

UCR LMSA Presentation

Studying For The MCAT



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Key Components to Studying



Set a Test
Date



Pick Which
Resources to
Use



Make a Study
Plan



Conquer the
Study Portion



Prepare for
Test Day!

One of the hardest parts of
studying for the MCAT is
deciding when to take the
exam!

Be sure to pick a date that suits your current goals! Setting a date
sets a precedent for the rest of your MCAT studying!

2023 Test Dates



Dates range from January 13 – September 9!
Registration is October 25 and 26!



The cost of the MCAT is \$315

There is a fee-assistance program which not only gives you reduced MCAT fees \$135 but it also gives you free access to all the AAMC material needed to study for the test.

Our Most Popular Resources

MCAT Self Prep Books

Many companies have created and sold prep books to self study for the MCAT! If you can read and retain information this may be the way to go!

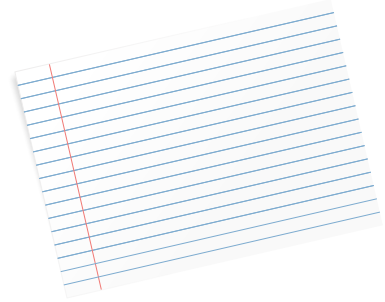
An Online Prep Course

While these may be very pricey for some, it can be a great way to keep yourself accountable!

Khan Academy Videos

For those who are visual learners! The AAMC and Khan academy have partnered to create videos tailored to the test!

Additional Resources that Will be Useful



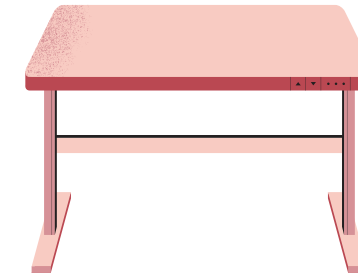
Anki



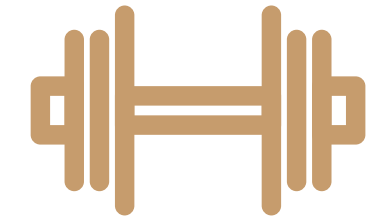
Reddit



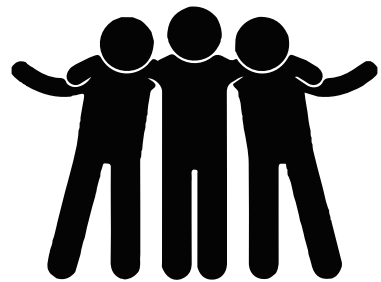
Coffee



Work Space



Fitness



Peers / Study Groups



Review Sheets



UWorld
90 days \$250
180 days \$300



AAMC Material
1 yearner \$268



Jack Westin Online

Study Plan



Everyone has a different timeline but it is important to specify yours to the time you need, time you have, and score you want!

3 Month – 6 Month Study Plan

Studying during school or over a break?

Have you taken the prerequisite courses?

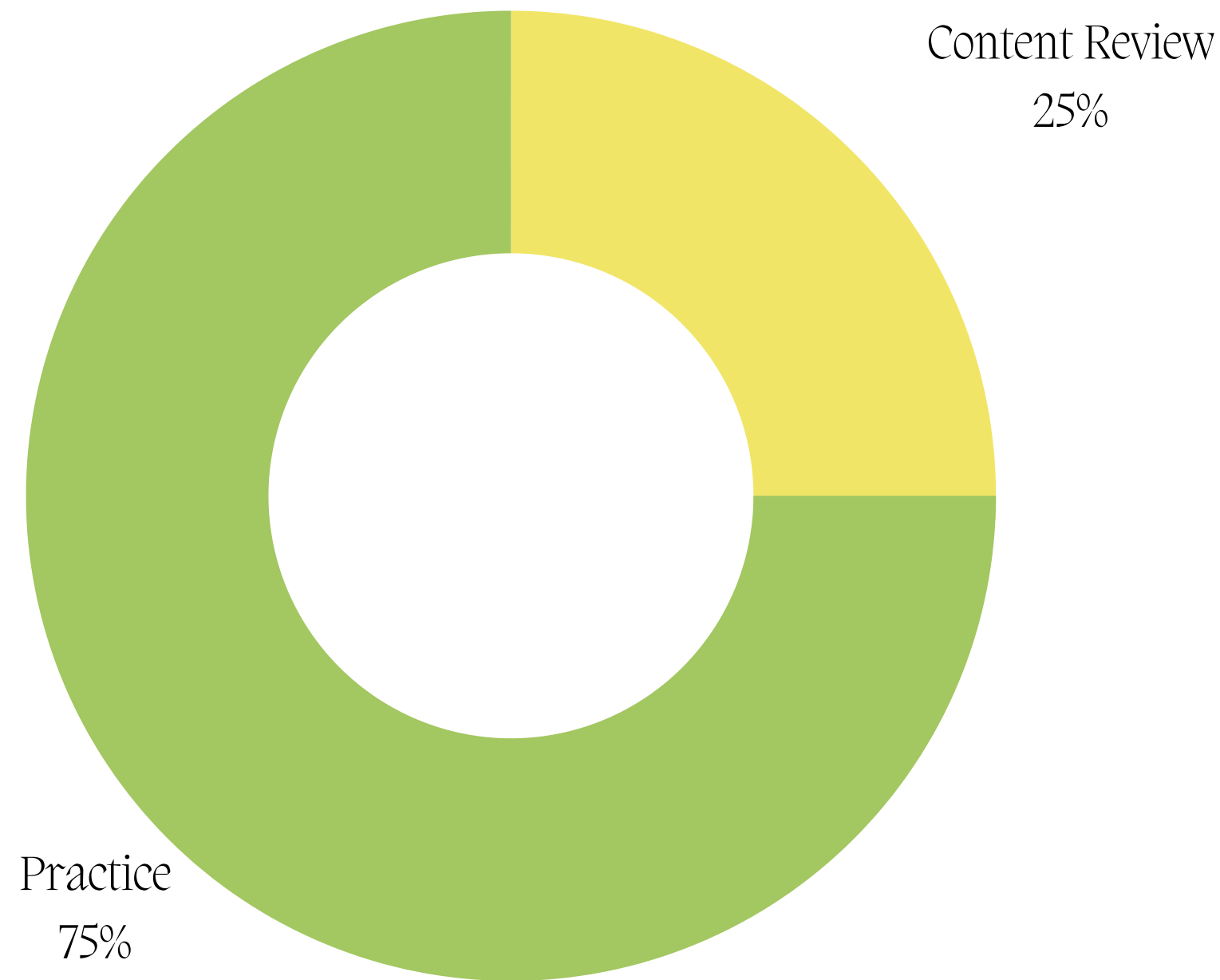
How many practice tests do you have access to?

Conquering the Study Portion

The MCAT is more than studying.

Half the battle with the MCAT is knowing how to spend your time.

A lot of people have agreed that the content review phase of the studying is only about 25% of the work it will take you. The other 75% is practice. The MCAT is one of the longest tests you will have taken. The time you have to answer questions will not seem like enough and you will struggle solely on finishing the exam.



Content Review can be very tedious but a great tip and resource to use to help this phase is ANKI!

Content Review



This portion consists of reviewing the material on the exam.

If you are reading the books, now is your time. If you are in a course, they will cover the content. If you are watching videos, get them done now.

You can really succeed in this section by taking the questions or practice in as close conditions as you would take the actual exam!

Practice

This may be the most important section of any MCAT studying.

There are many ways to do MCAT practice. Within the resources there are many practice questions and full length practice tests. It is important to do as much practice as possible.

Preparing for the Day of the Test

Why do I need to prepare?

The test is in a professional testing site.

You may not realize but the protocol for the exam is serious and scary!

You have to be responsible for yourself.

No one working at the exam center is there for you. You have had practice and need to do your best.

Visit your testing site.

Visiting your testing site is important. You can see where to park and where to go. Being on time is crucial as they do not wait for anyone.