



# Harnessing the Power of Spaced Repetition for the MCAT and Beyond

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# What is the MCAT?

- A standardized exam that tests critical thinking skills in the biological, chemical, physical, and social sciences.
- Used by admission committees to determine readiness for medical school rigor



# How is it structured?

- 4 sections
  - Chemistry and Physics (No calculators!)
  - Biology and Biochemistry
  - Critical Analysis and Reading Section
  - Psychology and Sociology

MCAT SECTION	TIME TO COMPLETE	QUESTIONS	TIME PER PASSAGE QUESTION
Chem/Phys	95 min	59 questions	Approx 1.36 minutes
CARS	90 min	53 questions	Approx 1.42 minutes
Bio/BioChem	95 min	59 questions	Approx 1.36 minutes
Psych/Soc	95 min	59 questions	Approx 1.36 minutes
Total	375 min (plus breaks)	230 questions	



# Why is the MCAT difficult?

- Depth
- Breadth
- Length (total seated time is ~7.5 hrs!)
- Style of testing (passage based)
- Different from any test that you have taken before



# What's the best way to study?

- Self study (\$)
- On demand prep course (\$\$)
- Live prep course (\$\$\$)
- MCAT tutor (\$\$\$\$)




# Self Study Resources

- Official AAMC question banks + practice tests
- Spaced Repetition app (Remnote, Anki, etc.) with self-made or premade decks (Milesdown, JackSparrow, etc.)
- Review books (TPR, Kaplan, Examcrackers, etc.)
- Question banks (UWorld, Kaplan, Blueprint, etc.)



# Tips and strategies

- Be comfortable with dimensional analysis and doing math quickly (C/P)
  - Know your high yield topics very well (ex. amino acids, acid/base, thermodynamics, group psychology, landmark psychology experiments, etc.)
  - Do CARS practice everyday
  - Practice questions > Content review
  - Simulate real test conditions for full lengths
  - Make a list of your incorrects/trouble topics
  - Understand how certain topics liked to be asked by the AAMC
  - Don't be afraid to reschedule, take it when you are ready!
  - Don't compare yourself to others. Everyone's journey is unique!
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# How I studied for the MCAT

- Self studied using low cost and free tools/resources (RemNote, Anki, Khan Academy, etc.)
- Kept up with my flashcard reviews.
- Refrained from taking notes
  - Focused on active learning (spaced repetition flashcards and practice questions)
- Continuously tested myself using Qbanks
- Identified and focused on my weak areas





# Why studying hard for the MCAT is important

- Sets you up for success on the MCAT
- Builds the framework and discipline needed to thrive in medical school



# How I study in Medical School

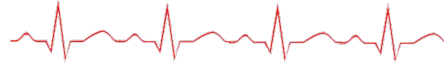
Watch/Read  
Lecture



Flashcards  
w/spaced  
repetition



Applying concepts to  
clinical vignettes



Take the exam!

