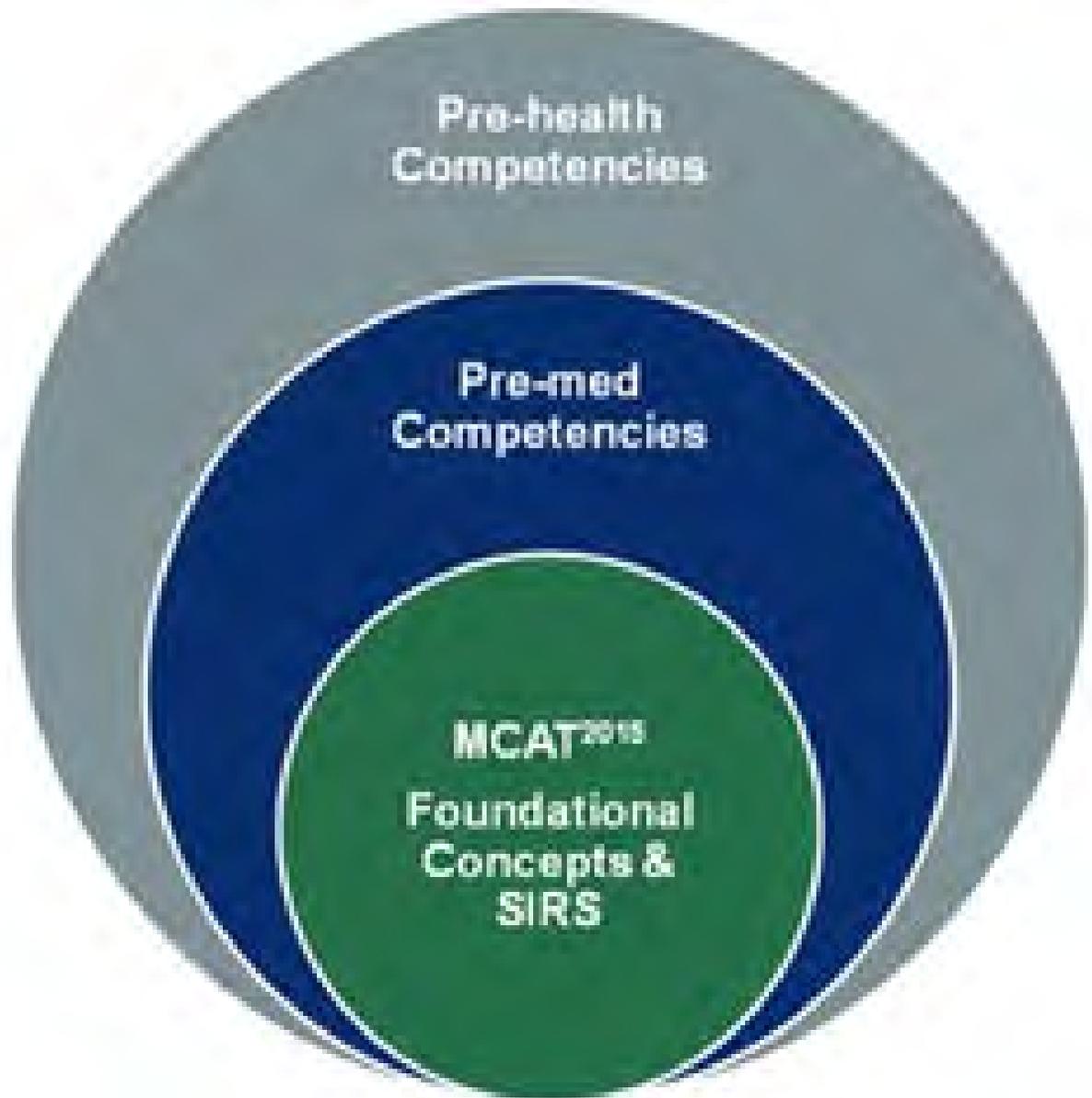


A new way of thinking:



Interpersonal Competencies

Service Orientation: Demonstrates a desire to help others and sensitivity to others' needs and feelings; demonstrates a desire to alleviate others' distress; recognizes and acts on his/her responsibilities to society; locally, nationally, and globally.

Social Skills: Demonstrates an awareness of others' needs, goals, feelings, and the ways that social and behavioral cues affect peoples' interactions and behaviors; adjusts behaviors appropriately in response to these cues; treats others with respect.

Cultural Competence: Demonstrates knowledge of socio-cultural factors that affect interactions and behaviors; shows an appreciation and respect for multiple dimensions of diversity; recognizes and acts on the obligation to inform one's own judgment; engages diverse and competing perspectives as a resource for learning, citizenship, and work; recognizes and appropriately addresses bias in themselves and others; interacts effectively with people from diverse backgrounds.

Teamwork: Works collaboratively with others to achieve shared goals; shares information and knowledge with others and provides feedback; puts team goals ahead of individual goals.

Oral Communication: Effectively conveys information to others using spoken words and sentences; listens effectively; recognizes potential communication barriers and adjusts approach or clarifies information as needed.

Intrapersonal Competencies

Ethical Responsibility to Self and Others: Behaves in an honest and ethical manner; cultivates personal and academic integrity; adheres to ethical principles and follows rules and procedures; resists peer pressure to engage in unethical behavior and encourages others to behave in honest and ethical ways; develops and demonstrates ethical and moral reasoning.

Reliability and Dependability: Consistently fulfills obligations in a timely and satisfactory manner; takes responsibility for personal actions and performance.

Resilience and Adaptability: Demonstrates tolerance of stressful or changing environments or situations and adapts effectively to them; is persistent, even under difficult situations; recovers from setbacks.

Capacity for Improvement: Sets goals for continuous improvement and for learning new concepts and skills; engages in reflective practice for improvement; solicits and responds appropriately to feedback.

Thinking and Reasoning Competencies

Critical Thinking: Uses logic and reasoning to identify the strengths and weaknesses of alternative solutions, conclusions, or approaches to problems.

Quantitative Reasoning: Applies quantitative reasoning and appropriate mathematics to describe or explain phenomena in the natural world.

Scientific Inquiry: Applies knowledge of the scientific process to integrate and synthesize information, solve problems and formulate research questions and hypotheses; is facile in the language of the sciences and uses it to participate in the discourse of science and explain how scientific knowledge is discovered and validated.

Written Communication: Effectively conveys information to others using written words and sentences.

Science Competencies

Living Systems: Applies knowledge and skill in the natural sciences to solve problems related to molecular and macro systems including biomolecules, molecules, cells, and organs.

Human Behavior: Applies knowledge of the self, others, and social systems to solve problems related to the psychological, socio-cultural, and biological factors that influence health and well-being.

GPA and MCAT scores as predictors of success

Table 5
Validity Coefficients†

<i>Preadmission Predictor Set</i>	<i>GPA Medical School Sample*</i>		<i>USMLE National Sample†</i>		
	<i>Cumulative‡</i>	<i>Year 3</i>	<i>Step 1</i>	<i>Step 2</i>	<i>Step 3</i>
(1) uGPAs alone	.54	.36	.49	.44	.42
(2) MCATs alone	.59	.46	.70	.60	.62
(3) uGPAs & MCATs	.71	.54	.72	.63	.64
(4) uGPAs and Select	.60	.42	.57	.51	.48
(5) UGPAs, Select, and MCATs	.71	.53	.72	.63	.65

*N per individual school's cohort ranged from 65 to 148, with a median of 126 for the 1992 cohort and 107 for the 1993 cohort. Data, for a total of 4,076 students in the Combined Cohort, were collected from these schools. Median validity coefficients for the 14 schools are reported here.

†N for the national sample = 27,406 for Step 1, 26,752 for Step 2, 25,170 for Step 3

‡Cumulative GPA=Year 1+Year 2

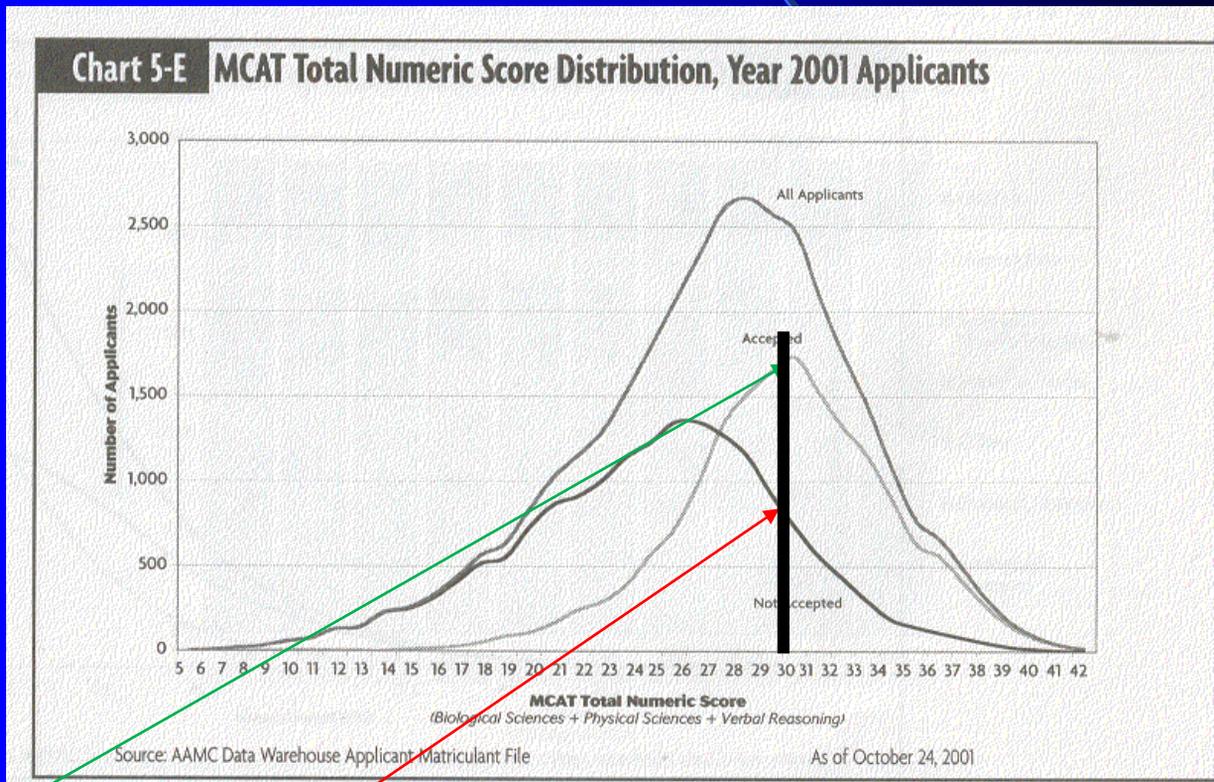
MCATs – what role to they play?

Criteria used to admit applicants into medical schools:

1. GPA, especially science
2. MCAT scores
3. Personal experiences and attributes
 - a. Personal statement
 - b. Experience descriptions
 - c. Secondary applications
 - d. Interview
4. Premed committee's letter

Different schools weigh each criterion somewhat differently, but virtually all schools use all of the above criteria in a significant way.

Your MCAT scores correlate with the probability of your being admitted to at least one medical school.



About half of the **accepted** applicants have a total score in the 75-80th %ile or higher.

About 80% of **rejected** applicants have scores < 75-80th %ile.

With scores < 75-80th %ile it is still possible to be accepted, but possibly not at one of the more competitive schools.

Registration Zone Deadlines Guide What Can be Done When

GOLD ZONE (29 days prior to exam)		SILVER ZONE (15 days prior to exam)		BRONZE ZONE (8 days prior to exam)	
Initial Registration	\$315	Initial Registration	\$315	Initial Registration	\$370
Reschedule Fee	\$90	Reschedule Fee	\$150	Reschedule Fee	⊘
Cancellation Refund	\$155	Cancellation Refund	⊘	Cancellation Refund	⊘
Fee Assistance Registration	\$125	Fee Assistance Registration	\$125	Fee Assistance Registration	\$180
Fee Assistance Reschedule	\$45	Fee Assistance Reschedule	\$65	Fee Assistance Cancellation Refund	⊘
Fee Assistance Cancellation Refund	\$65	Fee Assistance Cancellation Refund	⊘		

AAMC Offers a Fee Assistance Program

- Approval valid for up to 2 calendar years
- Financial information required for all living parents
- DACA students eligible

MCAT Benefits

- Reduced registration fees
- Free MCAT prep materials
- Stipend for updated evaluation for accommodations

Additional Benefits

- AMCAS application submission (up to 16 schools)
- MSAR access

New for 2018: Canada FAP Pilot

Benefits are not retroactive!

Registration

Score Release Options

- **Primary Release**

When you register for the MCAT exam, you authorize release of your scores to the AAMC and its affiliated institutions for **research purposes**.

- **Secondary Release**

If you are applying for medical school, you and the American Medical College Application Service (**AMCAS**) will receive your scores automatically.*

Beyond that, though, there are **three different score release options**, described below, which you will be asked to consider and decide on at the time of registration.

Registration (cont)

1. Health Professions Advisor

This release gives the AAMC permission to include your scores and demographic information in a Web-based report to undergraduate health professions advisors, who find such data useful when counseling students. If you check the advisor release in the “Schools Attended” section on your AMCAS application, your MCAT exam scores will also be sent to an undergraduate school’s designated advisor.

2. Med-MAR

This release is for use by disadvantaged students and under-represented minorities who plan to apply to medical school. It gives the AAMC permission to include your scores and biographical information in the Medical Minority Applicant Registry (Med-MAR),

Registration (cont)

3. MCAT Recruiting Service

This release gives the AAMC permission to include your contact and MCAT exam score information in reports produced by the MCAT Recruiting Service. Accredited U.S. and Canadian schools of medicine, osteopathic medicine, podiatry, and veterinary medicine, along with scholarship programs of the U.S. government (including those of the U.S. military), may request information about examinees and use that information to send you material as part of their recruiting efforts.

Please note that you cannot change your response to the three release options described above after you have submitted your registration.

• Registration Deadlines

You must register through the online program hosted by the AAMC.

 @AAMC_MCAT

Students can Begin Selecting their Test Dates and Locations on....

October 18, 2017
(for January-June dates)

February 2018
(for July-September dates)

From October 12-17, 2017 students can ...

- **Complete required registration questions in the system, such as contact information, background, and consents**



Students can Test 3 Times a Year and 7 Times Altogether

*Attempt limits in place since April 2015 exams
Voids and No-Shows count towards attempts*

1 YEAR

- Up to 3 attempts in a testing year

2 YEARS

- Up to 4 attempts over 2 consecutive years

LIFETIME

- Up to 7 attempts in a lifetime

Pearson VUE will administer the MCAT exam in 2018

- Pearson VUE will administer the MCAT exam beginning in January
- Selected after a comprehensive review as part of our due diligence to students, advisors and admissions officers
 - Consistent, high quality testing experience
 - More Friday & Saturday test dates
 - Vast majority in convenient locations
- Testing in Pearson-owned sites only in 2018

We anticipate this is a positive a change.

Valid Identification is Required on Test Day!

KEEP CALM AND CARRY THE PROPER ID

You will be admitted to the MCAT® exam on testing day only if your identity document meets the necessary requirements. To ensure that it does, please complete the checklist below.

Identification Requirements	Yes	No
<p>The names on your ID match the first and last names on your MCAT exam registration EXACTLY. (Middle names or initials are not required on the MCAT registration, even if they appear on your ID.)</p> <p>→ If they don't match exactly, you must update your name through the MCAT Scheduling and Registration system by the BRONZE ZONE deadline associated with your test date.</p> <p>→ If your ID has your initials in place of your first and/or last name, you must contact AAMC Services (202-828-0600) for instructions before the SILVER ZONE deadline associated with your test date.</p>	<input type="checkbox"/>	<input type="checkbox"/>
The ID was issued by a government agency.	<input type="checkbox"/>	<input type="checkbox"/>
The ID's expiration date is printed on the ID and is not extended by a sticker or similar mechanism.	<input type="checkbox"/>	<input type="checkbox"/>
The ID will not expire before your exam date.	<input type="checkbox"/>	<input type="checkbox"/>
<p>The ID is not a temporary ID.</p> <p>→ Paper IDs or ID application receipts of any quality are not valid forms of identification.</p>	<input type="checkbox"/>	<input type="checkbox"/>
The ID contains a photo that can be used to positively identify you.	<input type="checkbox"/>	<input type="checkbox"/>
The ID includes your signature, which you will be asked to duplicate on test day.	<input type="checkbox"/>	<input type="checkbox"/>
The ID is whole with no evidence of tampering (clipped corners, holes, etc.).	<input type="checkbox"/>	<input type="checkbox"/>

If you answered "no" to any of the requirements, please obtain an ID that fulfills all the requirements or adjust your registration details.

If you answered "yes" to **ALL** these requirements, CONGRATULATIONS! You are ready for exam day!

If you have any questions about test day identification requirements, please refer to [MCAT® Essentials](#) or contact AAMC Services at 202-828-0600 or mcats@aamc.org.

MCATs – strategy for success



MCAT²⁰¹⁵ – 4 Sections, 4 Scores

Biological &
Biochemical
Foundations of
Living Systems

Chemical & Physical
Foundations of
Biological Systems

Psychological,
Social, & Biological
Foundations of
Behavior

Critical Analysis &
Reasoning Skills

Biological & Biochemical Foundations of Living Systems

Exam content in this section typically taught in:

- Introductory biology
- Introductory general chemistry
- Introductory organic chemistry
- First semester biochemistry

Biological & Biochemical Foundations of Living Systems

Concept 1

- Biomolecules have unique properties that determine how they contribute to the structure and function of cells, and how they participate in the processes necessary to maintain life.

Concept 2

- Highly-organized assemblies of molecules, cells, and organs interact to carry out the functions of living organisms.

Concept 3

- Complex systems of tissues and organs sense the internal and external environments of multicellular organisms, and through integrated functioning, maintain a stable internal environment within an ever-changing external environment.

Chemical & Physical Foundations of Biological Systems

Exam content in this section typically taught in:

- Introductory biology
- Introductory general chemistry
- Introductory organic chemistry
- Introductory physics
- First semester biochemistry

Chemical & Physical Foundations of Biological Systems

Concept 4

- Complex living organisms transport materials, sense their environment, process signals, and respond to changes using processes that can be understood in terms of physical principles.

Concept 5

- The principles that govern chemical interactions and reactions form the basis for a broader understanding of the molecular dynamics of living systems.

Psychological, Social, & Biological Foundations of Behavior

Exam content in this section typically taught in:

- Introductory psychology
- Introductory sociology
- Introductory biology

Psychological, Social, & Biological Foundations of Behavior

Concept 6

- Biological, psychological, and socio-cultural factors influence the ways that individuals perceive, think about, and react to the world.

Concept 7

- Biological, psychological, and socio-cultural factors influence behavior and behavior change.

Concept 8

- Psychological, socio-cultural, and biological factors influence the way we think about ourselves and others.

Concept 9

- Cultural and social differences influence well-being.

Concept 10

- Social stratification and access to resources influence well-being.

Critical Analysis & Reasoning Skills

Skills tested:

Comprehension

Evaluation

Application

Incorporation of
Information

Critical Analysis & Reasoning Skills

Passages from humanities & social sciences:

- Ethics
- Cross-cultural studies
- Philosophy
- Population health

*Specific knowledge of these disciplines is not required for this section

Familiarize

A. Format

Test Day will Still be 7 ½ Hours Long

Test Section	Questions	Time
Test Day Certification Statement		4 min
Tutorial		10 min
Chemical and Physical Foundations of Biological Systems	59	95 min
Break		10 min
Critical Analysis and Reasoning Skills	53	90 min
Mid-Exam Break		30 min
Biological and Biochemical Foundations of Living Systems	59	95 min
Break		10 min
Psychological, Social, and Biological Foundations of Behavior	59	95 min
Void Question		3 min
Satisfaction Survey		5 min
Total Content Time		6 hrs, 15 min
Approximate "Seat" Time		7 hrs, 30 min

B. Types of questions

1. Multiple choice

- a. based on provided passage
critical reasoning
many science questions
- b. based on general knowledge

2. Essays; i.e., writing sample

2-30 min essays

Identify central theme

Identify task you will be

asked to perform

Outline enough to

Construct clear and

concise arguments

Check spelling

Use correct grammar

The Chemical and Physical Foundations of Biological Systems

section includes:

- Total of 59 questions
- 10 passage-based sets of questions
 - 4–6 questions per set
- 15 independent questions

Concepts tested in this section are typically taught at many colleges and universities in introductory, year-long courses in biology, organic chemistry, general chemistry, and physics, as well as in firstsemester biochemistry courses.

The **Critical Analysis and Reasoning Skills** section includes:

- Total of 53 questions
- 9 passages
- 5–7 questions per passage

Participation in a variety of undergraduate courses in the humanities and social sciences will enhance your performance on this section, as will familiarizing yourself with the types of critical thinking and reasoning skills these disciplines use. However, no specific disciplinary knowledge is required.

The **Biological and Biochemical Foundations of Living Systems**

section includes:

- Total of 59 questions
- 10 passage-based sets of questions
 - 4–6 questions per set
- 15 independent questions

Concepts tested in this section are typically taught at many colleges and universities in introductory, year-long courses in biology, organic chemistry, and general chemistry, as well as in first-semester courses in biochemistry.

The Psychological, Social, and Biological Foundations of Behavior

section includes:

- Total of 59 questions
- 10 passage-based sets of questions
 - 4–6 questions per set
- 15 independent questions

Concepts tested in this section are typically taught at many colleges and universities in introductory, year-long courses in biology and in first-semester psychology and sociology courses.

Writing Sample

The Writing Sample consists of two 30-minute essays, each of which addresses specific topics that require an expository response and assesses skill in the following areas:

- Developing a central idea,
- Synthesizing concepts and ideas,
- Presenting ideas cohesively and logically, and
- Writing clearly, with the ability to follow accepted rules of grammar, syntax, and punctuation consistent with the level of a timed, first-draft composition.

Topics do not assess subject-matter knowledge in or pertain to the content of biology, chemistry, or physics; the medical school application process or reasons for the choice of medicine as a career; or social and cultural issues not in the general experience of college students.

MCATs – strategy for success



Review

- A. Use outline of topics as a study guide
 1. *The Official Guide to the MCAT*
(www.aamc.org)
 2. *Meeting the Challenge of the MCAT*
(order at www.naahp.org)

- B. Use class notes and texts to refresh understanding of topics on outline.
Consider auditing courses where appropriate.

- C. Use online resources (www.aamc.org)

- D. Take MCAT prep course (only if you are not disciplined enough to study on your own) (e.g., Kaplan, Princeton Review, ExamCrackers...)

- E. Buy study guides; sign out study guides from Science Library or Premed Office

Review (cont.)

F. Be honest with yourself in terms of what you really know, and what you have to really focus on.

G. Be realistic in your approach to studying

1. you cannot cram everything
2. follow the topic outline, learn basic concepts and formulae, and make connections

MCATs – strategy for success



Practice

A. Get practice exams at www.aamc.org, through the Premed Office, in study guides, or as part of MCAT prep course.

B. Take the practice exams (separately) under realistic, timed conditions (i.e., no TV, not in a restaurant, etc.). Do this so you have something to analyze, **not to predict how you will do on exam day.**

Practice (cont.)

C. Use 500-600 word excerpts from editorial articles (i.e., ones that try to impress you with their vocabulary, present a specific point of view, and justify their argument with evidence). Practice identifying key words that are essential to each paragraph.

D. On the exam, read the questions first. Use key words from the passage to locate information that you need to answer the questions.

MCATs – strategy for success



Analyze

- A. Identify questions you could not answer because **you did not know the material**; use this information to guide what to study further
- B. Identify questions you got wrong because of **tactical errors** in the way you approached the question; then **develop and practice better tactics**; e.g., not understanding the question, not relying on the provided information, not picking up on key words in the question, spending too much time reading passages without knowing what you're looking for.

Analyze (cont.)

C. Practice individual sections again after **reviewing weak areas and developing new strategies**; Repeat until your scores are $>75^{\text{th}}$ %ile for each section.

Practice **entire** timed exam to get a feel for where you stand, and repeat process until your overall score is $>75^{\text{th}}$ %ile.

Understand that your scores will most likely be lower when you take the whole exam.

MCATs – strategy for success



Perform

- A. **Relax** a day or 2 before the exam
- B. Get a good night's sleep
- C. Get an early start and eat a good breakfast
- D. Plan to get to the testing station early
- E. Be cool, calm and confident

Perform (cont.)

F. Use good examsmanship

- Know how much time is allotted for each question
- Don't bog down on any one question
- Find the easy questions and answer them first
- Eliminate obviously wrong answers
- If you can narrow the choice to 2 answers, pick one
- If you skip a question, mark it.
- If time permits, go back to **work** on ones you skipped
- With 2-3 min left, choose a letter and answer **all** unanswered questions with that letter.
- On critical reasoning section, choose easiest excerpt first.

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Resources

e-MCAT Practice: The Official MCAT® Practice Site

Get the Help You Need to Prepare for the MCAT Exam

Welcome to the e-MCAT Practice, the Official MCAT practice site. This site provides practice for those who have purchased official MCAT preparation products from the AAMC.

New Users:

Get started by entering your email address in the Already Purchased Online? box at the right. Please register with the same email address used at the time of purchase.

Returning Users:

Sign-in for more practice.

e-MCAT Practice is created and managed by the AAMC (Association of American Medical Colleges), the developers of the Medical College Admission Test (MCAT).

[Learn more about MCAT preparation products from the AAMC »](#)

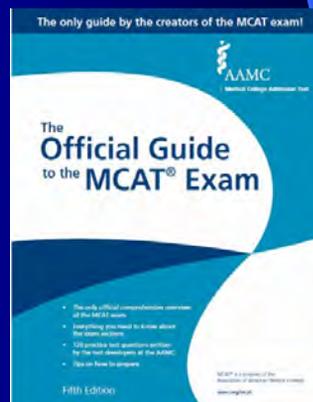
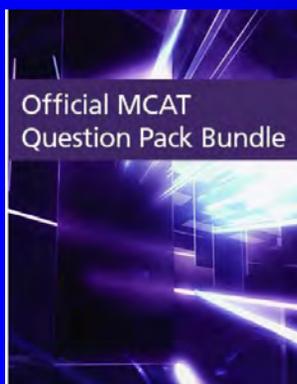
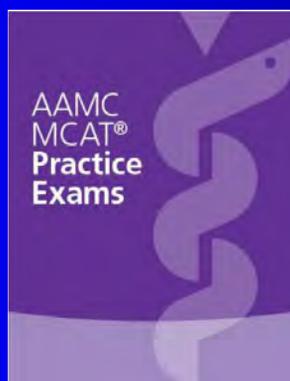
[Learn more about the MCAT exam »](#)

Sign In Now!

[Reset Password](#)

Already Purchased Online?

Add Authorization Code:



Khan Academy MCAT Collection

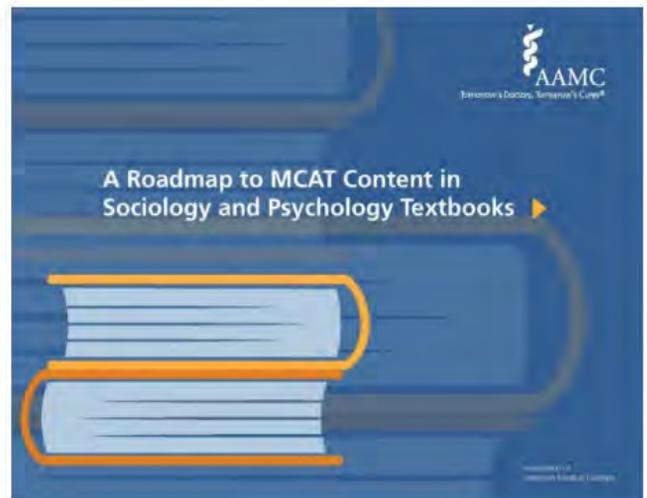
- More than 1,100 videos and 3,000 questions following the exam blueprint
- Covers all exam content
- 11,000+ users view 95,000 pages daily



Robert Wood Johnson
Foundation

Psychology & Sociology Textbook Roadmap

- Lists free and open-source sociology and psychology textbooks that cover the concepts tested on the MCAT exam
- Organized by content category and topic



Additional Free Resources

What's on the MCAT Exam?

students-residents.aamc.org/mcatexam

Content Mapping Tool with links to Khan Academy

Students-residents.aamc.org/mcatcoursemappingtool

Pre-health Collection within MedEdPORTAL

mededportal.org/icollaborative/pre-health

Practice with the Exam Features

aamc.org/practiceexamfeatures

Mock Exam Day materials

students-residents.aamc.org/mockexam/

Fee Assistance Program: MCAT Prep Benefits

Year	2017-2018 Package
Materials	<ul style="list-style-type: none">• Official Guide• Official Guide Questions• Practice Exam 1• Practice Exam 2• Section Bank• CARS Question Pack vol. 1
Total Questions	1,000
Total Value	\$170

Ancillary resources:

1. Audit 2nd semesters of organic and biochemistry for non-science majors
2. Audit additional psychology (developmental, abnormal) and sociology (medicine) courses
3. Explore open courses online (e.g., <http://ocw.mit.edu/index.htm>)
4. AAMC website (iCollaborative, including newly developed competency-based curricula: <https://www.mededportal.org/icollaborative/about/initiatives/prehealth/>)
5. Commercial MCAT preparatory courses (~\$2000)

The image features a solid blue background. A white arc starts from the top left and curves towards the right. A white triangle is positioned on the right side, pointing towards the center. The word "Courses" is written in a white, serif font, centered horizontally and partially overlaid by the white arc and triangle.

Courses

Reconciling prerequisite courses with competencies and MCAT foundational concepts:

1. Science majors: Introductory Biology (2 semesters), Physiology, Introductory Chemistry (2 semesters), Organic Chemistry (2 semesters), Biochemistry (2 semesters), Introductory Physics (2 semesters), **Calculus**, Statistics, Psychology, and Sociology

Reconciling prerequisite courses with competencies and MCAT foundational concepts:

Non-science majors: Introductory Biology (2 semesters), Physiology, Introductory Chemistry (2 semesters), Organic Chemistry (1 semester), Biochemistry (1 semester), Introductory Physics (2 semesters), Statistics, Psychology, and Sociology