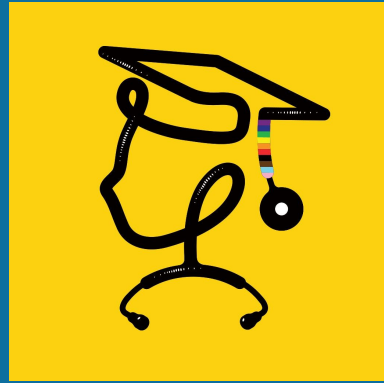


# PreMedCC MCAT Study Guide



**Madeleine Babb**  
**Trinity Papamandjaris**

# About Your Speakers

## Trinity



- Biomedical Science Major
- Student-Athlete
- Canadian

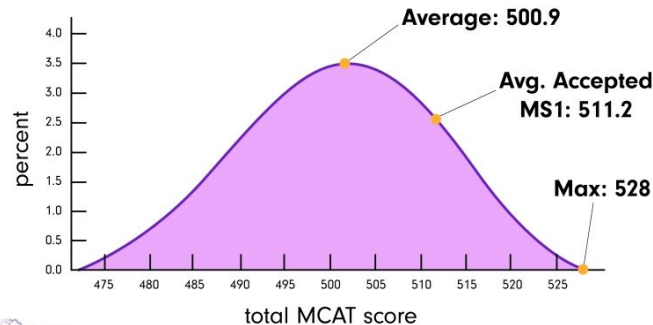
## Madeleine



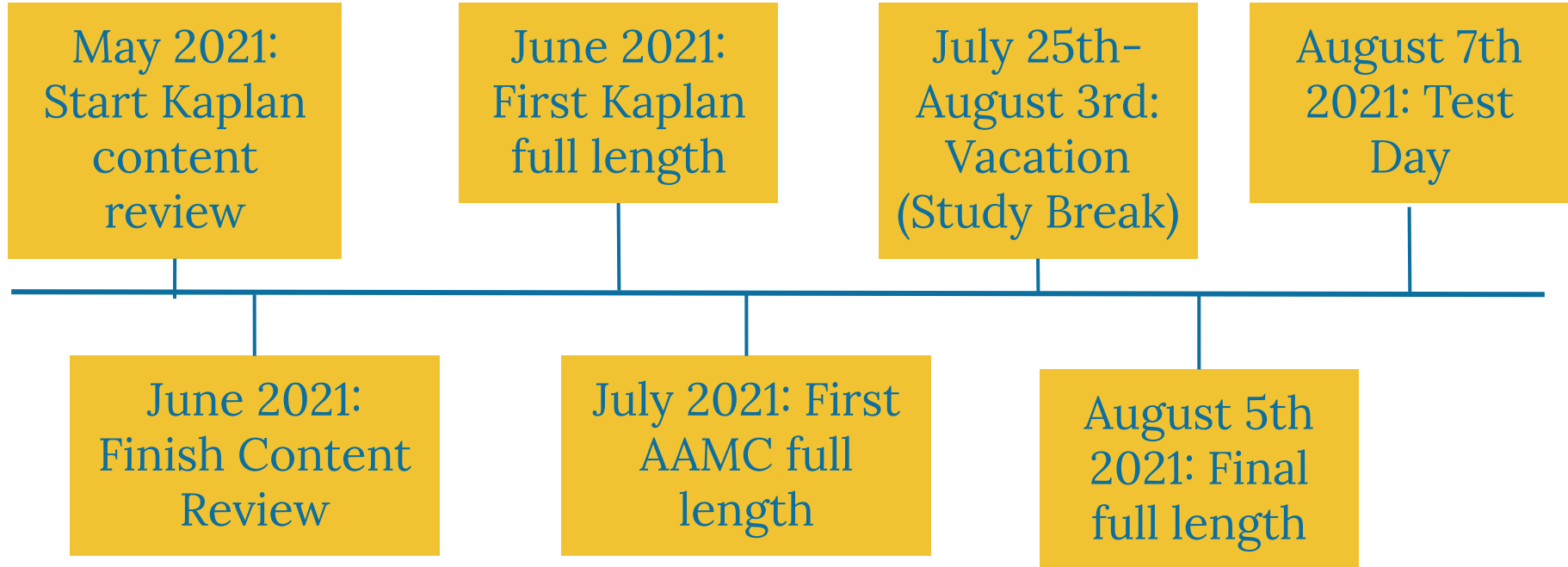
- MS I at University of Rochester
- Molecular Biology Major
- American (Californian)

# What is the MCAT

- 4 sections
- 7 hours and 30 minutes
- Score Range: 472-528
- Average Score: 500



# Madeleine's MCAT Study Timeline



Studying 8hrs a day, 5 days a week, for 3 months

# Trinity's MCAT Study Timeline

Feb. 2022:  
Start content  
review

May 6 2022:  
First full  
length

June 23 2022:  
Arrive at  
Hotel

June 25 2022:  
Test Day

Apr. 2022:  
Finish Content  
Review and Go  
on Vacation

May 2022: Full  
time studying  
everyday with  
PQs

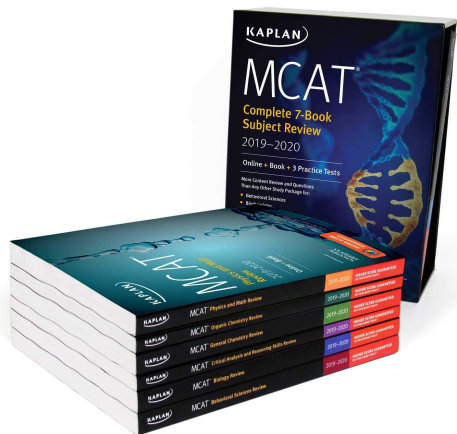
June 22 2022:  
Final  
full-length

Est. Total Hours: 450+

# Content Review

## Trinity

- Kaplan Books
- Khan Academy
- Milesdown Anki Deck



## Madeleine

- Kaplan Books
- Khan Academy
- MCAT Basics Podcast
- Personal Quizlet/flash cards



**MCAT**Basics

prospective  
doctor



# Practice Questions

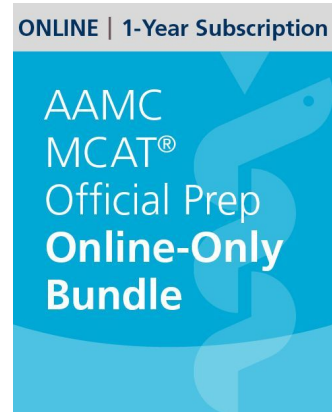
## Trinity

- UWorld
- AAMC
- Jack Westin
- Khan Academy



## Madeleine

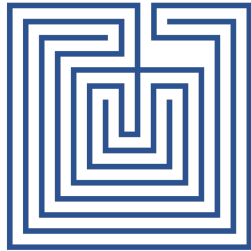
- Kaplan
- AAMC
- Jack Westin (CARS)
- Khan Academy



# Full Lengths

## Trinity

- Blueprint
- AAMC

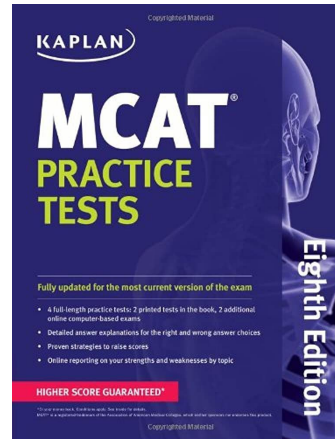


blueprint

MCAT preparation

## Madeleine

- Kaplan
- Blueprint Sections
- AAMC



ONLINE | 1-Year Subscription

AAMC  
MCAT®  
Official Prep  
Online-Only  
Bundle



# Madeleine's Day in the Life MCAT Studying

6:00am: Wake up and have breakfast, relax in morning

8:00am-9am: Jack Westin CARS practice, Quizlet

9am-12:30pm: Study "weak spot" content, do specific practice questions

12:30pm-1:30pm: Lunch, break

1:30pm - 4:00pm: Practice Questions on AAMC or Section Tests on Blueprint

4:00pm-5:30pm: Walk while listening to MCAT Basics Podcast

5:30pm - 7pm: Dinner, Break

After 7pm: One run through personal flashcards and Quizlet

# Trinity's Day in the Life MCAT Studying

7:00-8:00: Wakeup and have breakfast

8:00- 9:00: Do all my Milesdown Anki cards for the day

9:00-11:00: Jack Westin and UWorld (Chem/Phys and CARS)

11:00-12:00: Walk

12:00-1:00: Lunch and Relax

1:00-4:00: UWorld (Bio/Biochem and Psych/Soc)

4:00-5:00: UWorld CARS

# Madeleine's Day in the Life Practice Full Length

6am: Wake up and have breakfast, relax

7am-7:30am\*: Drive to testing center and find parking (\*only on final full length)

8am - 3:30pm : Practice full length, taking the same breaks given in actual exam

4pm: Briefly look over missed answers, then break for the day

Next Day: Do detailed review on all test questions, identify "weak spot" content

# Trinity's Day in the Life Practice Full Length

7:00-7:40: Wakeup and have breakfast

7:40-8:00: Bike to School

8:00-3:30: Practice Full-Length

3:30-Bed Time: Whatever I wanted to Do

# How to Mimic Test Day

## Trinity

- Wear the same clothes
- Quiet room
- Take the required breaks
- Same food
- Get used to headphones
- Start at the same time

## Madeleine

- Start at your testing time
- Required breaks only
- Don't listen to music
- No calculator/formulas
- Put phone on silent
- Same meals/snacks
- Quiet space (public if possible)

# General Tips

- Don't spend too much time on content review
- Do as many practice questions as possible
- Start doing CARS practice early
- Register early to get the testing center you want
- Familiarize yourself with interpreting journal articles
- Take the exam only when you feel ready
- Don't take the official exam "for practice"

**Questions?**