

## MCAT – Medical College Admission Test Pre-Professional Advising Center

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*This guide is intended to summarize key information about the test. Students MUST consult [www.aamc.org/mcat](http://www.aamc.org/mcat) for more detailed instructions and information about the exam and are strongly encouraged to meet with the Pre-Professional Advisor a year in advance of taking the exam.*

### Important Information:

- MCAT is required by allopathic (MD), osteopathic (DO) and Podiatry (DPM) medical schools. [Scores in the 70-95%](#) are the goal for most competitive applicants, with section scores at the 126 level and higher in each exam section.
- [\\$335 fee](#) – Covers the cost of sending scores to all application services and professional schools. Additional fees apply for changing or rescheduling your MCAT date and/or test center.
- Computer-based testing – offered on specific dates between January-September. Students are encouraged to sign-up early to have the best chances at their preferred test date and location.
- Official MCAT score reports are released approximately 30 days after the test date at 5 PM EST.
- Students applying to medical school are encouraged to apply in June and to know their MCAT score before submitting their application. Work with your PPAC advisor to time your MCAT.
- Students are strongly encouraged to [prepare 4-6 months in advance](#) of the test with 20+ hours a week of preparation. Plan on taking the test one-time only! If necessary to retake exam, plan on six-months later (or more) for a second, fully-prepared and strategically planned attempt.
- Students requiring accommodations for their test should read through [aamc.org/mcat/accommodations](http://aamc.org/mcat/accommodations) and work with the [UC Accessibility Resources office](#).

### Fee Assistance Program (FAP)

- To help with costs, [AAMC provides financial assistance](#) to eligible MCAT examinees and AMCAS applicants
- Benefits include: reduced MCAT registration and rescheduling fees, AMCAS application fee waiver, and free, one-time access to the official MCAT preparation products. Most AMCAS- participating medical schools waive their supplemental application fees for applicants who have been granted fee assistance. For those students applying to DO Schools, AACOM also has an [application fee waiver](#).

### Getting Started:

- Read through AAMC [MCAT Essentials](#)!
- Review your calendar and register for MCAT. During your registration, the PPAC encourages students to release their information to their Pre-Health advisor. **“Selecting “Yes” to the Health Professions Advisor Release**, during the registration process authorizes the AAMC to release a record of your MCAT scores to your school’s designated, AAMC-approved health-professions advisor [PPAC who follows]... the AAMC-established requirements and confidentiality protocols.”
- Create a [Study Plan](#) (AAMC has a free guide)
- Use your MCAT [resources](#) to support your preparation in all three of these areas!
  - **Knowledge** – Content knowledge from the [MCAT 10 foundational concepts](#)
  - **Strategy** (MCAT is a logic test that requires strategies to apply your knowledge in a timed environment.) Simply having a large knowledge bank will not be enough to be a successful test taker.
  - **Endurance** (10+ full-length exams) track in Excel doc.
- Prioritize and budget your time – frugally! Two-thirds of your study time should focus on strategy and endurance.

## Resources:

- PPAC holds a “MCAT Prep Mania” workshop each October to introduce preparation materials and hear from various representatives. We also encourage students to meet with their PPAC advisor to plan for MCAT success and review the [PPAC MCAT resources page](#).
- UC Learning Commons: [test strategies](#), [test anxiety](#)
- AAMC Test Prep Materials and full-length MCAT practice tests are available at [AAMC.org](#)
- Additional Test preparation – Educate yourself by investigating all options thoroughly, prior to committing your dollars to a company. This is not an exhaustive list and PPAC does not endorse any test preparation company.
  - \*\*[Reduced test prep rates](#) for UC students and alumni (Kaplan and Princeton Review)
    - [Kaplan](#)
    - [Princeton Review](#)
  - \*\* See [UC Testing Service discounted Kaplan and Princeton Review rates](#) for UC-Bearcats.
- [Altius Test Prep](#)
- [Blueprint Prep](#)
- [UWorld](#) MCAT Prep
- Free resources from [Jack Westin](#)
- The MCAT Podcast – [Dr. Ryan Gray](#)
- All Access: Med School Admissions Podcast – [Case Western Reserve](#)
- [GroSeries MCAT Podcast](#)
- Free MCAT Organic Chemistry Course - [ProtonGuru](#)
- Khan Academy – [MCAT Test Prep](#) (not updated after 9/30/20)
- Flash cards – Paper vs digital. Check out [Anki](#) and [tutorial](#), plus [AAMC, Barrons or Brainscape flash card suggestions](#)

## MCAT Content Sections and Traditional Time Overview

# Test Day: 7 ½ Hours, 8:00 a.m. start

Exam Overview		
Section	Number of Questions	Time Allotted
Test-day certification		4 minutes
Tutorial (optional)		10 minutes
Chemical and Physical Foundations of Biological Systems	59	95 minutes
Break (optional)		10 minutes
Critical Analysis and Reasoning Skills	53	90 minutes
Mid-exam break (optional)		30 minutes
Biological and Biochemical Foundations of Living Systems	59	95 minutes
Break (optional)		10 minutes
Psychological, Social, and Biological Foundations of Behavior	59	95 minutes
Void question		3 minutes
End-of-day survey (optional)		5 minutes
Total content time		6 hours and 15 minutes
Total “seated” time*		About 7 hours and 30 minutes
*Total seated time does not include check-in time upon arrival at the test center.		