

# From Chaos to Calendar

Your MCAT Study + Schedule Game Plan

Dr. Ken Tao

Director of MCAT | MedSchoolCoach

# Today's Agenda



## The Exam

Understanding the unique format of the MCAT.



## Scoring

Percentiles and what defines a "good" score.



## The Plan

Building a schedule for accountability.



## Open Q&A

Addressing your specific study concerns.

# Unique MCAT Format

## The Challenge

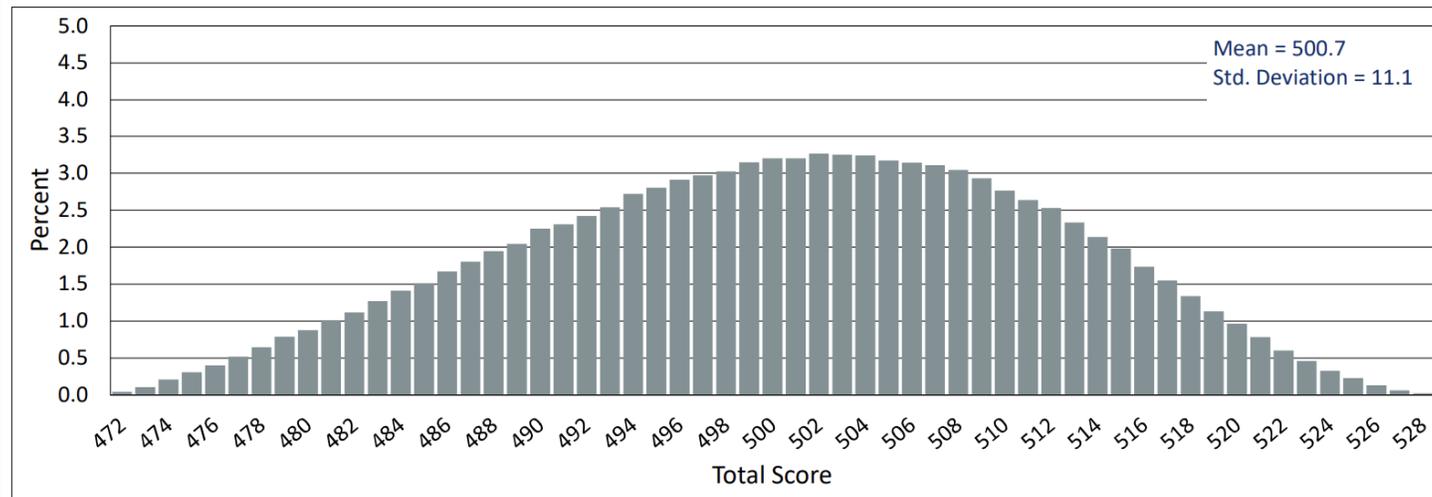
A 7.5-hour computerized exam. It tests not just content knowledge, but critical thinking and scientific literacy under extreme timing pressure.

## The Scoring

Each section is scored between 118 – 132. The average total score is 500. No penalty for guessing, so every point counts.

# MCAT Score Distributions

## MCAT Percentiles 2024 – 2025



99<sup>th</sup> percentile MCAT Score = 522 – 528

*The bell curve represents the distribution of all test-takers across the 2024-2025 cycle.*

# What is a good MCAT score?

MCAT and GPA Grid for Accepted Students to Medical Schools 2021 - 2024											
		MCAT									
		<486	486-489	490-493	494-497	498-501	502-505	506-509	510-513	514-517	>517
GPA	>3.79	4.3%	3.1%	6.6%	18.5%	28.9%	40.2%	52.4%	66.7%	75.3%	82.9%
	3.60-3.79	1.5%	1.5%	4.7%	13.3%	21.5%	32.0%	40.4%	56.7%	65.4%	72.4%
	3.4-3.59	0.7%	0.9%	3.3%	11.1%	18.8%	27.9%	33.7%	45.3%	56.3%	61.4%
	3.2-3.39	0.7%	1.0%	2.6%	9.2%	16.9%	26.2%	31.7%	41.0%	47.8%	56.5%
	3.0-3.19	0.3%	1.3%	2.5%	7.4%	16.3%	21.9%	28.5%	34.2%	42.4%	42.6%
	2.8-2.99	0.4%	1.7%	2.2%	4.9%	12.5%	22.5%	26.8%	32.7%	37.3%	32.3%
	2.6-2.79	0.2%	1.1%	2.0%	5.0%	10.6%	21.5%	19.9%	23.5%	35.3%	38.5%
	2.4-2.59	0.2%	0.0%	1.3%	2.0%	7.6%	15.3%	25.0%	22.0%	25.0%	27.8%
	2.2-2.39	0.0%	1.0%	1.5%	8.2%	13.6%	10.0%	24.0%	20.0%	-	-
	2.0-2.19	0.0%	0.0%	0.0%	0.0%	7.1%	17.6%	-	-	-	-
	<2.0	0.0%	0.0%	0.0%	-	-	-	-	-	-	-

Raising your MCAT score by just a few points makes a big difference in your medical school acceptance odds.

A high MCAT score can effectively compensate for a lower GPA in the holistic review process.

# Master Your Schedule

A study schedule is critical for holding yourself **accountable** to your goals.

The average student spends over 300 hours preparing for the MCAT. Without a calendar, chaos is inevitable.

*"Plan your test date based on when you finish your classes, not peer pressure."*

# Best Study Resources

- ✓ **AAMC Official Prep Bundle:** The "Gold Standard" materials created by the test-makers themselves.

ONLINE | 1-Year Subscription

AAMC  
MCAT<sup>®</sup>  
Official Prep  
**Online-Only  
Bundle**

# The Three Pillars of Review



## Content Review

Filling the knowledge bucket before testing it.



## Active Practice

Applying knowledge to MCAT-style passages.



## Error Analysis

Learning from mistakes to prevent repeats.

# How to Review Practice Exams

## Question 1

If a transmission electron microscope uses a diverging lens with a focal length of 2 cm, what is the power of this lens?

- A. -50 D
- B. -0.5 D
- C. 0.5 D
- D. 50 D

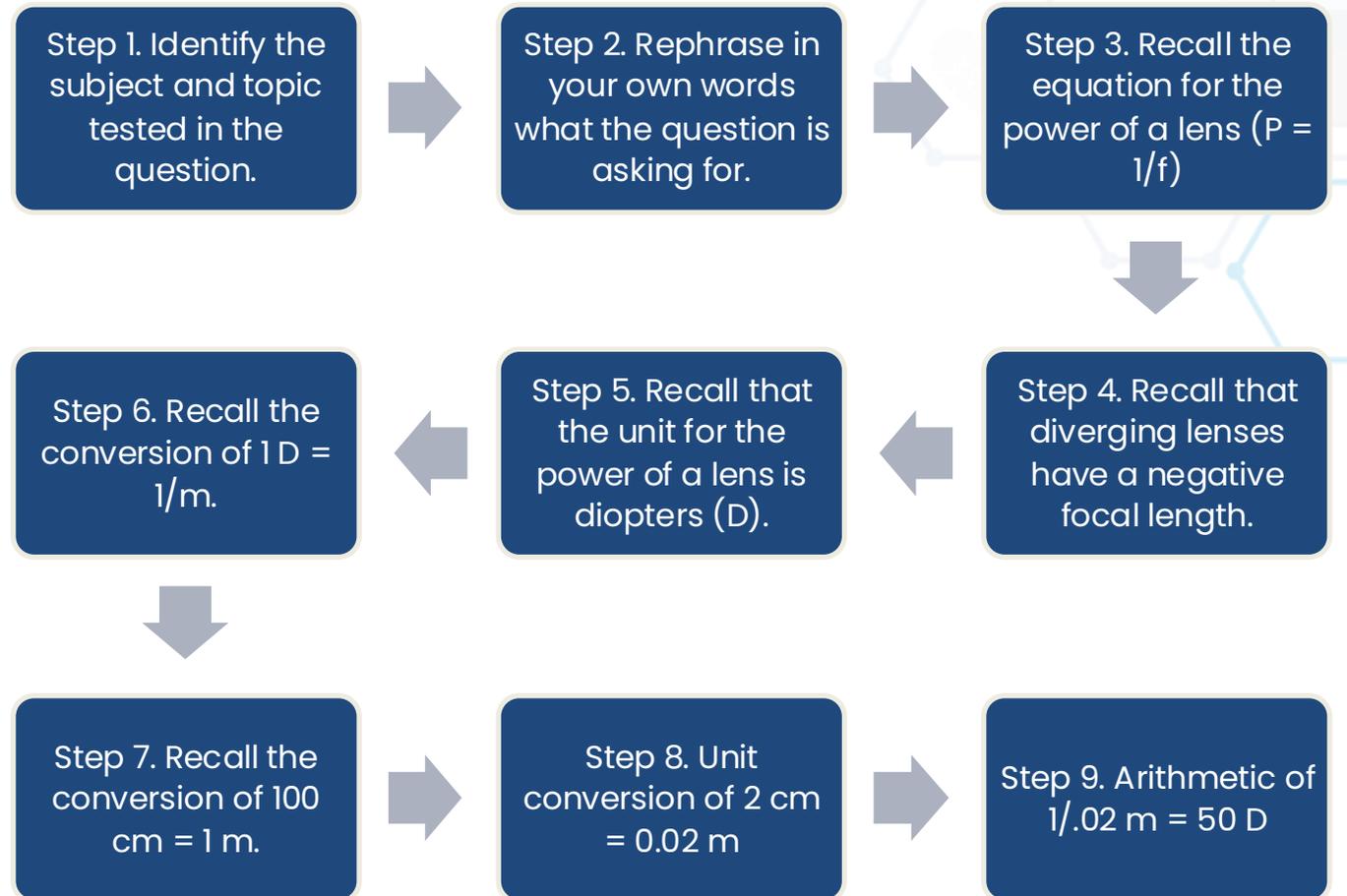


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# Questions?

"When is the earliest realistic date for you to take the MCAT?"

[ktao@medschoolcoach.com](mailto:ktao@medschoolcoach.com)

[www.medschoolcoach.com](http://www.medschoolcoach.com)