

Next Step MCAT Books: The Stats

Content Review Book Series

The content review books are exactly what the name says – content review. The passages in these books are shorter and focused on a student’s ability to recall the content, rather than the complex experimental passages that will show up on the real MCAT. There are also many hundreds of short review questions designed for a student who needs a drill-and-kill style repetition to really learn the material. Those students who have already taken a prep course or are coming in with a very strong science background should skip right to the Strategy and Practice books.

Total Page Count: 2005
Recall-based content review Q’s: 4151
Short passages: 135

Psychology/Sociology

Total Page Count: 323
Recall-based content review Q’s: 1037
Short passages: 16

Biology/Biochemistry

Total Page Count: 518
Recall-based content review Q’s: 1118
Short passages: 43

Chemistry/Organic Chemistry

Total Page Count: 575
Recall-based content review Q’s: 972
Short passages: 22

Physics/Math

Total Page Count: 589
Recall-based content review Q’s: 1024
Passages: 54

Strategy and Practice Book Series

As the title says, these books are focused on the strategies needed to tackle the real MCAT and the full timed section practice needed to hone those strategies to perfection. There is no explicit content review in these books, although completing all of the timed sections will involve reviewing the content discussed in the passages.

Note that the books are designed around the four sections of the new MCAT, but the titles of the books are meant to be descriptive of the major sciences. So while the Psychology and Sociology book doesn’t list Biology on the cover, there may be questions on biology because the Psychological Foundations of Behavior section does include some biology questions.

Total Page Count: 1730
Total full timed sections: 15
Total passages: 173 (The equivalent of four and a half MCAT exams)

Biology and Biochemistry Strategy and Practice

MCAT Section: Biological Foundations of Living Systems
Pages: 491
Full Timed Sections: 4
Total Passages: 44

Chemistry and Physics Strategy and Practice

MCAT Section: Chem. Foundations of Biological Systems
Pages: 489
Full Timed Sections: 4
Total Passages: 44

Psychology and Sociology Strategy and Practice

MCAT Section: Psychological Foundations of Behavior
Pages: 423
Full Timed Sections: 4
Total Passages: 45

Critical Analysis and Reasoning Skills

Pages: 327
Full Timed Sections: 3
Half-length Timed Sections: 3
Total Passages: 40