

prospective
doctor



MEDSCHOOLCOACH
helping you achieve your medical school dreams

What Is & How to be Successful at the MCAT



Meet Your Speaker



Ken Tao

**Director of MCAT,
MedSchoolCoach**



Introduction

What we'll cover in today's webinar



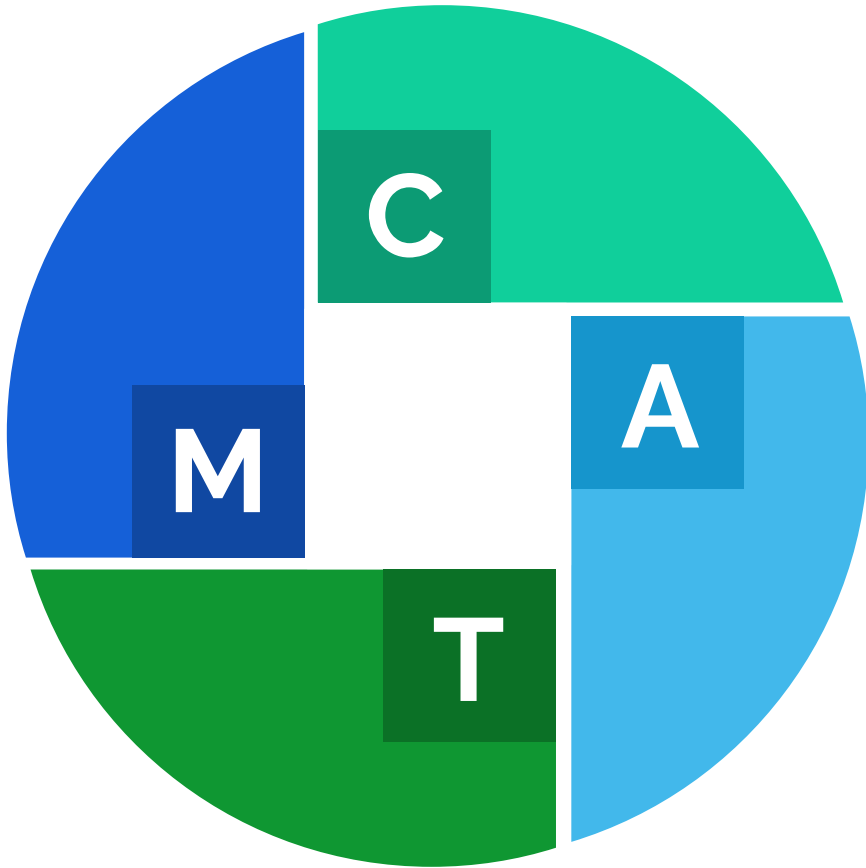
The unique format of the MCAT



MCAT Tips and Strategy



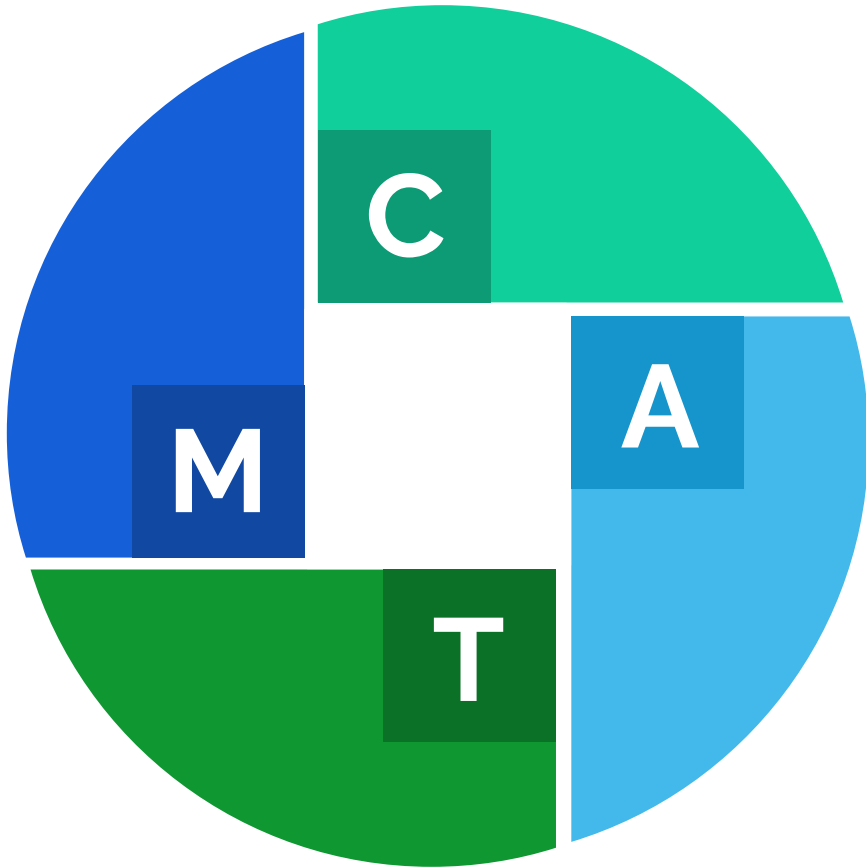
MCAT Prep and MedSchoolCoach MCAT Tutoring



Four Sections

- Chem/Phys – 95 minutes
- CARS – 90 minutes
- Bio/Biochem – 95 minutes
- Psych/Soc – 95 minutes

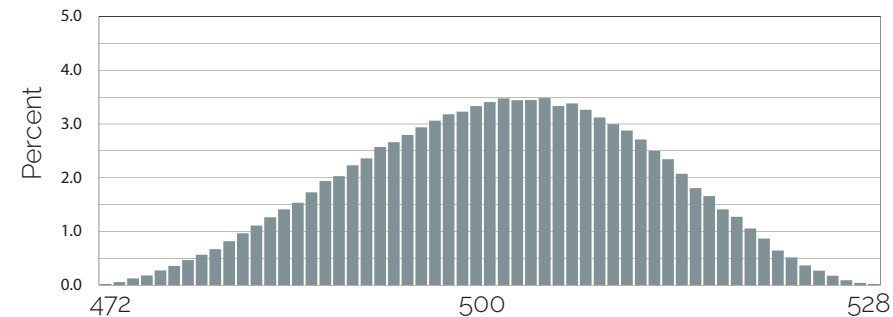
Expected MCAT Test Day = 7.5 Hours!



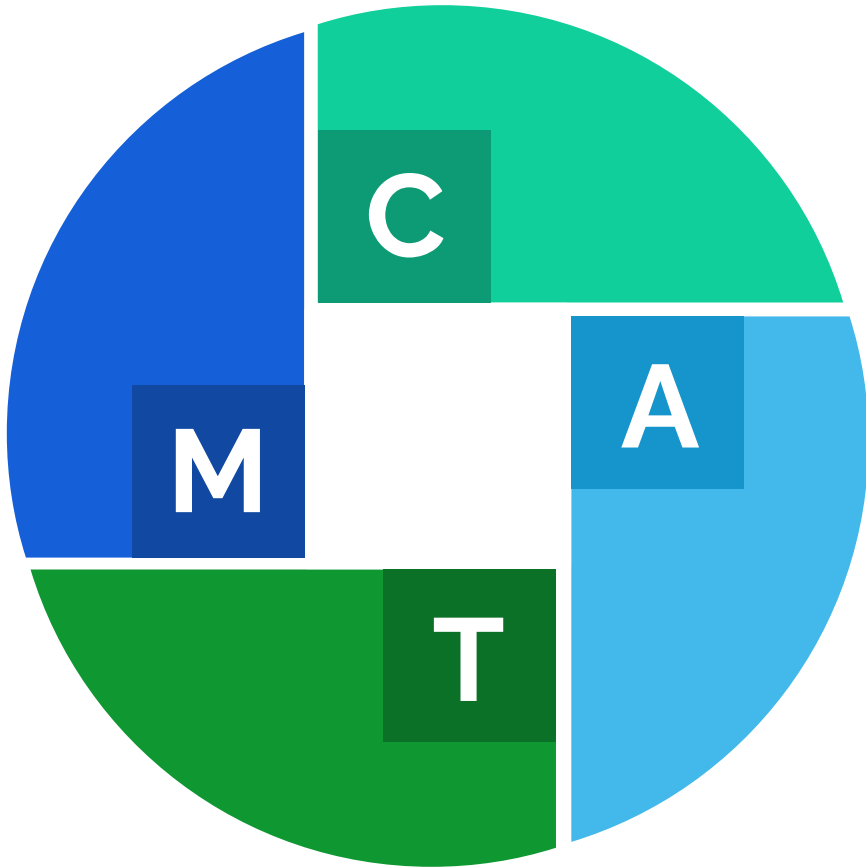
Scoring System

- Each section is scored between 118 – 132
- The average section score is 125
- The average MCAT score is 500

MCAT Score Distribution (2016-2018)



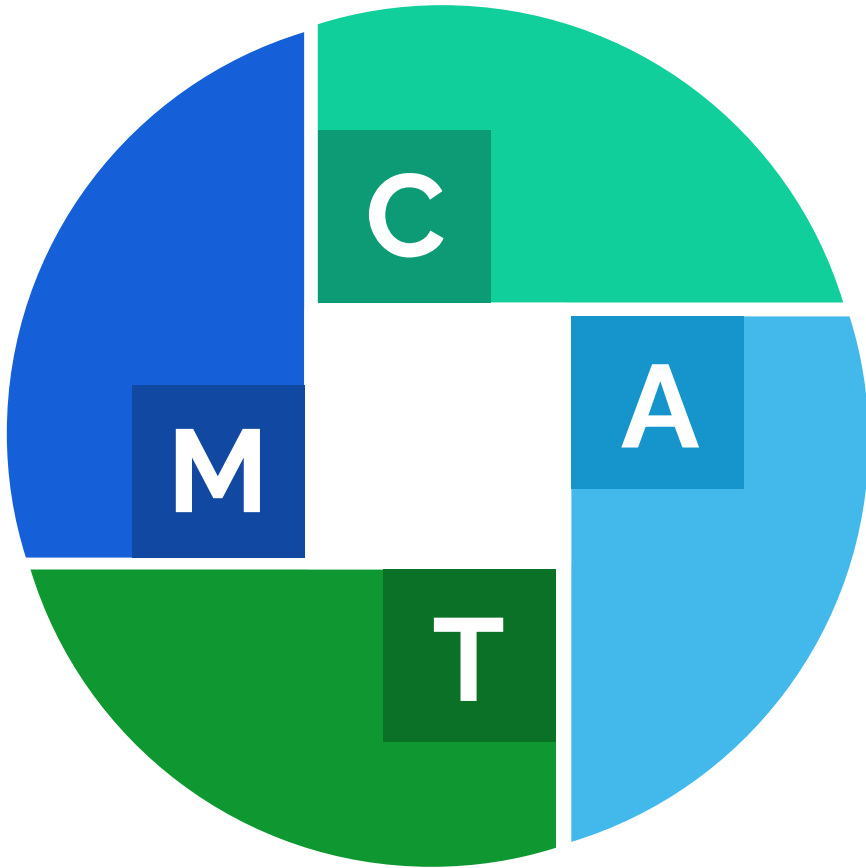
Mean = 500.9
Standard Deviation = 10.6



Question Types

- Multiple-choice test
- Each question is worth the same amount of points
- No guessing penalty
- Passaged-based questions
- Free-standing questions

Standard Deviation = 10.6



Test Dates

- The MCAT is only offered in the months of January and March-September
- There are multiple test dates available for each month

**Registration for Spring 2022
MCAT Test Dates Has
Opened!**

What is a good MCAT score?

MCAT and GPA Grid for Acceptance to U.S. Medical Schools, 2018–2019 through 2020–2021

	<486	486-489	490-493	494-497	498-501	502-505	506-509	510-513	514-517	≥517
>3.79	1.3	1.7	6.6	18.2	29.7	43.7	59.2	73.2	80.5	86.6
3.60-3.79	1.1	1.2	4.6	11.3	23.0	32.3	46.4	62.1	72.2	78.6
3.40-3.59	0.8	1.5	3.2	10.0	18.2	25.6	36.0	49.5	61.1	69.7
3.20-3.39	0.4	0.9	2.3	7.1	14.3	21.8	29.2	40.3	49.0	56.7
3.00-3.19	0.5	0.6	1.9	6.0	13.8	20.7	25.9	33.5	43.3	54.3
2.80-2.99	0.7	0.6	1.7	3.9	11.0	17.0	21.5	26.3	30.7	45.2
2.60-2.79	0.0	1.6	0.9	4.7	10.6	15.2	21.2	23.4	37.3	18.8
2.40-2.59	0.0	0.0	1.7	3.2	5.4	10.0	23.4	23.7	33.3	
2.20-2.39	0.0	0.0	0.0	3.3	11.6	11.1	16.1	13.6		

✓ **MCAT and GPA both matter**

✓ **DO schools are different**

✓ **A high MCAT compensates for a low GPA better than vice versa**

✓ **MCAT + GPA isn't everything, even at the highest tiers**

Step 1 – Plan out your MCAT Coursework

MCAT Prerequisite Courses

- General Chemistry I and II
- Organic Chemistry I and II
- Physics I and II
- Biochemistry
- Biology I and II
- Introduction to Psychology
- Introduction to Sociology

Chem/Phys

- 30% General Chemistry
- 25% Biochemistry
- 25% Physics
- 15% Organic Chemistry
- 5% Biology

Bio/Biochem

- 65% Biology
- 25% Biochemistry
- 5% General Chemistry
- 5% Organic Chemistry

65% + 5% Biology

25% + 25% Biochemistry

Designing an Effective Study Plan

Step 1 – Plan
out your MCAT
Coursework



Step 2 – Do
well in your
college
courses!

Designing an Effective Study Plan

Step 1 – Plan out
your MCAT
Coursework

Step 2 – Do well in
your college courses!

Step 3 – Select an
MCAT Test Date



**The average pre-medical
student spends 300 hours
preparing for the MCAT!**

Designing an Effective Study Plan

Step 1 – Plan out
your MCAT
Coursework

Step 2 – Do well in
your college courses!

Step 3 – Select an
MCAT Test Date

Step 4 – Select the
best MCAT resources



Any set of MCAT books is fine. What matters is how you use your books!

Designing an Effective Study Plan

Step 1 – Plan out
your MCAT
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Step 2 – Do well in
your college courses!

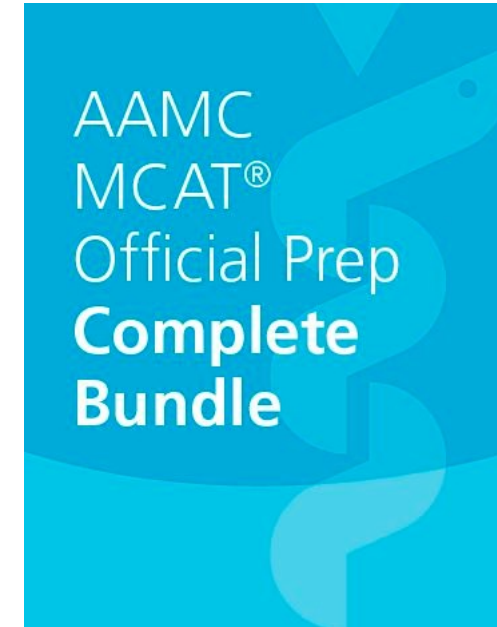
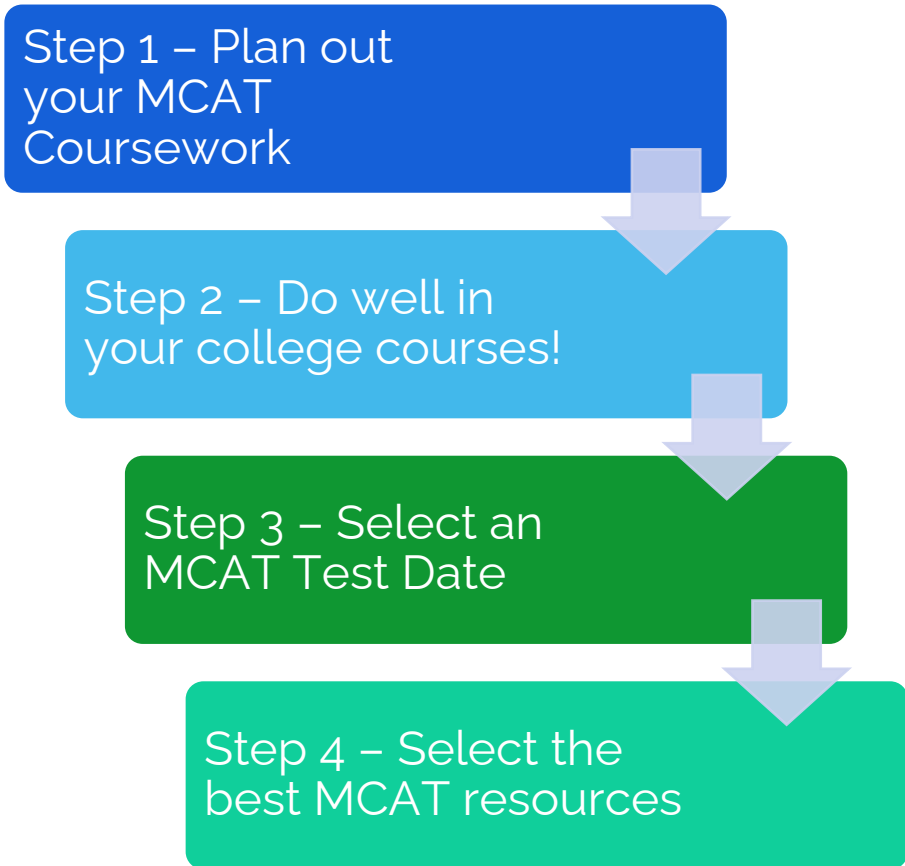
Step 3 – Select an
MCAT Test Date

Step 4 – Select the
best MCAT resources



**MCAT Videos are great but cannot
replace your MCAT books!**

Designing an Effective Study Plan



The AAMC practice materials are the best available for students

Designing an Effective Study Plan

Step 1 – Plan out your MCAT Coursework

Step 2 – Do well in your college courses!

Step 3 – Select an MCAT Test Date

Step 4 – Select the best MCAT resources

Step 5 – Plan out your study schedule

MEDSCHOOLCOACH helping you achieve your medical school dreams							Legend	Content Review	Major Landmark
							AAMC Content Review	Day Header (# of hours/day)	
							Tentative Tutoring Appointment	Personal Day	
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
Week 5	5/26/19	5/27/19	5/28/19	5/29/19	5/30/19	5/31/19	6/1/19		
	TPR General Chemistry 8 TPR General Chemistry 9 TPR General Chemistry 10 TPR Organic Chemistry 3	TPR Biology 5 TPR General Chemistry 11 TPR Organic Chemistry 4	TPR General Chemistry 12 TPR Organic Chemistry 5 TPR Biology 6	TPR Organic Chemistry 6 TPR Organic Chemistry 7 TPR Physics 3 TPR Physics 4	TPR Psych/Soc 8 TPR Biology 7 TPR Biology 8 TPR Physics 5	TPR Psych/Soc 9 Kaplan Biochemistry 1 Kaplan Biochemistry 2 TPR Physics 6	TPR Biology 9 Kaplan Biochemistry 3 TPR Physics 7 Kaplan Biochemistry 4		
Week 6	6/2/19	6/3/19	6/4/19	6/5/19	6/6/19	6/7/19	6/8/19		
	TPR Physics 8 TPR Biology 10 Kaplan Biochemistry 5 TPR Psych/Soc 10	TPR Physics 9 Kaplan Biochemistry 6 TPR Physics 10	TPR Biology 11 Kaplan Biochemistry 7 TPR Physics 11	TPR Psych/Soc 11 TPR Psych/Soc 12 Kaplan Biochemistry 8 TPR Physics 12	TPR Biology 12 Kaplan Biochemistry 9 TPR Physics 13	Kaplan Biochemistry 10 TPR Physics 14 TPR Biology 13	Kaplan Biochemistry 11 Kaplan Biochemistry 12	Wedding	
Week 7	6/9/19	6/10/19	6/11/19	6/12/19	6/13/19	6/14/19	6/15/19		
	Wedding Finish Content Review TPR Biology 14 MCAT Lab Techniques Doc	Wedding Begin AAMC Materials Biology QP 1A	10 hrs Chemistry QP 1A CARS QP 1A Biology QP 1B	10 hrs Physics QP 1A CARS QP 1B Biology QP 2A	8 hrs Official Guide Questions (Morning) + Review (Afternoon)	7 hrs Chemistry QP 1B Physics QP 1B	AAMC Sample Test		
Week 8	6/16/19	6/17/19	6/18/19	6/19/19	6/20/19	6/21/19	6/22/19		
	Family Dinner 2 hrs AAMC Sample Test Review (First 1/4)	6 hrs AAMC Sample Test Review (Final 3/4)	9 hrs Biology QP 2B Chem/Phys Section Bank A Bio/Biochem Section Bank A	6 hrs Psych/Soc Section Bank A CARS QP 2A	7.5 hrs AAMC Practice Test 1	9 hrs AAMC Practice Test 1 Review	5.5 hrs Chem/Phys Section Bank B Bio/Biochem Section Bank B		
Week 9	6/23/19	6/24/19	6/25/19	6/26/19	6/27/19	6/28/19	6/29/19		
	6.5 hrs Psych/Soc Section Bank B CARS QP 2B	7.5 hrs AAMC Practice Test 2	9 hrs AAMC Practice Test 2 Review	7.5 hrs AAMC Practice Test 3	9 hrs AAMC Practice Test 3 Review	Rest Day	Test Day		

A study schedule is important for holding yourself accountable to your studies!

Don't make these mistakes

- Not doing content review. You can't score well on the MCAT without the science content knowledge.
- Not practicing enough. Just reading books may work for previous exams that you have taken, but the MCAT requires lots of practice because it is a critical thinking exam.
- Practicing questions without timing yourself. This can put you in a tough situation on exam day because you will run out of time.
- Going overboard with the number of resources you are using. This can lead to burnout and isn't always helpful. Streamlining your approach and focusing on a few high-quality resources is a better method.
- Expecting a score not seen on your practice exams. Usually, students score very closely to their AAMC practice tests. If you aren't doing as well as you want, it is better to push the exam than have a lower than expected score.



- No individual question is impossibly hard, but 230 in a row can seem to be.
- Psychology and Sociology perfectly demonstrates the importance of confidence - the AAMC will make up words to try to trick you, confidence helps you to ignore red herrings.
- Practice mindfulness during all your practice tests - it can be easy to be overwhelmed when writing the 7-hour test.



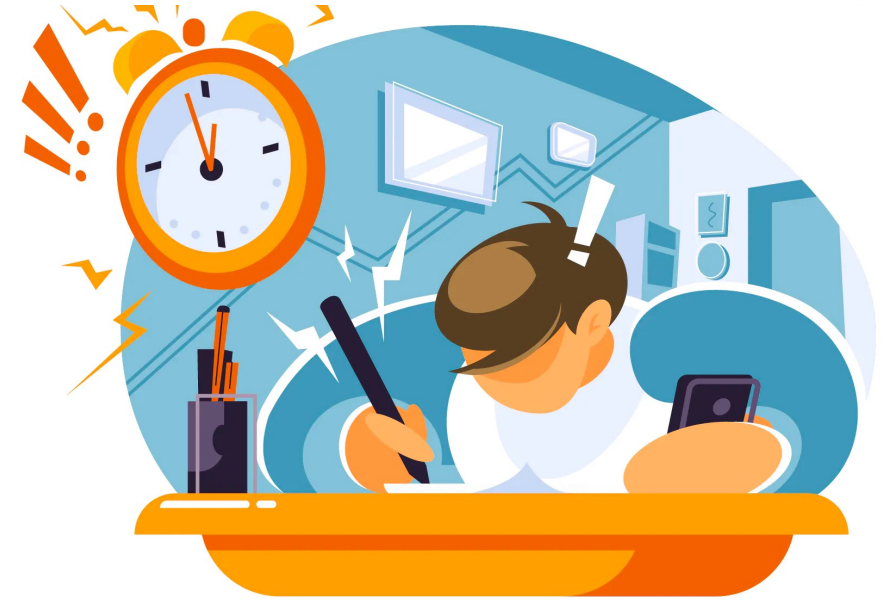
Be wary of 3rd-party resources!

- AAMC official materials are far and away the most important resource
- Full-Length Practice Tests - useful to practice the format, but usually lacking in several sections
- The only way to develop your gut instincts for the real MCAT is to practice in the official style of the AAMC.



Practice makes perfect: how reviewing your materials effectively can exponentially raise your scores.

- Find patterns in your errors - are these content-based, logic-based, or simply silly mistakes?
- Review correct AND incorrect answers: what pathway led you to the wrong answer? Did you get the answer correct for the right reasons or were you just lucky? Do you understand why the correct answer was correct? Be honest with yourself, nobody is looking at your AAMC practice marks!



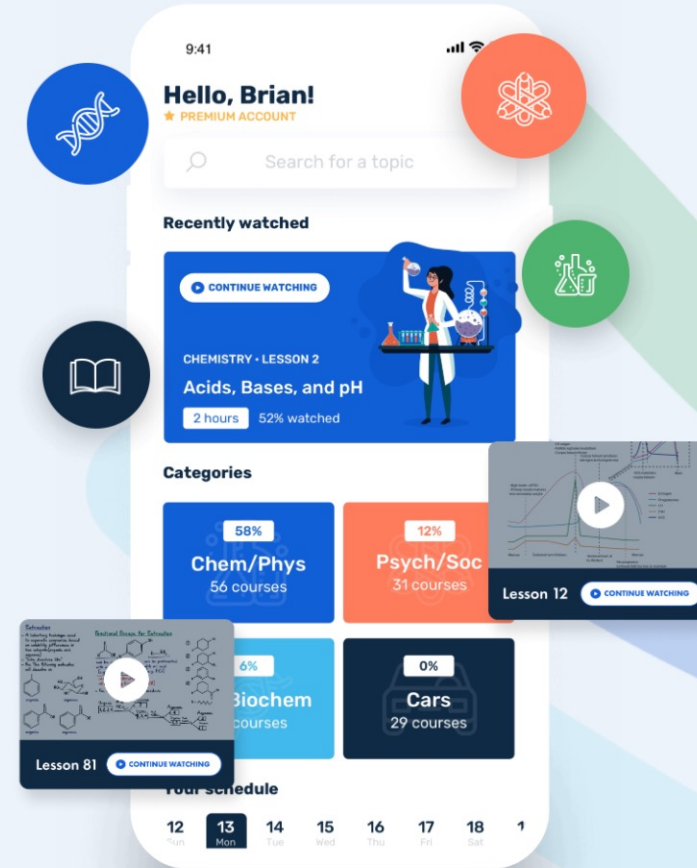
MCAT Prep on the Go



MCAT Prep by MedSchoolCoach

Your Personal MCAT Coach

Access 100's of MCAT tutorial videos to help you study & raise your exam score. It's engaging, fun, and free!



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Q&A

www.medschoolcoach.com

If you have any questions, please
feel free to reach out to me at
ktao@medschoolcoach.com