

MCAT Practice Results

ExamCrackers MCAT Complete Study Package Practice Problems (1st Third 2017) [8-4 months pre-MCAT] – Got wrecked on the in-chapter problems and the end of book chapter exams

TPR MCAT Demo Test (4/18/17) [4.5 months pre-MCAT] – 504 (125/125/126/128)

----- End of Content Review -----

TPR Science/CARS Workbooks (Mid-May to Mid-June) – Got wrecked at first but slowly improved towards the end of both books

----- Review Notes -----

TPR MCAT Review Test 1 (6/13/17) [2.5 months pre-MCAT] – 510 (127/127/127/129)

Khan Academy CARS Passages Online (Mid-June) – Only did some, not all

Kaplan Full-Length Test 1 (6/20/17) [2.3 months pre-MCAT] – 510 (126/129/128/127)

Biology Volume 1 Question Pack (6/22/17) [2.3 months pre-MCAT] – 88%

Chemistry Question Pack (6/23/17) [2.3 months pre-MCAT] – 90%

Physics Question Pack (6/24/17) [2.2 months pre-MCAT] – 94%

CARS Volume 1 Question Pack (6/25/17) [2.2 months pre-MCAT] – 84%

Kaplan Full-Length Test 2 (6/27/17) [2.2 months pre-MCAT] – 516 (129/129/130/128)

----- Review Khan Academy Psych/Soc Packet -----

Kaplan Full-Length Test 3 (7/4/17) [2 months pre-MCAT] – 516 (128/128/130/130)

MCAT Elite Test (7/6/17) [1.9 months pre-MCAT] – 503 (124/129/125/125)

TPR MCAT Review Test 2 (7/8/17) [1.8 months pre-MCAT] – 512 (126/129/128/129)

Next Step Full-Length 1 (7/11/17) [1.7 months pre-MCAT] – 516 (129/127/130/130)

Psychology/Sociology Section Bank (7/14/17) [1.6 months pre-MCAT] – 76%

Chemistry/Physics Section Bank (7/15/17) [1.6 months pre-MCAT] – 77%

Next Step Full-Length 2 (7/18/17) [1.5 months pre-MCAT] – 516 (129/128/130/129)

Next Step Full-Length 3 (7/21/17) [1.4 months pre-MCAT] – 515 (129/127/130/129)

Biology/Biochemistry Section Bank (7/22/17) [1.3 months pre-MCAT] – 87%

Biology Volume 2 Question Pack (7/25/17) [2.2 months pre-MCAT] – 87%

Next Step Full-Length 4 (8/3/17) [1 month pre-MCAT] – 514 (129/128/128/129)

TPR MCAT Test 1 (8/9/17) [3.4 weeks pre-MCAT] – 515 (127/128/129/131)

Online Official Guide (8/13/17) [3 weeks pre-MCAT] – 103 (26/28/22/27)

TPR MCAT Test 2 (8/14/17) [2.8 weeks pre-MCAT] – 514 (127/127/129/131)

TPR MCAT Test 3 (8/16/17) [2.5 weeks pre-MCAT] – 509 (126/127/128/128)

AAMC Sample Test (8/21/17) [12 days pre-MCAT] – 91.5% (92%/94%/88%/92%)

AAMC Scored Full Length 1 (8/25/17) [8 days pre-MCAT] – 523 (131/130/131/131)

CARS Volume 2 Question Pack (8/29/17) [4 days pre-MCAT] – 91%

AAMC Scored Full Length 2 (8/30/17) [3 days pre-MCAT] – 522 (132/130/131/129)

AAMC MCAT (9/2/17) [Test Day] – 524 (132/131/130/131)

	7-10	1-5	6-10	11-15	16-20	21-25
DATE	Chem*	Orgo*	Physic*	Biol/Environ*	English*	CARS*
Wed 5/24	12					4
Thurs 5/25		5	10			
Fri 5/26				16		3
Saturday 5/27					8	
Sunday 5/28	12	5	10			
Monday 5/29				16		
Tuesday 5/30		6			8	9
Wednesday 5/31						
Thursday 6/1	12					
Friday 6/2			10		8	
Saturday 6/3						
Sunday 6/4		6			4	5
Monday 6/5			1	16	1	
Tuesday 6/6			9	10		
Wednesday 6/7			9			
Thursday 6/8	11		9			
Friday 6/9	12			10		
Saturday 6/10						
Sunday 6/11	10			10		

Finished TPR Worksheets

To-DO:

- Kaplan 3 FI Tests
- TPR 6 FI Tests
- AAMC 2 FI Tests
- Kaplan Reading CARS (15 Passages)
- TPR Workbook CARS 4 section tests
- AAMC Questions
- Next Step 6 FI - Buy 3/1/19

CARS Section Book Shirts

Buy 247 Section Book

CARS Section Book

Physic Section Book

CARS 247 Section Book

Next Step Sample Test

Date	Practice Material
Mon-4/19	MCAT Review Test 1
Tue-4/19	Check FI Answers + Highlight Updates
Wed-4/20	Review Notes
Thu-4/20	Review Notes
Fri-4/21	Review Notes
Sat-4/21	TPR CARS, MCAT Practice Test 2 - 11 hours
Sun-4/22	Review Notes
Mon-4/23	Review FI Test 2
Tue-4/24	Check FI Answers
Wed-4/24	Question Pack Bio 2
Thu-4/25	Question Pack Chem + Phys
Fri-4/25	Question Pack Phys
Sat-4/26	Question Pack CARS 2
Sun-4/26	Psych/Soc Notes
Mon-4/27	Review FI Test 2
Tue-4/28	Check FI Answers + Notes
Wed-4/29	Psych/Soc Notes
Thu-4/29	Psych/Soc Notes
Fri-4/30	Psych/Soc Notes
Sat-5/1	Psych/Soc Notes
Sun-5/2	Psych/Soc Notes
Mon-5/3	Review FI Test 3
Tue-5/4	Check FI Answers + Psych/Soc Notes
Wed-5/5	MCAT Elite Test
Thu-5/6	Check FI Answers
Fri-5/7	MCAT Review Test 2, check FI Answers

Date	Practice Material
Sun - 7/1	Check FI Answers + Booklet Notes
Mon - 7/10	Booklet 1
Tues - 7/11	NS Test 1
Wed - 7/16	Check FI Answers + Notes
Thurs - 7/18	Section Book 1 Flashcards
Fri - 7/19	Section Book 2 Chem Notes
Sat - 7/15	Math Academy CARS, US Pharmacology + AP Physics Practice Test
Sun - 7/16	NS Test 2
Mon - 7/17	Check FI Answers + Notes
Tues - 7/18	Section Book 2 Flashcards
Wed - 7/19	Section Book 3 Bio
Thurs - 7/20	Math Booklet Notes + MCATs Practice Test 3
Fri - 7/21	NS Test 3
Sat - 7/22	Check FI Answers + TPR CARS Practice Test 4
Sun - 7/23	ABMC Official Online Guide Questions
Mon - 7/24	NS Test 4
Tues - 7/25	Check FI Answers + Notes + AAAC Flashcards
Wed - 7/26	NS Test 5
Thurs - 7/27	Check FI Answers + Notes + AAAC Flashcards
Fri - 7/28	NS 105 Practice Test 2 & 3
Sat - 7/29	NS Test 6
Sun - 7/30	Check FI Answers + Notes
Mon - 7/31	NS 108 Practice Test 4 & 5
Tues - 8/1	NS 108 Practice Test 6 & 7
Wed - 8/2	TPR MCAT Test 2
Thurs - 8/3	Check FI Answers + NS 108 Practice Test 8

Day	Activity
Fri - 8/11	MS 108 Practice Test 9 + 10
Sat - 8/12	MS 108 Practice Test 11 + 12
Sun - 8/13	Notes
Mon - 8/14	TPR MCAT Test 2
Tues - 8/15	Check FI Answers + Passage 100 Quizlet + Auck
Wed - 8/16	TPR CARS + Passage 100 Quizlet + Auck
Thurs - 8/17	TPR MCAT Test 3
Fri - 8/18	Check FI Answers
Sat - 8/19	
Sun - 8/20	Sturges Park CARS 2
Mon - 8/21	
Tues - 8/22	
Wed - 8/23	MCAT Sample Test
Thurs - 8/24	Check FI Answers
Fri - 8/25	Notes
Sat - 8/26	AAMC Signal FI 2
Sun - 8/27	Check FI Answers + TBR CARS
Mon - 8/28	Notes + TBR CARS
Tues - 8/29	
Wed - 8/30	AAMC Signal FI 2
Thurs - 8/31	Check FI Answers
Fri - 9/1	Break

Study Schedule:

- **Go through the ExamCrackers Books for Content Review (skip the CARS book)**
 - Take written notes of the content in the EK books, I started out using lined paper (for some books I had 2-3 pages front and back, for EK Bio 2 I had 9 front and back)
 - After you go through a book, rewrite your notes onto blank printer paper, and condense them (write down whatever you don't remember)
 - Make sure you memorize the notes as you are writing them down on lined paper, and after you transcribe/condense your notes onto blank paper go through them again and memorize them
 - Do the books one after another, don't skip around between books
 - Do the questions in each section/chapter as you get to them, but save all the 30 min exams at the end of each book for after you finish with a book
 - Example: Learn EK Psych/Soc while writing notes and doing the in-chapter questions, condense your notes from the whole book onto blank paper, memorize them, then do the 30 min exams, go over the answers, then move onto EK Bio 1, etc.
 - Do the 30 min end of book tests under timed conditions (but if time runs out keep going, try your best to pace yourself but its okay if you don't, I spent anywhere between 35-45 min completing those exams)
 - You will probably do badly due to a number of factors (weak content knowledge, timing issues, unfamiliarity with question and passage structure), but that is all right, you will improve later on
 - You should get through 1 chapter a day (more if you have time), then spend 1 day transcribing your notes onto blank paper while memorizing them, and 1-2 more day(s) doing the 30 min exams and going over them
 - Specifically for Physics (and partially Chem), make an equations sheet as well and memorize every single equation you come across, keep adding to it as you find new ones in practice materials
- **Go through the Khan Academy 300 Page Psych/Soc Packet**
 - Google this, it is a life saver, it is absolutely amazing
 - Take 5-6 days to go through this (50/60 pages a day)
 - Memorize everything, and take notes of everything you have difficulty with
 - After you get through the packet, review the notes you took on the packet
- **Take the TPR Demo Test**
 - you will likely do very badly, again don't worry about it too much, but work to always score higher with each successive tests
 - This is a benchmark/diagnostic, don't flip out at the score
- **Go through the TPR Science Workbook and TPR CARS Workbook**
 - There are about 340+ passages between the two books (excluding CARS practice tests)
 - Aim to do 15-30 passages a day (personally I'd do 20 everyday if possible)
 - It should take you 2-3 weeks to get through the whole thing

- Do them timed (lax enforcement at first, and then strict time enforcement starting after 100 passages), this will improve your speed
- Also do the passages in batches of 9 to simulate real test conditions and build stamina
- **Go through your EK Notes and Khan Academy Packet Notes again, and rewrite them while condensing them and memorizing**
 - Rewrite them onto blank paper while only retaining things you don't know
- **Do all the practice materials you can find**
 - ALL AAMC MATERIALS - including the flashcards
 - TPR Exams, Kaplan Exams, Next Step Exams
 - I would do the exams in the order that I have them above, with the addition of Next Step exams 5 & 6
 - Save the AAMC Materials for month before your test
- **REVIEW ALL QUESTIONS THOROUGHLY**
 - I would review all questions in a given practice material, then just the marked and incorrect questions, then the incorrect questions again
 - If you don't understand something, DO NOT move on until you understand why you got something wrong or right
 - This goes double for AAMC materials, look through those answers 2-3 times on different days to ensure that you remember what they need you to
- **You have to buy the AAMC materials from their website for about \$200**
- **You have to buy the 6 Next Step Exams from their website for about \$150**
- **You can register the Kaplan Books online if you have them for access to their 3 practice tests**
- **You can register the Princeton Review Books online even if you don't own them buy googling their ISBN numbers and inputting them, in total this should yield 6 practice tests (plus the DEMO test so 7 practice tests in total for free)**

Test Prep Student Tools		
Access your test prep dashboard to review test scores, take a practice test, or review a class.		
MCAT Elite 2nd Edition → Start Date: 6/12/2017 Access Expires on: 6/12/2019		LAUNCH
The Princeton Review MCAT 2nd Edition → Start Date: 6/12/2017 Access Expires on: 6/12/2019		LAUNCH
Complete MCAT 2015 → Start Date: 6/12/2017 Access Expires on: 6/12/2018		LAUNCH
MCAT Subject Review Complete Box Set, 2nd Edition → Start Date: 6/12/2017 Access Expires on: 6/12/2018		LAUNCH

Take notes on everything you get wrong (I made a list of concepts/terms that I got wrong on practice materials and studied it every so often, condensing the notes as I saw fit)

MCAT Physics

Chap 1: Motion + Force

$$\Delta x = v_0 t + \frac{1}{2} a t^2$$

$$\Delta v = a t$$

$$v^2 = v_0^2 + 2 a x$$

$$v \sin \theta = \sqrt{2 g h}$$

$$F_g = m g$$

$$F_g = G \frac{m_1 m_2}{r^2}$$

$$F_t = m g \sin \theta, F_n = m g \cos \theta$$

$$F_s \leq \mu_s F_n, F_k = \mu_k F_n$$

$$F = -k \Delta x$$

Chap 2: Energy + Equilibrium

$$T = F \sin \theta = FL$$

$$K = \frac{1}{2} m v^2, U_g = m g h, U_s = \frac{1}{2} k x^2$$

$$W + q = \Delta E = \Delta K + \Delta U$$

$$W = F d \cos \theta = \Delta K + \Delta U$$

$$P = W/t = \Delta E/t = F v \cos \theta$$

$$E = m c^2$$

Chap 3: Fluids

$$\rho = m/v, S.G. = \frac{\rho_{fluid}}{\rho_{water}}$$

$$\rho_w = \frac{1000 \text{ kg}}{\text{m}^3} = \frac{1 \text{ g}}{\text{cm}^3}$$

$$P = F/A = \rho g y$$

$$1 \text{ atm} = 101,325 \text{ Pa}$$

$$F_b = \rho_f V_f g = m_f g$$

$$A W L = \frac{P_f}{P_0} \cdot 100, F.S. = \frac{P_0}{P_f} = \frac{V_f}{V_0}$$

$$Q = A v, I = P Q = P A v$$

$$K = P_1 + \rho g h + \rho v^2/2$$

$$v_{jet} = \sqrt{2 g h}$$

$$v_{exit} = \sqrt{\frac{2 \Delta P}{\rho}}$$

$$\Delta P = Q R$$

$$Q = \Delta P \frac{\pi r^4}{8 \eta L}$$

$$W = P \Delta V$$

Chap 4: Electricity

$$F = K \frac{q_1 q_2}{r^2} = q E \text{ (Newtons)}$$

$$E = F/q = K \frac{q}{r^2} \text{ (Newtons/Coulomb)}$$

$$U = F d = q E d = K \frac{q_1 q_2}{r} \text{ (Joules)}$$

$$V = \frac{E d}{q} = E d = U/q = K \frac{q}{r} \text{ (Joules/C)}$$

$$R = \rho \frac{L}{A} \text{ (Ohms)}, E_{electric} = V/d$$

$$i = V/R \text{ (Amps)} = \text{Coulombs/sec}$$

$$\Delta G = -n F E, v_{rms} = \sqrt{2} v_{rms}$$

$$P = i V = i^2 R = V^2/R, i = Q/t$$

$$C = Q/V, U = \frac{1}{2} Q V = \frac{1}{2} C V^2 = \frac{1}{2} Q^2/C$$

$$\text{Parallel: } \frac{1}{R_{eff}} = \frac{1}{R_1} + \frac{1}{R_2} + \dots, C_{eff} = C_1 + C_2 + \dots$$

$$\text{Series: } R_{eff} = R_1 + R_2 + \dots, \frac{1}{C_{eff}} = \frac{1}{C_1} + \frac{1}{C_2} + \dots$$

$$F = q v B \sin \theta = I L B \sin \theta$$

$$E_{ind} = -\frac{d\Phi_B}{dt}, C_{plate} = K A/d$$

Chap 5: Waves - Sound + Light

$$v = f \lambda, T = 1/f$$

$$v_{sound} = \sqrt{B/\rho} = \sqrt{\frac{\gamma R T}{M}} = \sqrt{\frac{\gamma P}{\rho}}$$

$$I = 2 \pi r^2 A^2 f^2 \rho v, B = 10 \log \frac{I}{I_0}$$

$$f_0 = f_s \left(\frac{c \pm v_o}{c \pm v_s} \right), \frac{\Delta f}{f_s} = \frac{\Delta \lambda}{\lambda_s} = \frac{v}{c}$$

$$\frac{\Delta f_{beat}}{f_s} = \frac{2v}{c}, \frac{v_{air}}{v_{sound}} = \text{Mach Number}$$

$$f_0 = f_s \pm \Delta f, \lambda_0 = \lambda_s \pm \Delta \lambda$$

$$E = h f, c = 3 \times 10^8 \text{ m/s}$$

$$f_{light} = c/\lambda_{light}, n = c/v_{wave}$$

$$n_1 \sin \theta_1 = n_2 \sin \theta_2, \theta_{critical} = \sin^{-1} \left(\frac{n_2}{n_1} \right)$$

$$f = 1/2, P = 1/f$$

$$T_{pendulum} = 2 \pi \sqrt{\frac{L}{g}}$$

$$\frac{1}{f} = \frac{1}{d_o} + \frac{1}{d_i} \text{ (centimeters)}$$

$$M = -\frac{d_i}{d_o} = \frac{h_i}{h_o}$$

$$\theta_{diff} = \frac{\lambda_{exit}}{D}$$

$$\text{Half Open / Fully Closed Pipe: } \lambda = \frac{2L}{n}$$

$$\text{Fully Open Pipe: } \lambda = \frac{4L}{n} \text{ (n is odd #'s only)}$$

This is the physics equation sheet that I used (I never needed an equation that wasn't on this ever)

TIPS FOR PREP:

- TPR, Kaplan, and Next Step (to a lesser extent) exams stress knowledge of content, whereas AAMC exams stress application of content and analysis of passage information/data
 - Content review is really important, but being able to extrapolate information from the passages on the test is more helpful in raising your score
 - There is very little Physics on the exam, and the TPR exams especially will deflate your Chem/Phys section score (don't freak out, a 127 on TPR is good IMO)
 - Don't go crazy if you see things on the practice exams that you have never heard of, try your best to memorize them but in all likelihood the AAMC tests won't test many of the weird physics concepts and psych terms on some of the practice exams, and the AAMC tests won't require nearly as much knowledge of biology minutiae
- If you are bad at CARS, practice that every single day!
 - This is the section where it is hardest to pull up your scores IMO, because it doesn't test content whatsoever, its all analysis and reasoning
 - TPR and Next Step CARS are ridiculously hard, Kaplan is the closest thing in terms of score to the AAMC CARS section
 - On AAMC CARS Question Pack 1, the first 60 questions are ridiculously hard, if you do poorly don't worry, its okay, the real exam is much easier than that (as are the rest of the questions in CARS Pack 1 and 2)
- Review the AAMC questions you get wrong multiple times
- TIMING is EVERYTHING
 - You can spend 1.5 min on average on each question in the C/P, Bio, and P/S sections
 - CARS you have 10 min per passage, I spent 3 min reading the passage and the rest of the time answering the questions (if you have a passage with 5 questions you should aim to finish it in 8 min, so that you have extra time for the longer passages and the 7 question passages)
 - I had a really bad habit of checking my answers in ever section 4-5 times, even when I knew it was right my OCD kicked in and I would go back and check again. DO NOT DO THIS. Check yourself once or twice and do not return to the question, mark it if you need to and return to it later
 - Only mark a couple questions per section on the actual exam, if you have extra time at the end then go back to the marked questions and try them
- For CARS, something that helped me improve my score was this rule "never pick the wrong answer". Always eliminate the answers that have some portion of them incorrect, if it is half-right then it is also half wrong, which means it is fully wrong, i.e. don't pick the right answer, pick the least wrong answer
- For other sections, you can almost always eliminate 2 answer choices, which can help you make an educated guess on questions you don't know
- Highlight all names (George Orwell, gliadin [gluten derivative]) , functions (i.e. competitive inhibitor), time periods (16th century), and data conclusions (the data from Study 2 confirmed the researchers' original hypothesis) in passages

Things to memorize (everything is important but this stuff is key IMO):

- **Biochemical Pathways (all names of intermediates and enzymes) – Know the committed steps and where and how much energy (ATP/NADH/FADH₂) is formed, locations in the cell where they are carried out**
 - Glycolysis, Krebs Cycle, Electron Transport Chain, Pentose Phosphate Pathway, Beta-Oxidation, Fatty-Acid Synthesis, Gluconeogenesis (and the precursors), Glycogenesis, Glycogenolysis
- **Amino Acids**
 - Structures of each, names, 3 and 1 letter abbreviations, side chains, properties (hydrophobic, basic, acidic, polar), Proline messes with secondary structure, Cysteine makes disulfide bonds, Histidine is a +0.1 (not a +1) charge at pH 7
- **Nucleotides**
 - Structures, names, G/C have 3 hydrogen bonds, pyrimidine .vs. purine
- **Psychology/Sociology Theories**
 - Theory names, meanings, and people associated with them
 - Social Constructionism, Functionalism (Durkheim), Conflict Theory (Marx), Social Interactionism (Mead & Cooley), Me & I Self Theory (Mead), Looking Glass Theory (Cooley), etc.
- **Body Systems/Organs**
 - Everything about every system in the body, especially kidneys, liver, nervous system, capillaries, alveoli, Endocrine, immune, What do the ectoderm/mesoderm/endoderm differentiate into
- **Chemistry**
 - Acid/Base, Le chatlier's Principle, Thermodynamics, Kinetics, Lineweaver Burk Plots + inhibitors + michaelis menten kinetics
- **Physics**
 - Everything, but Circuits and Light/Sound Waves are the hardest for me so I spent more time going over them. This is one section where memorization matters a lot, memorize every single equation you come across in any material you study

The most important thing to make sure you do throughout this process is that your scores improve over time for a given practice material maker. I.e., only compare your TPR Scores to TPR Scores, Kaplan scores to Kaplan Scores, and Next Step scores to Next Step scores. As you can see in my scores above, they fluctuated a bit between test makers. I never scored higher than a 516 on anything, until I took my AAMC FL 1 (523) and AAMC FL 2 (522). I walked out sure that I got a 518 best case scenario on my test on the real day, and I came with a 524, which is higher than either of my AAMC practice tests.

Don't freak out from scores that aren't AAMC, none of them are representative. Just focus on improving steadily, and getting faster at moving through the sections. Good luck!