

How to chose your MCAT date

Today's Info Session

- ▶ Welcome to this Info Session!
- ▶ Introduction
- ▶ MCAT dates 2020
- ▶ How to prep
 - ▶ Starting early
 - ▶ Or a little later...
- ▶ How Can Next Step Help?
- ▶ Questions?

Next
Step
TEST PREP

MCAT
Medical College
Admission Test

WHAT IS YOUR NEXT STEP?

Introduction

Hi, I'm Phil!

- ▶ **MCAT Content writer**
 - ▶ **Tutored and taught for 9+ years**
 - ▶ **Attended University of Nebraska Medical Center as an MD/PhD student.**
- ✓ **Next Step is a team of test prep and educational experts committed to excellence.**



Why is an MCAT study plan important?

- Studying and practicing for the MCAT tend to be doable...
...but when you factor in planning as well, it can get stressful!
- This is especially true if you:
 - ▶ Work full-time
 - ▶ Are also taking college courses
 - ▶ Have a weak content background or specific MCAT needs

Haven't taken a class?

- **Content Classes – haven't taken Biochem yet?!**
 - ▶ **If you're missing a class, you can self-study (or take a college class) for about 1 semester's worth of stuff while ALSO MCAT prepping (e.g. I never took sociology, so I'm going to self-teach sociology while MCAT prepping)**
 - ▶ **If you're missing 1+ years worth of class content it will be MUCH MORE DIFFICULT to study for the MCAT (e.g. I've never taken any physics, Organic Chem, or Biochem and I will self-teaching)**

JAN

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MCAT Admin

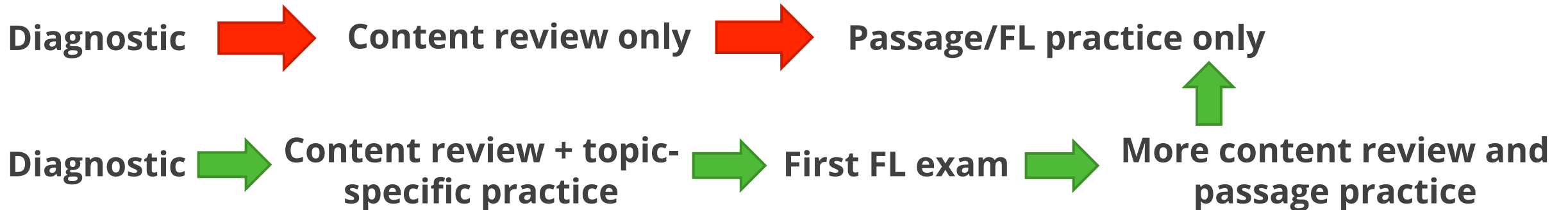
Score Release

Jan. 17	Feb. 18
Jan. 18	Feb. 18
Jan. 23	Feb. 25
March 14	April 14
March 27	May 1
April 4	May 5
April 24	May 27
April 25	May 27
May 9	June 9
May 15	June 16
May 16	June 16
May 21	June 23
May 29	June 30
June 5	July 7
June 19	July 21
June 20	July 21
June 27	July 28
July 7	Aug. 6
July 18	Aug. 18
July 23	Aug. 25
July 31	Sept. 1
Aug. 1	Sept. 1
Aug. 7	Sept. 9
Aug. 8	Sept. 9
Aug. 14	Sept. 15
Aug. 29	Sept. 29
Sept. 3	Oct. 6
Sept. 4	Oct. 6
Sept. 11	Oct. 13
Sept. 12	Oct. 13

- **MCAT Prep – is NOT cleanly, perfectly divisible into “content” and “practice”**
 - ▶ **Nobody is EVER done with “all my content” so instead it’s transition from a mix of content/strategy/practice that slowly moves towards more practice**
 - ▶ **RIGHT FROM VERY BEGINNING you should be practicing passages/questions**
 - ▶ **As you progress, you should be using tests to help you determine what are your content weaknesses.**

What comes next?

- Content review!
- **However:** it's very important to start question/passage practice early, too.
- Don't plan to do 100% of your content review before moving on to strategy!



What comes next?

- Content review!
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Much better!



How many FLs should you take?

- **MYTH:** The more practice FLs you take, the better.
- In reality – thorough review is most important!
- # of FLs should vary based on prep timeline, endurance, etc.
 - “Typical” student: takes 7-8 FLs
 - If you have endurance of timing problems: take more
 - If you’re confident/crunched for time: 4-5 may be enough!
- Remaining FLs can be taken as separate sections

Plans can evolve over time!

- For example: Prep is much more time-consuming than expected?
 - ▶ Evaluate how thoroughly you are reading/taking notes
 - ▶ Reprioritize assignment types and topics
- Or are you having trouble staying focused?
 - ▶ Cover multiple topics in a day instead of a single topic
 - ▶ Break content review up into more manageable chunks
 - ▶ Don't forget to stay healthy!

Finally : remember breaks!

- Breaks are absolutely essential to staying at your best throughout your prep.
- How should a break be spent?
 - ▶ Exercising; keeping a normal routine
 - ▶ Catching up with other obligations (and even having fun)
 - ▶ NOT thinking about the MCAT!
- For longer prep plans, set aside 1 day for a break per week
- For shorter timelines, set aside 1 half-day per week

**Next
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Q&A

Next Step: Core Values

Next
Step
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Educate Daily



Approachability



Authenticity



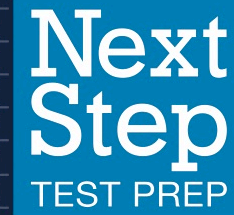
Professionalism



Ownership

We are dedicated to providing **personalized support**,
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- ✓ **Over 80,000 students have used Next Step Test Prep in their MCAT Prep journey**

“Next step is an invaluable resource, they truly have the best strategies in regards to approaching each section of this test.” – T.D.

“Next Step helped me take my score from a 496 to a 523!! That's 35th percentile to 99th! Every service they offer is top notch and definitely helps you prepare for the MCAT” - Gus

“This course has significantly improved the way I approach the exam, how I study, and has given me great support with any questions I have had along the way.” - Tyler

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- ✓ **The most representative practice exams available**
- **Continually updated for AAMC Changes**
- **Most students score within 1-2 points of our tests on the actual exam**



New 2018 MCAT Interface

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- Hundreds of hours of video lessons and content review
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Next Step is ready. Are you?

✓ Your practice experience matters! Prep with the most realistic testing environment with Next Step.

Medical College Admission Test - Clara Gillan Time Remaining: 01:21:34 18 of 59

Highlight Strikethrough Flag for Review

Remove Highlight

Figure 1 Eosinophil activation as measured by percent of CD69-positive cells after 3 and 12 hours of co-culture (*p < 0.05, **p < 0.01, ***p < 0.001)

Next, researchers aimed to assess the effect of NK co-culture on eosinophil degranulation. After 3 and 12 hours of co-culture, samples were centrifuged at 1500 rpm, and ECP levels were measured in the supernatants (Figure 2). No ECP was detected in supernatant culture of NK cells alone.

Question 18

Which of the statements below is supported by the experimental results, as shown in Figures 1 and 2?

- A. The duration of Eos co-culture with NK cells directly and linearly correlates to the amount of ECP found in the supernatant after centrifugation.
- B. Cells cultured with a 1:1 NK-to-Eos ratio displayed statistically similar levels of activation to cells cultured with a 5:1 NK-to-Eos ratio, as measured by CD69 expression.
- C. NK co-culture stimulates Eos activation while inhibiting degranulation.
- D. Co-culture with NK cells significantly increased Eos degranulation in all groups, as compared to Eos cells cultured alone.

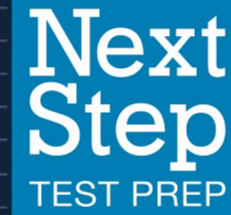
Periodic Table Review Screen Previous Next

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- Completely flexible and customizable study plan



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- Full-length MCAT exam
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