

# MCAT PREP

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## *What is the MCAT?*



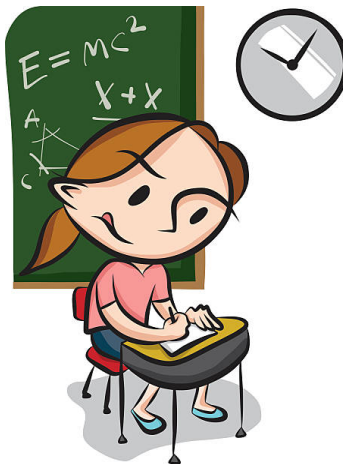
- ❖ MCAT stands for Medical College Admission Test
- ❖ It is a multiple choice, standardized test that is required for students to take to get admission into a medical college in the United States or Canada
- ❖ The MCAT covers many topics, such as:
  - General Biology
  - General Chemistry
  - Organic Chemistry
  - Biochemistry
  - Physics
  - Sociology
  - Psychology
  - Critical Analysis and Reading Skills
- ❖ Scores can range from 472 to 528
  - There are 4 sections and each section is scored from 118 to 132
- ❖ The MCAT is 7.5 hours long (includes breaks and lunch)



# MCAT Cycle



- ❖ The AAMC offers around 30 MCAT dates every year
- ❖ Most students spend about **2-4 months studying** for the MCAT (some even more)
- ❖ The **earliest** you can take the MCAT is your sophomore or junior year, after completing all your medical school prerequisite classes
- ❖ The **latest** you can take the MCAT is between January and April of your application year
  - Ex: If you want to enroll in medical school in August 2022, you can take the MCAT during the first four months of 2021
- ❖ MCAT can be taken up to three times during a testing year, four times during two consecutive years, and seven times during your life
- ❖ MCAT scores take about a month to be released





# *How to prepare for the test?*



## **Free Study Resources:**

- ★ AAMC MCAT Official Prep Sample Test
- ★ The Khan Academy MCAT Collection
- ★ The MCAT Official Prep Hub

## **Other Resources:**

- ★ Kaplan Test Prep Books
- ★ Princeton Review Test Prep Books
- ★ MCAT Prep Class

## **Tips:**

- ★ Don't procrastinate
- ★ Take many practice tests
- ★ Understand your strengths/weaknesses in certain subjects
- ★ Put the phone down
- ★ Make sure to sleep, hydrate, and get your nutrients in!

