



# Preparing for the MCAT

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# Overview of the MCAT

- Medical College Admissions Exam
- Scored as 472-528 with a 500 being at 50<sup>th</sup> percentile. 500+ should be the goal.
- 7.5-hour exam taken at an official testing center.
- Lifetime maximum takes is 7 with 3 takes per year.
- Goal: Take it once. However, it's okay to retake.

# Registering

Website: <https://students-residents.aamc.org/applying-medical-school/taking-mcat-exam/>

Twitter: @AAMC\_MCAT

July- September 2020 dates open now

### 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  | 29  |

### 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  |     |     |     |

## 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



[Register for the MCAT Exam »](#)

[Get Your Test Scores »](#)

[MCAT Official Prep Hub »](#)

### Contact the MCAT Program

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

 [202-828-0600](tel:202-828-0600)

 [Online Contact Form](#)

# Exam Registration Progress

Personal Info

⚠ Not Completed

Biographic Info

⚠ Not Started

Background

⚠ Not Started

Terms

⚠ Not Started

Release of Personal Information

⚠ Not Started

## Cost of the MCAT

- \$320 just to take the exam
- Register as soon as you can after it opens because spots fill up BUT do not register until you are confident you can prepare for it because you lose money by cancelling

| <b>Gold Zone Deadline:</b><br>29 days prior to exam date* |       | <b>Silver Zone Deadline:</b><br>15 days prior to exam date* |       | <b>Bronze Zone Deadline</b><br>8 days prior to exam date* |       |
|---|-------|---|-------|---|-------|
| Initial Registration                                      | \$320 | Initial Registration  | \$320 | Initial Registration                                      | \$375 |
| Date and/or Test Center Reschedule Fee**                  | \$95  | Date and/or Test Center Reschedule Fee**                    | \$160 | No Reschedule Option                                      | N/A   |
| Cancellation Refund                                       | \$160 | No Cancellation Refund                                      | N/A   | No Cancellation Refund                                    | N/A   |
| International Fee**                                       | \$115 | International Fee**   | \$115 | International Fee**                                       | \$115 |

## Fee Assistance

- \$130 to take the exam

| <b>Gold Zone Deadline:</b><br>29 days prior to exam date* |       | <b>Silver Zone Deadline:</b><br>15 days prior to exam date* |            | <b>Bronze Zone Deadline</b><br>8 days prior to exam date* |            |
|---|-------|---|------------|---|------------|
| Fee Assistance Registration                               | \$130 | Fee Assistance Registration                                 | \$130      | Fee Assistance Registration                               | \$185      |
| Fee Assistance Reschedule**                               | \$50  | Fee Assistance Reschedule**                                 | \$75       | <i>No Fee Assistance Reschedule Option</i>                | <i>N/A</i> |
| Fee Assistance Cancellation Refund                        | \$65  | <i>No Fee Assistance Cancellation Refund</i>                | <i>N/A</i> | <i>No Fee Assistance Cancellation Refund</i>              | <i>N/A</i> |
| Fee Assistance International Fee**                        | \$115 | Fee Assistance International Fee**                          | \$115      | Fee Assistance International Fee**                        | \$115      |

## Eligibility Requirements

### U.S. Citizenship Status

You are only eligible for the Fee Assistance Program if - prior to completing your Fee Assistance Program application - you are a U.S. citizen, U.S. national, lawful permanent resident (LPR) of the United States (also known as a green card holder), granted refugee or asylee status by the U.S. government, Deferred Action for Childhood Arrivals (DACA) recipient, **or person awaiting refugee or asylee status approval by the U.S. government and have a U.S. Employment Authorization Document (EAD card).**

### ***IMPORTANT:*** Parental Information Requirement

Unlike some federally funded aid programs, the Fee Assistance Program requires your parents' financial information, even if you are independent. Your parents' financial information and supporting tax documentation are required **regardless of your marital status, your age, your tax filing status (independent or dependent), your parents' country of residence, or whether your parents are willing to provide documentation. If your parents are deceased, further information will not be asked.** To learn more about the parental information requirement, please visit the [2020 Fee Assistance Program Essentials](#).

### Fee Assistance Program Poverty Guidelines

Fee Assistance Program award approval is tied directly to the U.S. Department of Health and Human Services' poverty level guidelines. In 2020, you will be granted fee assistance if each household reported on your application has a 2019 total family income that is 300 percent or less than the 2019 national poverty level for that family size.

**2019 Poverty Guidelines for the 48 Contiguous States, The District of Columbia & U.S. Territories**

| <b>Persons in Family/Household</b> | <b>Fee Assistance Program Poverty Guideline*</b> |
|------------------------------------|--|
| 1                                  | \$37,470   |
| 2                                  | \$50,730   |
| 3                                  | \$63,990   |
| 4                                  | \$77,250   |
| 5                                  | \$90,510   |
| 6                                  | \$103,770  |
| 7                                  | \$117,030  |
| 8                                  | \$130,290  |

*\*For households with more than 8 persons, add \$4,320 for each additional person.*

*\*Based on tax returns from the previous year (so for 2020 they will look at 2019 tax returns)*

# Perks of Fee Assistance

## MCAT Official Prep Products Benefit

- **The MCAT Official Prep products benefit package is subject to change.** The current MCAT Official Prep products benefit is the **MCAT Official Prep Online-Only Bundle** (\$268.80 value), which includes all online MCAT Official Prep products.

**You will receive the MCAT Official Prep products benefit *once in a lifetime*, regardless of how many times you are a Fee Assistance Program awardee.** We will provide more details about this benefit if you are awarded Fee Assistance.

## MCAT Benefits

- Reduced **registration fee**, from \$320 to \$130, for MCAT exams.
- Consideration for financial assistance to obtain an updated evaluation to support an application for MCAT exam accommodations (For more information and instructions on how to apply, please visit [aamc.org/accombefit](http://aamc.org/accombefit)).

## Medical School Admission Requirements (MSAR) Benefit

- Complimentary subscription to the **Medical School Admission Requirements** online database following account activation (\$36 value).

## AMCAS Benefit

- Waiver for all AMCAS fees for one (1) application submission with up to 20 medical school designations (\$970 value), submitted by December 31, 2021.

*Additional fees will be charged for each medical school designation beyond the initial set of 20.*

**Unused medical school designations do not carry over to the next AMCAS application cycle, even if the next application cycle falls before December 31st of the next year after you've been awarded.**

| <b>If your application is approved:</b> | <b>Your benefits expire:</b> |
|---|------------------------------|
| Jan. 1 - Dec. 31, 2019                  | December 31, 2020            |
| Jan. 1 - Dec. 31, 2020                  | December 31, 2021            |
| Jan. 1 - Dec. 31, 2021                  | December 31, 2022            |

**Important:**

**\*The earlier you apply in a calendar year the longer you can use benefits without needing to reapply, so apply ASAP.**

**\*You can receive fee assistance a total of 5 times in your life maximum.**

**\*Fee assistance is not retrospective, so you can't get money back. Make sure to apply before paying for things.**

## How to apply for fee assistance

Website: <https://apps.aamc.org/fap/#!/home>

|                              |
|------------------------------|
| → Main Menu                  |
| → My AAMC Profile            |
| Applicant Information        |
| Applicant Financial          |
| Parent Information           |
| Parent Financial             |
| <b>i</b> Application Summary |
| Submit Application           |

# Fee Assistance Program 2020 Calendar Year Application

## Main Menu

**Applicant: Abigail Madilyn Felsted**  

Application Status: New, Not Submitted

**To begin your application, click the *My AAMC Profile* tab.** You will need to complete that section before you can proceed to the other sections.

- Completion of the Parent Information section is required for all Fee Assistance Program applicants.
- After you have entered information about you and your parents, carefully review the Application Summary before you submit your application.
- If the financial information you submit meets Fee Assistance Program eligibility requirements you will be provided information on the Next Steps.
- Please refer to the Help section of this application or the [Fee Assistance Program web site](#) for additional information.

# Classes to take BEFORE the MCAT

- **YOU SHOULD TAKE BEFORE THE MCAT**
  - Gen Chem I/II
  - Ochem I/II
  - Biochemistry
  - Molecular Biology
  - Physics I
  - Statistics
  
- **ALSO ON THE MCAT (but can be self-studied)**
  - Physics II
  - Psych/Sociology
  - Cell Biology

# Free MCAT full lengths

- **KAPLAN:**  
<https://www.kaptest.com/pg/signup?classid=30011575>
- **Princeton Review:**  
<https://www.kaptest.com/pg/signup?classid=30011575>
- **Next Step:** <https://nextsteptestprep.com/free-resources/free-mcat-practice-bundle>
- **Altius:** [https://altiustestprep.com/take\\_free/](https://altiustestprep.com/take_free/)
- **Gold Standard Test Prep:** <https://www.mcat-prep.com/mcat-practice-tests/>

# Books

- Purchase from Amazon
- Often can be found at stores like the DI, Savers, Boomerang Books, and [www. http://thriftbooks.com/](http://thriftbooks.com/)
- **BEST OPTION:** Many universities will allow you to check out MCAT textbooks for free. Check the library and student centers.
- Borrow from a friend, we have a few copies if students are interested.

# Schedules

**You MUST have a schedule when self-studying for the MCAT this is simply the only way to stay on task.**

- Free schedules (adjust to your own needs):
- AAMC guide: <http://offers.aamc.org/mcat-study?fbclid=IwAR2-LDDTW15ROUCucLx3sPifGF9E2MLs58pcsRI6Dsp5yZCREGshtmwygRE>
- Kaplan: <https://docs.google.com/spreadsheets/d/1McqCq0Wlnr2ihUOnnO5S6T42ST7kzs900ijfKHWXny8/edit?fbclid=IwAR1zqXmONywhSGSM17Aa4JDNqAn1SLq0boYN0Q2YctYV7yzQ79boeegxwo#gid=663767572>
- The Princeton Review Books (+ free exams): <https://www.abisanatomy.com/mcat-prep> (click “Sample Study Schedule”)
- Berkley Review (and others): [https://www.studentdoctor.net/wp-content/uploads/2019/02/100-Day-MCAT-Schedule-2019-Edition.pdf?fbclid=IwAR2oxWZv78J4REqm0Jtf\\_7eBdupgj-cxGdEcBrWnUSxPLiVRLeDhVHxw6jI](https://www.studentdoctor.net/wp-content/uploads/2019/02/100-Day-MCAT-Schedule-2019-Edition.pdf?fbclid=IwAR2oxWZv78J4REqm0Jtf_7eBdupgj-cxGdEcBrWnUSxPLiVRLeDhVHxw6jI)
- Next Step (THREE of them): [https://nextstepprep.com/mcat-study-schedules?fbclid=IwAR1EuBujsrZ89neXfSXG2WoImzxdw7lb2GUxbBwGmst0VTFUMwV\\_U2ad2hY](https://nextstepprep.com/mcat-study-schedules?fbclid=IwAR1EuBujsrZ89neXfSXG2WoImzxdw7lb2GUxbBwGmst0VTFUMwV_U2ad2hY)

# Q banks

**You MUST do questions self-studying for the MCAT otherwise you will not be prepared to answer questions on test day!**

- **Best resources:**
- NUMBER ONE (\$75 from the AAMC):  
<https://store.aamc.org/official-mcat-question-pack-bundle-online.html> This includes 720 passage based MCAT questions for the best price possible.
- 7-days of free access to Uworld (100 questions), then 90-day access to 1900+ questions (\$219):  
<https://www.uworld.com/collegeprep/mcat/mcat.aspx>

\*You can absolutely succeed by only doing the AAMC questions just stay focused and do them all (twice if possible)

\*\*We don't strongly recommend other question banks. These are the gold standards.

## Practice for the MCAT Exam with Official Low-Cost Products

*Learning through practice is key when it comes to the MCAT exam. Practice not only helps you prepare for the exam and build confidence, it also helps you build the foundational knowledge needed for medical school. Prepare for the MCAT® exam with AAMC Official Prep products written by the test developers.*

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▶ [MCAT Official Prep Full-Length Practice Exams](#)

▶ [MCAT Official Prep Question Sets](#)

▶ [MCAT Official Prep Print Products](#)

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# Overall

- Obtain books
- Identify free resources (full length exams)
- Purchase/obtain access to a question bank
- Create a study schedule
- Take a “diagnostic” MCAT exam at the beginning of your studies and evaluate how much you need to study from there.
  - < 480 between 8-12 months
  - < 490 between 6-8 months
  - < 500 between 4-6 months
  - 500+ however much you need to feel satisfied
- Stick to your study schedule and take full-length exams at least once per month, more as your test gets closer.
- Study **\*ONLY\*** content for ~20% of your time, study both content and practice for ~60% of your time, study **\*ONLY\*** practice questions/tests for ~20% of your time.