

MCAT Study Plan Database



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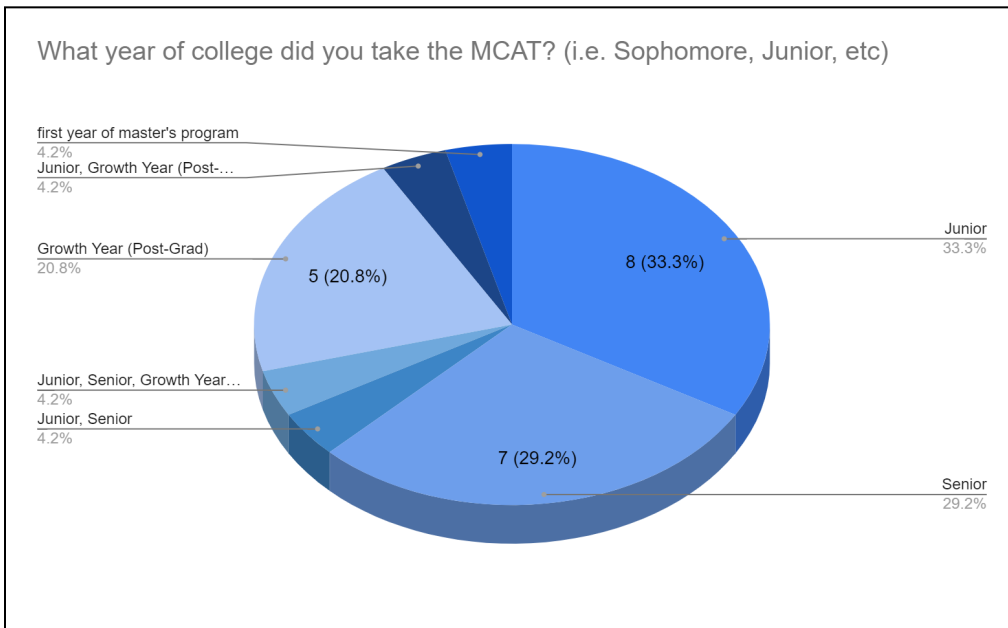
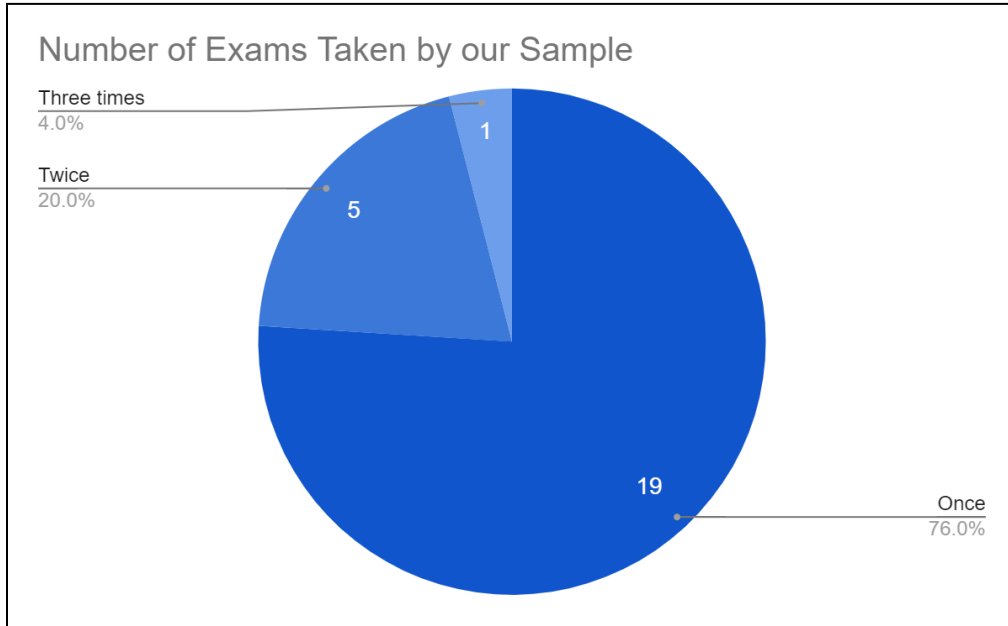
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Message to All

We want to take a moment to express that results indicate that there is no “right” way to study for the MCAT! We hope that this database provides insights into studying for the exam that empower applicants to create a plan that works for them!

Survey Summary

Number of people sampled: 25



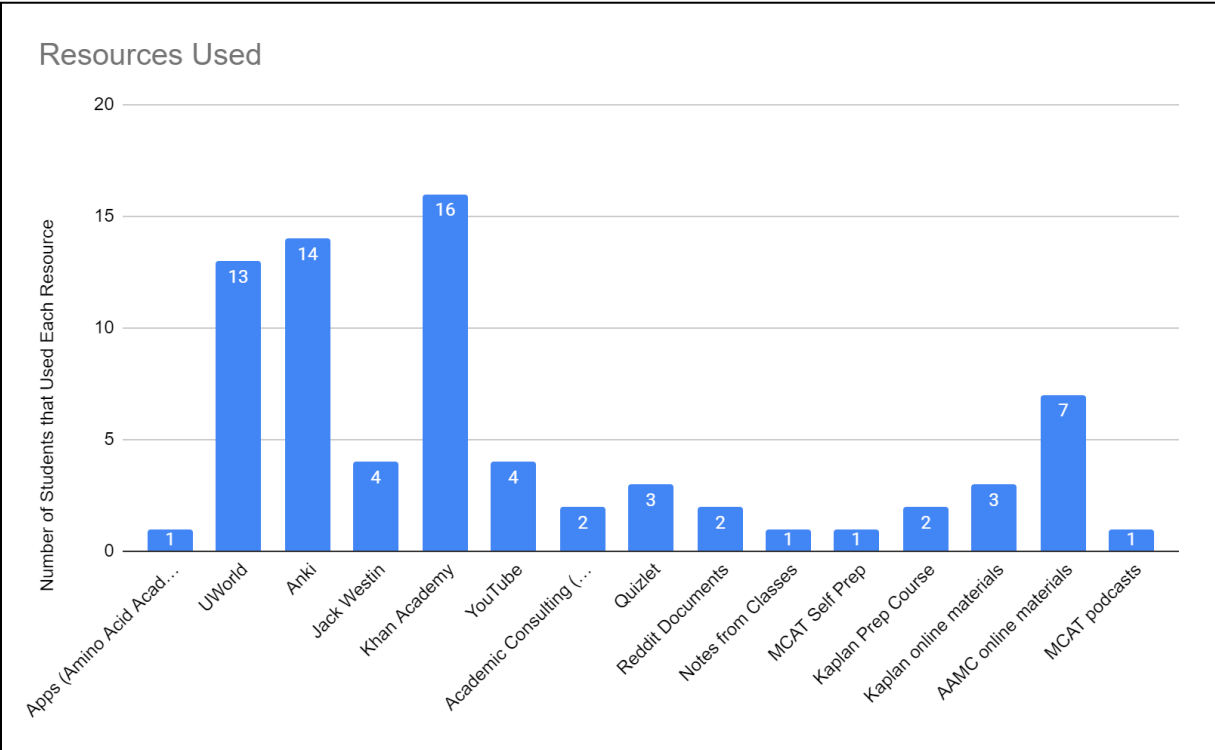
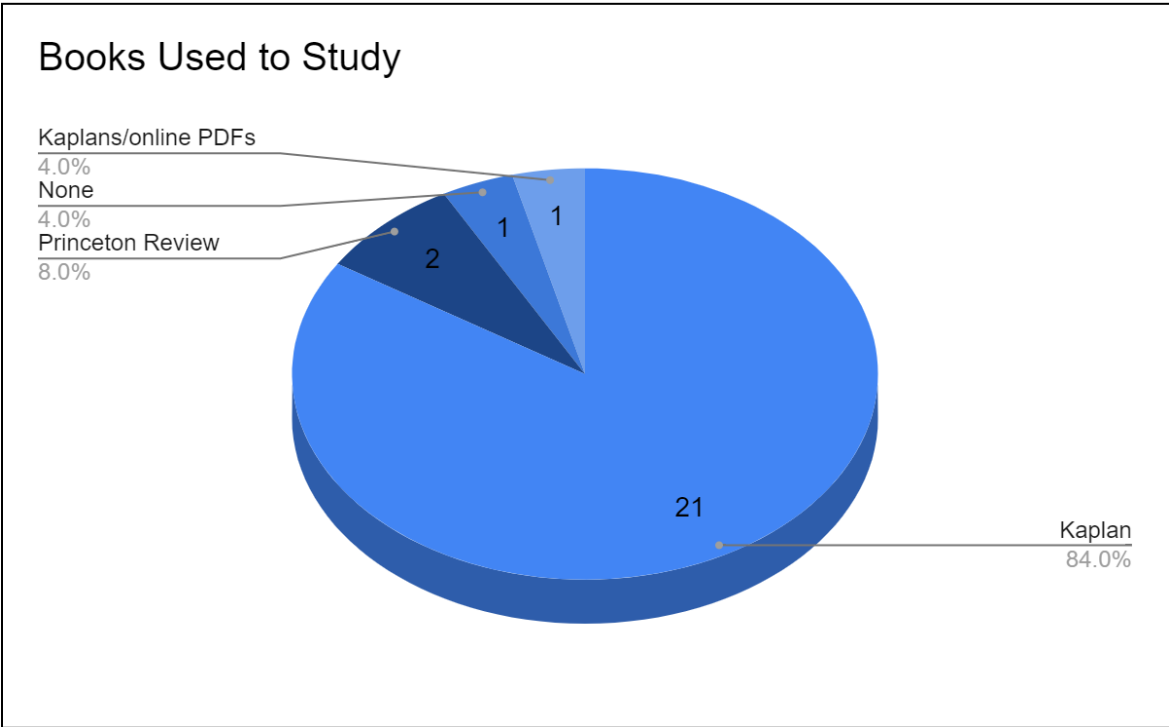
Study Periods and Scores

Key

Summer Study Plan
At School Study Plan
Combination Study Plan
Miscellaneous
Boxed Values = Greatest Change or Highest Scores

When they studied	How long they studied	Diagnostic Score	Actual Score	Change	Do they felt they studied enough
During the summer	1.5 months	509	519	+10	No
During the summer	1.5 months	501	519	+18	No
During the summer	2 months, around 6-7 hours a day for 5-6 days a week	n/a	519	-	Yes
During the summer	5 weeks	496	514	+18	No
During the summer	Intensely for 4 months	505-511	505	0	Yes
During the summer	3 months	n/a	525	-	Yes
During the summer	4 months	510, 514, 508	501	-13	Unsure
During the summer	1.5 months	n/a	524	-	Yes
During the summer	Six weeks	502	513	+11	Unsure
During the summer	about 3/3.5 months	510	525	+15	Yes
During the summer	2.5 months	502	517	+15	Yes
During the school year	3 months	n/a	501	-	No
During the school year	4 months both times	n/a	501	-	No
During the school year	6 months	515	516	-	Yes
During the school year	4 months	503	519	+16	Yes

During the school year	20 hrs/wk for 16 wks - I planned 10 hrs on weekends and 10 during the week for the length of the spring semester, taking some time off for spring break and then studying after finals week	503	508	+5	Yes
During the school year, winter break	2 months	507	514	+7	No
During the school year, winter break	Studied pretty seriously for 3 months but read the books a little the summer before	497	517	+20	Yes, but I could have prioritized studying more than I did if I chose to sacrifice other things
Both (Summer & School year)	3 months	507	501	-6	No
Both (Summer & School year)	6 months intensively	n/a	518	-	I spent a good amount of time, but I should have incorporated more CARS practice
Both (Summer & School year)	Six months for both attempts	509	513 (2019 score), 522 (2022 score)	+13	Yes
During the school year, after winter graduation	For more details, I studied practically 6/7 days a week for mostly the entire day (9 AM - 9 PM), however I took breaks throughout the day.	n/a	519	-	Yes
Started while working part-time → left job and completed studying full time	Spread over 6 months; ~300 hours	n/a	518	-	Yes
Both, During gap year/while working	2-3 months first 2 times, 6 months second time	490-499	498, 506, 510	+11	Not the first times; yes third time
after graduation, while working full time	3-4 months	492	505	+13	Yes



Official Score	Number of Practice Exams Taken	Practice Exam Results	Practice Exam Sources
525	8	1. 518 2. 513 3. 514 4. 516 5. 524 6. 525 7. 524 8. 520	Kaplan and AAMC
525	4	AAMC FL 1: 518 AAMC FL 2: 520 AAMC FL 3: 521 AAMC FL 4: 516	AAMC
524	5	AAMC FL 1: 513 AMCAS Sample: 513 AAMC FL 2: 518 AAMC FL 3: 522 AAMC FL 4: 525	All through AAMC
513 (2019 score), 522 (2022 score)	9	This applies to my second attempt: 500 (1 - Princeton) 509 (2 - AAMC) 510 (3 - Kaplan) 510 (4 - Kaplan) 514 (5 - AAMC) 511 (6 - Kaplan) 516 (7 - AAMC) 516 (8 - AAMC) 515 (9 - AAMC)	Princeton, AAMC, and Kaplan
519 (128/129/130/132)	4	AAMC FL 1: 510 AAMC FL 2: 512 AAMC FL 3: 514 AAMC FL 4: 519	AAMC
519	6	Kaplan 1: 510 Kaplan 2: 511 Blueprint 1: 511 AAMC FL1: 522 AAMC FL2: 520	Blueprint, Kaplan, AAMC
519	8	Blueprint 1: 507 Blueprint 2: 509 Blueprint 3: 509 Blueprint 4: 508 AAMC 1: 511 AAMC 2: 517 AAMC 3: 517 AAMC 4: 520	Blueprint and AAMC
519	4	AAMC FL 1: 514	AAMC

		AAMC FL 2: 515 AAMC FL 3: 520 AAMC FL 4: 521	
519		AAMC FL1: 508 AAMC FL 2: 505 AAMC FL 3: 506 AAMC FL 4: 508 5 Sample: 516	AAMC, Blueprint
518		0 N/A	N/A
518		AAMC FL1: 516 AAMC FL3: 514 3 AAMC FL4: 515	AAMC
517		AAMC FL 1. 514 AAMC FL 2. 518 AAMC FL 3. 517 4 AAMC FL 4. 516	AAMC
516		7 -	AAMC, Blueprint
514		5 -	AAMC
514		4 503 - 507	Princeton Review
513		AAMC FL1: 514 AAMC FL2: 511 AAMC FL3: 513 AAMC FL4: 514 5 AAMC FL5: 516	AAMC only after one kaplan exam was so skewed I decided not to include it/review it
498, 506, 510	4 AAMC practice tests, 4 blueprint practice tests. Once a week 8 weeks out from the test	498-514 range throughout 3 study periods	First time I did Princeton; 2nd & 3rd AAMC and Blueprint
508		5 -	Kaplan & AAMC
505		1. 494 2. 496 3. 507 4. 505 5 5. 511	AAMC
505		2 490 on all	Kaplan, AAMC
501		0 N/A	N/A
501		1. 489 2. 503 3. 507 4 4. 507	AAMC and Kaplan
501		7 508, 508, 508, 509, 510, 514, 518	AAMC, Kaplan, Blueprint, Princeton
501		0 N/A	N/A

Official Score	Cost of Study Plan
519	\$450
519	Around \$700
501	Nothing. Books for lent to me.
519	\$400 (UWorld + AAMC Practice exam bundle)
514	\$150 with amcas free assistance plan
525	\$600
517	Unknown cost (AAMC MCAT Official Prep Online-Only Bundle for 6 months and got handed down kaplan books)
514	\$3000
501	\$600
505	\$200
501	\$0
519	Around \$550
524	Around \$400 (UWorld + Practice exams)
518	Around \$100-200 (Kaplan book set, potentially on sale)
498, 506, 510	\$200-\$500
518	\$500 (For aamc bundle and kaplan books)
525	\$400 (\$60 for used older-version Kaplan books, \$200 UWorld, \$140 AAMC practice exams)
519 (128/129/130/132)	Around \$700 (This was expensive, but if I had to do it again, I would spend this same amount for the score I got)
513 (2019 score), 522 (2022 score)	\$2,500
508	Around \$200 (MCAT Complete 7-Book Subject Review)
516	Around \$300-400
513	Around \$350 (The AAMC online bundle, UWorld was on free trial, Kaplan books donated/free online with PDFs)
505	\$2,500
501	\$0

Summer Study Plans

#1 (Also in “Greatest Improvement Study Plans”)

Score: 519

Improvement from Diagnostic: +18

Cost: ~\$700 (estimate)

Timing: Summer break between Junior and Senior year

Length of study: 1.5 months (6 weeks)

Plan:

1. They used the milesdown deck on Anki, and as they went through the deck they would review sections about unfamiliar terms using the kaplan books, khan academy, and sometimes MCAT reddit
2. They used UWorld to supplement this review and time themselves on the sections
3. They used Jack Westin and the AAMC CARS question bank/diagnostic tool for CARS which were super helpful
4. They also finished the AAMC section bank and highly recommend this
5. They took eight practice exams between Blueprint and AAMC, roughly every 7-10 days

#2 (Most detailed plan)

Score: 519

Improvement from Diagnostic: +10

Cost: \$450

Timing: Summer break between Sophomore and Junior year

Length of study: 2 months (8 weeks)

Plan:

1. Started by taking a diagnostic test free through AAMC to get an idea of what section they needed to put most effort into
2. Followed this with one month of content review using the Kaplan books (focus on biology, biochemistry, gen. chemistry, physics, and organic chemistry) and also used the Jack Westin passages for CARS practice

	5/10	5/11	5/12	5/13	5/14
Week 1	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
CARS		Jack Westin		Jack Westin	Jack Westin
Biology	Chp 1		Chp 2		Chp 3
Biochemistry		Chp 1		Chp 2	
General chemistry	Chp 1		Chp 2		Chp 3
Organic chemistry		Chp 1		Chp 2	
Physics	Chp 1		Chp 2		Chp 3
Psych/Soc		Anki K/A doc		Anki K/A doc	

- a.
3. While doing content review, they used a premade Anki deck each day as supplement
4. After content review they used UWorld to do practice questions, they did 2-3 sections a day to build exam stamina and would note down every question they got wrong and why on a google sheet
5. Six weeks out from the exam, they started taking practice exams (4 AAMC and 2 Blueprint) and would simulate getting ready as they would be to go to the actual exam
 - a. The Blueprint exams focus on smaller details and the score can be a bit deflated, the AAMC exams are fairly representative of the actual exam

#3

Score: 519

Improvement from Diagnostic: n/a

Cost: \$400

Timing: During the Summer after Sophomore year

Length of study: 2 months, around 6-7 hours a day for 5-6 days a week

Plan:

1. They started Anki from the beginning and worked their way through premade decks found on Reddit (There is one listed in the "Resource Tool Guide" section of this document)
2. They did content review with Kaplan books and Khan Academy at the same time that they were using Anki
3. Started UWorld after finishing content review and began taking practice exams at the same time (Took them weekly 5 weeks out from the test)

#4

Score: 525

Improvement from Diagnostic: n/a

Cost: \$600

Timing: During the Summer after Junior year

Length of study: 3 months

Plan:

1. Khan Academy, UWorld, Anki, Jack Westin, Kaplan online materials, AAMC online materials
2. They did content review for a little over a month using Khan Academy, Anki, and online Kaplan/AAMC materials
3. This was followed by 2 months of practice questions using UWorld and Jack Westin and exams. They did all AAMC materials and as much UWorld as they could the month before the exam, and whenever they had time but not enough for a whole question block, they did Anki
4. They did one practice exam each weekend for the 8 weeks leading up to the exam and took them as close to testing conditions as possible (i.e. took exact break times, didn't use their phone during break, etc)

#5

Score: 525

Improvement from Diagnostic: +15

Cost: Total of \$400 (\$60 for used older-version Kaplan books, \$200 UWorld, \$140 AAMC practice exams)

Timing: During the Summer after Junior year

Length of study: 3/3.5 months

Plan:

1. Went through the review books (not all sections tho) mostly focusing on areas of weakness, and made Anki cards to review at the same time
 - a. Also there is a Psych/Soci. review sheet people shared on reddit that they used:
https://www.reddit.com/r/Mcat/comments/64um9s/ka_ps_the_lazy_ocd_86_pg_version/
2. Used Khan Academy for Psych/Soci on topics they needed refreshed, youtube to learn the amino acids
3. They used UWorld, mostly just for CARS, a little for other sections, but didn't finish all the questions that came with the subscription.
4. Took all the practice exams as if they were a legit exam, setting aside a day for it (Took the first one probably in mid/late-June, second one mid-July, third early-August, fourth one a week before my 9/11 exam)

#6

Score: 513

Improvement from Diagnostic: +11

Cost: ~\$350 (With UWorld on free trial and donated Kaplan books)

Timing: During the Summer after Senior year

Length of study: 6 weeks

Plan:

1. Started with 3-4 weeks of content review using Anki, Kaplan prep books and online PDFs
2. 2-3 weeks of applied practice questions and exams using AAMC practice banks/exams, UWorld, and Kaplan practice exams
3. One practice exam a week for weeks 3, 4, and 5; two exams the week of the MCAT

Academic Year Study Plans

#1

Score: 519

Improvement from Diagnostic: +16

Cost: ~\$550

Timing: Academic Senior year, Fall semester

Length of study: 4 months

Plan:

1. Content review for ~2.5 months (was very thorough) using the Kaplan books, Khan Academy, self-made Anki cards and a 300 page study doc for psych/soci from reddit
2. Then practice on UWorld and with AAMC material for ~1.5 months taking AAMC practice tests weekly and thoroughly reviewing those while making anki cards on the ones they got wrong

#2

Score: 516

Improvement from Diagnostic: +1

Cost: ~\$350

Timing: Academic Senior year, Spring semester

Length of study: 6 months

Plan:

1. Content review was done by taking notes on a set of used Kaplan books (the content in the books is the same each year).
2. Took a practice test each weekend for six to eight weeks preceding the exam via AAMC and Blueprint

#3

Score: 518

Improvement from Diagnostic: n/a

Cost: ~\$150 (Kaplan books)

Timing: Academic Junior year, Spring semester

Length of study: 6 months

Plan:

1. Went intensively through a Kaplan chapter every 2 days or so. Either made flash cards or took notes (sometimes both) as they went. After going through most of the content, they circled back and really committed the info to memory
2. They did not incorporate practice exams or problems into their study plan

Winter Study Plans

#1 (Also in “Greatest Improvement Study Plans”)

Score: 517

Improvement from Diagnostic: +20

Cost: ~\$270

Timing: School year and Winter break, Junior year

Length of study: ~3 months

Plan:

1. Read the Kaplan books the summer prior to the academic year in which they studied
2. While actually studying, they used all of the Kaplan books, Anki, Khan Academy, and the AAMC practice bundle
3. Started with content review by highlighting and taking notes in the Kaplan books
4. Practice questions through the AAMC prep bundle and simultaneous review using Anki flashcards
5. Four practice exams that were taken sporadically but closer to the exam

#2

Score: 514

Improvement from Diagnostic +7

Cost: \$3000

Timing: During the school year and winter break, Junior year

Length of study: 2 months

Plan:

1. This person took a winter 510+ bootcamp through Princeton Review
2. They took four practice exams, one every two weeks
3. The most useful part of this course for them was learning how to read and answer the questions, not so much the content

Greatest Improvement Study Plans

#1

Score: 517

Improvement from Diagnostic: +20

Cost: ~\$270

Timing: School year and Winter break, Junior year

Length of study: ~3 months

Plan:

6. Read the Kaplan books the summer prior to the academic year in which they studied
7. While actually studying, they used all of the Kaplan books, Anki, Khan Academy, and the AAMC practice bundle
8. Started with content review by highlighting and taking notes in the Kaplan books
9. Practice questions through the AAMC prep bundle and simultaneous review using Anki flashcards
10. Four practice exams that were taken sporadically but closer to the exam

#2

Score: 514

Improvement from Diagnostic: +18

Cost: \$150 with the AMCAS fee assistance plan

Timing: June after Senior year

Length of study: 5 weeks

Plan:

1. An hour of content review followed by questions related to the content reviewed
2. Their content review was using the Kaplan books, Anki, and Khan Academy followed by questions on UWorld
3. As they got closer to the exam, they took a practice exam every 3 or 4 days (5 practice exams in total)
4. Their biggest recommendation was to study the content as it would appear on the exam (ex. Practice questions and exams) rather than just content review

#3

Score: 519

Improvement from Diagnostic: +18

Cost: ~\$700 (estimate)

Timing: Summer break between Junior and Senior year
Length of study: 1.5 months (6 weeks)

Plan:

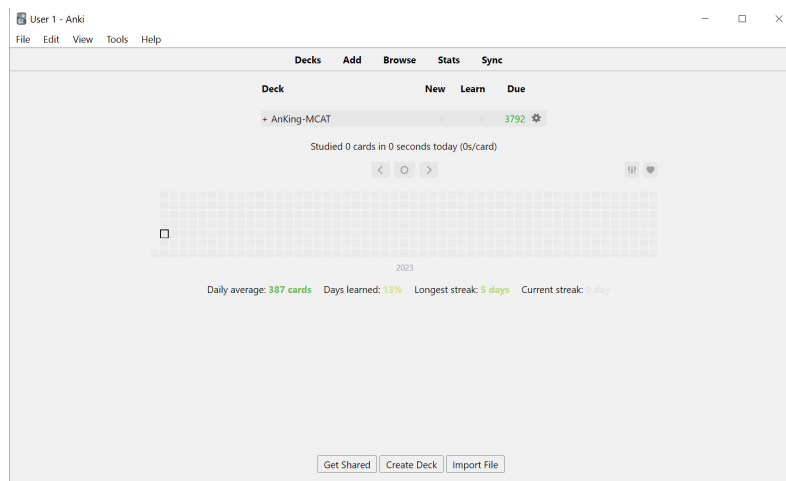
6. They used the milesdown deck on Anki, and as they went through the deck they would review sections about unfamiliar terms using the kaplan books, khan academy, and sometimes MCAT reddit
7. They used UWorld to supplement this review and time themselves on the sections
8. They used Jack Westin and the AAMC CARS question bank/diagnostic tool for CARS which were super helpful
9. They also finished the AAMC section bank and highly recommend this
10. They took eight practice exams between Blueprint and AAMC, roughly every 7-10 days

Resources Tool Guide

Anki

This is the hardest resource to figure out how to use to study for the MCAT but also arguably one of the most important as well. So here's everything you need to know about using Anki.

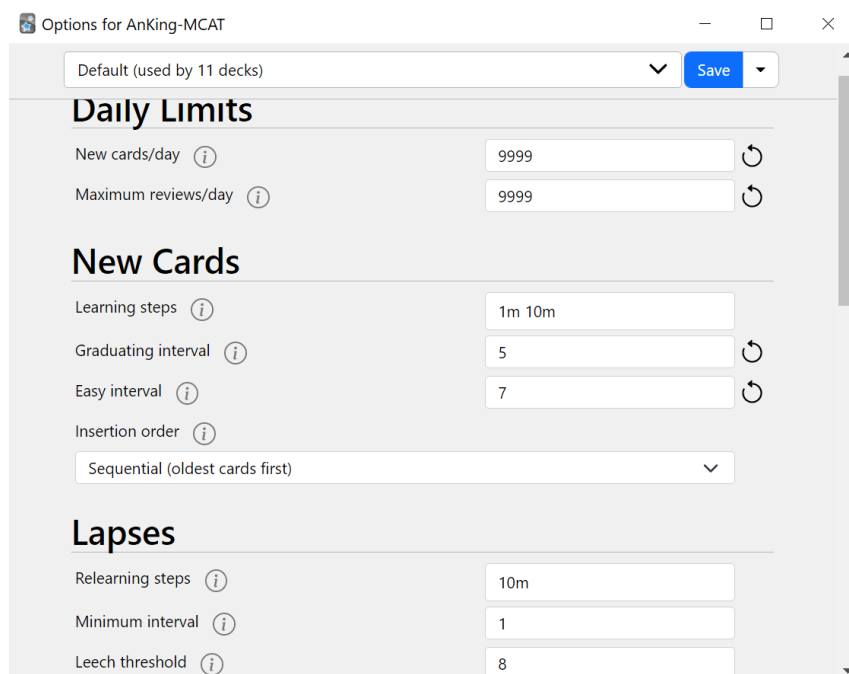
1. <https://apps.ankiweb.net/> use this link to download the actual Anki flashcard software. You will simply download it using the link that works for Windows or Mac at the bottom of the page.
2. Following this you can take two different pathways. You can either create your own flashcards or download an MCAT flashcards deck.
 - a. Here is a popular MCAT flashcard deck by AnKing that you can download using this link:
https://drive.google.com/file/d/1BneIHBAMDQNulrtGCvPBD6LLkz9OpEDF/view?usp=share_link
 - b. Once downloaded, open your Anki app (It should look similar to this)



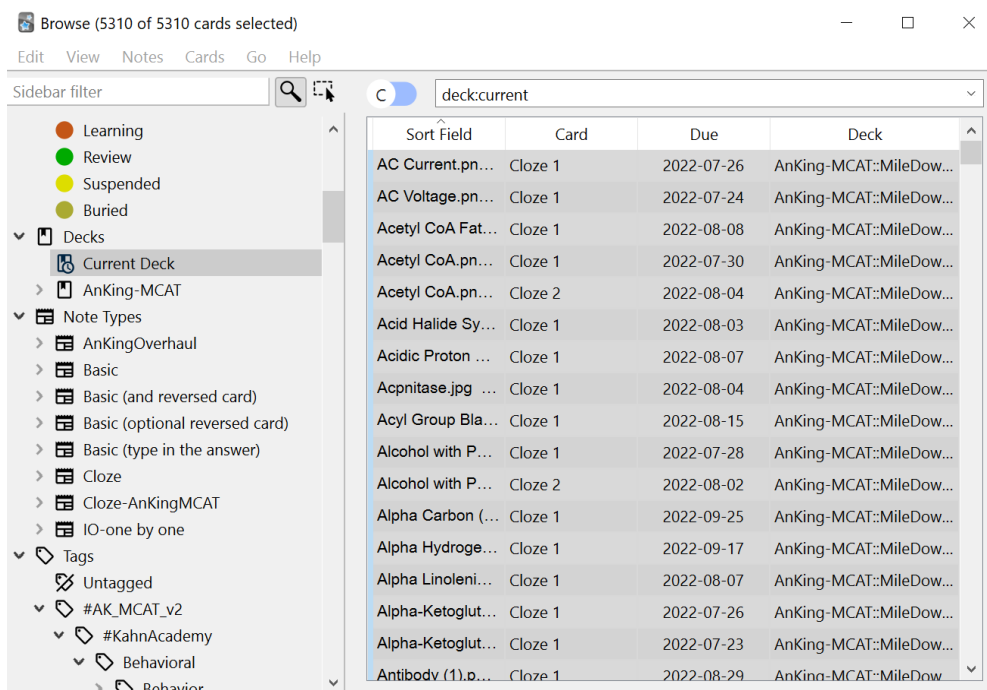
and now you should click import file at the bottom and upload the deck

3. Now that you have the deck downloaded or are beginning to make your own deck, it's important to understand how Anki actually works. Anki uses spaced repetition to help you learn most effectively. This means that Anki will test you after a certain number of minutes or days on cards based on how frequently you get them right
 - a. To set your settings, go to small gear icon that is in the same bar as your deck (located under "Due")

- b. Here are some simple settings that several students used to get started. You can modify this if you want your card amounts or timing to differ but this is pretty standard

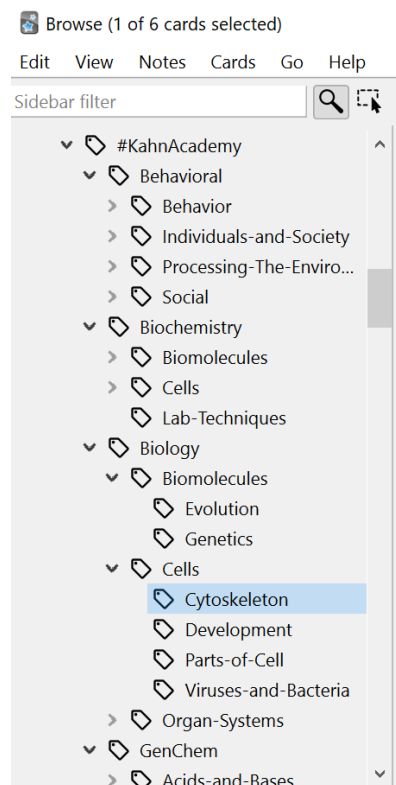


4. To effectively use Anki, what you are going to do is first suspend all of the flashcards. To do this, click “Browse” above the card which should open this:



- a. Now click on “Current Deck” as shown below, this will bring up all of the cards in the deck

- b. After this, go to “Edit” in the top left corner and click “Select All” which will highlight all of your cards
 - c. Now while they are all highlighted, go to “Cards” and click “Toggle Suspend” which should highlight all of your cards yellow, indicating that they are suspended
5. Now that all of your cards are suspended, you are going to progressively unsuspend them as you study or do content review. So you can selectively unsuspend sections of cards that match whatever content you are reviewing at that time, ultimately with the goal of unsuspending all of the cards (Or whatever sections you want to)
 - a. **Once you unsuspend a section of cards, keep them unsususpended since it is spaced repetition!** This will allow you to progressively review content even over a longer period of time to make sure you still remember things
 - b. To unsuspend cards, once again start by going to “Browse” and go to the bar on the side:



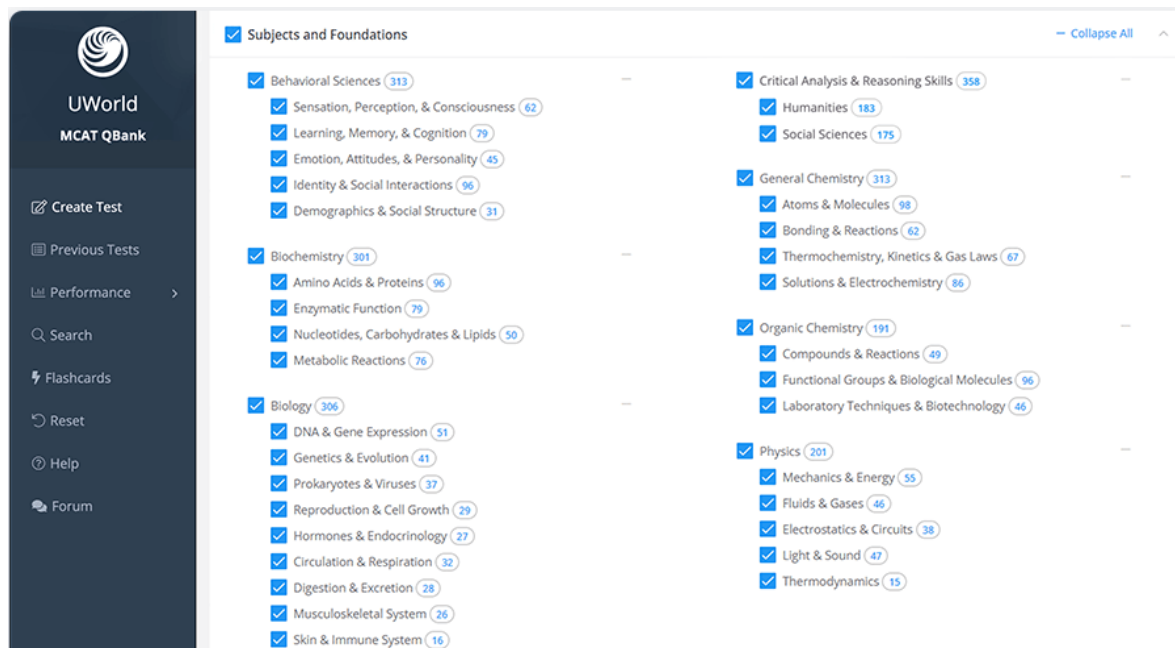
- c. Here you can select cards from Kaplan, KhanAcademy, or general concept cards. Do what you did before by going to “Edit” and select all cards in the set you want to unsuspend and then select “Cards” and “Toggle Suspend”
 - d. Now you have an unsususpended set of cards that should appear for you when you go to study that set!

6. Now you need to know how to actually use the cards! Click on the name of the deck and then click “Study Now” to open the deck.
 - a. From here, you should see a flashcard in front of you. Answer the card in your head, outloud, write the answer down, whatever works best for you, and then press the spacebar or click “Show Answer” at the bottom.
 - b. This will now give you four options to choose from (You can click on them or use the 1,2,3,4 keys) “Again”, “Hard”, “Good” and “Easy”. BE HONEST WITH YOURSELF (It will only help you) but now choose how difficult it was to answer the card
 - c. Each of the options has an amount of time above it, this is how long it will take before the card appears again!

UWorld

Website: <https://gradschool.uworld.com/mcat/>

UWorld is a question bank that is relatively easy to use. Using UWorld you can take timed sections of the exam in several formats. This service is fantastic for building exam stamina, getting used to the exam questions, and learning the best way for you to take the exam. Here is what your screen will look like using UWorld:



With UWorld you can select which sections you'd like questions from and how many questions you'd like to answer as well. What is likely most beneficial is to simulate the exam environment by creating a format that is similar to the sections on the exam. To do this, you can select the following sections separately:

1. Behavioral Sciences
2. Critical Analysis & Reasoning Skills
3. Biochemistry and Biology
4. General Chemistry, Organic Chemistry, & Physics

UWorld will automatically create a time for the exam that matches how long an actual section would give you. You can also select “Tutor” mode and “Timed” mode which will make alterations to how the practice looks. In Timed mode, it will have a continuous clock that runs similar to the actual exam. In Tutor mode, after each question it will tell you if you got the question right or wrong, and then provide an explanation. If tutor mode is not turned on, you will not see the results of the practice until the very end when you can review the questions that you got right and wrong. Using Timed mode but not Tutor mode gives the best example of what an actual section will look like.

It can be good to do several sections of UWorld a day, or even in one sitting, to help build stamina and get a good feel for how the exam runs. The UWorld questions are decently representative of the actual exam which really helps this as well.

Jack Westin

Website: <https://jackwestin.com/>

Jack Westin offers a variety of tools for students to use while preparing for the MCAT. The site offers MCAT courses that are quite expensive, but if you can afford them could be a good resource. There are a ton of free resources that they have on the website as well that are great to use. One of the best is located under the “MCAT Question Bank” tab of the homepage. Here you can find the passages of the day offered by Jack Westin for free. This will typically include a CARS passage and a passage from another section. This is fantastic just for a little extra practice, but especially for preparing for the CARS section as students have found that actual passages are the most beneficial to prepare for this section. The website also has the tabs “CARS Practice Exams” and “Khan Academy” which offers more passages for students to practice with.

Kaplan Books

*** The Pre-Medical and Pre-Dental Advising Office has some copies of these books that students can rent for while they study!

The typical set of Kaplan books is a set of seven books including, behavioral science, CARS, biology, general chemistry, organic chemistry, biochemistry, and physics. Most

students typically stray away from using the behavioral science and CARS book and instead use other sources to prepare for those sections, but if you are inclined to you can definitely still use them.

These books are fantastic for content review and are broken into chapters that all have summary questions. These questions aren't representative of MCAT questions but are still valuable for content review. You can break down your content review with these books by doing a chapter a day from each book or vice versa.

This link is a 100 page summary of the behavioral science section can be used as a good resource to supplement instead of the Kaplan book: [100 Page Behavioral Science Summary](#)

Khan Academy

Website: <https://www.khanacademy.org/test-prep/mcat>

Khan Academy offers a number of videos and even sample passages that students can use for studying. This can serve as both content review and exam preparation for students as they study. The practice passages provide videos that go over the process of reading through the passages and answering the questions as well. The section more targeted towards content review is broken down into ten foundations that ultimately cover most of the content for each of the sections of the exam.

AAMC

Website:

<https://students-residents.aamc.org/prepare-mcat-exam/free-planning-and-study-resources>

AAMC offers several tools that can be used by students to study for the MCAT. Since the MCAT is run through AAMC students will be required to make an account with them anyways and then will have access to their prep hub! They also offer a number of free resources for students that can also be beneficiary. A free sample test and a free practice exam is available to students directly on the website. There are also links to help create a study plan available on the website and even fee assistance programs available as well.

A paid resource that is often used by students as well is the four practice exams that are offered by the AAMC for students. These practice exams are very representative of the

actual MCAT which make them great to take close to the exam to get a good feel for what score you may potentially be able to achieve. These exams are \$35 each.

Study Tips

Do a free diagnostic test (through Blueprint, AAMC, or any other site you find offering them) before you start studying to get a feel of what sections you need to focus on.

If using the Kaplan books, most people don't use the CARS book and only skim the psychology/sociology book (It's more helpful to do actual questions for these sections of the exam)

Do the Jack Westin free CARS passage everyday, it'll help greatly with that section

When you take practice exams, simulate how you do things come test day. Get up at the time that you would, get ready, put together snacks/a lunch/water and treat the practice exam how you would the actual exam

Different practice exam services score differently. For example, AAMC is very representative of the exam but some people have said Blueprint practice exams are slightly more challenging.

Make a study plan before you begin and try to stick to it. Some people focus the first half of studying to content review and the second half to practice exams and questions. This format may not work for everyone however.

Take care of yourself. It's extremely taxing studying for this exam and you will notice it takes a toll on you. Take breaks because of this! Schedule your day of study to include breaks after completing x number of flashcards, sections, or hours. Give yourself time at the end of the day to relax. Give yourself days off here and there.

Everyone studies differently! The responses in this survey for what helped most were essentially all different!

Review your practice exams! Don't just take them and be done. Go over the questions you got wrong, this will help so much more than just taking the practice exams.

Don't underestimate CARS!

Trust your gut. You study so much for this exam that when the day comes trust your gut with questions. This takes some time to get used to, but when you take practice exams be conscious about not second guessing yourself and trust yourself and how much effort you put into preparing for the exam.

Some people emphasize content review heavily. Others emphasize actually taking the exam and knowing questions

When it comes to the day of the exam, you probably won't feel like you studied enough and you may be making yourself sick by how nervous you are... but you got this, you prepared for the exam for a reason!!!

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