MCAT WEBINAR

How to Create an MCAT Study Plan

Today's Agenda

▶ **Welcome to this Info Session!**

▶ **Introduction**

▶ **General Information**

▶ **What to Do First**

▶ **What About Practice Exams?**

▶ **Study Plan Tool Walkthrough**

▶ **How can Next Step help?**

   ▶ **Coupon code!!!**

▶ **Questions?**

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**

What should this plan include?

- **Content review**
    - **Book chapters (from a set of prep books)**
    - **And/or content review videos**
- **Strategy/practice**
    - **Individual question practice (topic-specific)**
    - **Passage practice (topic-specific)**
    - **Full sections**
    - **Full-length exams**
- **AAMC resources**
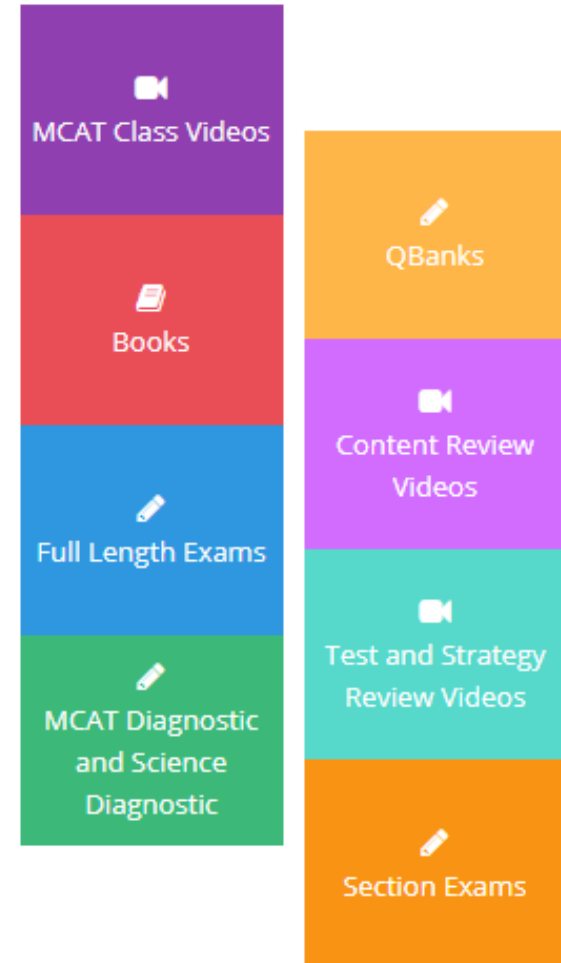
First things first

- Take a diagnostic exam!

- Do this at the very beginning (first 1-3 days) of your prep

- Can be half-length or full-length

- Full-length: allocate 7-8 hours + review

- Half-length: allocate 3-4 hours + review

MCAT DIAGNOSTIC AND SCIENCE DIAGNOSTIC

⊕ SCIENCE CONTENT DIAGNOSTIC ATTEMPTS

⊕ MCAT DIAGNOSTIC ATTEMPTS

| 1	2	3	4	5
not attempted	not attempted	not attempted	not attempted	not attempted
⚑ Start Timed	⚑ Start Timed	⚑ Start Timed	⚑ Start Timed	⚑ Start Timed
⚑ Start Untimed	⚑ Start Untimed	⚑ Start Untimed	⚑ Start Untimed	⚑ Start Untimed

Why is it important to take a diagnostic?

- **It's vital to get a feel for the exam early on! Then, you can:**
    - **Review weak areas**
        - **Sections, topics, timing or endurance issues**
    - **Optimize future prep**
        - **Start your Lessons Learned Journal**
        - **Begin planning your study schedule**
- **But remember, it's still early in the process! DON'T:**
    - **Worry about your score or feel pressure to improve right away**
    - **Assume your strengths/weaknesses will be the same on every test**
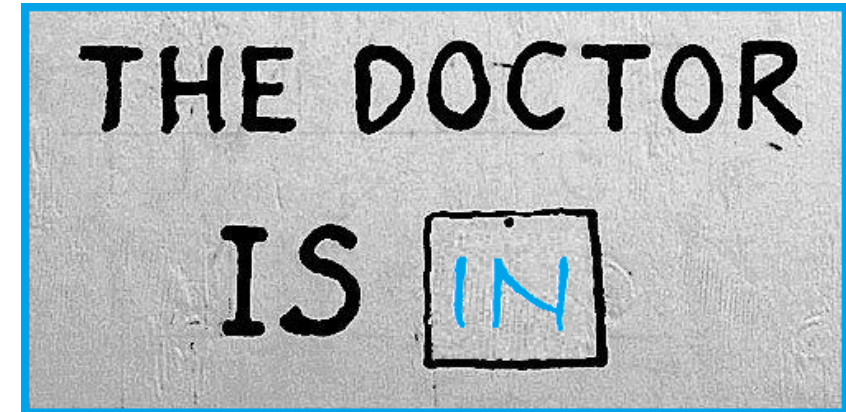
What comes next?

- **Content review!**

- **However:** it's very important to start question/passage practice early, too.

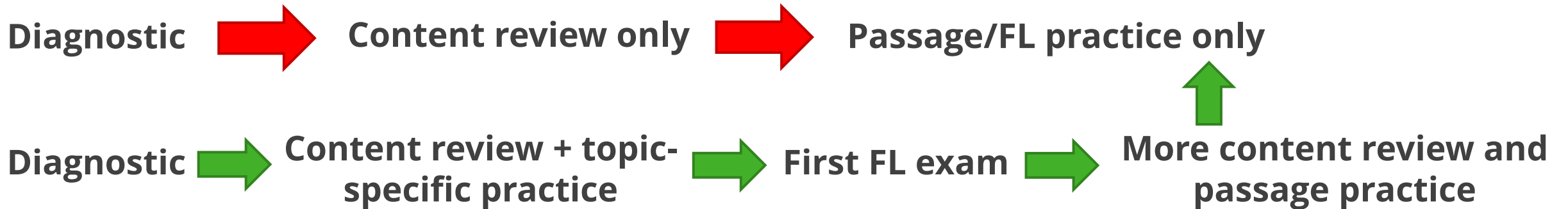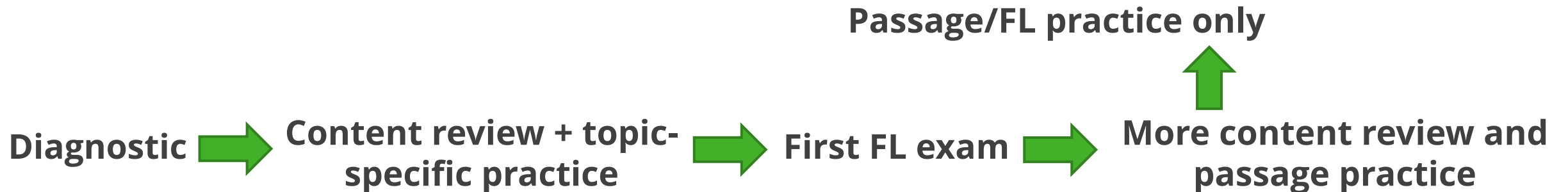- **Don't plan to do 100% of your content review before moving on to strategy!**

Not ideal!

Diagnostic → **Content review only** → **Passage/FL practice only**

Next Step TEST PREP

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!**

Diagnostic ➡ Content review only ➡ Passage/FL practice only

Diagnostic ➡ Content review + topic-specific practice ➡ First FL exam ➡ More content review and passage practice

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!**

Much better!

Passage/FL practice only

Diagnostic → **Content review + topic-specific practice** → **First FL exam** → **More content review and passage practice**

Let's make a plan!

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**

How often should you take FLs?

- **MYTH:** It's often helpful to take many FLs right before your test date.

- In reality – sticking to 1 per week is best!

- Plan 1 entire day to take each FL, plus 1-2 days for review

- Then spend the rest of the week targeting weak areas, fitting in section practice, and analyzing lessons learned.

- In general, save AAMC scored exams for last!

Next Step TEST PREP

Don't be afraid to let your plan evolve over time!

- **For example: is it 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!

Next Step TEST PREP

Finally: remember to take breaks!

- **Breaks are <u>absolutely essential</u> 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**

Q&A

Next Step: Core Values

Next Step TEST PREP

Educate Daily   **Approachability**   **Authenticity**   **Professionalism**   **Ownership**

We are dedicated to providing **personalized support**, advice and prep options that match each student's **individual needs**.

Students Have a Choice

✓ **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

MCAT Study Options

Next Step
TEST PREP

- **Best-in-Class MCAT Tutoring Packages**
  - **Variety of packages: Crash Course to Elite**
  - **Choices include our MCAT Online Course**
  - **Personalized Study Plan for each student**
  - **Top-scoring tutors**

- **Most up-to-date MCAT Course**
  - **All new books in 4-color, all online AAMC resources**
  - **10 full-length exams aligned to new interface**
  - **Live online office hours for any Q&A held 5 days per week**
  - **Study Plan Generator to match each student's strengths, weaknesses and schedule needs.**

- **MCAT Practice Test Bundles**
  - **Available in 4-, 6-, and 10-pack bundles**

$350 off the course!

CYBER19

Representative Practice Exams

✓ **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**

Most Accurate MCAT Interface

- **Hundreds of hours of video lessons and content review**
- **99th+ Percentile Instructors**
- **Small-group Office Hours 5 days/week**
- **Direct access to the MCAT Content Team**

Next Step is ready. Are you?

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

1-on-1 Personal Tutoring

✓ **Personalized help from some of the best MCAT experts**

• **Get matched with a 520+ tutor**

• **Completely flexible and customizable study plan**

FREE MCAT Practice Bundle

Next Step TEST PREP

✓ **Includes**
- **Half-length MCAT diagnostic**
- **Full-length MCAT exam**
- **Content Review Videos**
- **Customizable Study Planner Tool**
- **& More**

✓ **Supplement your prep with additional support tools**

- **Question of the Day Quick Prep**

- **YouTube, Facebook and Instagram Content**

- **Ongoing Public Webinars and Q&A Sessions**

- **MCAT Blog: Content and Admissions**

- **Next Step MCAT Forum**

Get your FREE MCAT Practice Bundle

https://nextsteptestprep.com/mcat-resources-page/

Get Solid Advice for Your Next Step

CALL 888-530-6398 FOR A FREE CONSULT

Students Have a Choice

✓ **Over 50,000 students have used Next Step Test Prep in their MCAT prep journey**

- Always up-to-date content, strategy and tests
- Guaranteed Satisfaction
- No call center – instead, Academic Managers guide you all the way!
- Always updating our content based on announced changes and student feedback
- Are ensured the most up-to-date, realistic experience...always
- Access to Online Forum for additional live support from fellow students and NSTP Content Team

Next Step TEST PREP

SHOPPER APPROVED

4.7

★★★★★

New MCAT Interface

- **New Highlighting features**
- **New Strikethrough features**
- **New Keyboard Shortcuts**
- **New Navigation/Review Screens**

Next Step is ready. Are you?

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

Personalized Options

✓ **No matter your study style, strengths, timing or MCAT goal, Next Step has an option to keep you on target.**

- **Free Practice Bundle Materials**

- **Self-Prep Materials and Planning**

- **Guided Online Study with Free Extra Help**

- **One-on-One Tutoring**

One-On-One Tutoring

✓ **No matter your study style, subject expertise, or MCAT goal, Next Step's Tutoring is personalized for YOU.**

- **Tailored Study Plan**

- **Most online resources (including course)**

- **Flexible Online Tutor Sessions**

- **Top-Scoring, Expert MCAT Tutors**

Hourly packages from Crash Course to Elite

Next Step TEST PREP
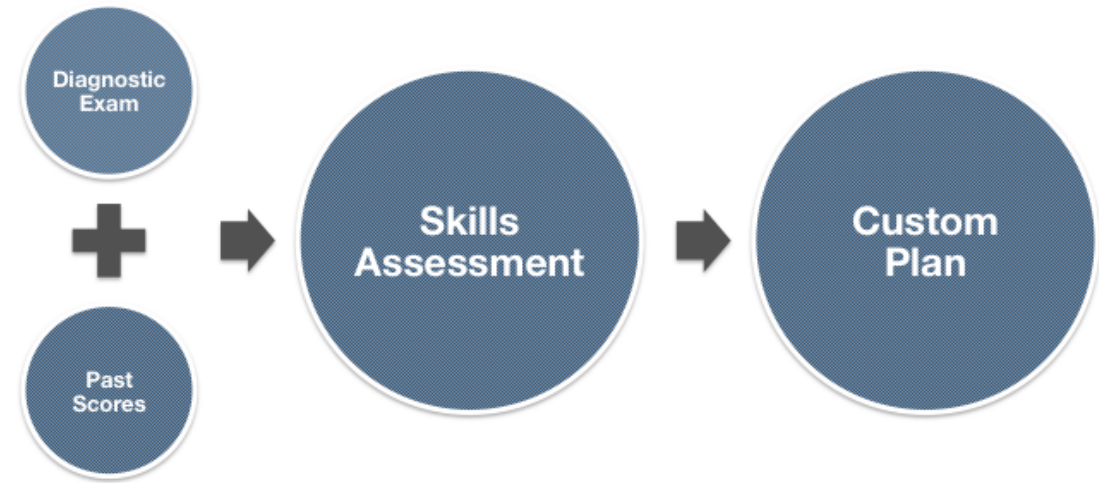
Schedule a free MCAT consultation with an experienced Academic Manager

Unmatched Online Course

Next Step TEST PREP

✓ **Finally, a high-quality live-online MCAT course delivering personalization, flexibility, and affordability in an easy-to-understand platform.**

- **One-On-One Orientation**
- **Exclusive Study Plan Generator**
- **All 10 Next Step MCAT Practice Exams**
- **Next Step's MCAT Half-Length Diagnostic - 5 attempts**
- **Class Videos & Course Book (20 lessons/over 60 hours)**
- **Express Videos (15 videos)**
- **MCAT Supplemental Reading**
- **Content Review Videos (nearly 30 hours)**

- **Online Qbank of 1,880 passage-based and discrete science questions & quizzes**
- **Test Review Videos**
- **All Online AAMC Resources**
- **MCAT 6-Book Review Series in 4-color**
- **MCAT Qbook with over 2000 discrete practice questions**
- **MCAT Verbal Practice 108 Passages**

Best value – only $1,599

Most Realistic Practice Exams

✓ **Your testing experience matters.**
Practice with the most representative PCAT exam platform available.

- **Free Half-Length Diagnostic**
- **4-, 6-, 10-Full-Length MCAT Exam Bundles**
- **Qbank with 10-Pack Bundle**
- **Exclusive Study Plan Generator**
- **Science Content Diagnostic**
- **Thorough explanations**
- **MCAT Class Video**
- **Lesson 1 videos from Online MCAT Course**
- **Selection of Content Review Videos**
- **Test Review Videos**
- **Public Live Online Q&A Office Hours**
- **Online Forum Access**

MCAT Exam Bundles– $99, $149, $249

Medical College Admission Test - Clara Gillan — Time Remaining: 01:23:11 — 2 of 59
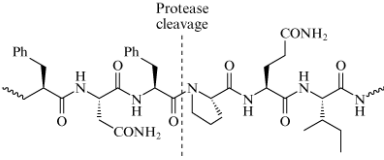
Highlight | Strikethrough | Flag for Review

Pause

Passage 1 (Questions 1-4)

HIV protease is an example of an aspartyl protease; an enzyme that utilizes an aspartate side chain during the catalytic cleavage of a peptide bond. Since HIV protease is a relatively small homodimer of a 99-residue protein, it can be directly synthesized, or cloned and expressed in fast growing cells. For this reason, it was targeted for structure-based drug design in order to treat HIV infection.
A portion of the peptide cleaved by HIV protease is shown in Figure 1.

Figure 1 The peptide bond cleaved by HIV protease
Using molecular models of the HIV protease enzyme, researchers designed and synthesized transition state analogs. One such molecule is Compound **1**, shown in Figure 2, which is a potent HIV protease inhibitor.

Question 2

How many stereoisomers of Compound **1** exist?

- A. 8
- B. 16
- C. 32
- D. 64

Periodic Table | Previous | Navigation | Next

NSTP MCAT Books: Enhance Your Self-Study

Next Step
TEST PREP

✓ **Newly released books, in 4-color, fully aligned to 2018 MCAT**

Next Step's MCAT Review Series
Next Step's MCAT Review Series provides an extensive foundation of the science knowledge and understanding at the core of a top MCAT performance.

Visit the Next Step Book Store at:
nextsteptestprep.com/mcat-book-store
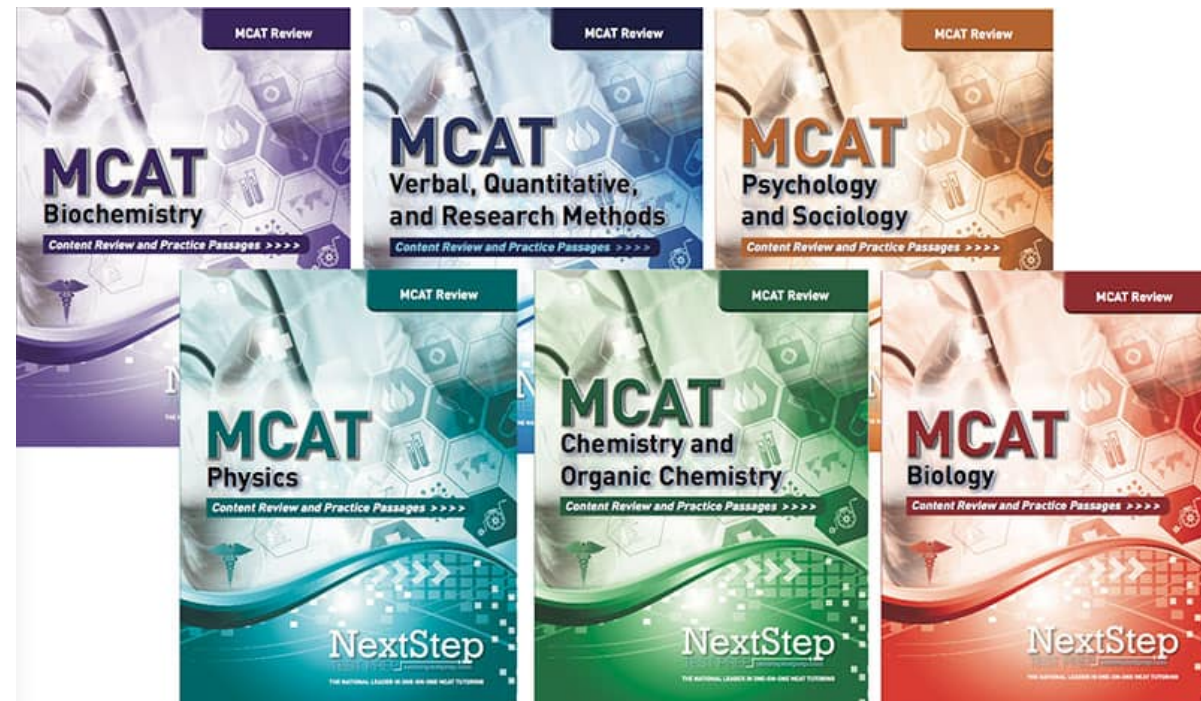
Next Step: Educate Every Day

Next Step TEST PREP

✓ **Start your prep with high-value FREE practice to build a study plan suited to your goals, needs, and schedule.**

Industry's Best FREE MCAT Practice Bundle
- **Half-length MCAT diagnostic**
- **Full-length MCAT exam**
- **500+ Question Science Content Diag exam**
- **Test Review Videos**
- **Multiple QBank Samples**
- **16 Test & 4 Content Review Videos**
- **Proprietary Study Plan Generator**
- **Aligned to new MCAT 2018 Interface**

Get your FREE MCAT Practice Bundle

nextsteptestprep.com/free-mcat

Additional Free Resources

✓ **Supplement your prep with additional support tools**

- **Question of the Day Quick Prep**

- **Get Social: YouTube, Facebook and Instagram**

- **Ongoing Public Webinars and Q&A Sessions**

- **MCAT Blog: Content and Admissions**

- **Next Step MCAT Forum**

Questions?

1. •

Electricity and Magnetism

$F = kQ_1Q_2 / r^2$

$F = qVB\sin\theta$

$F = iLB\sin\theta$

$V = IR$

$P = IV$

$R = \rho L / A$

$V_{rms} = V_{max} / \sqrt{2}$

$I_{rms} = I_{max} / \sqrt{2}$

Resistors in series:

$R_{tot} = R_1 + R_2 \ldots$

Resistors in parallel:

$1/R_{tot} = 1/R_1 + 1/R_2 \ldots$

Capacitors in series:

$1/C_{tot} = 1/C_1 + 1/C_2 \ldots$

Capacitors in parallel:

$C_{tot} = C_1 + C_2 \ldots$

$C = Q/V$

Energy $= (1/2)QV$

$F = qE$

$V = Ed$

Energy $= qEd$

$E = kQ/r^2$

Energy $= kQq/r$

$V = kQ/r$

$\Delta G = -nFE$

$E_{cell} = E_{cath} - E_{an}$

Waves

$v = f\lambda$

$T = 1/f$

Light

$n_1\sin\theta_1 = n_2\sin\theta_2$

$\sin\theta_c = n_2/n_1$

$E = hf$

$m = -d_i / d_o$

$P = 1/f$

$f = (1/2)r$

$n = c/v$

$1/f = 1/d_i + 1/d_o$

Sound

$d\beta = 10\log(I/I_o)$

$L = n\lambda/2$ (n=1, 2…)

$L = n\lambda/4$ (n=1,3…)

$f_{beat} = |f_1 - f_2|$

$f = f_e[v\pm v_d]/[v\pm v_s]$

Fluids

$\rho = m/V$

$P = F/A$

$P = P_{atm} + \rho gd$

$F_b = \rho gV$

$Q = Av$

$P + \rho gy + (1/2)\rho v^2 =$ constant

Gases

$PV = nRT$

Boyle: $PV = k$

Guy-Lussac: $P/T=k$

Charles: $V/T=k$

Avogadro: $n/V=k$

$R_1/R_2 = \sqrt{(m_2/m_1)}$

$P_A = X_A \times P_{tot}$

Solutions

$pH = pK_a + \log(A^-/HA)$

$M = mol / L$

$m = mol / kg$

$N = M \times \#\text{ of }H^+$

$pH = -\log[H^+]$

$M_iV_i = M_fV_f$

$\Pi = MRT$

$\Delta T_f = ik_fm$

$\Delta T_b = ik_bm$

$X_A = mol_A / mol_{tot}$

Thermo

$\Delta U = Q - W$

$\Delta U = (3/2)nRT$

$W = P\Delta V$

$Q = mc\Delta T$

$Q = mH_L$

$\Delta G = \Delta H - T\Delta S$

$\Delta H_{rxn} = \Delta H_{prod} - \Delta H_{react}$

Kinematics

$v_f = v_o + at$

$d = v_ot + (1/2)at^2$

$v_f^2 = v_o^2 + 2ad$

$a_c = v^2 / r$

$F_c = mv^2 / r$

$v_x = v_o\cos\theta$

$v_y = v_o\sin\theta$

Mechanics

$F = ma$

$F_{a\,on\,b} = -F_{b\,on\,a}$

$F_{fric} = \mu F_N$

$F_g = GM_1m_2 / r^2$

$F_g = mg$

$F = kx$

$\tau = rF\sin\theta$

$P = W/t$

$W = Fd\cos\theta$

$E_K = (1/2)mv^2$

$U = mgh$

$U = -GM_1m_2 / r$

Inclined Plane

$F_{incline} = mg\sin\theta$

$F_N = mg\cos\theta$

$F_{fric} = \mu mg\cos\theta$

Get Solid Advice for Your Next Step

Schedule a one-on-one consultation with an Academic Manager.

REQUEST IN TODAY'S WEBINAR SURVEY.