

MCAT Study Plan Fast Track

Amy Whitsell & Duncan Mollner



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What is the MCAT?

- 4 sections, ~90 minutes each, ~7 hrs total with breaks
 - Chemical/Physical Foundations (C/P)
 - 10-min break
 - Reading Comprehension (CARS)
 - 30-min break
 - Biological/Biochemical Foundations (B/B)
 - 10-min break
 - Psychological, Social, and Biological Foundations (P/S)
- No calculator or formula sheet
- Covers Gen Bio, Physics 1 & 2, Gen Chem 1 & 2, Biochem, Orgo 1 & a little 2, Psychology, Sociology, and some Anatomy & Physiology



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Study Timeline

Amy

- Used relevant “MCAT Basics” podcast to study for post-bacc exams.
- May 5 - June 13: Study Period
 - 5.5 weeks
 - June 6 - submitted AMCAS primary app
 - Visited home June 14 - June 21
 - Worked 6 days during study period
 - Continued volunteering Fri mornings
- Friday, June 13th: Test Date

Duncan

- Aug-Dec: passively watched Psych/Soc videos
- Jan-April: 1-2 CARS passages per week
- May 7 - June 26: Study Period
 - 7.5 weeks
 - June 3 - submitted AMCAS primary app
 - Took mini-vacations 5/10-5/12 and 5/29-6/2
 - Worked 5 days in June
- June 28: Test Date

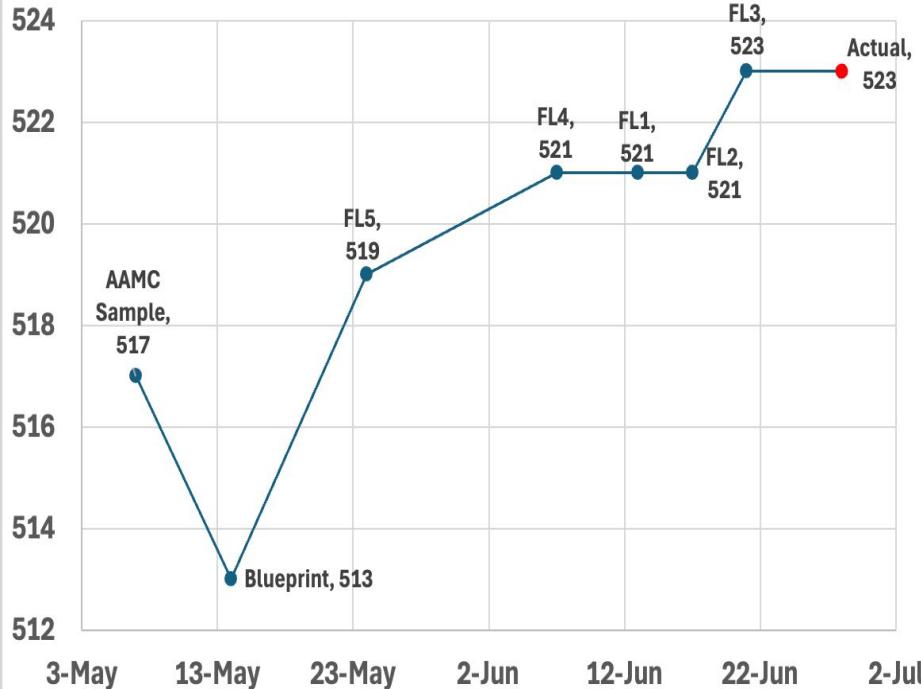


Score Progressions

Amy's Score Progression



Duncan's MCAT Tests



Duncan's Study Strategies

- Day 1 - Full Length AAMC Sample Test
- Allow time to orient to study resources and develop your plan
- Full length tests every week
 - **Essential to properly allot your study time by subject**
 - Focused review - does not need to take full day
 - Schedule next week of studying
 - Realistic conditions
- Weeks 1-2: 75% Content, 25% Practice Q's
- Weeks 3-5: 50% Content, 50% Practice Q's
- Weeks 6-7: 10% Content, 90% Practice Q's



Test Review

Section	#	Missed?	Type	Subject	Error Type	Topic	Error Comments	How to Fix
C/P	43	Y	Passage	OChem	Content	balancing rxns	was running low on time, should've just written out chemical formulas	if asked what would balance a rxn, just write out formulas
C/P	51	Y	Passage	Physics	Content	Capacitance	rushed. Did not apply correct equation	better time management
C/P	6	N	Passage	Bchm	Content	Structure of Relevant molecules	did not know the structure of Flavin. Got it right through elimination	review relevant molecules in Kaplan book
C/P	14	N	Passage	Bchm	Content	Structure of Relevant molecules	did not know the structure of pyrrole. Got it right through elimination	review relevant molecules in Kaplan book
C/P	23	N	Passage	OChem	Content	Lab Detergents	did not know what makes a good lab detergent	review lab techniques
C/P	28	N	Discrete	Physics	Content	bernoulli's equation		anki
CARS	2	Y	Passage				did not correctly discern relationship of given information (copernican revolution)	
						Reasoning beyond text		
Test 1 (Unscored Sample) - 517	Test 2 - Blueprint - 513	Scored Sample - 519	AAMC 4 - 521	AAMC 1 - 521	AAMC 2 - 521	AAMC 3 - 523	+	

Duncan's Resources

- Before dedicated study period:
 - **YOUR CLASSES - mastering course content is your #1 prep tool**
 - Sketchy for Psych/Soc videos (rarely, use Khan Academy for free)
 - Jack Westin for free CARS passages
- Content Review
 - Anki - had 2 decks: 1) custom deck with missed practice Qs and 2) pre-made AnKing deck
 - Kaplan books - read Psych/Soc and Biology books in full - chose specific chapters in other books
 - Khan Academy Videos - used as backup to Kaplan books
- Practice Q's
 - UWorld - follow up content review with custom tests of same topics
 - AAMC Question Banks



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Amy's Study Strategies

- Use Practice Exams and AAMC Q's to identify study areas
- I had success scheduling study time with a buddy
- Leave your house/apartment
- Treat yourself (within reason). I basically stopped cooking for a few weeks.
- Don't spend too much time creating the perfect schedule - just get to the questions/content.
 - Study conditions don't have to be perfect to be useful.



Amy's Resources

- Before dedicated study period:
 - As Duncan emphasized, **paying attention in class is the best thing you can be doing!**
 - To “rewire” my brain for taking an extended test, I spent time reading for fun. I also purposefully spent less time “scrolling” on my phone.
- Content Review
 - Kaplan Flashcards - super portable for my crazy schedule
 - Kaplan books - used as a reference when reviewing missed questions
 - Khan Academy Videos - used throughout post-bacc classes (especially for Physics 2)
- Practice Q's
 - AAMC Question Banks - maybe my heaviest used resource after post-bacc classes

General Tips

- MCAT Math
- Dial in test-day food/drinks/caffeine during practice tests
- SLEEP
 - Key to efficient learning
 - Don't fret if you can't sleep the night before test day
- Schedule breaks & life events
- As always: Don't compare yourself to others. There is no magic one-size-fits-all formula.

MCAT Study Plan

Long Track

Graham Whiting



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Study Timeline

- January-May
 - 5 months
 - Originally was going to take in April but pushed back exam
- 15-20 hours/wk studying MCAT
 - Did not strictly track hours
- 5-10 hour/wk classes (biochem lecture)
 - Had to have confidence that this knowledge would come (ie. amino acids)
 - Was actually helpful for the class itself to be studying it for the MCAT
- 20 hours/wk working (medical assistant)
 - Had to scale down from 3 to 2 days - was unrealistic about ability to handle everything



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Study Goals

- Strengthen weak knowledge base areas
 - Psychology (hadn't taken since 2018)
 - Orgo 2 (didn't take)
 - Cell Bio (also had been a while)
- Get faster at reading/analyzing passages meaningfully
 - Not getting hung up on parts of a passage or certain questions
 - Finding a system to return to confusing or difficult sections



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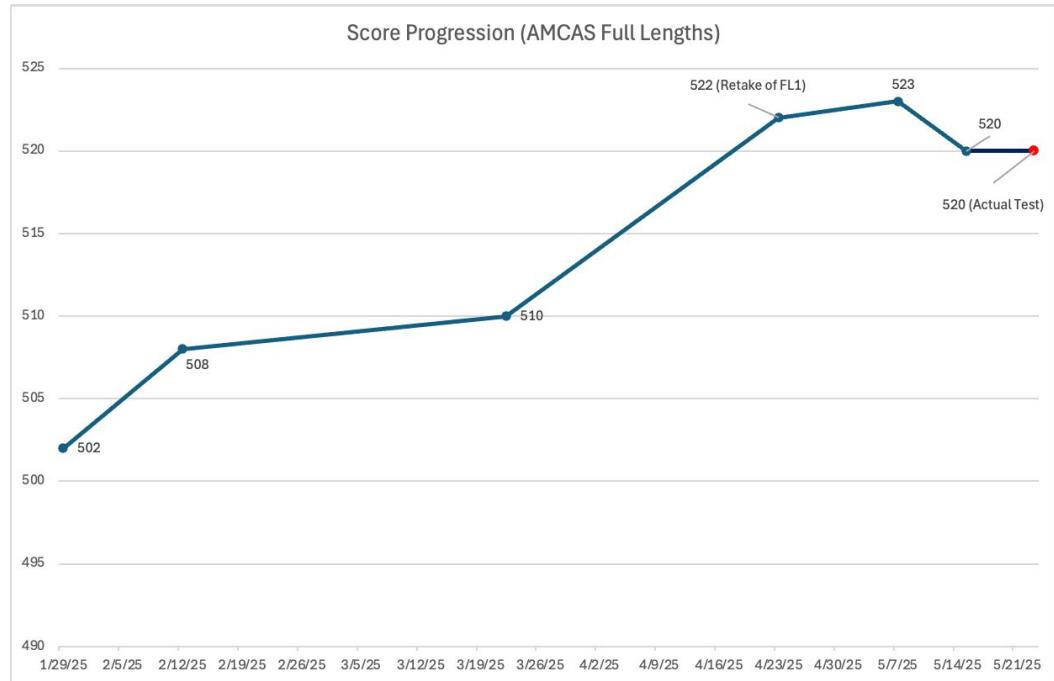
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Timeline Breakdown

January	Kaplan Review, Get Anki Set Up, Khan Academy, Diagnostic Test
February	FL1, Anki, UWorld Qbank
March	FL2, Anki, UWorld Qbank, DNF Blueprint Exam... made me freak out
April	Retook FL1, Anki, UWorld Qbank, Pushed Test date back
May	(Semester Ended) FL3, FL4, Actual Test, UWorld Qbank, Anki



Score Progression



General Tips

Things that worked	Things that didn't
UWorld!	Blueprint Tests
AMCAS FL Tests	Trying to read all of KAPLAN
Retaking FL Tests	Overloading Schedule
Marking questions to return to	

