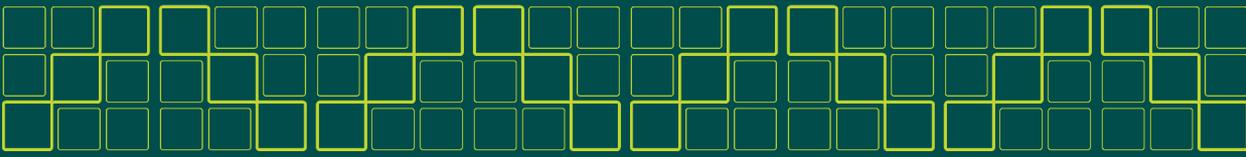
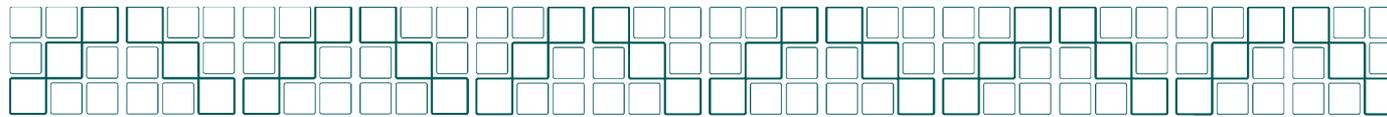


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# Preparing for the *MCAT 2016*

William J. Higgins



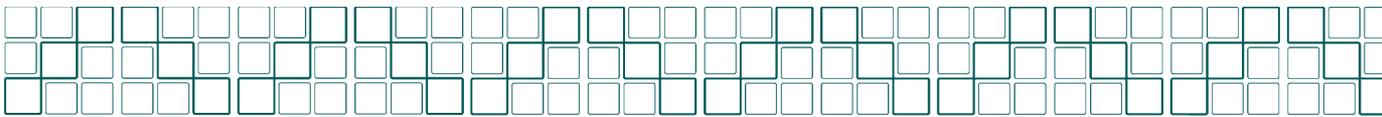


# Today:

1. Review the relevant MCAT historical data
  - How well must you do?
2. Test dates for 2016
3. Content of the MCAT
4. Preparation
  - Step by step plan for doing well
    - This is like real *HOMework* and not optional!

# Disclaimer

No absolutes in this process, but  
the data don't lie!



# https://www.aamc.org/data/

**AAMC** Association of American Medical Colleges

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FACTS Home

**Applicants and Matriculants Data**

Enrollment, Graduates, and MD/PhD Data

Electronic Residency Application Service (ERAS) Data

Glossary

Looking for AAMC Data?



Individuals seeking data about medical schools, teaching

## Applicants and Matriculants Data

### By Institution

- ☐ [Table 1: U.S. Medical School Applications and Matriculants by School, State of Legal Residence, and Sex, 2014](#) PDF
- ☐ [Table 2: Undergraduate Institutions Supplying Applicants to U.S. Medical Schools by Applicant Race and Ethnicity, 2014](#)

**By Institution** >

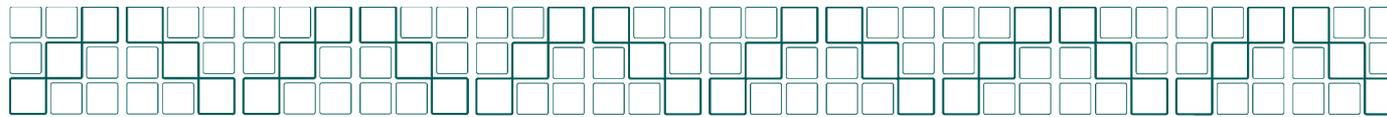
### By Legal Residence, Age, Sex

- ☐ [Table 3: Applicants to U.S. Medical Schools by State of Legal Residence, 2003-2014](#) PDF
- ☐ [Table 4: Matriculants to U.S. Medical Schools by State of Legal Residence, 2003-2014](#) PDF

### MCAT® Exam Statistics

Percentages and scaled score tables as well as retesters data tables.

**MCAT® Exam Statistics** >



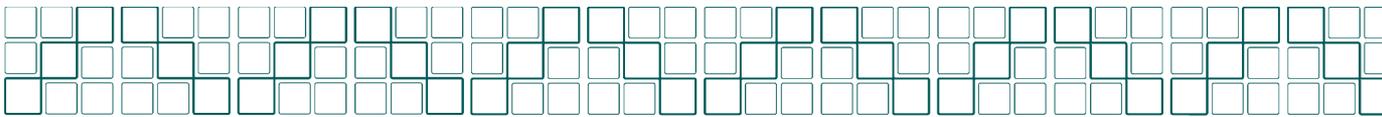
# AMCS: Applying to medical school

[https://www.aamc.org/students/  
applying/](https://www.aamc.org/students/applying/)

What % of applicants  
matriculate?

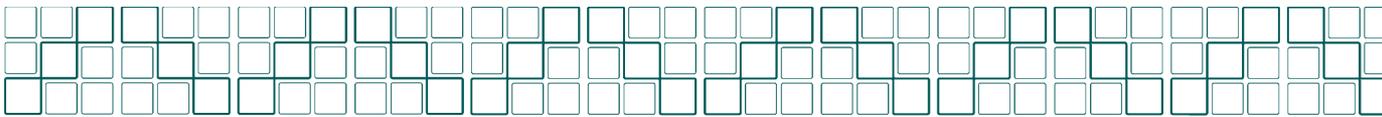
41.1%

20,343 matriculants out of 49,480 applicants in 2014



# Selection Criteria

- GPA - overall and science
  - Strength of transcript
  - ALL grades reported
    - Repeated courses?
- MCAT scores
- Application essays
  - What do I tell the schools?
  - Are they really important?
- Experience
- Letters



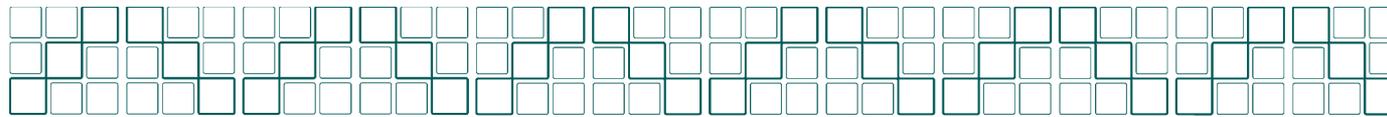
<https://www.aamc.org/download/321494/data/2013factstable17.pdf>

**Table 17: MCAT Scores and GPAs for Applicants and Matriculants to U.S. Medical Schools, 2003-2014**



Average MCAT scores and GPAs for applicants and matriculants are displayed below. Please email us at [datarequest@aamc.org](mailto:datarequest@aamc.org) if you need further assistance or have additional inquiries.

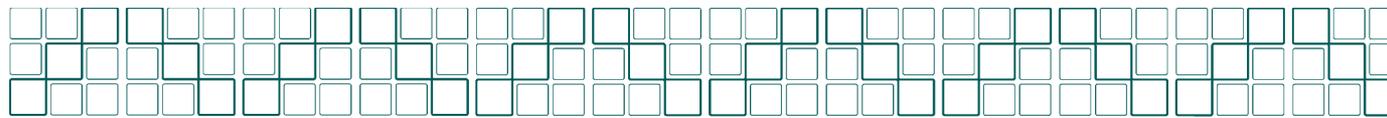
Applicants		2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014
MCAT VR	Mean	8.6	8.9	8.9	8.9	9.0	9.0	9.0	9.1	9.0	9.0	9.1	9.2
	SD*	2.2	2.2	2.2	2.2	2.3	2.2	2.2	2.1	2.1	2.1	2.2	2.1
MCAT PS	Mean	8.9	8.9	9.0	9.0	9.2	9.3	9.2	9.4	9.4	9.5	9.5	9.5
	SD	2.2	2.2	2.2	2.3	2.3	2.3	2.3	2.3	2.3	2.3	2.3	2.3
MCAT BS	Mean	9.2	9.3	9.4	9.5	9.6	9.8	9.8	9.8	9.9	9.9	9.8	9.9
	SD	2.1	2.1	2.1	2.1	2.2	2.1	2.2	2.1	2.1	2.1	2.1	2.1
Total MCAT	Mean	26.8	27.1	27.3	27.4	27.7	28.1	27.9	28.3	28.2	28.3	28.4	28.6
	SD	5.6	5.5	5.6	5.6	5.8	5.6	5.6	5.5	5.5	5.5	5.5	5.5
MCAT WS	Median	P	O	O	O	O	P	O	P	P	P	P	P
GPA Science	Mean	3.36	3.36	3.37	3.38	3.39	3.40	3.41	3.43	3.43	3.44	3.44	3.45
	SD	0.46	0.46	0.45	0.45	0.45	0.44	0.44	0.43	0.43	0.43	0.43	0.42
GPA Non-Science	Mean	3.60	3.60	3.60	3.61	3.62	3.63	3.64	3.65	3.65	3.66	3.66	3.67
	SD	0.33	0.33	0.32	0.32	0.32	0.31	0.31	0.30	0.30	0.31	0.30	0.30
GPA Total	Mean	3.47	3.47	3.48	3.48	3.49	3.50	3.51	3.53	3.53	3.54	3.54	3.55
	SD	0.37	0.37	0.36	0.37	0.36	0.36	0.35	0.35	0.34	0.34	0.34	0.34
<b>Total Applicants</b>		<b>34,791</b>	<b>35,735</b>	<b>37,372</b>	<b>39,108</b>	<b>42,315</b>	<b>42,231</b>	<b>42,268</b>	<b>42,741</b>	<b>43,919</b>	<b>45,266</b>	<b>48,014</b>	<b>49,480</b>



<https://www.aamc.org/download/321494/data/2013factstable17.pdf>

Matriculants		2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014
MCAT VR	Mean	9.5	9.7	9.7	9.8	9.9	9.9	9.8	9.9	9.8	9.8	10.0	10.0
	SD	1.7	1.7	1.8	1.7	1.8	1.8	1.7	1.7	1.7	1.7	1.7	1.6
MCAT PS	Mean	9.9	9.9	10.0	10.1	10.3	10.3	10.3	10.4	10.4	10.5	10.6	10.6
	SD	1.9	1.9	1.9	1.9	1.9	2.0	2.0	1.9	1.9	1.9	1.9	1.9
MCAT BS	Mean	10.2	10.3	10.4	10.5	10.6	10.7	10.8	10.8	10.8	10.9	10.8	10.9
	SD	1.6	1.6	1.6	1.6	1.7	1.7	1.7	1.7	1.6	1.6	1.6	1.6
Total MCAT	Mean	29.6	29.9	30.2	30.3	30.8	30.9	30.8	31.1	31.1	31.2	31.3	31.4
	SD	4.2	4.1	4.3	4.2	4.2	4.2	4.1	4.1	4.1	4.0	4.0	3.9
MCAT WS	Median	P	P	P	P	P	P	P	Q	Q	Q	Q	Q
GPA Science	Mean	3.55	3.56	3.56	3.57	3.59	3.60	3.60	3.61	3.61	3.63	3.63	3.63
	SD	0.35	0.35	0.35	0.34	0.33	0.33	0.32	0.32	0.32	0.31	0.31	0.31
GPA Non-Science	Mean	3.70	3.70	3.70	3.71	3.73	3.73	3.74	3.75	3.74	3.75	3.76	3.77
	SD	0.26	0.26	0.27	0.26	0.25	0.25	0.25	0.24	0.25	0.24	0.23	0.24
GPA Total	Mean	3.62	3.62	3.63	3.64	3.65	3.66	3.66	3.67	3.67	3.68	3.69	3.69
	SD	0.28	0.28	0.28	0.27	0.27	0.26	0.26	0.26	0.26	0.25	0.25	0.25
<b>Total Matriculants</b>		<b>16,541</b>	<b>16,648</b>	<b>17,003</b>	<b>17,361</b>	<b>17,759</b>	<b>18,036</b>	<b>18,390</b>	<b>18,665</b>	<b>19,230</b>	<b>19,517</b>	<b>20,055</b>	<b>20,343</b>

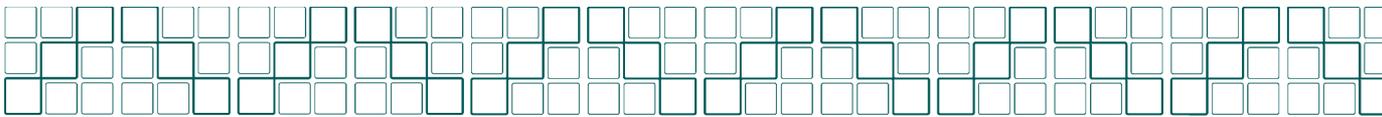
\* SD = Standard Deviation



# GPA for Applicants & Matriculants, 2014

	<u>Applicants</u> (48,014)		<u>Matriculants</u> (20,055)
GPA Science	3.44	<-- 0.19 -->	3.63
GPA non-science	3.61	<-- 0.15 -->	3.77
GPA Total	3.54		3.69

source: [www.aamc.org/students/mcat](http://www.aamc.org/students/mcat)



# MCAT Statistics, 2014

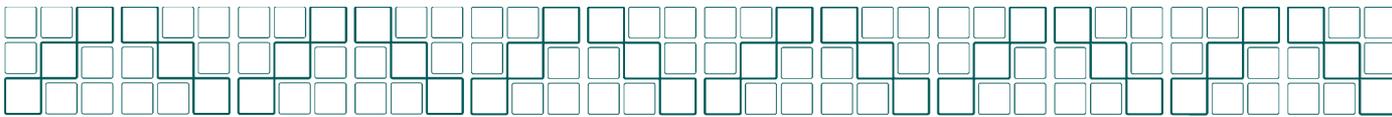
	<u>Applicants</u>	<u>Matriculants</u>
#	48,014	20,055
VR	9.1	10.0
PHYS	9.5	10.6
BIOL	9.8	10.9

*Subject Averages* 28.4 O  31.4 Q

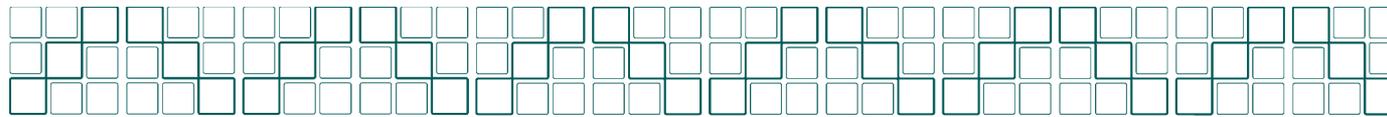
**Table 2. Percentage of 2011-2013 Applicants Accepted into at Least One Medical School, by MCAT Total Score and Undergraduate GPA Range**

GPA Total	MCAT Total										All
	5-14	15-17	18-20	21-23	24-26	27-29	30-32	33-35	36-38	39-45	
3.80-4.00	2% 2/83	3% 4/154	13% 70/520	23% 342/1,480	40% 1,401/3,471	63% 4,171/6,643	78% 6,746/8,617	86% 5,893/6,890	89% 3,393/3,792	92% 1,300/1,419	71% 23,322/33,069
3.60-3.79	0% 0/159	2% 9/395	10% 97/994	18% 406/2,268	27% 1,293/4,761	47% 3,716/7,922	68% 5,884/8,693	77% 4,280/5,536	81% 1,703/2,111	86% 409/476	53% 17,797/33,315
3.40-3.59	1% 2/323	3% 18/574	7% 90/1,228	13% 333/2,598	22% 1,031/4,677	35% 2,410/6,969	50% 3,570/7,090	64% 2,397/3,720	72% 826/1,148	75% 169/225	38% 10,846/28,552
3.20-3.39	0% 0/350	1% 7/557	7% 74/1,131	11% 252/2,235	19% 625/3,282	24% 1,024/4,255	37% 1,467/3,987	49% 913/1,875	60% 320/529	68% 75/110	26% 4,757/18,311
3.00-3.19	0% 0/390	2% 8/525	4% 35/925	9% 142/1,539	16% 354/2,149	21% 483/2,308	30% 536/1,805	39% 307/785	50% 107/212	55% 16/29	19% 1,988/10,667
2.80-2.99	0% 0/359	1% 3/397	4% 24/644	7% 60/877	14% 145/1,069	15% 154/994	25% 187/743	29% 88/300	30% 26/87	34% 10/29	13% 697/5,499
2.60-2.79	0% 0/278	1% 3/288	3% 10/351	5% 25/475	9% 47/504	14% 54/385	24% 70/289	28% 34/120	36% 16/45	--	10% 261/2,743
2.40-2.59	0% 0/188	0% 0/155	1% 2/185	3% 8/229	7% 17/239	14% 23/161	19% 22/115	16% 6/38	13% 2/15	--	6% 81/1,327
2.20-2.39	0% 0/133	0% 0/68	1% 1/85	3% 2/76	9% 8/88	12% 8/66	6% 2/34	13% 2/15	--	--	4% 23/573
2.00-2.19	0% 0/61	0% 0/43	0% 0/47	0% 0/26	3% 1/29	7% 1/15	13% 2/15	--			2% 4/238
1.47-1.99	0% 0/45	0% 0/10	--	--	--	--	--				0% 0/89
All	0% 4/2,372	2% 52/3,166	7% 403/6,120	13% 1,570/11,812	24% 4,922/20,274	41% 12,044/29,725	59% 18,486/31,392	72% 13,920/19,281	80% 6,393/7,944	86% 1,982/2,301	44% 59,776/134,387

- Notes:
1. Dark Green shading = acceptance rates  $\geq$  75%; Light Green shading = acceptance rates of 50-74%; Grey shading = acceptance rates of 25-49%.
  2. Dashes = cells with fewer than ten observations; blank cells = cells with zero observations.
  3. For students who took the MCAT exam multiple times, the most recent MCAT total score in each application year was used in this analysis.



# MCAT Basics

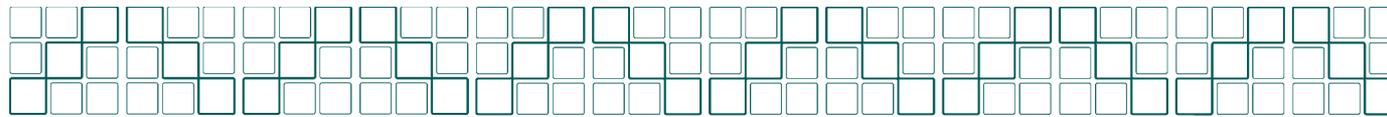


# Content Sections

## The MCAT2015 Exam has four test sections

---

- Biological and Biochemical Foundations of Living Systems,
- Chemical and Physical Foundations of Biological Systems,
- Psychological, Social, and Biological Foundations of Behavior, and
- Critical Analysis and Reasoning Skills



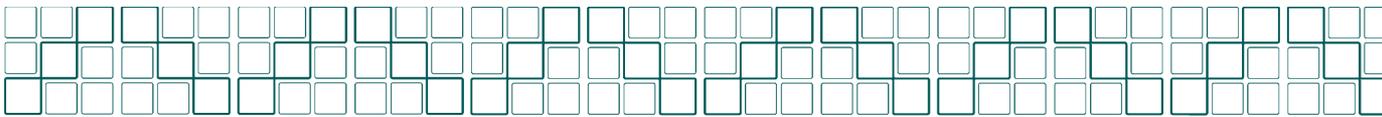
# Your MCAT Day

The chart below gives a general overview of the sequence of the exam and about how much "seat time" you should plan for.

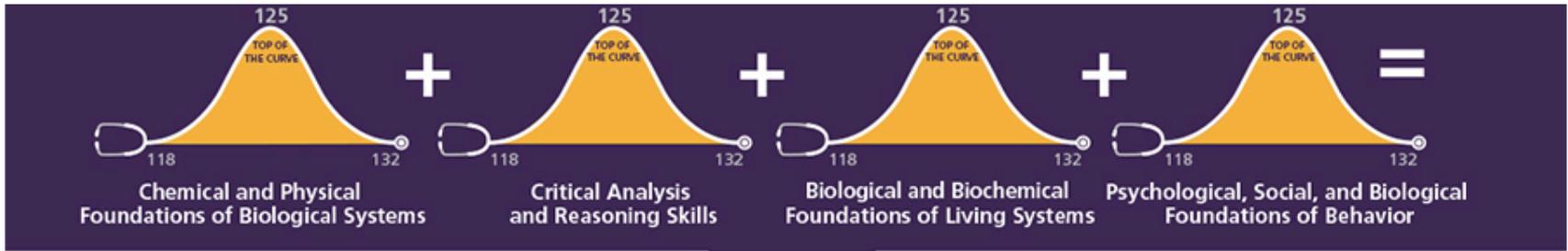
Test Section	Number of Questions	Time
Examinee Agreement	--	10 minutes
Tutorial ( <i>Optional</i> )	--	5 minutes
<b>Chemical and Physical Foundations of Biological Systems</b>	<b>59</b>	<b>95 minutes</b>
Break ( <i>Optional</i> )	--	10 minutes
<b>Critical Analysis and Reasoning Skills</b>	<b>53</b>	<b>90 minutes</b>
Mid-Exam Break ( <i>Optional</i> )	--	30 minutes
<b>Biological and Biochemical Foundations of Living Systems</b>	<b>59</b>	<b>95 minutes</b>
Break ( <i>Optional</i> )	--	10 minutes
<b>Psychological, Social, and Biological Foundations of Behavior</b>	<b>59</b>	<b>95 minutes</b>
Void Question	--	5 minutes
Satisfaction Survey ( <i>Optional</i> )	--	5 minutes
<b>Total Content Time</b>	<b>--</b>	<b>6 hours, 15 minutes</b>
<b>Total "Seat" Time</b>	<b>--</b>	<b>7 hours, 30 minutes</b>

NOTE: The total time does not include check-in time on arrival at the test center

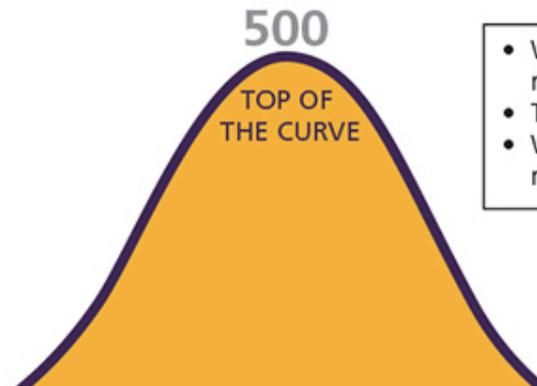
Each section has more questions than the current version of the exam. There also will be more working time per question. Test takers will have more time to read passages, consider questions, and make decisions about answers.



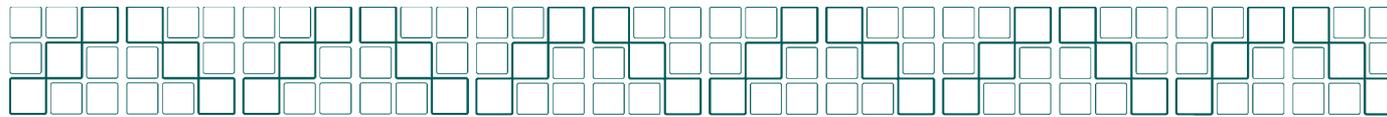
<https://www.aamc.org/data/facts/applicantmatriculant/>



## MCAT2015 Total Score



- With centers at 125, section scores range from 118 to 132.
- The section scores sum to the total score.
- With its center at 500, the total score ranges from 472 to 528.



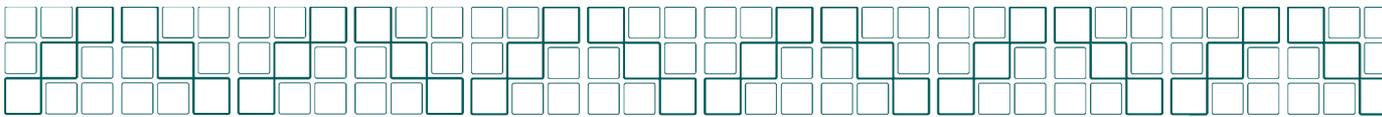
<https://www.aamc.org/data/facts/applicantmatriculant/>

MCAT Score Report Exam taken on 05/30/2015				
Section	Score	Confidence Band <sup>1</sup>	Percentile Rank of Score <sup>2</sup>	Score Profile <sup>3</sup>
Chemical and Physical Foundations of Biological Systems	125	124 ◀ 126	50%	118  -----  125  -----  132
Critical Analysis and Reasoning Skills	127	126 ◀ 128	75%	118  -----  125  -----  132
Biological and Biochemical Foundations of Living Systems	130	129 ◀ 131	97%	118  -----  125  -----  132
Psychological, Social, and Biological Foundations of Behavior	124	123 ◀ 125	45%	118  -----  125  -----  132
<b>MCAT Total Score</b>	<b>506</b>	<b>504 ◀ 508</b>	<b>76%</b>	

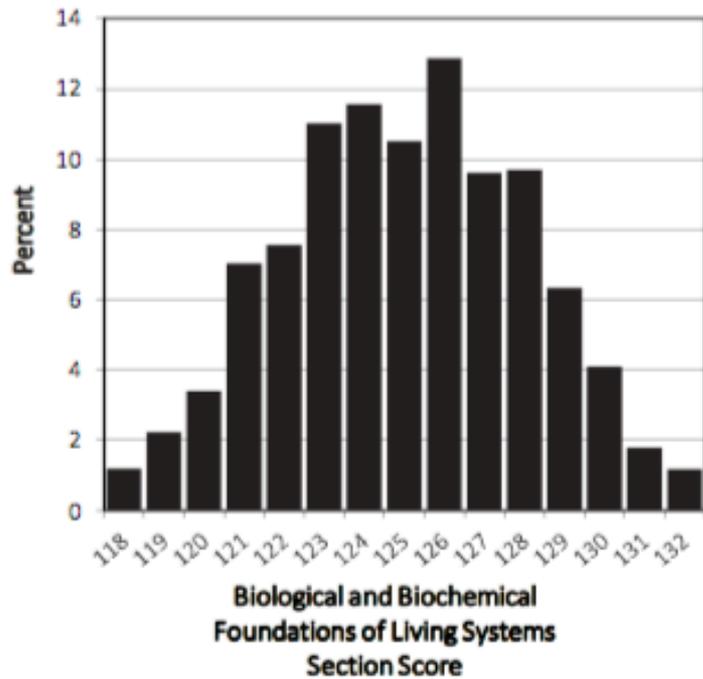
Notes:

<sup>1</sup>Test scores, like other measurements, are not perfectly precise. The confidence bands around test scores mark the ranges in which the test taker's true scores likely lie. The diamond shapes and shading indicate that the test taker's true score is more likely to be in the center of the confidence bands than at the ends.

<sup>2</sup>The percentile ranks of scores are the percentages of test takers who received the same score or lower scores.



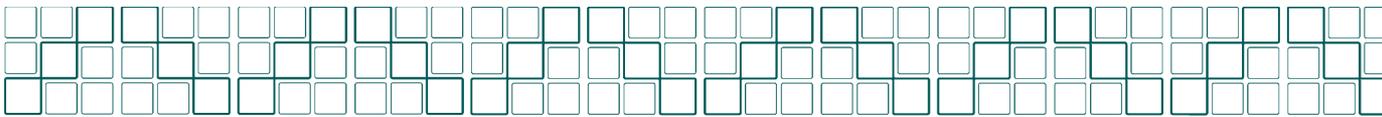
### Biological and Biochemical Foundations of Living Systems



Section Score	Percentile Rank
132	100
131	99
130	97
129	93
128	87
127	77
126	67
125	54
124	44
123	32
122	21
121	14
120	7
119	3
118	1

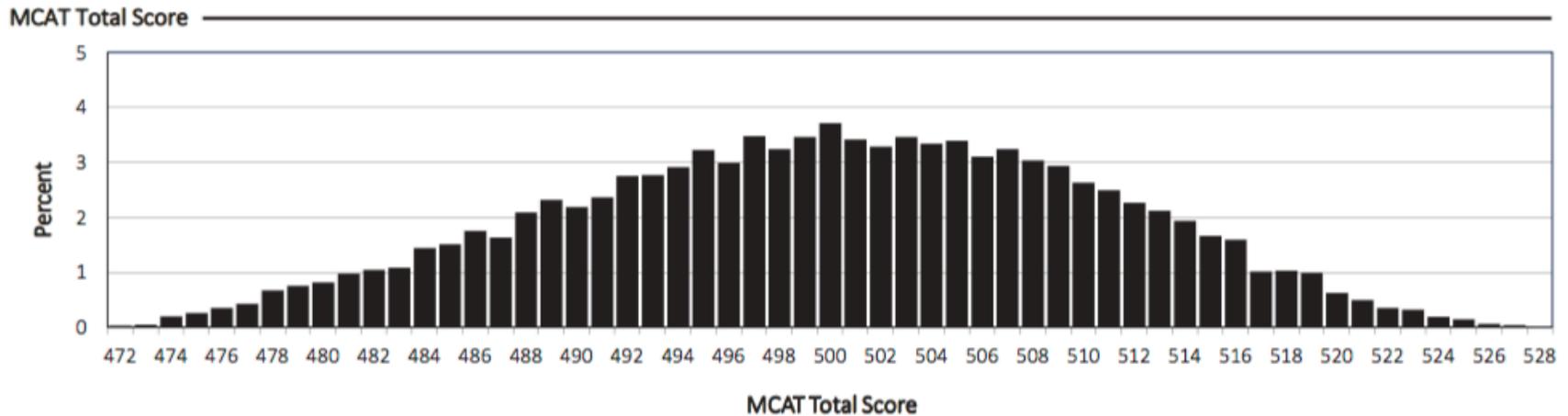
**Biological and Biochemical Foundations of Living Systems**  
**Section Score**  
 Mean = 125.0  
 Std. Deviation = 3.0

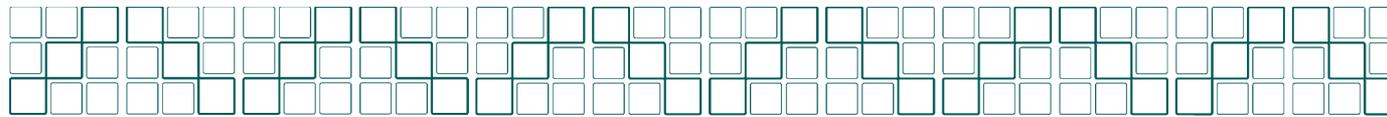
<https://www.aamc.org/students/download/434504/data/percentileneewmcat.pdf>



# MCAT Total, Scaled Scores 2015

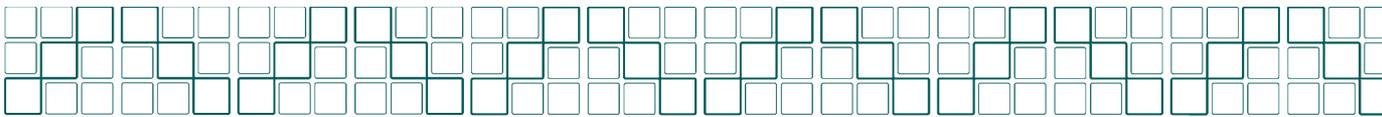
Summary of Total and Section Scores  
from the MCAT Exam Based on Results for Tests Administered in April and May 2015



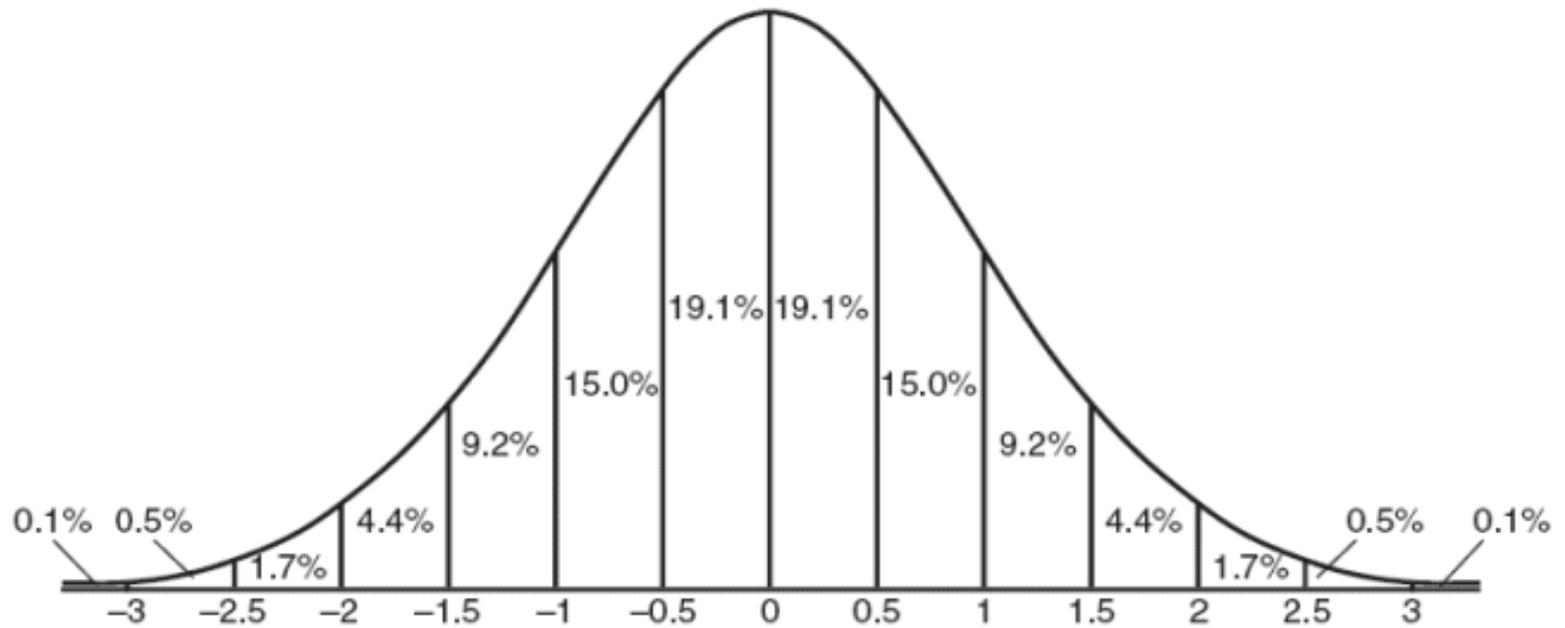


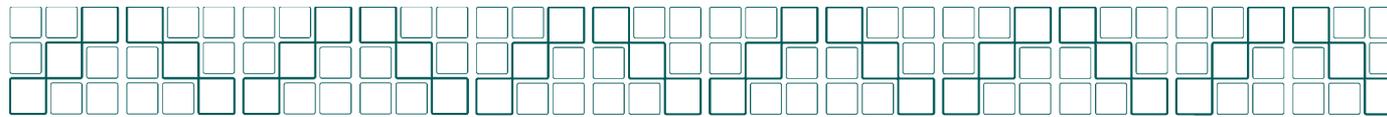
*Question:*

How many questions (out of 59 total) separate a score of 125 from a 128 or a 122?



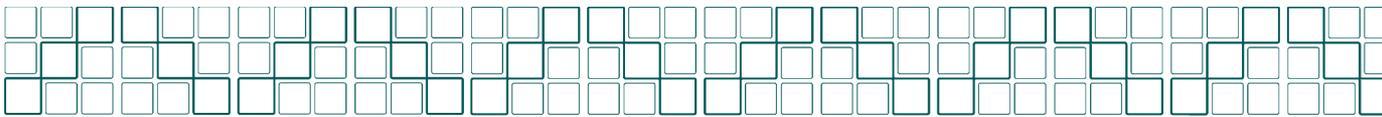
## Normal Curve Standard Deviation





# What do you need with MCAT2016?

- Based on distribution curve on previous slide and assuming top 40% of test takers,
  - ~127 on each section
  - ~506 - 508 total



MCAT Total Score	Percentile Rank
528	100
527	100
526	100
525	100
524	100
523	100
522	99
521	99
520	98
519	98
518	97
517	96
516	95
515	93
514	91
513	89
512	87
511	85
510	83
509	80
508	77
507	74
506	71
505	68
504	64
503	61
502	57
501	54
500	51
499	47
498	43
497	40
496	37

**MCAT Total Score**

Mean = 500.0  
 Std. Deviation = 10.6

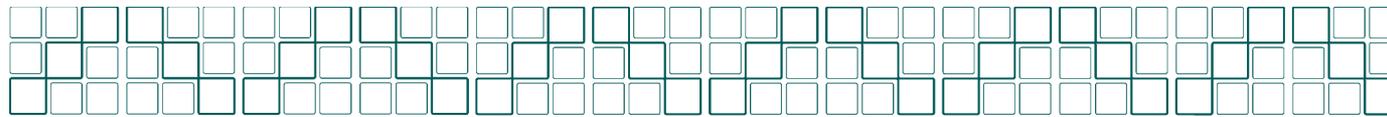
**Notes.**

The percentile ranks in these tables are based on MCAT results from examinees who tested in April and May 2015. After careful analysis of the April and May 2015 scores and based on historic MCAT data, AAMC made adjustments so that the distribution of scores reported in these tables reflects the best estimate of the score distribution that would result in a typical testing year. AAMC carefully developed these adjustments using a wide range of data about past examinees.

The column labeled "Percentile Rank" provides the percentage of results in a typical testing year equal to or less than each score point.<sup>1</sup>

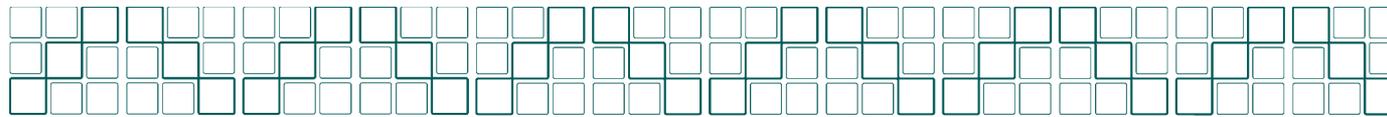
For example, 77 percent of MCAT Total scores are likely to be equal to or less than 508 across all exams administered in a typical year.

<sup>1</sup>Prior versions of these tables (pre-2012), as well as current score reporting systems maintained by AMCAS report the "Percentile Rank Range" in these columns rather than a single percentile rank. The percentile rank columns in the current tables correspond to the upper bound of the percentile rank ranges provided in these other



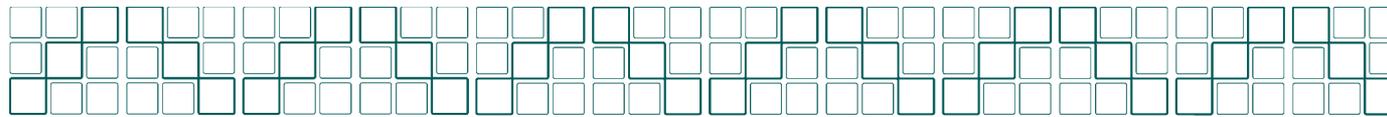
# MSAR MCAT Information for each school

- MCAT scores for all applicants
  - Total score and by MCAT section
  - Mean and 90% range
- MCAT scores for matriculants
  - Total score and by MCAT section
  - Mean and 90% range



# The MCAT

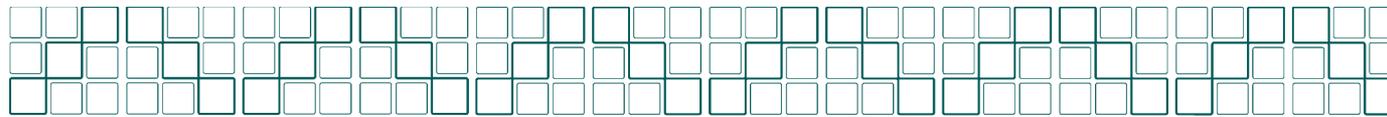
## When?



# MCAT 2016 Test Dates

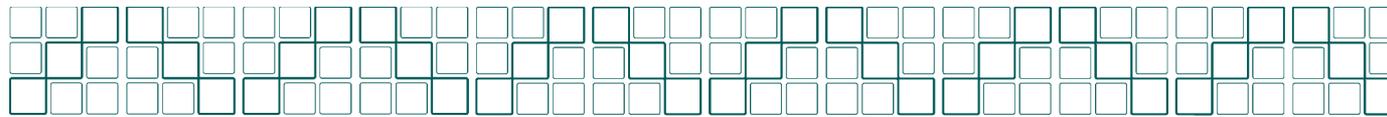
Scores are released by 5 PM ET on the date noted below. Click on the "Get Your Test Scores" button in the top right corner to access the MCAT Score Reporting System. Follow [@AAMC\\_MCAT](#) for announcements.

Test Date	Score Release Date
January 22	February 23
January 23	February 23
April 1	May 3
April 23	May 24
May 6	June 7
May 14	June 14
May 20	June 21
June 2	July 6
June 18	July 19
July 8	August 9
July 9	August 9
July 22	August 23
August 4	September 7
August 5	September 7
August 19	September 20
August 20	September 20
August 25	September 27
September 1	October 4
September 9	October 12
September 10	October 12



# MCAT Test Dates for 2016 Admission Cycle

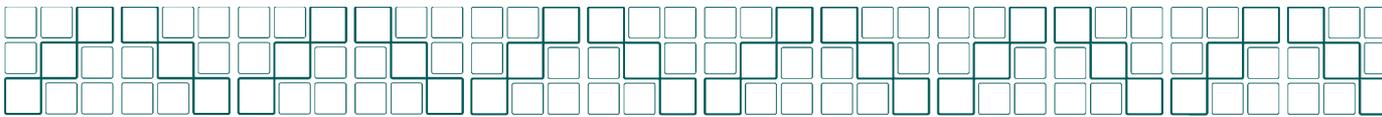
- **April – May** *highly* preferred
  - Allows time for a re-take if required
- **June** is OK but may not allow immediate review of applications by some medical schools
- End of **July** and **August** is too late!
- **September** is out of the question



# Schools accepting September MCATs ?

- We strongly advise that you do not wait until September to take the MCAT exam for the first time if you need to test this year to meet an application deadline.

MCAT date and AMCAS submission date?



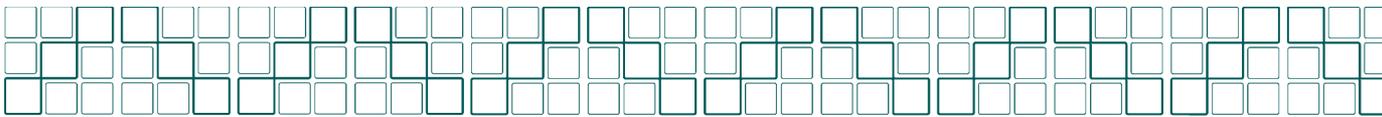
## Registration Fees

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The cost of the exam will be \$300, a \$25 increase over the cost of the exam in 2014. This supports the larger number of questions on the MCAT2015 exam and the longer test day.

The AAMC recognizes that the costs associated with becoming a physician pose barriers for some applicants. The AAMC will continue to offer the Fee Assistance Program (FAP) to help individuals who might otherwise have difficulty paying for the exam and for their applications to medical school. Students who qualify for FAP benefits will be charged a reduced registration fee of \$115.

To encourage examinees to be the first to take the new exam, AAMC will provide April 2015 examinees with a \$150.00 Amazon.com gift card. FAP recipients who take the exam in April of 2015 will receive a \$60.00 Amazon.com gift card.



Students, Applicants, and Residents

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[Training in a Residency or Fellowship](#)

[Medical Career Journey Map](#)

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## Taking the MCAT® Exam

*The Medical College Admission Test® (MCAT®), developed and administered by the AAMC, is a standardized, multiple-choice examination created to help medical school admissions offices assess your problem solving, critical thinking, and knowledge of natural, behavioral, and social science concepts and principles prerequisite to the study of medicine.*

Engage with Your Peers

@AAMC\_MCAT

Register for the MCAT Exam >>

Get Your Test Scores >>

### Contact the MCAT Program

[mcats@aamc.org](mailto:mcats@aamc.org)

202-828-0600

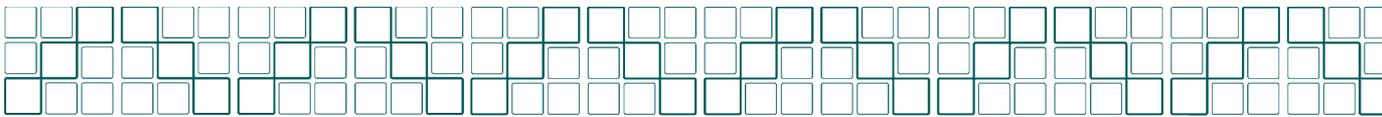
Monday-Friday, 9 a.m.-7 p.m. ET. Closed  
 Wednesday, 3-5 p.m. ET

### MCAT Essentials

The MCAT Essentials for Testing Year 2016

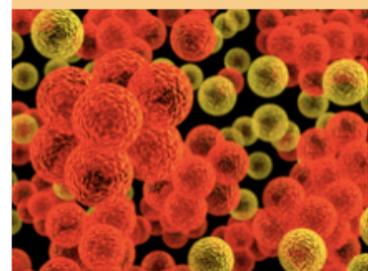
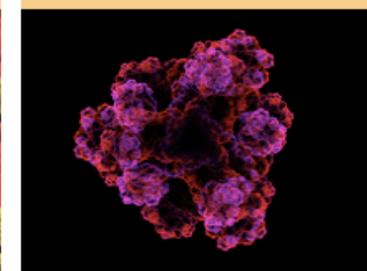
[Download](#)

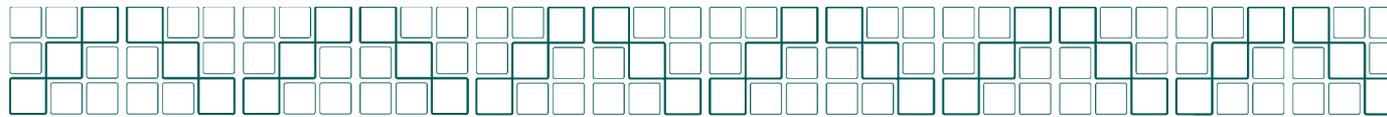
[About the MCAT® Exam](#)



## What's on the MCAT2015 Exam?

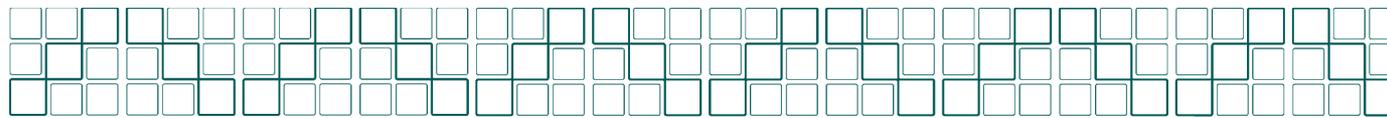
Use this resource to find out everything you'll need to know to prepare for the new exam. Take a tour of the materials—watch video tutorials and view sample questions and explanations.

<h3>Biological and Biochemical Foundations of Living Systems Section</h3>	<h3>Chemical and Physical Foundations of Biological Systems Section</h3>	<h3>Psychological, Social, and Biological Foundations of Behavior Section</h3>	<h3>Critical Analysis and Reasoning Skills Section</h3>
<a href="#">Learn More</a>	<a href="#">Learn More</a>	<a href="#">Learn More</a>	<a href="#">Learn More</a>
			
  Content in this section also contains <b>Scientific Inquiry &amp; Reasoning Skills</b> .	  Content in this section also contains <b>Scientific Inquiry &amp; Reasoning Skills</b> .	  Content in this section also contains <b>Scientific Inquiry &amp; Reasoning Skills</b> .	



The MCAT2015 exam asks examinees to also combine your scientific knowledge from multiple disciplines with your scientific inquiry and reasoning skills. You will be asked to demonstrate four scientific inquiry and reasoning skills on the exam:

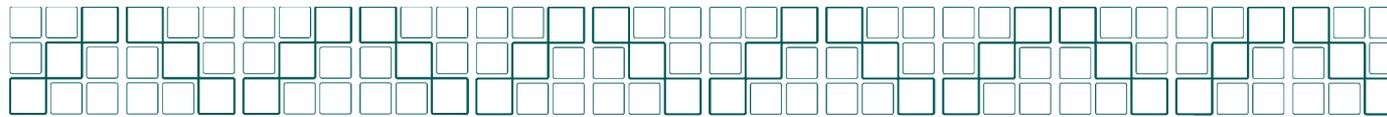
- Knowledge of scientific concepts and principles
- Scientific reasoning and problem solving
- Reasoning about the design and execution of research
- Data-based and statistical reasoning



## Critical Analysis and Reasoning Skills

53 items, 90 minutes

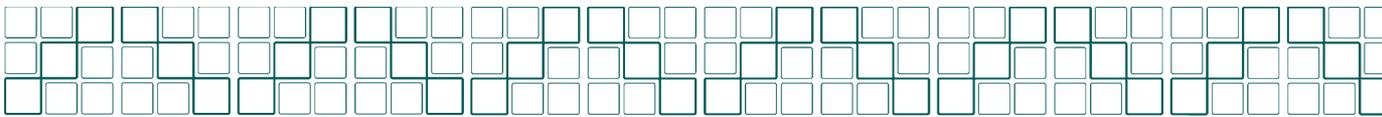
This section asks you to critically analyze information from a wide range of social sciences and humanities disciplines. Specific knowledge of these disciplines is *not* required for this section; all of the information you will need appears in the passages provided. Among the areas from which content is drawn are ethics and philosophy, cultural studies, and population health.



**Foundational Concept 1:** *Biomolecules have unique properties that determine how they contribute to the structure and function of cells and how they participate in the processes necessary to maintain life.*

The content categories for this foundational concept include

- 1A. Structure and function of proteins and their constituent amino acids
- 1B. Transmission of genetic information from the gene to the protein
- 1C. Transmission of heritable information from generation to generation and the processes that increase genetic diversity
- 1D. Principles of bioenergetics and fuel molecule metabolism

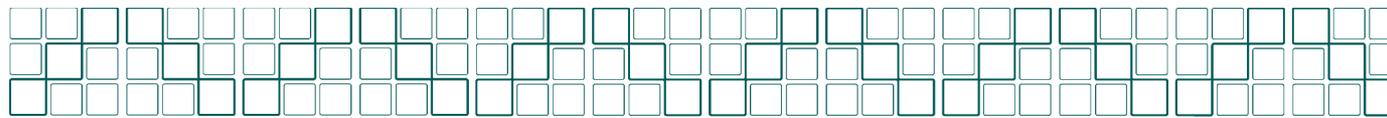


### **Transcription (BIO)**

- Transfer RNA (tRNA); ribosomal RNA (rRNA)
- Mechanism of transcription
- mRNA processing in eukaryotes, introns, exons
- Ribozymes, spliceosomes, small nuclear ribonucleoproteins (snRNPs), small nuclear RNAs (snRNAs)
- Functional and evolutionary importance of introns

### **Translation (BIO)**

- Roles of mRNA, tRNA, rRNA
- Role and structure of ribosomes
- Initiation, termination co-factors
- Post-translational modification of proteins

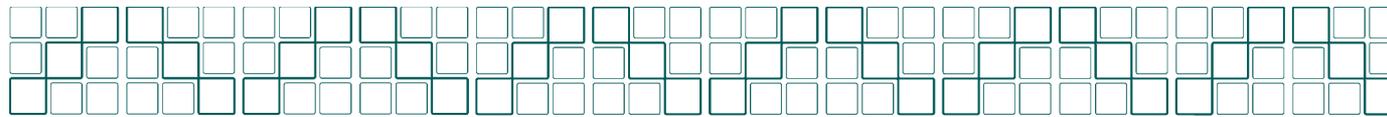


## What does the Psychological, Social, and Biological Foundations of Behavior section test?

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The Psychological, Social, and Biological Foundations of Behavior section tests examinees' knowledge and use of the concepts in psychology, sociology, and biology that provide a solid foundation for learning in medical school about the behavioral and socio-cultural determinants of health;

- target concepts taught at many colleges and universities in first-semester psychology and sociology courses;
- target biology concepts that relate to mental processes and behavior that are taught at many colleges and universities in introductory biology;
- target basic research methods and statistics concepts described by many baccalaureate faculty as important to success in introductory science courses; and
- require you to demonstrate your scientific inquiry and reasoning, research methods, and statistics skills as applied to the social and behavioral sciences.

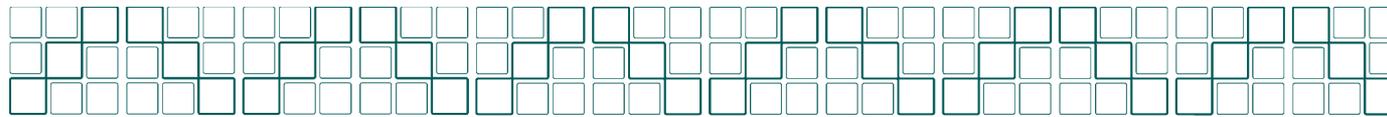


▼ **Verbal Reasoning and the Writing Sample**

## **How is the new exam's Critical Analysis and Reasoning Skills section different from the current Verbal Reasoning section?**

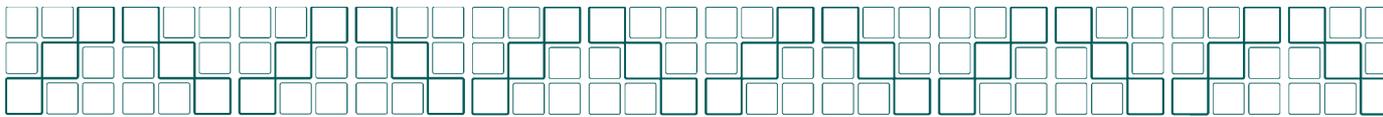
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While the current Verbal Reasoning section includes passages from the natural sciences and technology, the new Critical Analysis and Reasoning Skills section does not. It draws on passages from the social sciences and humanities disciplines, including passages from ethics, philosophy, studies of diverse cultures, and population health. No specific knowledge from these disciplines is required to do well on this section.

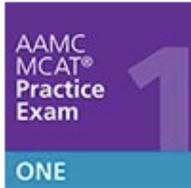


# The MCAT

## How to do well?



## Available Now!



### Official MCAT® Practice Exam (Scored) 1

This 230-question practice exam mirrors the actual MCAT exam in both length and functionality. It's the first official full-length practice exam that offers scaled scoring information for the new exam. (\$35)

**Buy the MCAT® Practice Exam (Scored) 1 »**



### Official MCAT® Section Bank

The Section Bank delivers 300 all-new practice questions written by the test developers in three section packs (natural, behavioral, and social sciences). You can customize your practice by choosing a section, 100 questions at a time. (\$45)

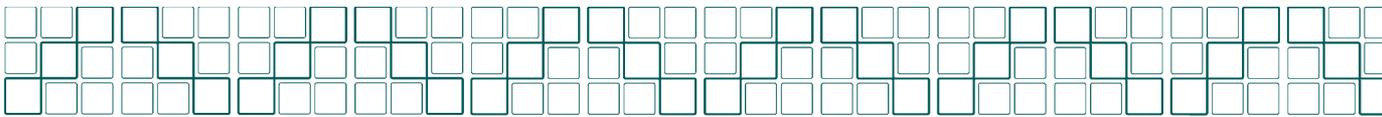
**Buy the Official MCAT® Section Bank »**



### Official MCAT® Sample Test

Practice with a full-length MCAT practice test available at [www.e-mcat.com](http://www.e-mcat.com) . This 230-question exam allows you to simulate the exam or choose other customized practice options.

**Buy the Official MCAT Sample Test »**



## Informational Videos

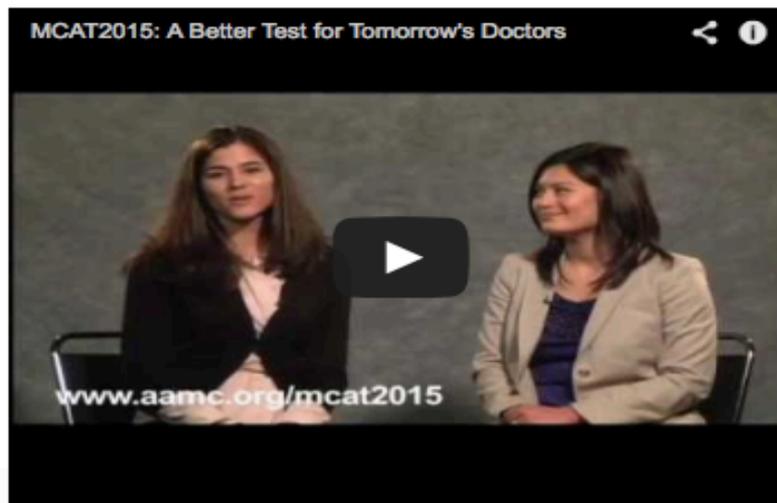
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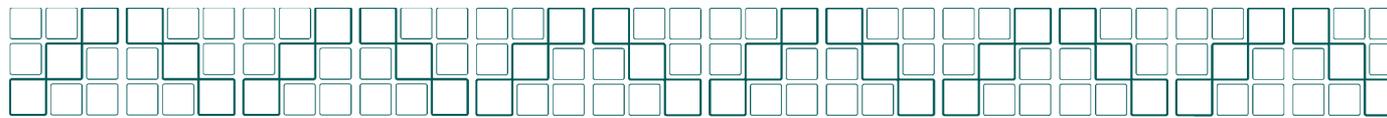
### Khan Academy Video Tutorials

Through a collaboration with The Khan Academy and with funding support from the Robert Wood Johnson Foundation, free video tutorials and review questions for the MCAT2015 exam are being created. To preview the list of videos currently available, please visit the [Pre-health Collection within MedEdPORTAL's iCollaborative](#). We anticipated having all the video tutorials and questions in the collection by the summer of 2014.

### MCAT2015: A Better Test for Tomorrow's Doctors

The following video features a medical student and a resident talking to you about their personal experiences taking the MCAT exam, how the MCAT2015 exam is different, and suggestions on how to prepare for it.



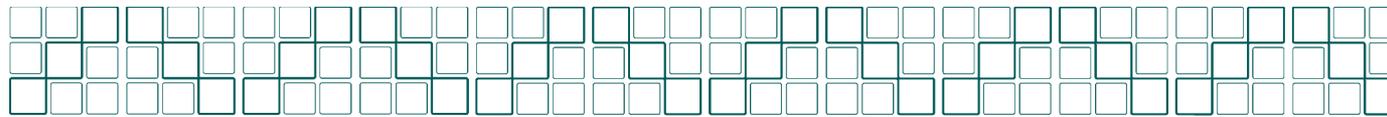


# Things you may need to review?

## **General Mathematical Concepts and Techniques**

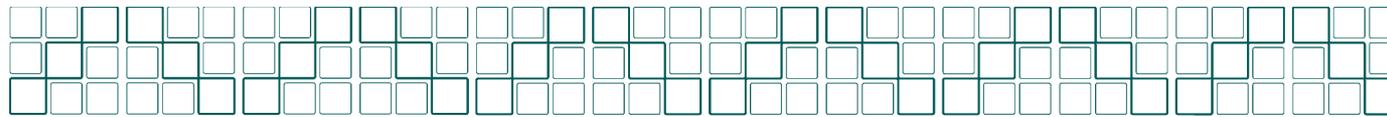
It's important for you to know that questions on the natural, behavioral, and social sciences sections will ask you to use certain mathematical concepts and techniques. As the descriptions of the scientific inquiry and reasoning skills suggest, some questions will ask you to analyze and manipulate scientific data to show that you can

- Recognize and interpret linear, semilog, and log-log scales and calculate slopes from data found in figures, graphs, and tables
- Demonstrate a general understanding of significant digits and the use of reasonable numerical estimates in performing measurements and calculations
- Use metric units, including converting units within the metric system and between metric and English units (conversion factors will be provided when needed), and dimensional analysis (using units to balance equations)
- Perform arithmetic calculations involving the following: probability, proportion, ratio, percentages, and square root estimations



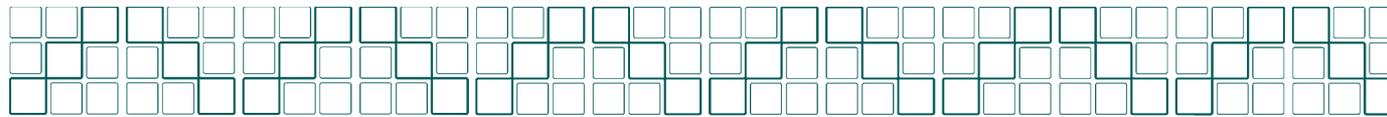
# Preparation

<https://www.aamc.org/students/applying/mcat/preparing/>



# UMD Student focus group advice:

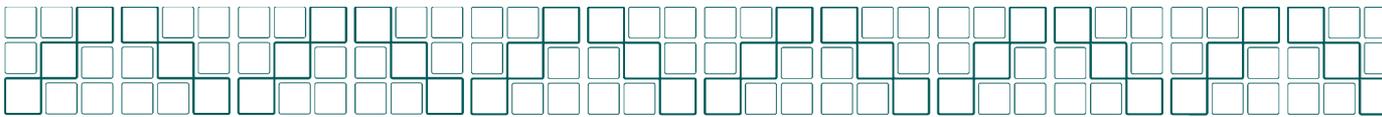
- Read!!!!
- Practice is not enough
  - Content review now more critical
- Biochemistry, physiology, cell biology important
- Research experience (reading literature) is helpful



# Step by Step **HOMework**!

1. Schedule your MCAT
2. Review *MCAT Essentials* and on line free practice sample passages

\*work through sample passages!



  
AAMC  
| Medical College Admission Test

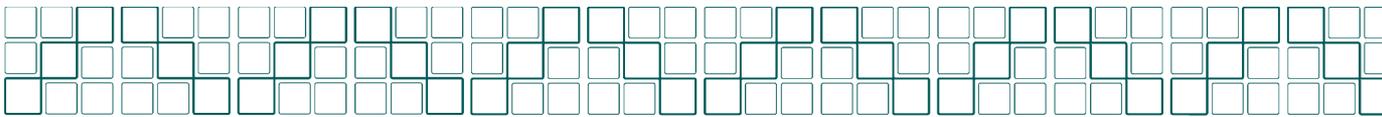
# The MCAT® Essentials for Testing Year 2016

**Required Reading**

- Registration instructions
- Test-day policies
- Scoring details

...and suggestions to help you prepare for the MCAT exam, a list of contacts and online services, and other helpful information

MCAT® is a program of the  
Association of American Medical Colleges  
[aamc.org/mcat](http://aamc.org/mcat)





### Understand the MCAT Exam

The AAMC has resources to help you understand what's on the MCAT exam.

[Learn More](#) >>

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### Online Practice for the MCAT Exam

Prepare for the MCAT exam with official test prep resources written by the test developers at the AAMC.

[Learn More](#) >>

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### Study for the MCAT Exam

Prepare for the MCAT exam with official test prep resources written by the test developers at the AAMC.

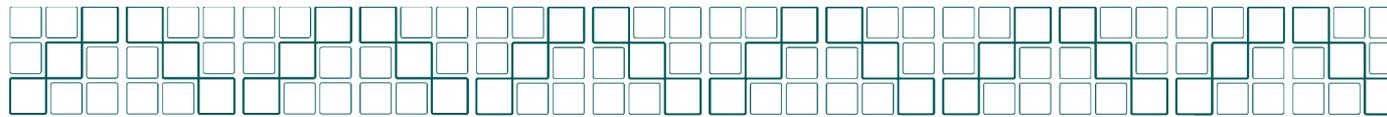
[Learn More](#) >>

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### Practice with the Exam Features

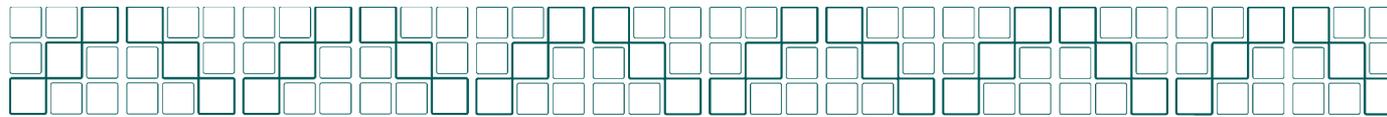
Use this free tool to practice with the features of the real exam, including highlighting, striking out answers, and using the mark button.

[Practice](#) 

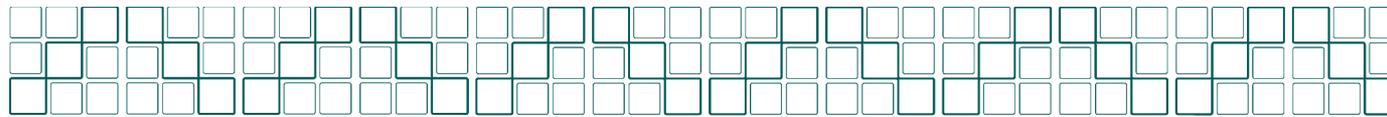


# Step by Step **HOMework**!

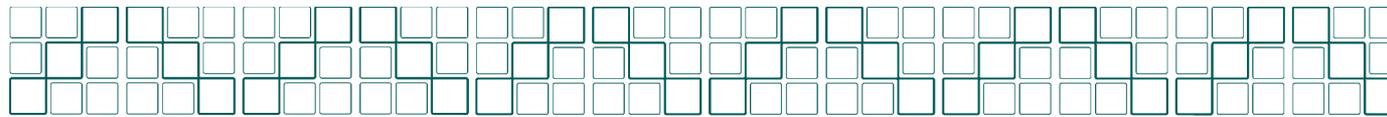
1. Schedule your MCAT
2. Review MCAT guide and work through sample passages
3. Download one of the latest practice MCAT @ <https://members.aamc.org/eweb>



**Step 4: take the practice test one section at a sitting!**

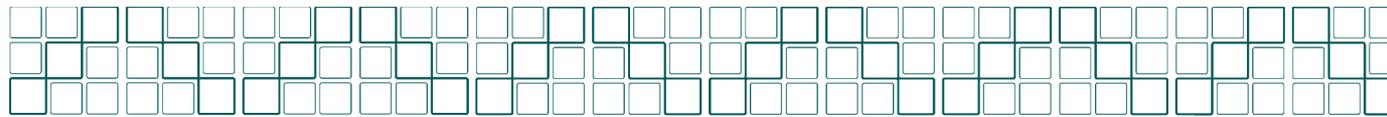


**Step 5:** Evaluate your performance to establish your study methods for this type of test!

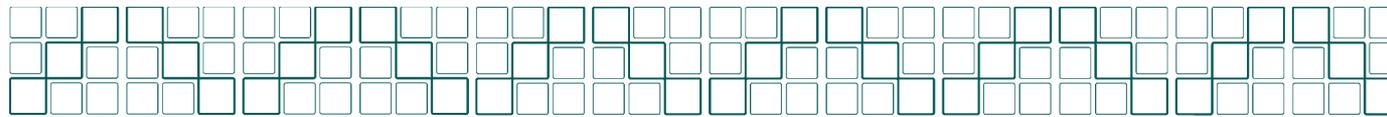


# Step 6: Download content files

- Cross off what you already know and won't study
- Identify items you will briefly review and refresh your memory
- Focus on unfamiliar items
- Always work to cross off items as you understand them
- Mix up your subjects in your study schedule



From the prospective of someone preparing to take the MCAT, you must see the differences among the Physics and Biology questions.

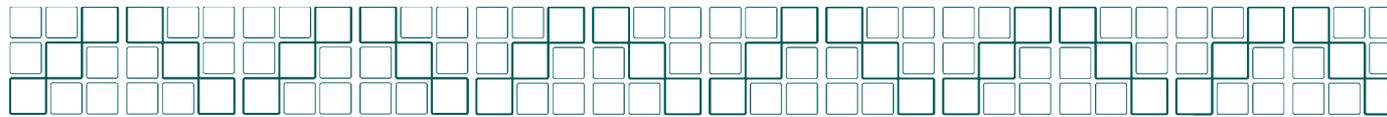


# The Message:

- Know where you are going, i.e., what the sections of the test are asking you to know and be able to do!
- The sections are different and require different types of preparation.

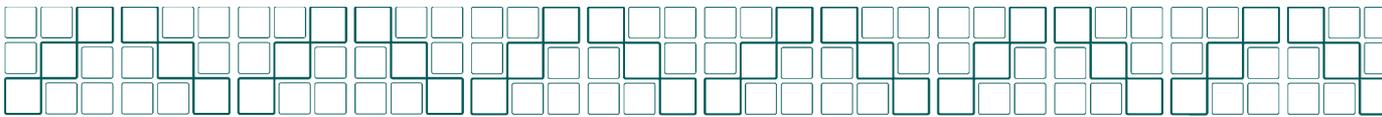
# Can you cover all of the content?

- What % of what you study will be on YOUR version of the exam?
- So you do the best you can with the study time you have left before test day
- Is your situation any different than that of other test takers?
- **Remember:** Our mission is to.....

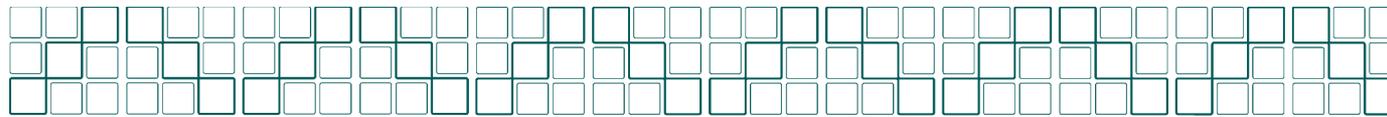


# Things to remember about MCAT Preparation

1. You are studying to get a score, not memorize tons of material.
2. You do not need to know the enzymes of the Krebs Cycle.
3. You only need to memorize a relatively small number of facts, i.e., reactions and equations.
4. Content study eventually yields diminishing returns. Practice pays larger dividends after you master the content.



Do you need a review course ?

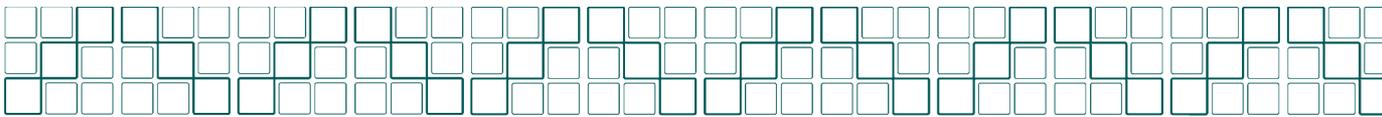


# So how do I begin to study?

1. Download Content!
2. Set up study schedule
3. Analyze Practice Tests
4. Textbooks !!!
  1. How to use them?
5. Sample problems !!!

# Your study calendar

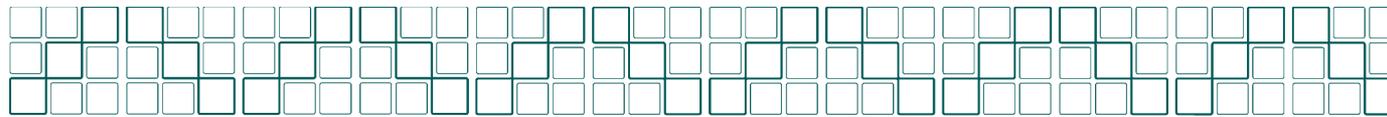
- How many hours per week?
  - How many hours on each day of the week?
- When ?
- What ?
- Where ?
- Check for understanding, *e. g.*, teach it !



# Study groups or solo?

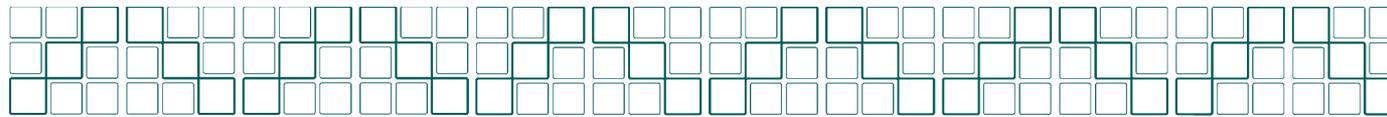
When do you finally learn and understand something ?

When are you sure ?



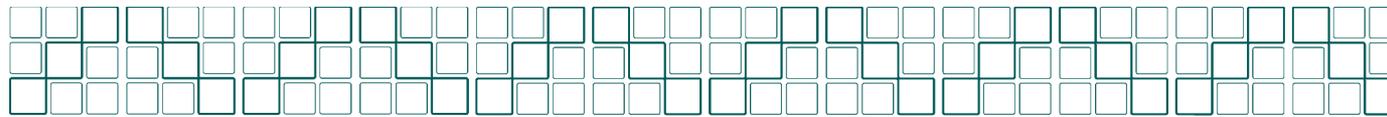
# Stop studying & start learning!

Draw the picture and tell the story!



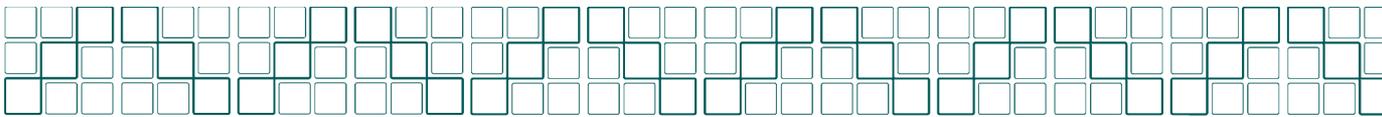
# In my schedule: I

- identified specific topics
- utilized times and locations that work for me
- avoided ‘marathons’
- broke up the material
- met my goals without disrupting my normal life
- I admit I am finished and prepared!



As the MCAT day approaches, you should be spending less time on content and more time on practice tests!

With three weeks to go,  
you should be spending 50% time with  
practice tests, 50% on content study  
based on what you missed on practice tests!



# Specific Strategies

Always be alert  
and then wait.  
Perhaps what  
you're looking for,  
will find you...



# The Four Types of Questions:

- The answer:
  - is in the passage
  - is in the graph or table
  - must be recalled from your knowledge
  - must be arrived at by deductive or inductive reasoning

#2: Know your Question # vs.  
Time progress

# Time / Question

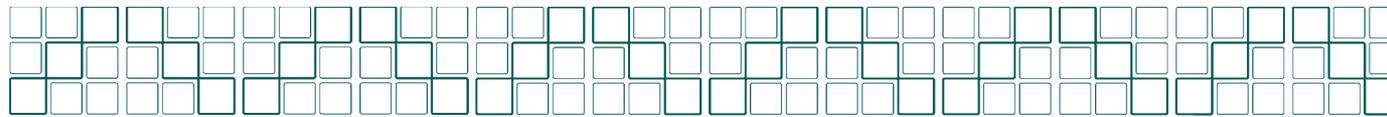
<b>Section</b>	<b># of Questions</b>	<b>Time Allowed</b>	<b>Time/ Question</b>
<b>Subject Sections</b>	59	95 min	~1.6 min or 97 sec
<b>Critical Analysis</b>	53	90	1.7 min or 102 sec

# What to do with this information?

Make a table of questions  
completed by certain time points  
for each section!

# Example: Biology

Question #	Time elapsed
10	16 minutes
20	32 minutes
30	48 minutes
40	64 minutes
50	80 minutes



# #3: Passage Difficulty vs. Time Allocated

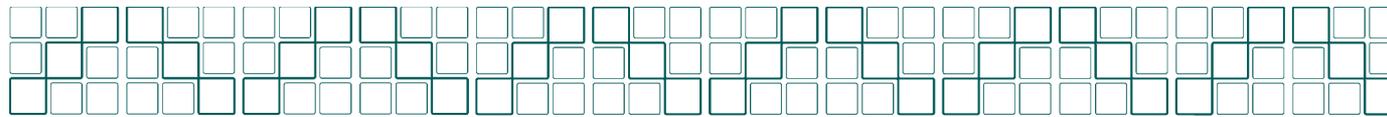
# Step #4: Your best strategy

- For passages,
  - Skim / read the questions first
  - Label questions as to type
  - Read the passage and data, looking for answers
  - Go back to questions and ....

**#5:** Do not look at the answers until you have answered the question if the answer is not in the passage or data!

# Other thoughts...

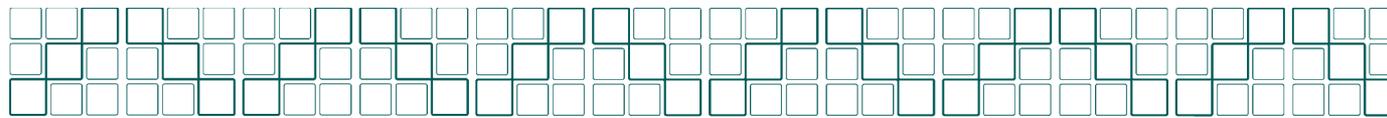
- Process of elimination when required
- \*Doodle on scratch paper\*
- Guessing is not penalized
  - Especially if the answer is not in the passage or data
- Keep up the pace
- Keep up the emotional energy



The most beneficial, helpful, and useful thing you can do to prepare.....

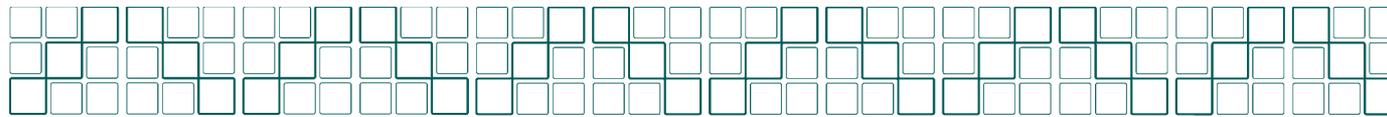
Take practice tests under **game** conditions!

Then analyze your results!

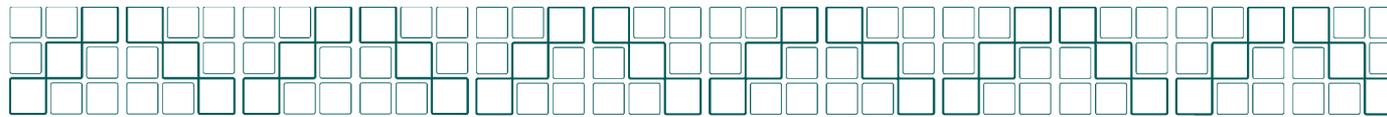


# The final two weeks:

- Short term memory tasks
  - Equations
  - Chemistry reactions
  - Flash cards
- Final Verbal Reasoning
- Many short, timed practice test sessions
- Resist the urge to disrupt your life!
  - Relaxation, exercise, and fun!
  - Note behaviors of those around you!

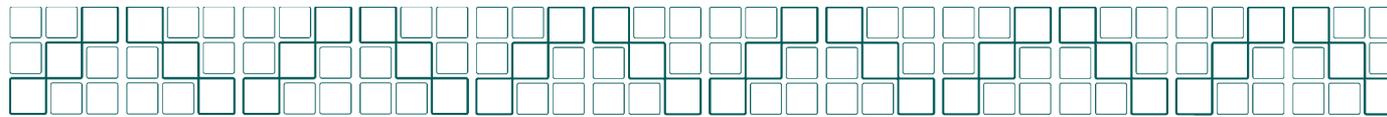


**Do I take the MCAT week off and  
spend 40 hours studying and  
taking practice exams?**



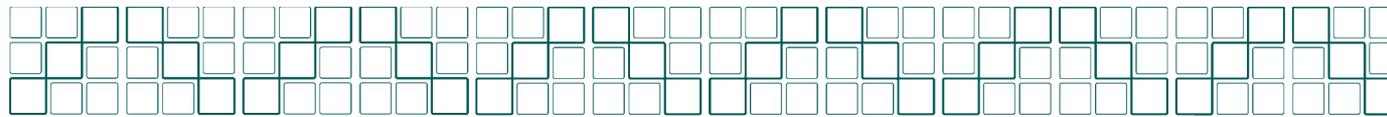
# The Final Week:

A final review of your progress one week before the testing date



# My week

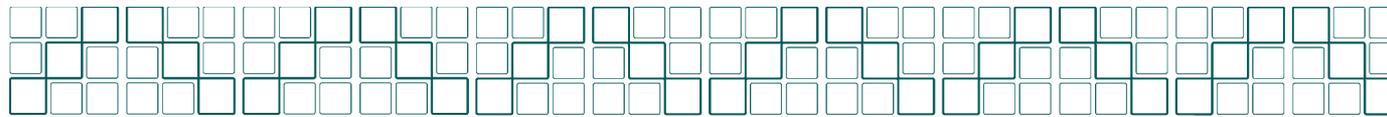
- Sleep schedule
  - No late nights!
- Maintain exercise or begin to take walks *during the day*
- Eat well !
- Do not clean your room or do your laundry if it isn' t part of your routine.
- Go to the movies, pick up a book, or utilize some other reward.



and on the days before the MCAT,

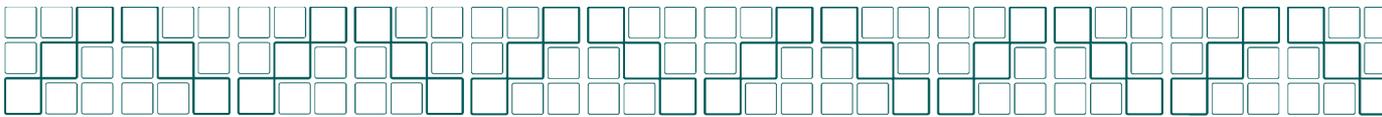
I resume my normal life

I keep sharp by taking part of each section of a test  
no more than 3 hours total time!!!!



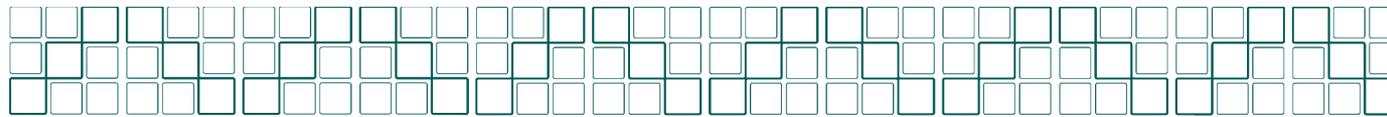
# The night before:

- Whatever
- Watch what you eat!!!!
- Be careful with medications
- Don't go to bed too early or too late
  - No naps!!!
- Look over what you have learned, realize how far you have come, and be confident.



# The night before:

- Lay out your clothes
  - Layers
- Pack your lunch and beverages
- Medications



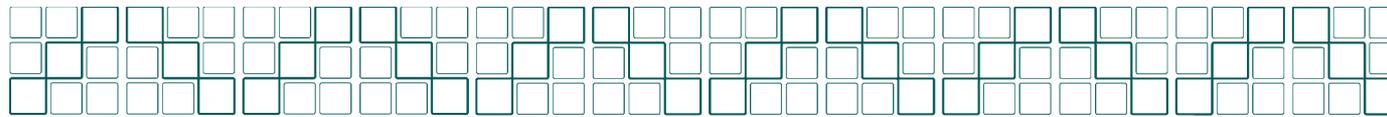
# Friday night:

Assemble what you need to bring:

Admission Ticket

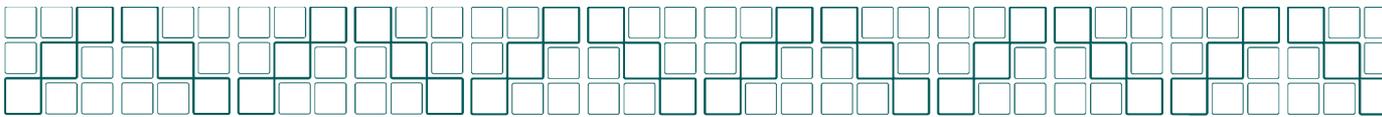
MCAT ID card - completed & with photo

Official photo & signature ID

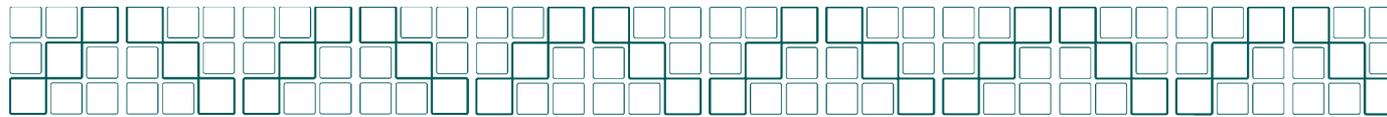


# Test Day

- Be awake > 2 hours before the exam
- Shower and dress for success
- Eat sanely
  - Caffeine? Sugar?
- Walk and review 7 items (if you must!)
- Arrive to the site early but do not enter early
- Avoid stress mongers
- Be prepared for the unprepared

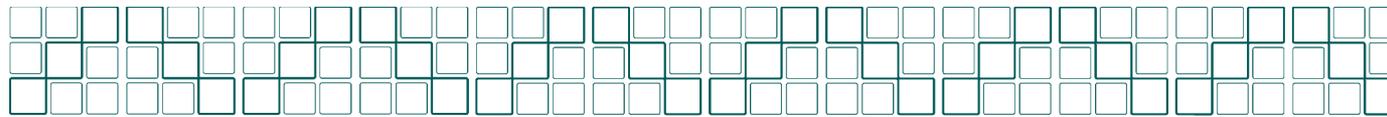


Are any of you traveling a long  
distance to the test site?  
Are you familiar with the test site?



# At the test site:

- 8:00 AM admission
  - Do not freak out at the problems of others
  - **Biometric Identification Process**
    - Watch the video!
- Be prepared for ID examination and thumb print
- Get comfortable
- What will you do while you wait for the exam to begin?
- Follow all directions and time allowances

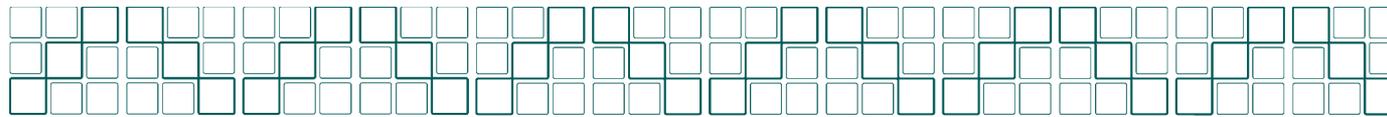


# Use Your Exam strategies!

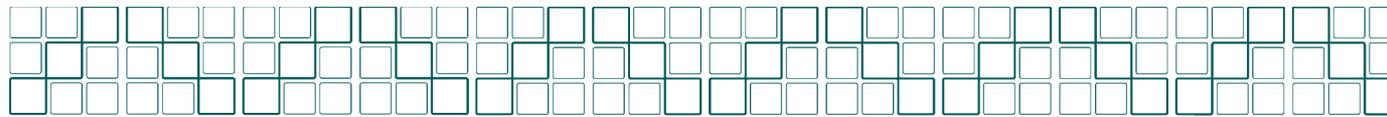
Your enemies are fatigue and panic

Adrenalin surge subsides

You will not get every question correct

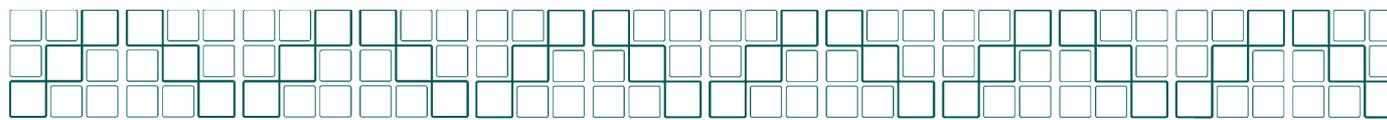


and when it's all over,



# Homework .....

- Schedule an initial appointment with me
- Download & read MCAT info from Web
  - at least *MCAT Essentials* !
- Examine data & determine desired state of residence
- Identify potential letter writers
- Begin to identify times and places in your schedule
- What do you need to study?



# To schedule an appointment:

## On line appointment system:

[https://www.training.nih.gov/  
career\\_services/appointments](https://www.training.nih.gov/career_services/appointments)