

**Next
Step**
TEST PREP

Timing

Today's Info Session

- ▶ Welcome to this Info Session!
- ▶ Introduction
- ▶ MCAT overview
- ▶ How to improve timing
 - ▶ Sciences
 - ▶ CARS
- ▶ 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.**



Understanding the test

Exam Overview		
Section	# of Questions	Time Allotted
Examinee Agreement		8 minutes
Tutorial (optional)		10 minutes
Chemical and Physical Foundations of Biological Systems	59	95 minutes
Break (optional)		10 minutes
Critical Analysis and Reasoning Skills	53	90 minutes
Mid-Exam Break (optional)		30 minutes
Biological and Biochemical Foundations of Living Systems	59	95 minutes
Break (optional)		10 minutes
Psychological, Social, and Biological Foundations of Behavior	59	95 minutes
Void Question		5 minutes
Satisfaction Survey (optional)		5 minutes
Total Content Time		6 hours 15 minutes
Total "Seated" Time*		Approx. 7 hours 33 minutes

The MCAT is a monster.

Subjects Tested

Chemical and Physical Foundations

- 30% general chemistry
- 25% physics
- 25% biochemistry
- 15% organic chemistry
- 5% biology

Bio and Biochemical Foundations

- 65% biology
- 25% biochemistry
- 5% organic chemistry
- 5% general chemistry

Psychological and Sociological Foundations

- 65% psychology
- 30% sociology
- 5% biology

“High-Yield”

Warning: anything on the AAMC MCAT outline is fair game!

However, some topics are more likely to appear than others...

Topic	Number of questions
Biology	45
Biochem	30
Physics	15
Gen Chem	20
Organic Chem	11
Psychology	38
Sociology	18
CARS	53
Total	230

Takeaways:

Biology and biochemistry are about 1/3 of the test!

You have more psychology questions than physics and chemistry combined.

Organic chemistry is about 5% of your questions.

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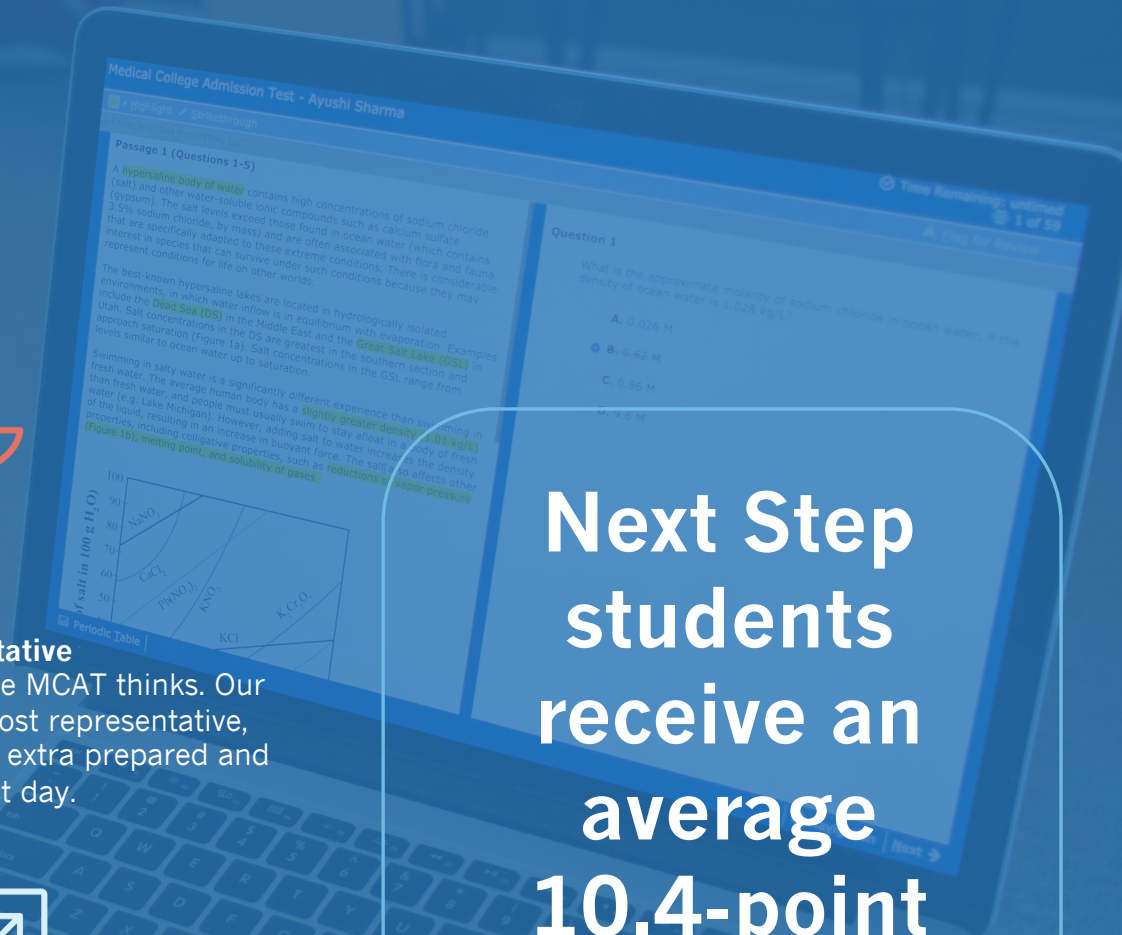
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- T.D.

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“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

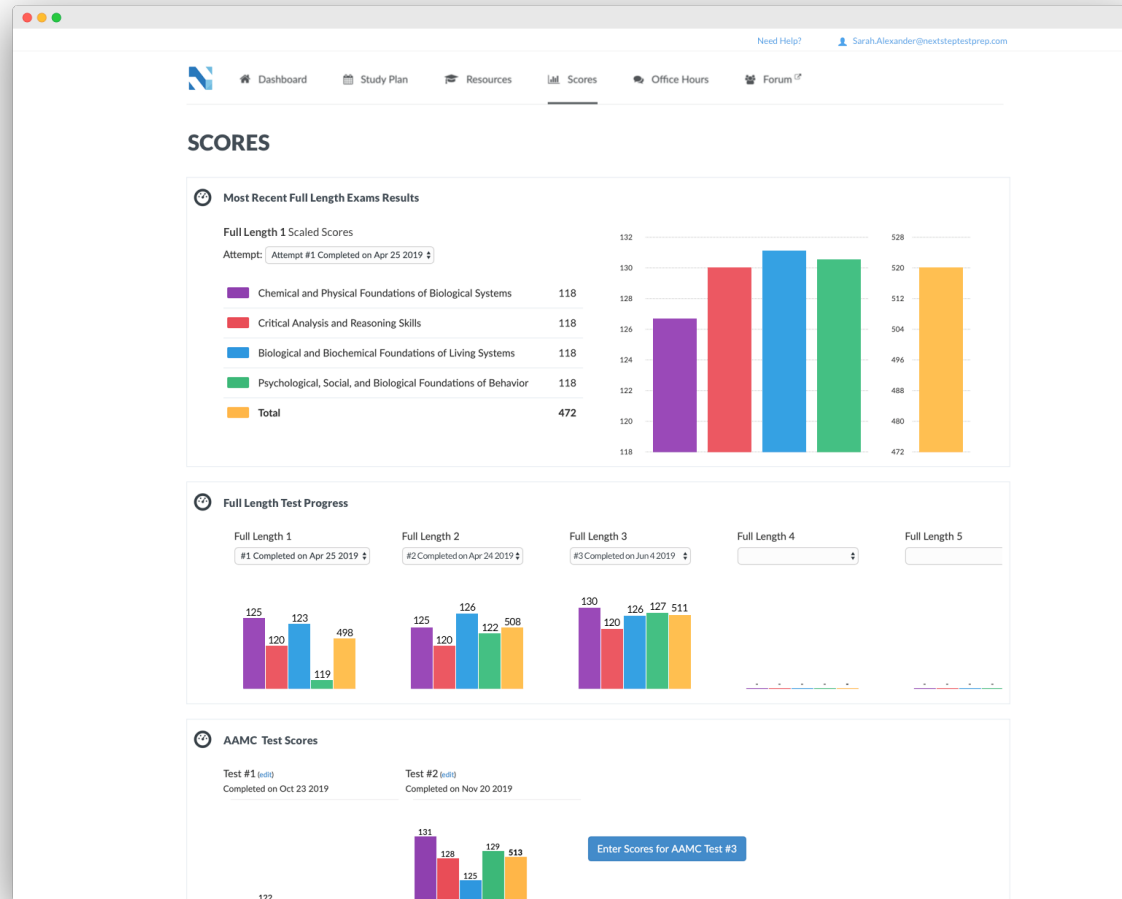


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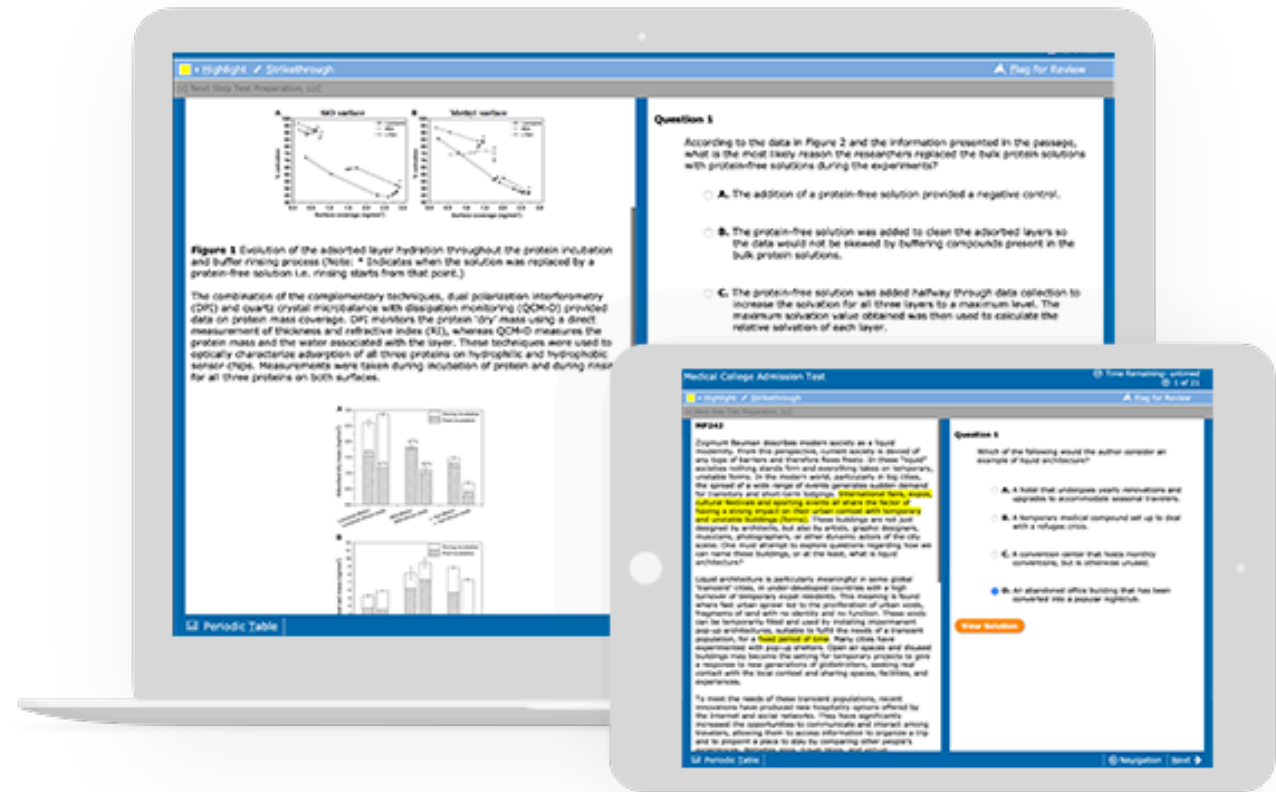
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 - & More!

The screenshot displays the 'STUDY PLAN' interface for January 2020. The navigation bar includes 'Dashboard', 'Study Plan', 'Resources', 'Scores', 'Office Hours', and 'Forum'. The user is identified as Sarah.Alexander@nextstepprep.com. The main content area shows a calendar grid with tasks assigned to each day from January 15th to 28th. Tasks include reading lessons, completing timed sections, and working on various Question Bank (QB) sections. A 'Reset' button is located at the top left, and an 'Assignment Bank' button is at the top right. The tasks are color-coded and include icons for editing and deleting.

Date	Task
15	AAMC Sample Test
16	AAMC Sample Test Review Complete 2 passages from the 108 CARS book
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
18	Complete the Chem/Phys section from AAMC Official Guide Read Biochemistry Ch 12 Complete 2 passages from the 108 CARS book
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
20	Psych/Soc QBank 4: Identity, Disorders, and Groups Complete 2 passages from the 108 CARS book
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
22	AAMC Scored Test 1
23	AAMC Scored Test 1 Review Complete 2 passages from the 108 CARS book
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
25	Chemistry QBank 3: Bonding and Phases Review your Lessons Learned Journal (LLJ) Complete 2 passages from the 108 CARS book
26	Lesson 17 Complete Timed Section 4 from 108 Verbal book Review your LLJ and any notes you may have taken Complete the AAMC Chem/Phys Section Bank (may be split up over multiple sittings) Complete 2 passages from the 108 CARS book
27	Biochem QBank 2: Biotechnology and Analysis Complete 2 passages from the 108 CARS book
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

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