

MCAT Nuts and Bolts

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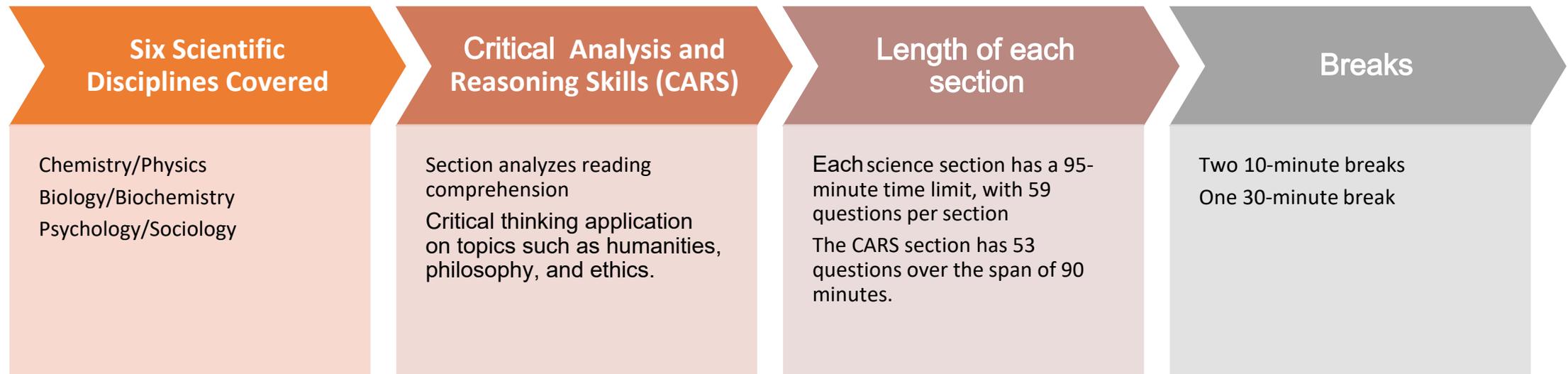
What are you hoping to learn today?

- Fill out the survey in front of you and I will collect them.

What questions will we answer today?

- What's on the MCAT? How is it structured?
- How do you prepare?
 - Schedule
 - Number of practice questions
 - Practice Exams
 - Study strategies
 - Resources
- When and Where do you take the exam?
- Other common question topics:
 - Taking the MCAT more than once
 - Re-scheduling
 - Testing with a disability
 - Paying for the exam- AAMC Fee assistance program
- Advice...

What's on the exam? How is it structured?



Good time to write out equations or brain dump on your scratch card



MCAT Section	Time
Examinee Agreement	8 minutes
Tutorial (optional)	10 minutes
Chemical and Physical Foundations of Biological Systems	95 minutes
Break (optional)	10 minutes
Critical Analysis and Reasoning Skills	90 minutes
Mid-Exam Break (optional)	30 minutes
Biological and Biochemical Foundations of Living Systems	95 minutes
Break (optional)	10 minutes
Psychological, Social, and Biological Foundations of Behavior	95 minutes
Void Question	5 minutes
Satisfaction Survey (optional)	5 minutes
Total Content Time	6 hours, 15 minutes
Total Seated Time	Approximately 7 hours, 33 minutes

- This is about what your 7 ½ hour MCAT experience will look like

Science Minute/passages = 8 minutes

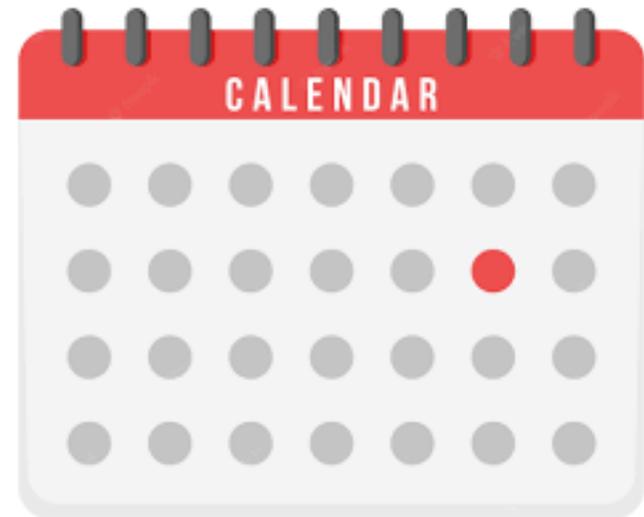
CARS Minute/passages = 9 minutes

Time management is Key

How do you prepare for the MCAT?

1. Things to consider when planning:

1. Fee Assistance and Test accommodations (Laurie will talk more)
2. Timeline
3. Materials



How do you prepare for the MCAT?



Timeline:

1. Have you completed all the courses with content on the MCAT?
2. What is your baseline for knowledge in each of the sections? What is your initial full-length score?
3. Time per week and other experiences (classes, work, volunteering, etc.)
4. Registration or Test Date

Preparation

- How much time to study?
 - AAMC says on Avg. Test takers spend
 - 20+ weeks study
 - 200-300 hours (or more now, 600+)
 - Evidence is pointing to an increase from 3 to 6 months of studying for individuals who need time increasing reading speed, reading comprehension, stamina, and problem solving.

How does the exam differ from a course exam?

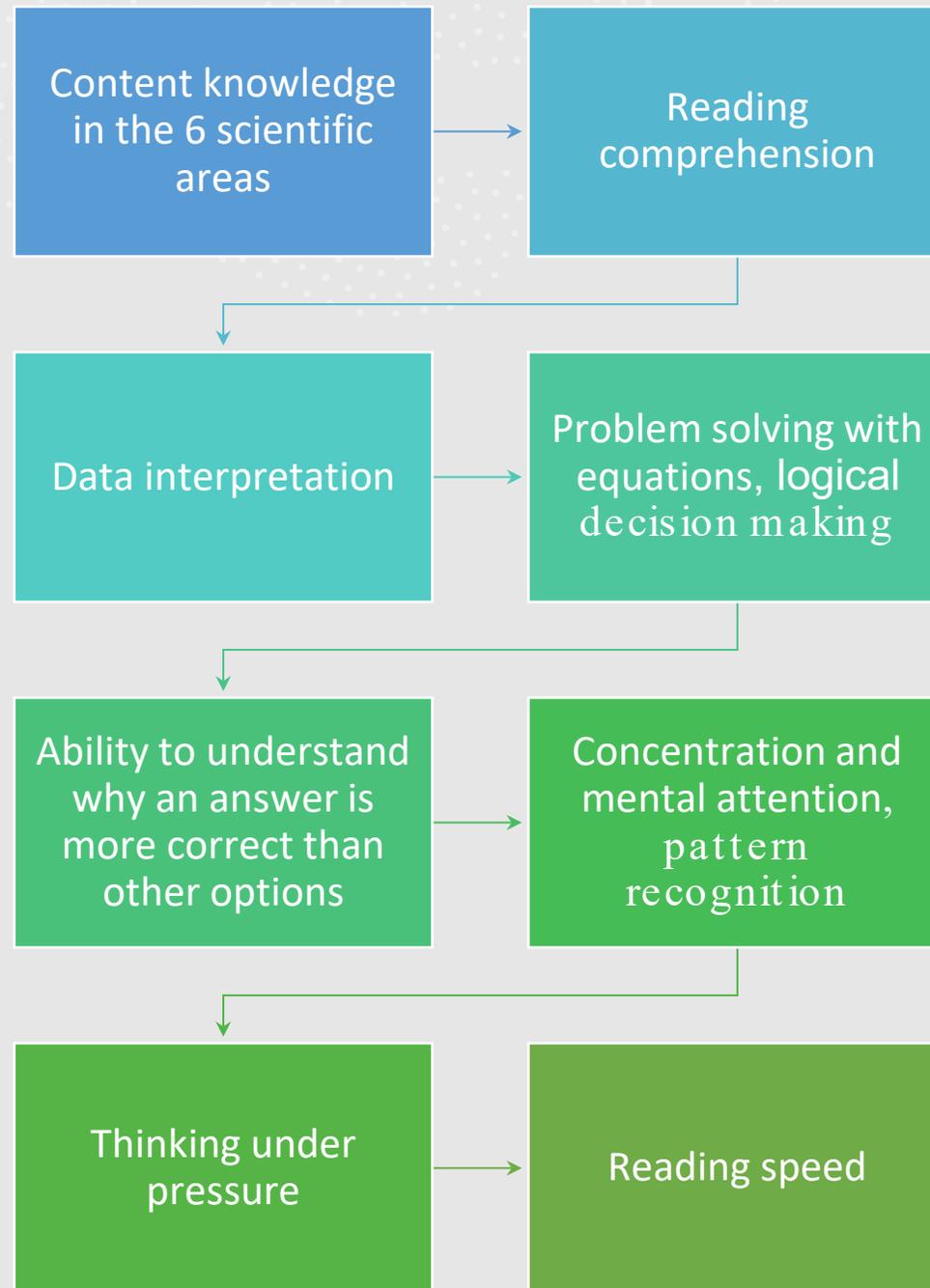
Duration of the Exam

- 230 total questions vs. 50-60 MC

Types of questions:

- Discreet:
 - Similar to exam questions in the general format
 - Most correct answer versus 1 correct and 3 wrong answers
- Passage
 - Large amounts of information to read with graphs, diagrams, equations students need to interpret before answer the question.
 - Multiple questions associated with each passage

The MCAT tests:



Study Strategies and Resources



Have a plan and follow it



Adjust study techniques that have worked in the past.

Active Recall
Interleaving
Spaced repetition



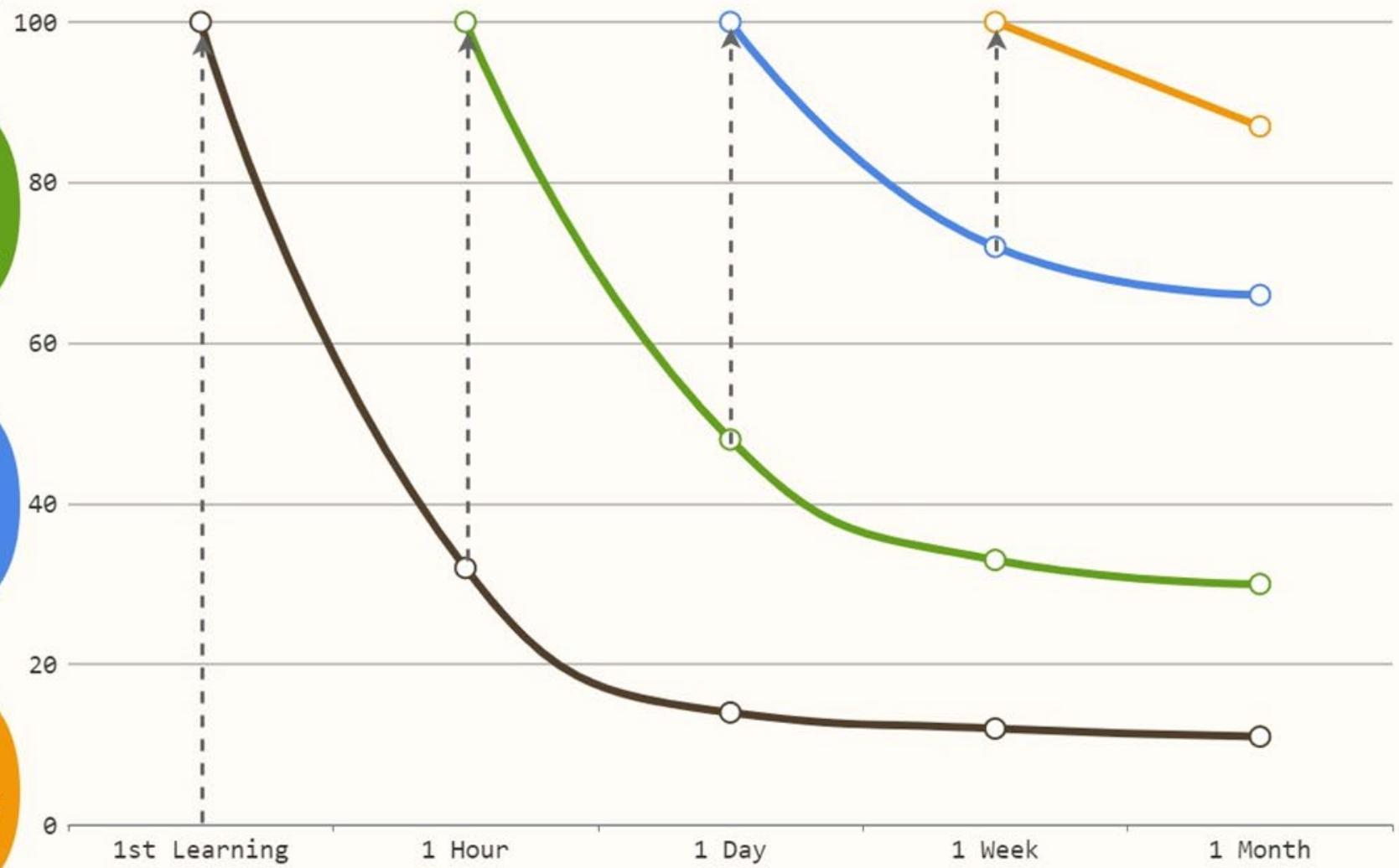
Listen to podcasts, watch Khan Academy and YouTube videos.



Take lots of practice questions and exams. At least 3500 practice questions .

The Curve of Forgetting

Hermann Ebbinghaus



1st Learning
 Learning will be forgotten rapidly in the short term without review intervention.

1 Hour Review 1
 Learning is refreshed and the rate at which it is forgotten is reduced. This could be in the form of questioning during the lesson or exit tickets at the end

1 Day Review 2
 Learning is refreshed and the rate at which it is forgotten is reduced. E.g. Summarizing the Key Points from last lesson using Cornell Notes

1 Week + Review 3
 This review should feed into a rolling cycle of periodic review to refresh the learning over time. E.g. Regular recall and retrieval practice

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Resources in conjunction with official prep materials

Free:

- Anki Flashcards
- Quizlet
- Podcasts and Youtube Channels
- Medical School HQ
- Medschool Insiders

How do you prepare for the MCAT?

Materials:

1. How do you learn best?
 1. Alone, somewhat structured, fully structured with a pre-made plan
2. How much can you afford on new materials?

Self-Study	Online Self-Paced with tutor help	Fully Online Live Test Prep Course
AAMC-NEW practice exam 2022 Khan Academy Textbooks from previous courses Free online flashcards Other free materials- podcasts Study groups Purchase study books	Examples: Kaplan, Princeton Review, Altius, Uworld, Jack Westin, and BluePrint	Examples: Kaplan, Princeton Review, Altius, Jack Westin, and BluePrint

When is the right time to take the MCAT?

Questions to ask yourself:

1. When do you want to apply to medical school?
2. Will you want to take the exam more than once?
3. Do you understand or feel comfortable with the content tested on the exam?

Bottom Line



Take the exam when you feel ready.

Registration Timeline



September 18 - begin filling out profile information in the MCAT Registration System

- Contact and background information
- Look up locations of test centers
- Pre Scheduling for students w/ accommodations

Registration Fees (in USD)

Registration Fees*	
Standard Registration	\$345
Fee Assistance Program Registration	\$140



2025 MCAT Test Dates & Score Releases



Registration for January-June 2025 MCAT test dates will open on October 2 at 11 a.m. (ET). July-September dates will open in February 2025.



Visit the [AAMC website](https://students-residents.aamc.org/register-mcat-exam/register-mcat-exam) to register for the date and location of your choice.

Link: <https://students-residents.aamc.org/register-mcat-exam/register-mcat-exam>



All MCAT exams begin at 8:00 a.m. local time.



Scores are made available approximately 30-35 days after the exam and released by 5:00 p.m. ET on the scheduled date.



MCAT Pearson VUE Test Centers in Montana

Pearson Professional Centers- Helena MT

111 N. Last Chance Gulch
Suite 4K
Arcade Building
Helena, Montana 59601
United States

Pearson Professional Centers- Billings MT

404 North 31st Street
Suite 230
TransWestern 1 Building
(TW1)
Billings, Montana 59101
United States

How Often Can Students Test?

1 YEAR

- Up to 3 attempts in a testing year

2 YEARS

- Up to 4 attempts over 2 consecutive years

LIFETIME

- Up to 7 attempts in a lifetime

Voids and No-Shows count towards attempts



Rescheduling the Exam

Standard Change Fees	Date and/or Test Center Reschedule Fee	Cancellation Refund	Fee Assistance Program Change Fees	Date and/or Test Center Reschedule Fees	Cancellation Refund
60 or more days before exam	\$50	\$170	60 or more days before exam	\$20	\$70
30-59 days before exam	\$100	\$170	30-59 days before exam	\$40	\$70
10-29 days before exam	\$200	\$0	10-29 days before exam	\$80	\$0

Fee Assistance Program (FAP)

Purpose

- Helps those with financial need.
- It defrays the cost of preparing for and taking the MCAT exam and applying to medical school.

Deadline

- Application is open now (will close in December).
- Apply 5 days in advance of when you plan to utilize the benefits.

feeassistance@aamc.org

www.aamc.org/feeassistance

Fee Assistance Program (FAP)

ELIGIBILITY

- Anyone with a US based address
- Approval tied to US Department of Health and Human Services' poverty level guidelines (previous calendar year, total family income is 400 percent or less of the poverty level for their family size)
 - *NOTE: If you are under the age of 26 your parents' financials are required.*
- Fee Assistance Program Application

Fee Assistance Program (FAP)

BENEFITS

- Reduced registration fees (\$140)
- Access to all online AAMC MCAT official prep products
- Potential stipend for updated evaluation for accommodation
- AMCAS application submission fee waiver (up to 20 schools)
- Complimentary access to Medical School Admission Requirements website
- Waiver for AAMC PREview professional readiness exam registration fees

Advice from Laurie

Approach the process with a positive attitude and breathe.

Trust your preparation.



Advice from Hilary



*be kind
to yourself.*

<p>What's on the MCAT?</p>	<p>AAMC: https://students-residents.aamc.org/prepare-mcat-exam/whats-mcat-exam</p>
<p>How do you prepare?</p>	<p>AAMC Webinar: https://www.youtube.com/watch?v=6OF167AWBIs&list=PL2ALHNlitsuSqsav3eiAHFoTNyJRtmzg8&index=3&t=23s AAMC guide: https://offers.aamc.org/mcat-study AMA Advice and Articles: https://www.ama-assn.org/search?search=MCAT+prep</p>
<p>When and Where do you take the exam?</p>	<p>AAMC Testing Date Calendar: https://students-residents.aamc.org/register-mcat-exam/us-mcat-calendar-scheduling-deadlines-and-score-release-dates-0</p>
<p>Other helpful resources</p>	<p>AAMC Fee Assistance Program: https://students-residents.aamc.org/fee-assistance-program/fee-assistance-program-fap Other Podcasts for MCAT Advice: https://player.fm/podcasts/Mcat?_ga=2.199413742.1187242993.1664486875-800461003.1664486875 Facebook Support Group: https://www.facebook.com/groups/318062205385017/?_ga=2.136046577.1187242993.1664486875-800461003.1664486875 Resources for Minorities in Medicine: https://www.studentdoctor.net/2016/04/28/minorities-and-the-mcat/</p>
<p>Free and low-cost MCAT prep Materials (Practice Exams, Questions, Content Review)</p>	<p>AAMC: https://students-residents.aamc.org/prepare-mcat-exam/free-planning-and-study-resources Khan Academy: https://www.khanacademy.org/test-prep/mcat Blueprint: https://blueprintprep.com/mcat/free-resources/free-mcat-practice-bundle Princeton Review: https://www.princetonreview.com/medical/free-mcat-practice-test?ceid=nav-gd#!practice Altius: https://altiustestprep.com/practice-exam/free-exam/ The MCAT Podcast: https://medicalschoollhq.net/mcat-podcast/ Jack Westin Podcast: https://jackwestin.com/podcasts Anki Flashcards: https://apps.ankiweb.net/ MCAT Self Prep: https://mcatselfprep.com/</p>

Anki Decks

- [u/MileDown's Anki Deck](#): Based on the KA 300 pg document and his popular review sheets. Colorful and concise and contains relevant Khan Academy links.
- [Ortho528 Anki Deck](#): "4351 cards / main tags are bb, cp, and ps / The content is based on the prep books I used and a human physiology class I took. I used all the EK 9th edition books, TPR and Khan Academy for psych, Kaplan Biochem 3rd edition."
- [u/RebopBebop's Anki Deck](#): Comprehensive Anki deck based on the Kaplan MCAT books.
- [u/Cubene's Psychology Anki Deck](#): Based on Premed95's Psychology Anki deck and the KA 300 pg doc.
- [u/lecomposer's Biochemistry Anki Deck](#): Includes hormone function and source, carbohydrate metabolism, amino acids, and carbohydrate/lipid structure with mnemonics to aid with memorization.
- [u/Tiramiwho's Physics Anki Deck](#): Correlates with the Kaplan MCAT Physics book. It contains the major physics equations along with variable descriptions and unit breakdowns.

2025 U.S. Testing Calendar and Score Release Dates

JAN

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

FEB

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

MAR

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

APR

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

MAY

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

JUN

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

JUL

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

AUG

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

SEP

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

<u>Exam Date</u>	<u>Score Release</u>
Jan. 10	Feb. 11
Jan. 11	Feb. 11
Jan. 16	Feb. 18
Jan. 24	Feb. 28
March 8	April 8
March 21	April 22
April 4	May 6
April 5	May 6
April 25	May 28
April 26	May 28
May 3	June 3
May 9	June 10
May 10	June 10
May 15	June 17
May 23	June 24
May 31	July 1
June 13	July 15
June 14	July 15
June 27	July 29
June 28	July 29
July 12	Aug. 12
July 25	Aug. 26
Aug. 1	Sept. 3
Aug. 16	Sept. 16
Aug. 22	Sept. 23
Aug. 23	Sept. 23
Sept. 4	Oct. 7
Sept. 5	Oct. 7
Sept. 12	Oct. 14
Sept. 13	Oct. 14