The logo for Next Step Test Prep is centered in the upper half of the image. It consists of a blue square containing the words "Next Step" in a large, white, sans-serif font, with "Next" on the top line and "Step" on the bottom line. Below "Step", the words "TEST PREP" are written in a smaller, white, all-caps, sans-serif font. The background of the top half of the image is dark blue with a repeating pattern of small white plus signs. A white inverted triangle shape is cut out from the bottom of this dark blue area, pointing downwards.

**Next  
Step**  
TEST PREP

**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?

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TEST PREP



# 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.**



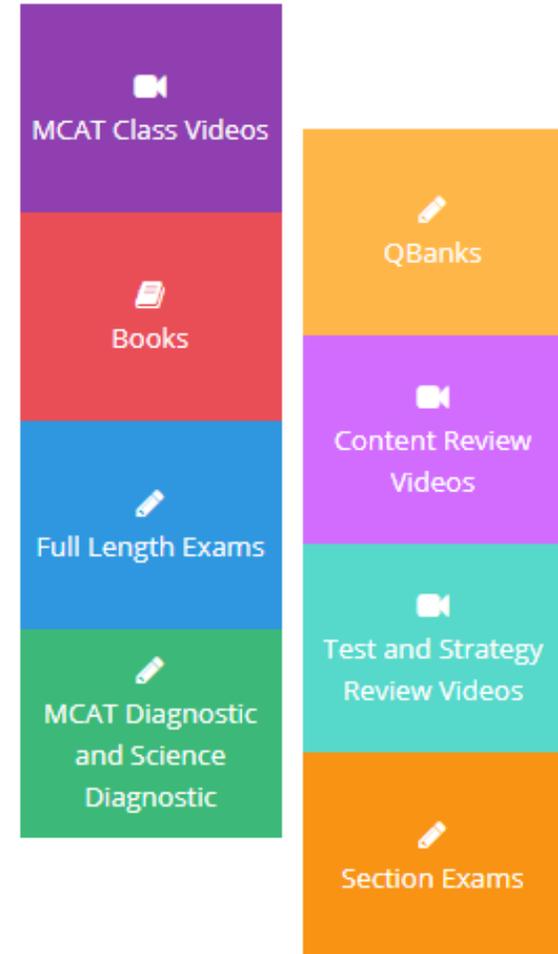
# Why is an MCAT study plan important?

- 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**

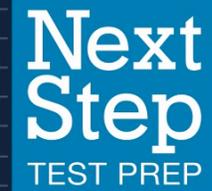
# What should this plan include?

- **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**

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# 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

*not attempted*

Start Timed

Start Untimed

2

*not attempted*

Start Timed

Start Untimed

3

*not attempted*

Start Timed

Start Untimed

4

*not attempted*

Start Timed

Start Untimed

5

*not attempted*

Start Timed

Start Untimed

# What comes next?

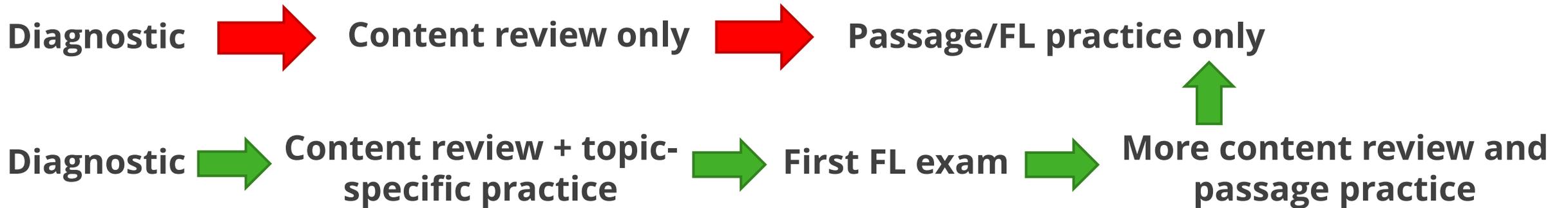
- Content review!
- **However:** it's very important to start question/passage practice early, too.
- Don't plan to do 100% of your content review before moving on to strategy!

Not ideal!



# 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!
- **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!



**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!

# 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!

# What makes Next Step so effective?



## Customizable to You

With a highly customizable study planner tool, live-online office hours 5 days/week at no extra charge, plus hundreds of on-demand video explanations, you can truly tailor your MCAT prep



## 99th Percentile Instructors

Our online course was created by 524+ scoring instructors & more than 50 of our tutors have scored 520+ on the MCAT



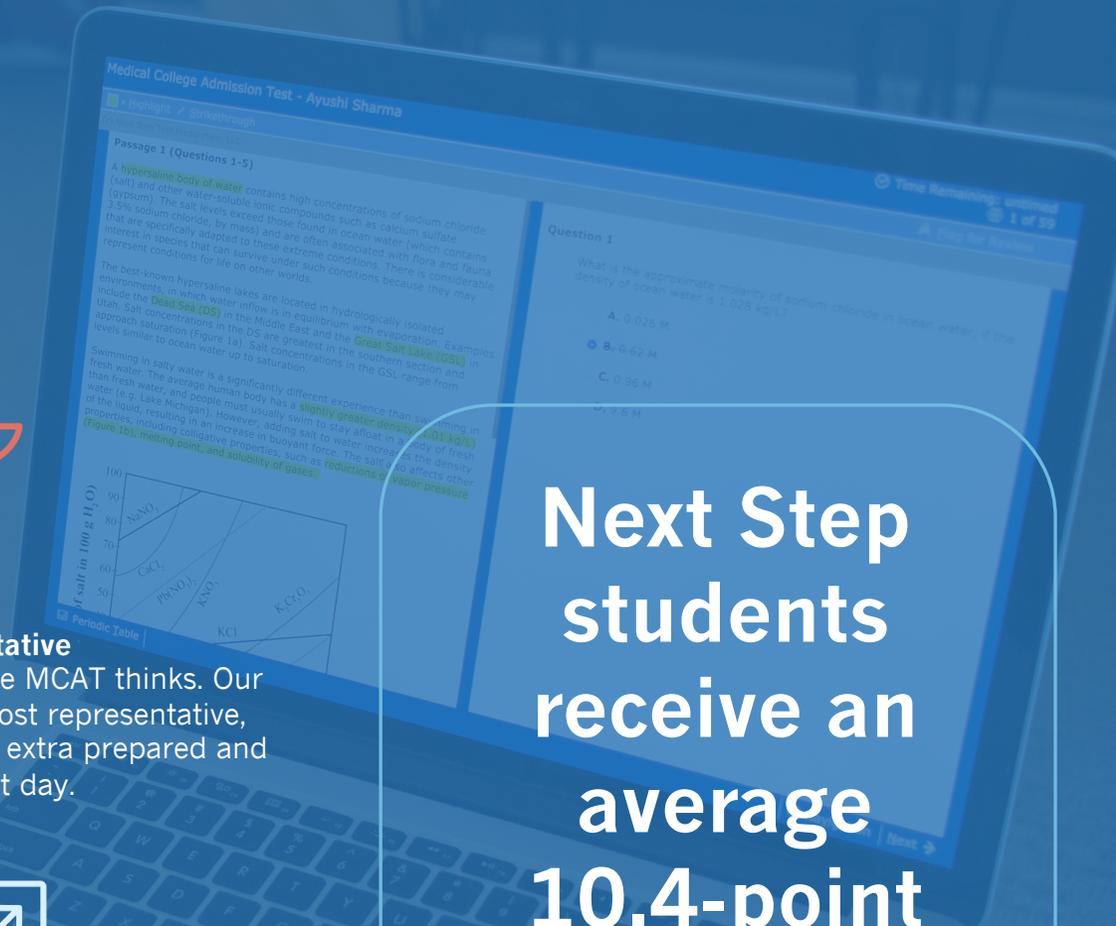
## Most Representative

Next Step teaches you how the MCAT thinks. Our exams & interface are the most representative, after the AAMC, so you will be extra prepared and confident on test day.



## Score Increase Guarantee

Because we're so confident in our methodology, we guarantee that your score will increase or your money back.



Next Step students receive an average 10.4-point score increase.

# Don't take our word for it.

Hear what past students have said.

“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

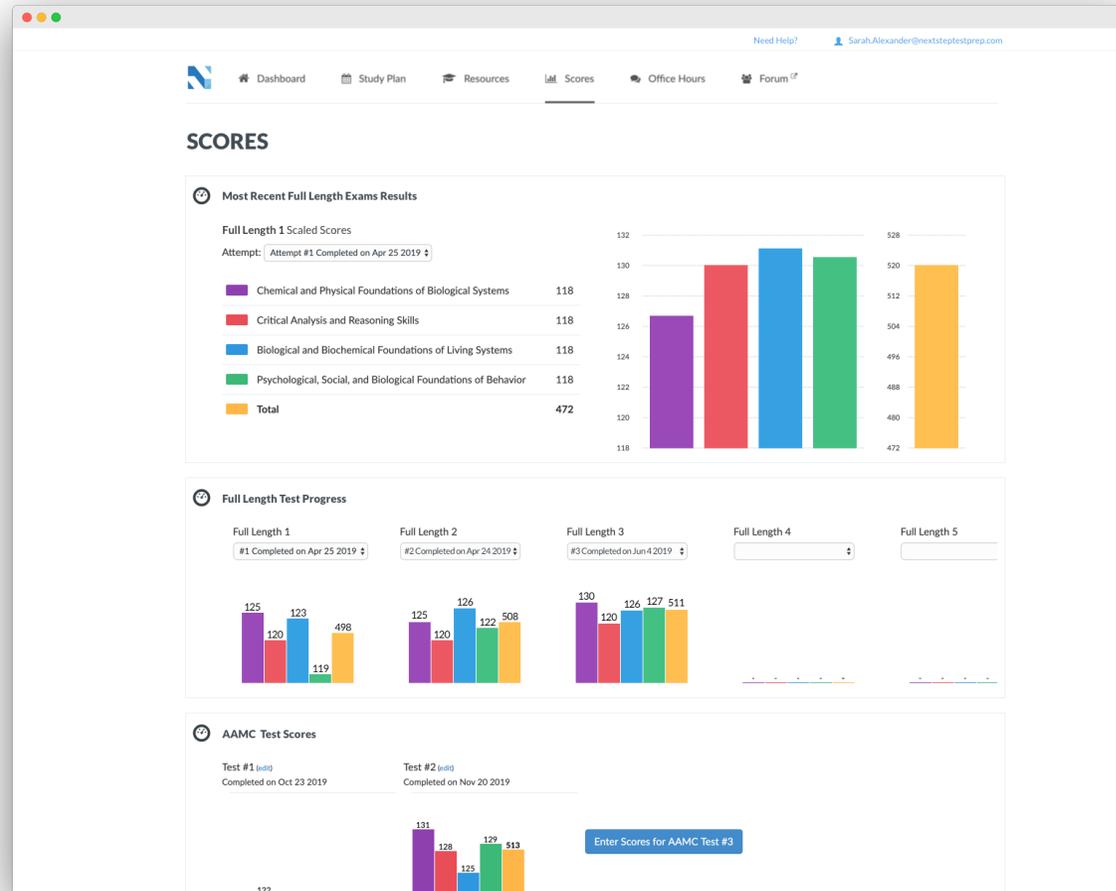


**Over 80,000 students have used Next Step in their MCAT journey.**

# The Best MCAT Prep Course

Everything you need to crush the MCAT.

- Hundreds of hours of video lessons and content review
- 99<sup>th</sup>+ Percentile Instructors
- 15 Full-Length Exams with explanations to every answer
- Review sessions online with live Instructors 5x/week
- Proprietary Study Planner tool
- 9 MCAT Books (updated for 2020!)
- Qbank with 2000+ questions
- Access to AAMC online resources
- 6 months access, with free extension for another 6 months, if needed.
- Score Increase Guarantee



Raise your score or get your money back.

Guaranteed.

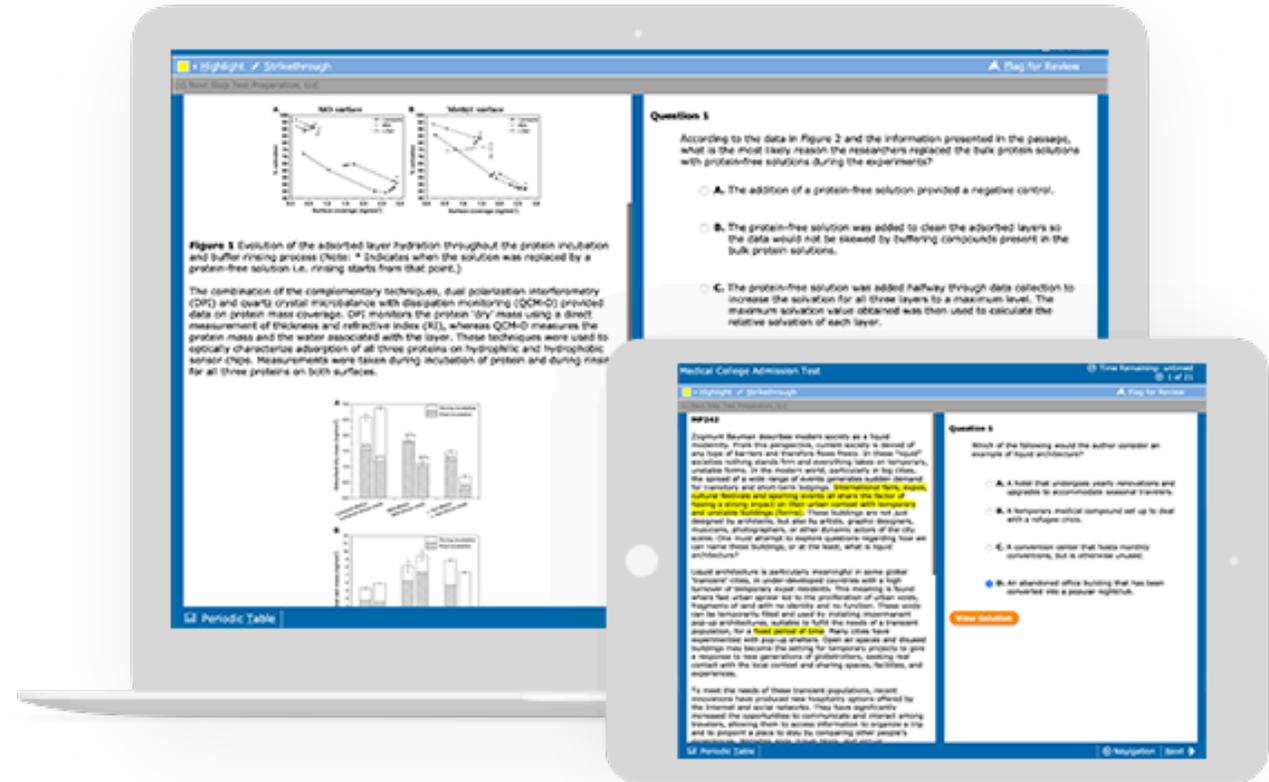
**\$200 off the course for the next 2 weeks with the code:**

**PLAN200**

# MCAT Practice Exams

## The most representative practice exams after the AAMC.

- Continually updated for MCAT changes
- The most realistic test day experience you can get



Representative practice matters!

# Private Tutoring

Customized help  
from real MCAT  
experts!

- Get matched with a 520+ premium tutor through a personalized matching process
- Study with a flexible plan created for your unique needs



**We hire only the best MCAT tutors!**

# Free MCAT Practice Bundle

## Get your MCAT prep toolkit!

- Includes:
  - Half-Length Diagnostic
  - Full-Length Exam
  - Content Review Videos
  - Advanced Study Planner Tool
  - & More!

The screenshot displays the 'STUDY PLAN' interface for January 2020. The interface includes a navigation bar with 'Dashboard', 'Study Plan', 'Resources', 'Scores', 'Office Hours', and 'Forum'. Below the navigation bar, there are 'Reset' and 'Assignment Bank' buttons. The main content is a calendar grid for January 2020, with tasks assigned to specific days. The tasks are color-coded and include:

- January 15:** AAMC Sample Test
- January 16:** AAMC Sample Test Review; Complete 2 passages from the 108 CARS book
- January 17:** Lesson 13; Read Psych & Soc Ch 11 and 12; Read Biochemistry Ch 11; Complete Timed Section 1 from 108 Verbal book; Complete 2 passages from the 108 CARS book
- January 18:** Complete the Chem/Phys section from AAMC Official Guide; Read Biochemistry Ch 12; Complete 2 passages from the 108 CARS book
- January 19:** Lesson 14; Complete Timed Section 2 from 108 Verbal book; Complete the Bio/Biochem section from AAMC Official Guide; Complete 2 passages from the 108 CARS book
- January 20:** Psych/Soc QBank 4: Identity, Disorders, and Groups; Complete 2 passages from the 108 CARS book
- January 21:** Lesson 15; Complete Timed Section 3 from 108 Verbal book; Complete the Psych/Soc section from AAMC Official Guide; Biology QBank 5: Nervous and Endocrine Systems; Complete 2 passages from the 108 CARS book
- January 22:** AAMC Scored Test 1
- January 23:** AAMC Scored Test 1 Review; Complete 2 passages from the 108 CARS book
- January 24:** Lesson 16; Complete the CARS section from AAMC OG; Chemistry QBank 2: Solutions, Acids, and Electrochemistry; Complete 2 passages from the 108 CARS book
- January 25:** Chemistry QBank 3: Bonding and Phases; Review your Lessons Learned Journal (LLJ); Complete 2 passages from the 108 CARS book
- January 26:** Lesson 17; Complete Timed Section 4 from 108 Verbal book; Complete the AAMC Chem/Phys Section Bank (may be split up over multiple sittings); Complete 2 passages from the 108 CARS book
- January 27:** Biochem QBank 2: Biotechnology and Analysis; Review your LLJ and any notes you may have taken; Complete 2 passages from the 108 CARS book
- January 28:** Lesson 18; Complete Timed Section 5 from 108 Verbal book; Complete the AAMC Bio/Biochem Section Bank (may be split up over multiple sittings); Physics QBank 3: Sound and Light

**Start your MCAT journey here!**



**Get Solid Advice for Your Next Step**

**CALL 888-530-6398 FOR A FREE CONSULT**