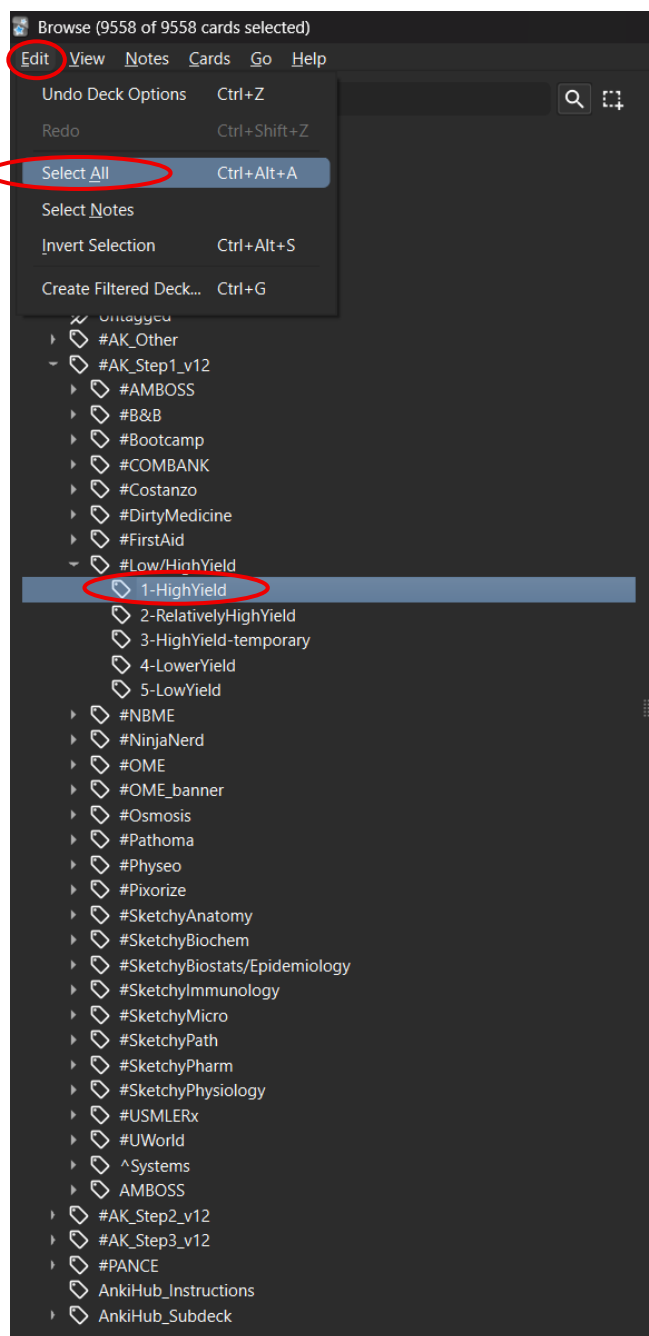
Sort Field Card Type Due

Delusional dis...	Cloze 1	New #231
Solitary brain ...	Cloze 1	New #242
{{c1::Testicular...	Cloze 1	New #253
(+) progestin w...	Cloze 1	New #249
Acute diarrhea...	Cloze 1	New #232
Acute insomni...	Cloze 1	New #230
Acute multiple ...	Cloze 1	New #248
Acute pancreat...	Cloze 1	New #225
Acute pancreat...	Cloze 1	New #221
Adhesive caps...	Cloze 1	New #248
Alveolar hypov...	Cloze 1	New #253
Ascites with S...	Cloze 1	New #234
Aspirin {{c1::ca...	Cloze 1	New #228
Asymptomatic ...	Cloze 1	New #243
Asymptomatic ...	Cloze 1	New #249
Blood glucose ...	Cloze 1	New #248
BPH = pain{{c...	Cloze 1	New #249
Breast {{c1::fe...	Cloze 1	New #228
Chronic anxiet...	Cloze 1	New #230
Continuous ma...	Cloze 1	New #247
Deep dehiscen...	Cloze 1	New #252
Dense interstiti...	Cloze 1	New #252
Each arm (bac...	Cloze 1	New #220
Early osteomy...	Cloze 1	New #244
Elevated DHE...	Cloze 1	New #251
Exogenous thy...	Cloze 1	New #234
Extrathoracic o...	Cloze 1	New #227
Fanconi anemi...	Cloze 1	New #230
FEV1 {{c1::60...	Cloze 1	New #247
First generatio...	Cloze 1	New #230
Folate deficien...	Cloze 1	New #243
Folic acid in lo...	Cloze 1	New #235
Genetic issues...	Cloze 1	New #234
GERD and me...	Cloze 1	New #232
HbA1c ≥ {{c1::...	Cloze 1	New #248
Heat stroke B...	Cloze 1	New #244
Heels or balls ...	Cloze 1	New #252
Hemolysis (sic...	Cloze 1	New #225
USMLE Step 1 ...	Cloze 1	New #228



Step 6

Choose High yield then edit then select all





Step 7

Flag The high yield, relatively high yield, etc till low yield each with a different color

Through: right click on the cards you selected from step 6 then flag

The screenshot shows the Anki software interface. On the left is the 'Sidebar filter' panel with a tree view of tags. The 'Tags' section is expanded, and '1-HighYield' is selected. The main area displays a list of cards with columns for 'Sort Field', 'Card Type', 'Due', and 'Deck'. A right-click context menu is open over a card, showing options like 'Change Deck...', 'Set Due Date...', 'Grade Now...', 'Reset...', 'Reposition...', 'Toggle Suspend', 'Toggle Bury', 'Flag', and 'Info...'. The 'Flag' option is highlighted, and a sub-menu is open showing color selection options: 'Red' (checked), 'Orange', 'Green', 'Blue', 'Pink', 'Turquoise', and 'Purple'. Each color has a corresponding keyboard shortcut (Ctrl+1 to Ctrl+7).

Sort Field	Card Type	Due	Deck
The SA node i...	Cloze 1	New #3895	AnKing Step Deck
Levothyroxine ...	Cloze 1	New #14598	AnKing Step Deck
Neonatal respi...	Cloze 1	New #4769	AnKing Step Deck
"Barr bodies" f...	Cloze 1	New #20636	AnKing Step Deck
"Busulfan lung...	Cloze 1	New #14889	AnKing Step Deck
"[[c1:Violin-stri...	Cloze 1	New #16259	AnKing Step Deck
"[[c1:Violin-stri...	Cloze 3	New #16259	AnKing Step Deck
1% of cases of...	Cloze 1	New #2712	AnKing Step Deck
11-deoxycortic...	Cloze 1	N	
11-deoxycortic...	Cloze 2	N	
11-deoxycortis...	Cloze 1	N	
11-deoxycortis...	Cloze 2	N	
11 β -hydroxylas...	Cloze 1	N	
11 β -hydroxylas...	Cloze 1	N	
15% of autoso...	Cloze 1	N	
15% of autoso...	Cloze 2	N	
17-hydroxypre...	Cloze 1	N	
17-hydroxypre...	Cloze 2	N	
17-hydroxypre...	Cloze 1	N	
17-hydroxypre...	Cloze 2	N	
17-hydroxypro...	Cloze 1	N	
17-hydroxypro...	Cloze 2	New #542	AnKing Step Deck
17-hydroxypro...	Cloze 1	New #547	AnKing Step Deck
17-hydroxypro...	Cloze 2	New #547	AnKing Step Deck
17 α -hydroxyla...	Cloze 1	New #28002	AnKing Step Deck
17 α -hydroxyla...	Cloze 1	New #1051	AnKing Step Deck
1st generation ...	Cloze 1	New #5542	AnKing Step Deck
1st generation ...	Cloze 2	New #5542	AnKing Step Deck
2,3-BPG decre...	Cloze 2	New #4357	AnKing Step Deck
2,3-BPG incre...	Cloze 1	New #4359	AnKing Step Deck
21% of smoker...	Cloze 1	New #12290	AnKing Step Deck
21-hydroxylas...	Cloze 1	New #1048	AnKing Step Deck
25% of cases ...	Cloze 1	New #2653	AnKing Step Deck
25-hydroxylas...	Cloze 3	New #14666	AnKing Step Deck
25-OH vitamin ...	Cloze 1	New #6767	AnKing Step Deck
4% of cases of...	Cloze 1	New #2711	AnKing Step Deck
5% of cases of...	Cloze 1	New #2654	AnKing Step Deck
85% of autoso...	Cloze 1	New #6249	AnKing Step Deck
85% of autoso...	Cloze 3	New #6340	AnKing Step Deck

Now you are all done with setup next is how to use



Which card will we use?

Only the high yield cards for the First aid (or whatever source you are studying from) and all the cards for Uworld mistakes.

Step 1 choose only the high yield cards

For example: today I want to revise on lung volumes from the respiratory module

Select this topic from: Expand tags then expand Ak-step1-v12 then expand first aid then expand respiratory then expand physiology and then lung volumes

Then edit select all to select all of the cards in lung volumes

Browse (0 of 18 cards selected)

Edit View Notes Cards Go Help

Sidebar filter

Tags

- Untagged
- #AK_Other
- #AK_Step1_v12
 - #AMBOSS
 - #B&B
 - #Bootcamp
 - #COMBANK
 - #Costanzo
 - #DirtyMedicine
 - #FirstAid
 - 01_Biochem
 - 02_Immunology
 - 03_Microbiology
 - 04_Pathology
 - 05_Pharm
 - 06_Public_Health
 - 07_Cardiovascular
 - 08_Endocrine
 - 09_Gastrointestinal
 - 10_Hematology_and_Oncology
 - 11_Musculoskeletal_Skin_and_Connective_Tissue
 - 12_Neurology_and_Special_Senses
 - 13_Psych
 - 14_Renal
 - 15_Repro
 - 16_Respiratory
 - 01_Embryology
 - 02_Anatomy
 - 03_Physiology
 - *Respiratory_System_Changes_in_the_Elderly
 - 01_Lung_volumes_and_capacities
 - 03_Determination_of_physiologic_dead_space
 - 04_Ventilation
 - 05_Lung_and_chest_wall_properties
 - 06_Pulmonary_circulation
 - 07_Pulmonary_vascular_resistance
 - 08_Ventilation/perfusion_mismatch
 - 09_Alveolar_gas_equation
 - 10_Carbon_dioxide_transport
 - 11_Hypoxia_and_hypoxemia
 - 12_Hemoglobin
 - 13_Oxygen_content_of_blood

tag:#AK_Step1_v12::#FirstAid::16_Respir

Sort Field	Card Type	Due
Functional resi...	Cloze 1	New #4188
Functional resi...	Cloze 2	New #4188
The additional ...	Cloze 1	New #4177
The additional ...	Cloze 1	New #4176
The maximum ...	Cloze 1	New #4184
The normal val...	Cloze 1	New #4211
The sum of the...	Cloze 1	New #4181
The sum of the...	Cloze 1	New #4180
The sum of the...	Cloze 1	New #4183
The sum of the...	Cloze 1	New #4185
The volume of ...	Cloze 1	New #4210
The volume of ...	Cloze 1	New #4186
The volume of ...	Cloze 1	New #4182
The volume th...	Cloze 1	New #4174
The volume th...	Cloze 1	New #4178
What is the typ...	Cloze 1	New #4175
Which lung ca...	Cloze 1	New #4187
Which lung vol...	Cloze 1	New #4179



Step 2 select the high yield cards (we flagged earlier) in the lung volume deck

While we are still selecting the lung volumes cards click CTRL then high yield option : notice your cards decreased from 18 cards of red plus other Colors to only 3 red or high yield cards.

Browse (0 of 3 cards selected)

Edit View Notes Cards Go Help

Search Sidebar filter

- 02_Immunology
- 03_Microbiology
- 04_Pathology
- 05_Pharm
- 06_Public_Health
- 07_Cardiovascular
- 08_Endocrine
- 09_Gastrointestinal
- 10_Hematology_and_Oncology
- 11_Musculoskeletal_Skin_and_Connective_Tissue
- 12_Neurology_and_Special_Senses
- 13_Psych
- 14_Renal
- 15_Repro
- 16_Respiratory
 - 01_Embryology
 - 02_Anatomy
 - 03_Physiology
 - *Respiratory_System_Changes_in_the_Elderly
 - 01_Lung_volumes_and_capacities
 - 03_Determination_of_physiologic_dead_space
 - 04_Ventilation
 - 05_Lung_and_chest_wall_properties
 - 06_Pulmonary_circulation
 - 07_Pulmonary_vascular_resistance
 - 08_Ventilation/perfusion_mismatch
 - 09_Alveolar_gas_equation
 - 10_Carbon_dioxide_transport
 - 11_Hypoxia_and_hypoxemia
 - 12_Hemoglobin
 - 13_Oxygen_content_of_blood
 - 14_Oxyhemoglobin_dissociation_curve
 - 15_Response_to_high_altitude
 - 16_Response_to_exercise
 - 18_Cyanide_vs_carbon_monoxide_poisoning
 - 04_Pathology
 - 05_Pharm
- #Low/HighYield
 - 1-HighYield**
 - 2-relativelyHighYield
 - 3-HighYield-temporary
 - 4-LowerYield
 - 5-LowYield
- #NBME
- #NinjaNerd
- #OME
- #OME_banner
- #Osmosis
- #Pathoma

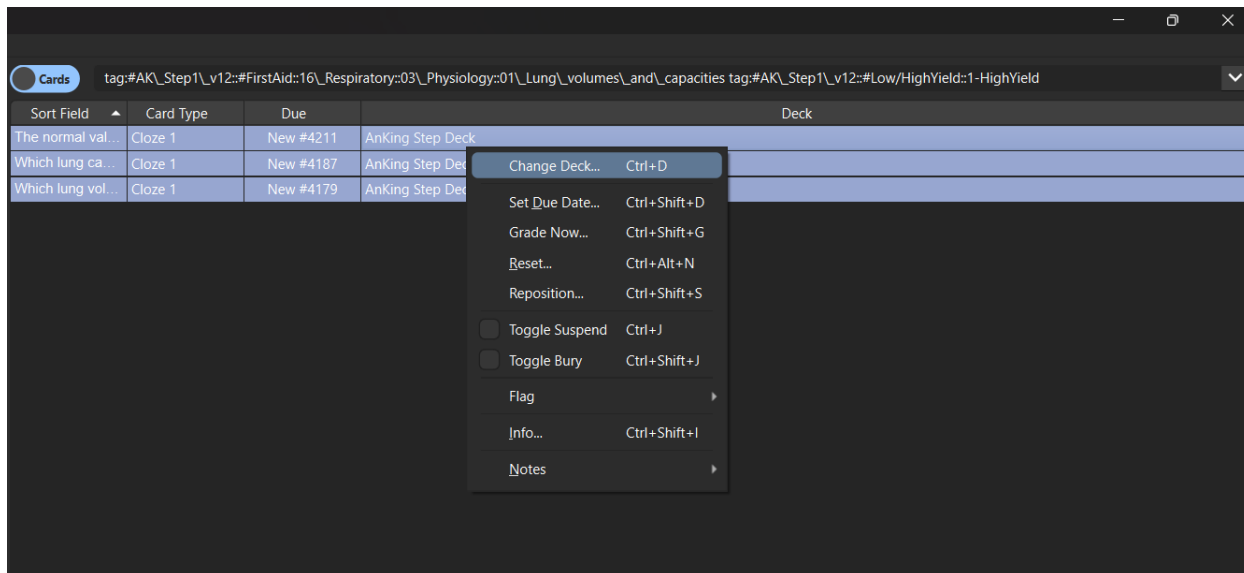
tag:#AK_Step1_v12::#FirstAid::16_Respiratory::03_Physiology::01

Sort Field	Card Type	Due	
The normal val...	Cloze 1	New #4211	AnKing Step Deck
Which lung ca...	Cloze 1	New #4187	AnKing Step Deck
Which lung vol...	Cloze 1	New #4179	AnKing Step Deck



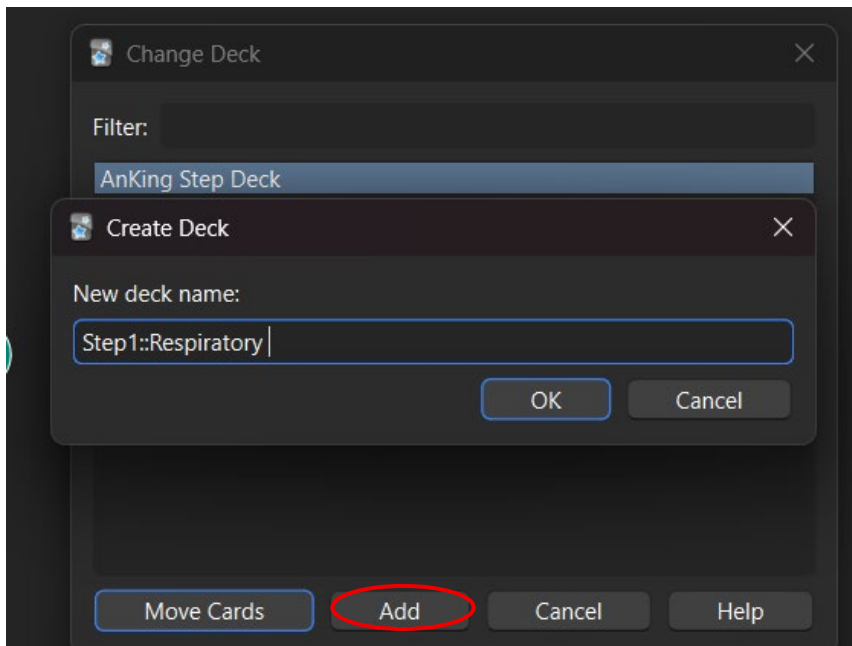
Step 3 create a new deck to start solving

Select all of the high yield cards (3 cards in our case) through edit select all then right click and click change deck



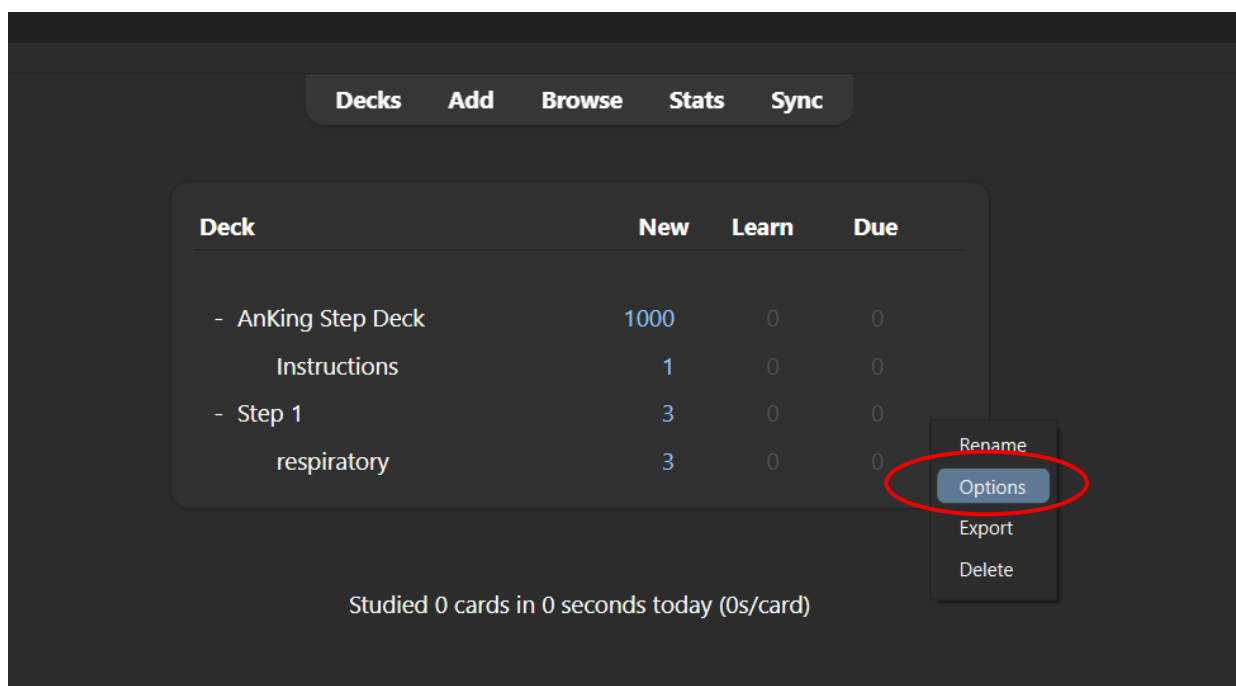
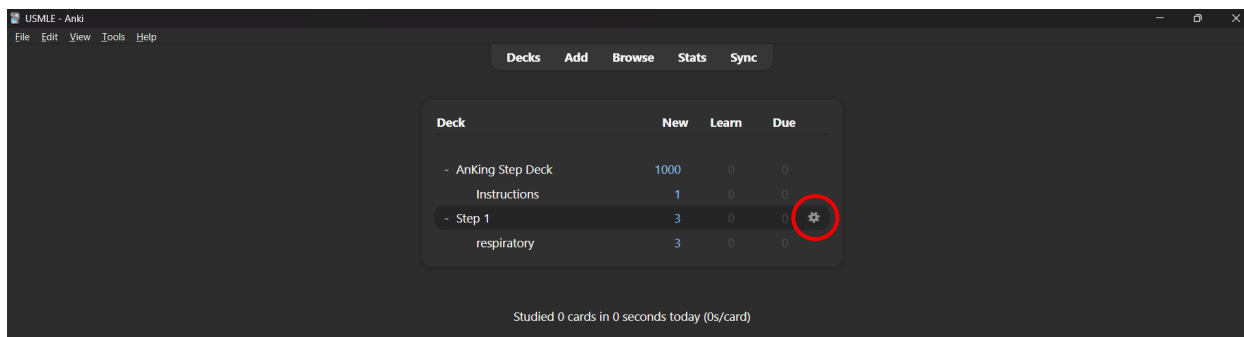
Step 4 click add then name the new deck: Step 1::module you are studying in my case respiratory

N.b. the double colon Indicates a subdeck please don't use one colon





Step 5 go to the homepage to solve and click settings then options





Step 6

Use the following settings

Options for Step 1

Default (used by 5 decks) Save

Daily Limits

New cards/day: Preset 1000 This deck Today only

Maximum reviews/day: Preset 9999 This deck Today only

New cards ignore review limit ☐

Limits start from top ☐

New Cards

Learning steps

Insertion order: Sequential (oldest cards first)

Lapses

Relearning steps

Leech threshold: 8

Leech action: Tag Only

Display Order

Display Order

New card gather order: Random cards

New card sort order: Order gathered

New/review order: Show after reviews

Interday learning/review order: Show before reviews

Review sort order: Descending retrievability

FSRS

FSRS ☒

Desired retention: Preset 85% This deck

Help Me Decide (Experimental)

Approximate workload: 0.78x (compared to 90% desired retention)

FSRS parameters

0.2120, 1.2931, 2.3065, 8.2956, 6.4133, 0.8334, 3.0194, 0.0010, 1.8722, 0.1666, 0.7960, 1.4835, 0.0614, 0.2629, 1.6483, 0.6014, 1.8729, 0.5425, 0.0912, 0.0658, 0.1542

preset: "My new settings"

Reschedule cards on change ☐

Check health when optimizing (slow) ☒

Optimize Current Preset

Optimize All Presets

FSRS Simulator (Experimental)

N.B. the number of new cards and review is subjective based on you

For FSRS the desired retention is 85 to 90 percent the higher the number the more frequent the card will appear (don't forget to click optimize all preset or current preset and save)



Step 7 start studying

Click step 1 and start

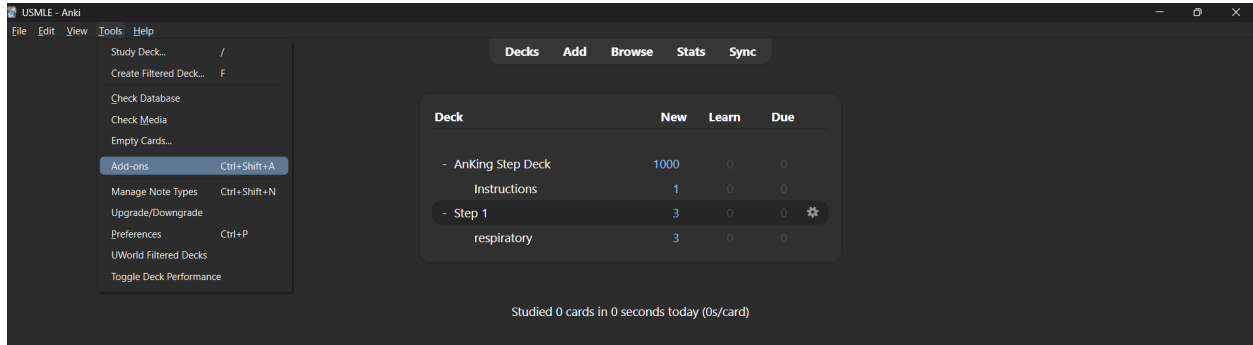
Deck	New	Learn	Due
- AnKing Step Deck	1000	0	0
Instructions	1	0	0
- <u>Step 1</u>	3	0	0
respiratory	3	0	0

NEXT How to add Uworld mistakes to anki



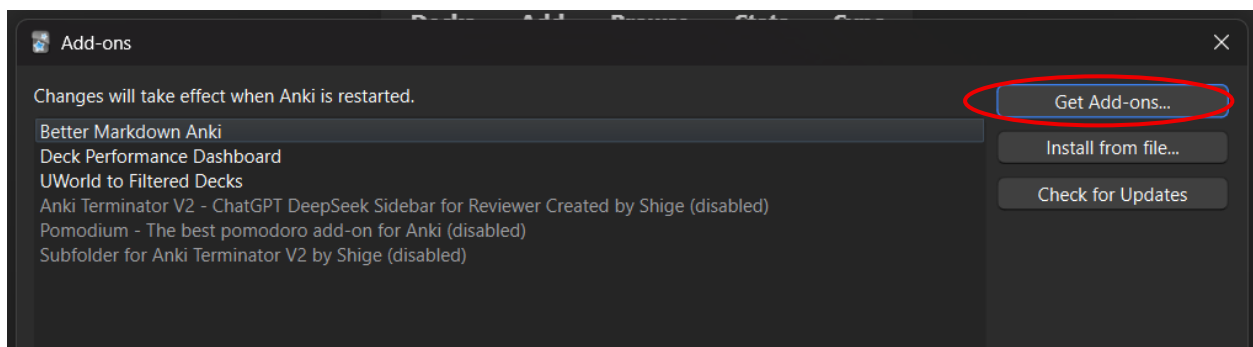
Step 1

Tools then addon



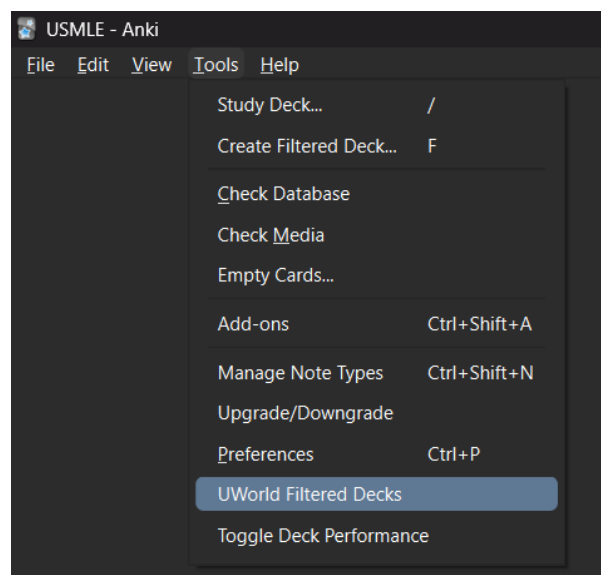
Step 2

Click get add on and paste this code 231059189 then reopen anki



Step 3

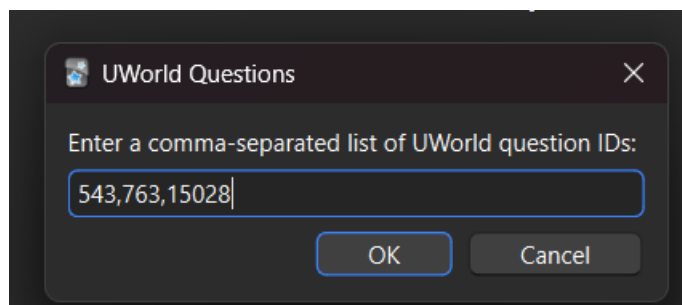
Click tools and filtered decks





Step 4

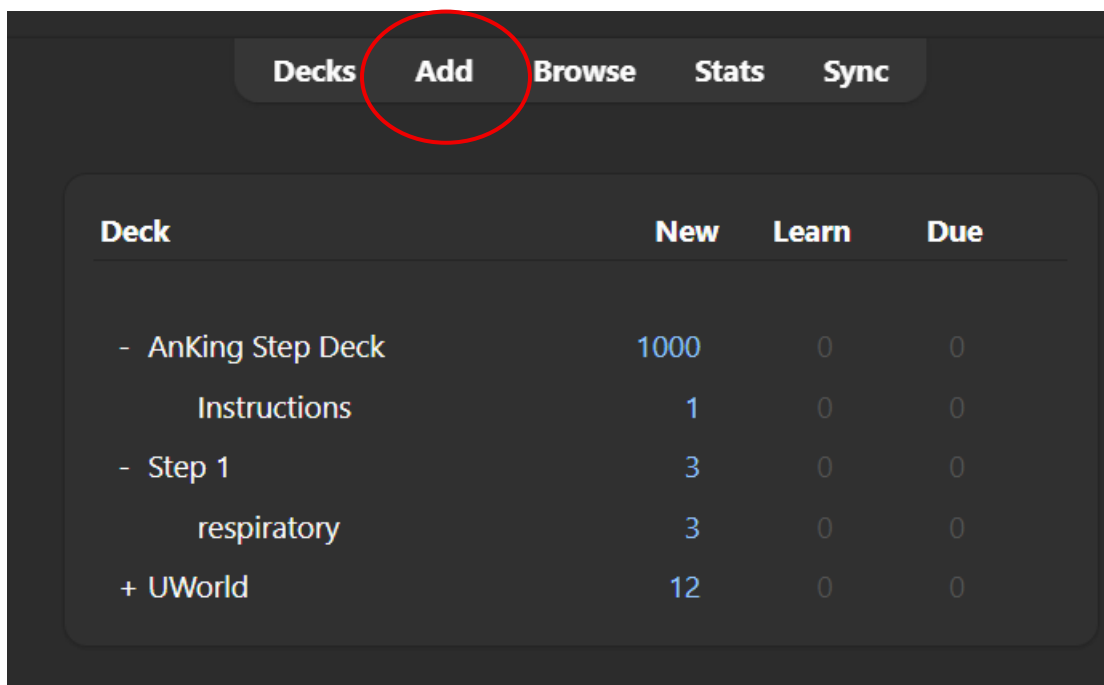
Paste the wrong uworld question ids



Step 4

A new deck will appear

Leave it and click on browse up (it is a filtered deck meaning the card will appear only once so we will create a new deck so cards can appear many times)



The screenshot shows the Anki interface with a dark theme. At the top, there is a navigation bar with buttons: 'Decks', 'Add', 'Browse', 'Stats', and 'Sync'. The 'Add' button is circled in red. Below the navigation bar is a table showing the list of decks and their statistics.

Deck	New	Learn	Due
- AnKing Step Deck	1000	0	0
Instructions	1	0	0
- Step 1	3	0	0
respiratory	3	0	0
+ UWorld	12	0	0



Step 5

Expand deck then click uworld and select all cards (edit select all)

Browse (1 of 12 cards selected)

Edit View Notes Cards Go Help

Sidebar filter

- ♥ Saved Searches
- ▶ Today
- ▶ Flags
- ▶ Card State
- ▼ Decks
 - Current Deck
 - ▶ AnKing Step Deck
 - ▶ Step 1
 - ▶ **UWorld**
 - ▶ Note Types
 - ▶ Tags

deck:UWorld

Sort Field	Card Type	Due
A(n) {{c2::thyro...	Cloze 1	(filtered)
A(n) {{c2::thyro...	Cloze 2	(filtered)
A(n) {{c2::thyro...	Cloze 3	(filtered)
DiGeorge synd...	Cloze 1	(filtered)
DiGeorge synd...	Cloze 1	(filtered)
DiGeorge synd...	Cloze 2	(filtered)
The features of...	Cloze 1	(filtered)
The features of...	Cloze 1	(filtered)
The thyroid de...	Cloze 1	(filtered)
The {{c1::fora...	Cloze 1	(filtered)
{{c1::Lingual th...	Cloze 1	(filtered)
{{c1::Lingual th...	Cloze 2	(filtered)

Step 6

Create a new deck named uworld mistakes (under the step 1 deck)

Change Deck

Filter:

AnKing Step Deck

Create Deck

New deck name:

Step 1:: Uworld mistakes

OK Cancel

Move Cards Add Cancel Help



Step 7 and last

This is how it will be looking click on step 1 to start solving (if you clicked on any subdeck you will revise only the cards in this subdeck while step 1 is all cards in subdecks so click on step 1)

Decks Add Browse Stats Sync			
Deck	New	Learn	Due
- AnKing Step Deck	1000	0	0
Instructions	1	0	0
- Step 1	15	0	0
respiratory	3	0	0
Uworld mistakes	12	0	0
+ UWorld	0	0	0

Studied 0 cards in 0 seconds today (0s/card)

Don't forget to follow USMLE Pulse on Instagram and TikTok

And use our full USMLE study plan through usmlepulse.com

More details in the next page



Your schedule

Start: Rest days: ☐ On chosen days ☒ After each module Show: ☒ First read ☐ 2nd read ☐ NBME

August 2026

SUN	MON	TUE	WED	THU	FRI	SAT
				6 Endocrine — Task 1	7 Endocrine — Task 3	8 Endocrine — Task 4
9 Endocrine — Task 5	10 Endocrine — Task 6 (carried)	11 Endocrine — Task 7	12 Endocrine — + Added to Task 2	13	14 Reproductive — Task 1	15 Reproductive — Task 2
16 Reproductive — Task 3	17 Reproductive — Task 4	18 Reproductive — Task 5	19 Reproductive — Task 6	20 Reproductive — Task 7	21 Reproductive — Task 8	22
23 GIT — Task 1	24 GIT — Task 2	25 GIT — Task 3	26 GIT — Task 4	27 GIT — Task 5	28 GIT — Task 6	29 GIT — Task 7
30 GIT — Task 8	31					

! = High yield topics

Thu, Aug 6 — Endocrine — Task 1

Task 1 18 Pages 8/11

A. Embryology

- Thyroid development (First aid:330)

B. Physiology

- Thyroid Hormone to calcitonin (First aid:335-337)
- ▲ Thyroid hormone
- ▲ Parathyroid hormone
- ▲ Calcium Homeostasis and Calcitonin

C. Pathology

- Hypothyroidism vs hyperthyroidism to Familial hypocalciuric hypercalcemia (344-349)
- ▲ Thyroid and Parathyroid Pathology

D. Pharmacology (360-361)

- ▲ Thionamides
- ▲ Levothyroxine and liothyronine
- ▲ Cinacalcet to cation exchange resins

E. Pulse Notes

- 12-20

F. Uworld questions:

3 questions 543,763,15928 [Copy](#)



The plan includes

- 1- All of the first aid arranged according to the connection of ideas to help you memorize more (as in the above example all of the topics related to thyroid and parathyroid)
- 2- All of the uworld question ids you will solve during your first read
- 3- The Pulse notes: Uworld extras, DD of cases to help you during solving, more image to help you understand the first aid better (additions to the first aid not a substitution of first aid) example in next page

Special Key Words to approach a USMLE Thyroid Case: *(High Yield)*

1. $\oplus$ antithyroid peroxidase (antimicrosomal) and antithyroglobulin antibodies = Hashimoto or Postpartum thyroiditis
2. Hypo + Painful = de Quervain thyroiditis
3. Normal TSH, normal or low T4, low T3, high rT3 in a critically ill = euthyroid sick syndrome
4. Hyper + Exophthalmos plus Thyroid-stimulating immunoglobulin = graves
5. Patients with thyroid carcinoma will be either euthyroid or hypothyroid; they will not be hyperthyroid however their TSH will be low, and uptake is high because those conditions are tumorous, where the gland is autonomously producing and secreting thyroid hormones without the need for TSH.
6. In subclinical hypothyroidism, the patient will be asymptomatic (hence subclinical) and will have normal T3 and T4, despite an elevated TSH.
7. If patient intakes Thyroxine: Low TSH, high T3, high T4, low 123 I uptake (T4 is high due to intake and T3 is high due to T4 conversion leading to:
 - low TSH
 - decreased 123 I uptake: decreased gland production because of high levels of T3 and T4
8. If patient intakes Triiodothyronine: Low TSH, high T3, low T4, low 123 I uptake low rT3 (T3 can't be converted to T4 and high T3 will decrease TSH and thus lower T4; rT3 also decreases because less T4 is available for conversion)
9. Increased levels of thyroxine (T4), triiodothyronine (T3), and TSH are concerning for thyroid hormone resistance
10. Normal TSH, normal T3, normal free T4, increased total T4, decreased free/total T4 ratio in a pregnant woman is due to TBG because of estrogen (total T4 is free plus bound: more TBG will increase the total bound and thus increased T4)
11. Normal TSH, normal T3, normal free T4, low total T4, increased free/total T4 ratio (thyroid binding globulin deficiency)

