



UPSTATE

MEDICAL UNIVERSITY

Guide to MCAT Preparation

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Introduction to the MCAT

Dear Future Doctor,

Congratulations on deciding to enter the field of medicine! All that is in your way now is one big test: the MCAT. While our society can debate the merits of standardized testing, the reality is that the medical field unfortunately still has their fair share of them. Whether you need the MCAT to strengthen your application for medical school, or you just need to practice your test taking strategies in preparation for medical school, this brief guide will provide more guidance on how to approach your MCAT preparation.

Doing well on the MCAT will require three large components: content knowledge, problem solving strategies, and test taking stamina. These skills will also be critical in medical school and beyond. Content familiarity starts in your premed courses. The MCAT will test you on knowledge of general chemistry, organic chemistry, physics, biology, biochemistry, psychology, and sociology! As overwhelming as this long list may sound, these content areas are strongly emphasized in college courses, or can be quickly self-taught. Problem solving strategies can be found in this guide, but also come from doing plenty of practice. Finally, the only way to develop test taking stamina is to take practice tests as if they were real tests. Sitting still and focusing for seven hours straight is no small feat, and must be practiced and prepared for, just like all other facets of the MCAT.

In this guide, we will cover the resources needed to properly prepare for the MCAT, strategies on how to approach CARS, how to build a study plan, and other important elements to studying that will make you a better test taker and student. While

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this is a SUNY Upstate College of Medicine-developed guide, most MCAT resources are available to all students and accessible for minimal to no fee. Beyond just the MCAT, these organizational and study skills honed through MCAT preparation will be critical to studying in medical school and beyond.

This guide was written by a team of medical students with recent and extensive MCAT self-preparation and tutoring experience. While these are the lessons and takeaways we have learned through our experiences, we recognize that everyone learns differently! Please feel free to adapt these tips and strategies to your situation and there may be other strategies as well that work best for you. We hope that this guide provides clarity on some of the resources available for the MCAT, and strategies on how to best prepare.

Content Review

The bulk of MCAT studying should center around ensuring thorough content understanding and applicability. As a result, most of the time should be spent reviewing content. There are many free and paid resources available both online and at Upstate for this. For comprehensive content review, many students will either use a set of review books or follow along with online content review videos. At Upstate, there are two complete sets of MCAT review books for students to borrow, one in the library, and the other in the Accelerated Scholars Office. These book sets may also be found at your local library or can be purchased used as the content covered rarely changes year to year. Many colleges and university programs can also help subsidize or discount the cost of these preparation packages. These review books are the best option for those who prefer learning through physical books. If the video format is preferred, then Khan Academy has organized their videos on MCAT applicable subjects into a MCAT preparation course which can be found [here](#). Regardless of which review source is used, organization and time management is key to ensuring that all content is covered prior to test day (more on that in *Creating a Study Plan*). These content review books and online video lectures are all wonderful resources for understanding the foundations behind the various science sections. For the psychology and sociology (P/S) section, another resource, especially for those short on time, are the free [Khan Academy video notes](#) that are available on **Reddit**. These notes quickly define key terms and associate these key terms with the contexts often provided in P/S passages. These note

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compilations can be used as a final review once the full-detail review book chapters are completed, or as last-minute triage if short on time.

As there is a large volume of content that is tested on the MCAT, spaced repetition review is also critical. Flash cards are the most common way for this review, and there are both free programs and premade decks available for this. One commonly used app is **Anki**. Anki is based on spaced repetition, which means they will bring cards which were previously studied for review at increasingly infrequent, scientifically proven time intervals to maximize long-term retention¹. Anki is used for both MCAT studying and for medical school exams since it keeps information learned at the beginning of studying fresh throughout your studying and ready for test day. For a guide on how to set up Anki for the MCAT, this [YouTube tutorial](#) may be helpful. However, many students also study using Quizlet, or just old-fashioned paper flashcards!

Problem Solving:

Beyond just learning, reviewing and rereviewing the content that is covered on the MCAT, repeated practice applying the content to MCAT style questions and passages is critical to success. To ensure proper understanding of material, there are practice questions at the end of every book chapter, and questions that correspond to each Khan Academy video. However, these questions are not passage based, like the MCAT will be.

To practice these passage-based questions, **AAMC's Official MCAT Preparation** materials provide thorough coverage of all content areas. The AAMC's MCAT preparation package includes 5 practice tests (more on that in the *Practice Tests*

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section), 240 Biology, 240 CARS, 120 Chemistry, 120 Physics **Question Packs**, 120 questions from the **AAMC's Official Guide to the MCAT Exam** (split into 30 questions of C/P, CARS, B/B, and P/S) and a 300 question **Section Bank**. The problems from the Question Packs and the Official Guide span a wide array of difficulty levels, similar to the MCAT sections on test day themselves. On the other hand, questions from the Section Bank represent the most difficult questions ever seen on the MCAT. Because of this added difficulty, the Section Bank is meant to challenge your thinking and improve resilience. On the other hand, the Question Packs are designed to target content gaps and hone problem-solving skills.

Beyond the AAMC's Official MCAT Resources, there are many other third-party passage-based questions to practice with. Khan Academy's MCAT Preparation Course also contains many passages from each science section with passage-based questions for additional practice. Jack Westin also provides one CARS passage daily for continued practice. The *How to Approach CARS* section of this packet will provide a potential strategy for CARS questions.

Practice Tests:

As important as knowing the content and practicing your problem-solving skills are, nothing else can fully prepare you for a seven-hour long test other than taking practice tests. Without the test taking stamina and focus developed over weeks to months of preparation, you'll be too tired and burnt out to utilize all your content knowledge and problem-solving skills. While there is no magic number to the amount of practice tests that should be taken, it is recommended that students take one practice

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test a week for the two months leading up to the exam itself. The exam should also be taken on the same day as when the actual test would be (for example, if the actual test day is on Friday, practice tests should all be taken on Friday mornings at 8am). By taking the tests all on the same day as the actual test itself, it helps put your test preparation into a routine, and turns test week into just another week of that routine.

As part of the AAMC's Official MCAT Review package, there are five official AAMC practice tests. These five tests include the AAMC Sample Test (which is offered for free to everyone but not scored out of 528) and four other full-length exams (which are scored like the actual MCAT).

Beyond AAMC's official tests, third party practice tests can also be used to practice. Kaplan's review book set includes access to three practice tests online, while Princeton Review's book set includes access to four practice tests online. Blueprint also provides one free half-length diagnostic test and one full-length practice test online for free account holders. These tests are generally more challenging and content-heavy compared to official AAMC materials. Scores from these tests are not indicative of performance on the actual MCAT, and thus should be taken with a grain of salt. Third-party tests are better taken earlier on in your study to both help guide content review and build test-taking stamina.

AAMC Fee Assistance Program:

To improve access to the AAMC's preparation materials, the AAMC has a [Fee Assistance Program](#), which waives medical school application fees for up to 20 schools in one cycle and includes free access to the Medical School Admission Requirements

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tool and their MCAT preparation resources². This program is available for individuals living in the US whose family (including parental financial information) falls within 400 percent of the national poverty level.

How to Approach CARS

What is CARS:

Critical Analysis and Reasoning Section (CARS) is the MCAT's reading comprehension section. This section has fewer questions (53 compared to 59) and these questions are all passage-based. Furthermore, CARS is dissimilar to all other MCAT sections in that there is content basis that requires review. This does NOT mean that you should not or cannot study for CARS. What is unique about CARS is that it is unlike any other reading-based test or class that you might have taken in college or high school. In your traditional English literature or other humanities classes, readings were done to be the basis of discussion, and few viewpoints could ever be fully considered objectively "correct" or "incorrect"- the readings were up for interpretation and debate. However, since CARS is a multiple-choice test, there can only be one correct answer.

CARS will often feel unnatural because it is turning the inherently subjective act of interpreting a reading into an objective multiple-choice test. There are a few key ways that in which they ensure this objectivity and learning to see this will take practice and time.

Reasoning Within the Test:

In order to be objective, all true answer options must be based on language used by the author in the passage (be careful here that true does not always mean correct as some questions will ask for the one option that is not true/supported). Oftentimes true answer options will even be close paraphrases of the text itself! If the answer option does not contain the similar language or synonyms for words in the text itself, then it cannot be objectively determined to be true and thus cannot be a correct answer for

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CARS. However, the challenge then becomes: “how do we find the exact language that the author is using?” In order to find where in the passage to look for the author’s language, we can use hints from the question stem to hone into which paragraph to look. To illustrate, we can take a look at the passage from Khan Academy titled “[Living in a Rational Society](#)”³.

The rationalizing of society can be conceptualized as the pursuit of efficiency, predictability, calculability, and control through technology. But rational systems inevitably spawn a series of irrationalities that result in the compromising and perhaps even the undermining of their rationality.

Fast-food restaurants, which epitomize the rational model, proffer the fastest means of getting from a hungry state to a sated one, without surprises, at low cost, in a carnival-like setting suggesting that fun awaits the consumer at each visit. The wholesomeness of the food seems an insignificant consideration. Whereas in the past, working people were prepared to spend up to an hour preparing dinner, they now are impatient if a meal is not on the table within ten minutes. (For their part, some fast-food restaurants have developed chairs that become uncomfortable after about twenty minutes, to ensure that diners do not stay long.)

Fast-food restaurants have preferentially recruited adolescent help, at least until recently, because this age group adjusts more easily than adults do to surrendering their autonomy to machines, rules, and procedures. Few skills are required on the job, so workers are asked to use only a minute portion of their abilities. This policy is irrational from the standpoint of the organization, since it could obtain much more from its employees for the money (however negligible) it pays them. These minimal skill demands are also irrational from the perspective of the employees, who are not allowed to think or to respond creatively to the demands of the work.

These restrictions lead to high levels of resentment, job dissatisfaction, alienation, absenteeism, and turnover among workers in fast-food franchises. In fact, these businesses have the highest turnover rate of any industry in the U.S. The entire workforce of the fast-food industry turns over three times in a year. Although the simple, repetitive nature of the work makes it easy to replace those who leave, the organization would clearly benefit from keeping employees longer. The costs of hiring and training are magnified when the turnover rate is extraordinarily high.

The application of the rational model to the house-building process in the 1950s and ’60s led to suburban communities consisting of nearly identical structures. Indeed, it was possible to wander into the residence of someone else and not to realize immediately that one was not at home. The

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more expensive developments were superficially more diversified, but their interior layouts **assumed residents who were indistinguishable in their requirements.**

Furthermore, the planned communities themselves look very similar. Established trees are bulldozed to facilitate construction. In their place, a number of saplings, held up by posts and wire, are planted. Streets are laid out in symmetrical grid patterns. With such uniformity, suburbanites may well enter the wrong subdivision or become lost in their own.

Many of Steven Spielberg's films are set in such suburbs. Spielberg's strategy is to lure the viewer into this highly repetitive world and then to have a completely unexpected event occur. For example, the film *Poltergeist* takes place in a conventional suburban household in which evil spirits ultimately disrupt the sameness. (The spirits first manifest themselves through another key element of the homogeneous society—the television set.) The great success of Spielberg's films may be traceable to a longing for some unpredictability, even if it is bizarre and menacing, in increasingly routinized lives.

Adapted from G. Ritzer, The McDonaldization of Society. ©1993 by Pine Forge Press.

The first question asks:

The author's argument suggests that the primary motive of employers who make humans work with machines is to:

Choose 1 answer:

- A improve the quality of their products.
- B reduce the cost of wages and benefits.
- C avoid seeming to be behind the times.
- D increase the uniformity of procedures.

We see from the question stem that it refers to “employers who make humans work with machines”. The only paragraph that mentions this concept of working with machines is paragraph 3 (yellow highlight). This clues us in that the true statement must be found/mentioned in paragraph three. From a close reading of paragraph three, we

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notice that the highlighted yellow sentence mentions procedures (answer choice D) but does not mention anything about the quality of products (answer A) or “seeming to be behind the times” (answer C) and thus answer choices A and C can be immediately eliminated. Paragraph 3 does briefly mention workers’ pay (red highlight), which is a synonym for wages and benefits (answer B). However, it does not say the technology is used to reduce the pay and thus we can eliminate this answer choice as well since it does not answer the question. This leaves us with option D, which is the correct answer choice. From this question we can see that reasoning within the text questions can be solved using more of a hide and seek strategy. By using clues from the question stem, we can narrow down the search to a specific paragraph within the passage, and then only choose answer choices that are both specifically mentioned and are related to the question itself as true statements.

A common thread in the discussion of fast food and the discussion of suburban housing is that people today:

Choose 1 answer:

-
- A are increasingly resistant to the regimentation of life.
-
- B expect their needs to be met at the lowest possible cost.
-
- C allow themselves to be treated as interchangeable.
-
- D are unable to discriminate among products that differ in quality.
-

We can apply a similar strategy to the following question. In this case, we must now look at two paragraphs of the passage, rather than just one. We know that paragraphs 2-4 discuss fast food, while paragraphs 5 and 6 discuss suburban housing. We can see from the green highlights that paragraphs 4 and 5 both discuss the

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interchangeability of people (answer choice C). There is no discussion about the quality of food or the houses (eliminating answer choice D). Low cost (answer B) is only mentioned in paragraph two about fast food but not anywhere about housing (eliminating answer choice B), while resistance to regimentation is only weakly implied in the last sentence of paragraph six, which is outside the scope of both “fast food” and “suburban housing” (eliminating choice A).

Reasoning Beyond the Text:

Reasoning beyond the text most often can be thought of as finding analogous situations to those mentioned in the passage. The passage must still be used to determine which elements must be included in the analogous “beyond the text” situation. In this question:

Information in the passage suggests that a rationalized travel agency would emphasize:

Choose 1 answer:

- (A) planned tours to popular attractions with accommodations at large hotels.
- (B) computerized systems to provide low-cost customized itineraries.
- (C) personnel trained to make reservations but with little experience as travelers.
- (D) procedures that encourage problem-solving initiatives by managers.

We must first use the passage to determine what the author thinks a “rationalized” company or industry might think. In paragraph one, the author lays out their view on what rationalization involves: “pursuit of efficiency, predictability, calculability, and control through technology” (light blue highlight). This means that the rationalized travel agency of this question must include as many of these factors without including any

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extraneous or contradictory ones. Answer choice D can be eliminated first as “problem-solving initiatives by managers” runs contrary to the “predictability, calculability and control through technology” as described in the passage. Answer choice C can also be eliminated since it makes no mention of any of the factors described by the author and is thus irrelevant. Answer choice B is much more enticing as it mentions technology just like the passage. However, because answer choice B also describes “customized itineraries”, it contradicts the elements of predictability that the author believes to be rational. This makes answer choice B an ultimately incorrect choice. Finally, that leaves answer A. While initially not using the exact same language as the passage, because this is a “reasoning beyond the text” question, we must instead consider how it recaptures the same ideas of the text rather than being directly from the text. “Accommodations at large hotels” allows for “efficiency” while “planned tours” maintains “control” and “predictability”. Ultimately, this is the correct answer choice as answer choice A contains multiple elements that are key to “rationality” as described by the passage without including anything contrary to it. Because the thought process behind this answer is still based on language used by the text itself, it limits the extraneous interpretation that would subjectify the CARS section and maintains its objectivity in a multiple-choice situation.

Building a Study Plan

Now that you have found your review materials, problem sets, practice tests, and your CARS strategy, it is time to put it all together into a plan. The three big benefits that a tutoring or preparation class package can provide are **Accountability, Organization, and a Resource to troubleshoot questions**. For those students who are self-preparing, it is important to develop these skills for yourself. We will discuss how to be your own tutor in the next section, but by building a study plan, it can help you stay organized and keep yourself on-schedule and accountable.

As we have discussed, preparing for the MCAT requires content review, problem solving practice, and test taking endurance. In order to fully prepare, it is recommended that first-time test takers begin dedicated MCAT studying at least two-three months before the exam date. Those whose prerequisite coursework is less fresh or weaker should leave themselves with more time.

Scheduling Practice Tests:

The first thing that should be scheduled are practice tests. Once a test date has been determined, schedule the five official AAMC practice tests once a week every week for the five weeks leading up to the exam on the same day of the week that the actual test will be one. This way the actual test can feel just like another AAMC full length exam. Then schedule in the other practice tests that you have access to. During the start of the content review stage, practice tests can be scheduled every other, or every three weeks to better space them out.

The day after each practice test should be spent carefully going through the practice test to review the exam and learn from mistakes. The section on *Being your*

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own MCAT Tutor will go over how to review these practice tests most effectively. Make sure to review not only the questions you got wrong, but also the ones that you got right! Reviewing a practice test should take about as long as it took to take it. This ensures that you can take as much away from each practice test and learn all the valuable lessons from it.

Scheduling Content Review:

Scheduling content review is slightly more challenging and depends greatly on the resources that you are using, and the amount of time that you have. To begin, make a list of all the content blocks/chapters that must be covered. If you are using the Kaplan Books, there are 12 General Chemistry, Organic Chemistry, Physics and Math, Biology, Biochemistry, and Behavioral Science chapters, for a total of 72 content review chapters. It takes most students approximately two to three hours on each Kaplan chapter to read, take notes, make flashcards and check for understanding. Once you have determined the number of hours you can dedicate to studying each day, use that to see the number of chapters you can get through each day. It is also recommended that students switch between content areas as they prepare, rather than dedicating weeks only to chemistry and then weeks only to biology. This helps to keep all content areas fresh throughout review. You should aim to finish content review about a month before your test date.

Practice Problems:

Throughout the content review period, it is important to keep up with CARS practice and flashcards to maintain old content and upkeep problem-solving skills.

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However, as content review progresses, targeted practice sets can be included to improve difficult subjects. If you notice that one area is frequently challenging on practice tests, that is a good clue that targeted practice in that subject is necessary. Make sure to build in time in the study plan to do extra practice in these areas as well.

Once all of content review is covered, the last month of preparation should be dedicated to practicing using AAMC materials. Take the time to go through every single AAMC practice question and review the questions that you struggled with by looking over your own notes on the topic, or by using an alternative content explanation source such as Khan Academy videos to relearn the subject.

Other Considerations:

As important as content, problem-solving and tests are, rest and quality of life are equally important things to consider! Make to build in intermittent rest days, especially towards the end of studying to prevent burn-out. It is often recommended that students take one day off a week from studying if they normally study about eight hours a day. If you hope to go on vacation, make sure to do so! But plan ahead and adjust your study plan accordingly. And don't forget to still spend time doing the things that you love! If it helps you to stay sane, include these blocks of free/fun time into your study plan to ensure that you save time for these things.

Putting Everything Together:

Using the Kaplan review books as a basis, I have put together an example study plan for someone who has six months to prepare and has about 2-3 hours a day to study for the MCAT after classes/work. This hypothetical student will be taking their

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exam on a Saturday. Feel free to use the following Excel sheet study plan template to create your own study plan!

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
12/30/19	BP Diagnostic			Review Diagnostic	CARS 1-2 BioChem 1	CARS 3-4 Bio 1	CARS 5-6 Chem 1
1/6/20	CARS 7-8	Biochem 2	Physics 1	Psych Soc 1		Bio 3	Chem 2
				Bio 2	Biochem 3	Physics 2	Psych Soc 2
1/13/20	Biochem 4	Bio 4	physics 3	3 Khan Academy Passages psych soc 3 Chem 3	3 Khan Academy Passages CARS 9-10	3 Khan Academy Passages	
				3 Khan Academy Passages	3 Khan Academy Passages	PR FL 1 (untimed)	Review FL Catch Up Day
1/20/20	Bio 5	psych soc 4		Break	Break	Break	Content Review Day
			Physics 4				
1/27/20	physics 5	biochem 5	chem 4	bio 6 psych soc 5	CARS 11-12	PR FL 2 (untimed)	Review FL psych soc 6
				3 Khan Academy Passages biochem 7	3 Khan Academy Passages	Content Review	
2/3/20	biochem 6	chem 5	bio 7	psych soc 7	physics 6		Break
				3 Khan Academy Passages chem 6	3 Khan Academy Passages	3 Khan Academy Passages	
2/10/20	Biochem 8	bio 8	physics 7	psych soc 8		PR FL 3 (untimed)	Review FL
				3 Khan Academy Passages	3 Khan Academy Passages		
2/17/20	physics 8	Catch Up Day	biochem 9	chem 7	psych soc 9	chem 8	Content Review Day
				3 Khan Academy Passages physics 9	3 Khan Academy Passages	3 Khan Academy Passages	
2/24/20	psych soc 10	chem 9	biochem 10	bio 9	chem 10	PR FL 4	Review FL
				3 Khan Academy Passages psych soc 11	3 Khan Academy Passages bio 11		Break
3/2/20	Timed Practice C/P section from Section Test	Timed Practice CARS section from Section Test	Timed Practice Bio section from Section Test	Timed Practice P/S Section from Section Test	bio 10	Content Review	
				3 Khan Academy Passages	3 Khan Academy Passages	3 Khan Academy Passages	
3/9/20	physics 10	biochem 11	chem 11	psych soc 11	bio 11	Kaplan FL 1	Review FL
				3 Khan Academy Passages biochem 12	3 Khan Academy Passages	Content Review	Break
3/16/20	psych soc 12	bio 12	chem 12				
				3 Khan Academy Passages	3 Khan Academy Passages	3 Khan Academy Passages	
3/23/20	Catch Up Day	Content Review	Day Off	3 Khan Academy Passages	3 Khan Academy Passages	Kaplan FL 2	Review FL
		4 Khan Academy Passages	4 Khan Academy Passages	Day Off	Content Review		Review FL
3/30/20			Day Off	Reddit P/S Notes	Reddit P/S Notes	Kaplan FL 3	
				4 Khan Academy Passages	3 Khan Academy Passages		
5/18/20	AAMC Bio QBank 1	AAMC Chem Qbank	Day Off	AAMC Bio QBank 1		AAMC 1	Review AAMC FL1
	3 Khan Academy Passages	3 Khan Academy Passages		3 Khan Academy Passages	3 Khan Academy Passages		
5/25/20	60 AAMC CARS QBank 1	60 AAMC Chem QBank 1	Day Off	60 AAMC CARS QBank 1		AAMC 2	Review AAMC FL 2
				3 Khan Academy Passages	3 Khan Academy Passages		
6/1/20	50 AAMC Section Bank P/S AAMC Official Guide C/P	50 AAMC Section Bank C/P AAMC Official Guide CARS	Day Off	60 AAMC Physics Qbank 50 AAMC Section Bank P/S	50 AAMC Section Bank Bio	AAMC 3	Review AAMC FL3
				3 Khan Academy Passages	3 Khan Academy Passages		
6/8/20	50 AAMC Section Bank Bio	50 AAMC Section Bank C/P AAMC Official Guide P/S	Day Off	60 AAMC Bio Qbank 2	60 AAMC Physics Qbank	AAMC 4	Review AAMC FL4
				3 Khan Academy Passages	3 Khan Academy Passages		
6/15/20	60 AAMC Bio Qbank 2	60 AAMC CARS Qbank 2	Day Off	Content Review		AAMC Sample	Review AAMC Sample
				3 Khan Academy Passages	3 Khan Academy Passages		
6/22/20	Review all notes and Flashcards	Catch Up Day	Catch Up Day	Review Everything	Day Off	Test Day	Celebrate Your Achievement!!

Being your own Tutor

Like mentioned earlier, the three of the biggest benefits of private tutoring or classes are organization, accountability, and troubleshooting. By setting up a study plan, you can organize your own studying. This section will discuss resources and strategies on how to recreate the other two aspects, as well as other ways to optimize your studying.

Accountability:

Tutors provide accountability by offering regular check-ins to ensure that your studying is on-track. However, this accountability can also be found from your support network, or within yourself. Many students find it helpful to have a study-buddy during their MCAT preparation period. This study buddy provides mutual peer accountability and pushes you to stay on track, just as you push them. Weekly check-ins with a study buddy to go over challenging problems will encourage you keep up with studying. However, if it is hard to find a study buddy, or you just prefer to tackle things on your own, frequently referring to your study plan can provide a similar level of accountability.

Troubleshooting When Stuck:

The trickiest part of studying on your own is finding answers when you are truly stuck. This is another area where having a study buddy can be useful! However, one free online resource for this can be Reddit. Where Reddit can be helpful is in providing explanations to difficult practice questions. Reddit's r/MCAT will have explanations for almost all AAMC questions as most questions have been asked at this point.

Effective Review of Practice Tests:

Being your own Tutor

As important as it is to take practice tests to build test taking endurance, it is just as, if not more, important to review them carefully to learn from your mistakes. When reviewing, make sure to review all questions, not just those that you got wrong. Reviewing questions that you get right ensures that you still learn from questions that you guessed correctly, and questions that can be solved more efficiently using better strategies. It can also give you some insight into the AAMC's logic behind questions so that you apply similar logic on test day.

As you review the test, make sure to **keep a notebook or spreadsheet of the lessons and takeaways** that you glean from your review. It is always normal to make a mistake, but growth comes from learning from the mistake and learning to not ever make it again. By keeping track of your lessons, you can quickly review them later and remind yourself of these key insights.

Conclusion:

It is our hope that this guide is able to help you better prepare for the MCAT. It can be very daunting to start your preparation with the wide array of resources to use and content areas to cover. By having a study plan, a proven approach to CARS, and knowing where to turn for help, the MCAT becomes a much more manageable challenge, and one we are sure you can overcome. Best of luck studying!

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