MCAT Test Prep – Strategies

* Should be a layered, thoughtful process; should include different *types* of studying
* Take practice/diagnostic exams throughout the study period
* Visit the sections multiple times, not one section at a time for only one time; mix up the sections
* You won’t know everything; you can’t *only* focus on content; you need to also focus on test taking strategies; active learning!
* Take the [topic list](https://students-residents.aamc.org/media/9261/download) from AAMC (more than 100) and place into three categories:
  + “I know this and do not need to study it further for the MCAT”
  + “I don’t know this well enough for the MCAT yet, and plan to study if further”
  + “I don’t know this well enough for the MCAT and I don’t plan to”
  + (Update this list as your study progresses)
  + (By the time you take the exam, nothing should be in the second category; the third category might be ~10% of the topics)
* Assemble a strong set of study materials
  + Kaplan materials including diagnostic exams (included in G2 program)
  + AAMC material (free for those using fee assistance program)
  + Other good companies/materials, but cost $$: Blueprint diagnostic exams, Examkrackers Critical Reasoning and Analysis Skills, UWorld practice questions
  + Free resources: Anki flashcards, Khan Academy (good for psych/soc); Jack Westin practice passages; MCAT Bros
* Outline/create a specific study plan based on above!
  + Decide when to start, how many hours per week to study
  + Decide when to take practice exams
  + Set realistic goals for target score and adjust plan as needed