



MCAT Prep Handbook

The MCAT is an important standardized aspect of assessing your readiness for medical school. Mastering strategies and applying the knowledge you have learned for this exam will help you in the future as you approach other, even more important, standardized exams like your Boards. You will first encounter this next set of standardized exams following your second year in medical school.

AAMC – MCAT (Association of American Medical Colleges – Medical College Admission Test)

Please view the AAMC's MCAT page for all info pertaining to the exam. You can find it at: <http://www.aamc.org/students/mcat/start.htm>. In particular, view the "MCAT Essentials" document which will detail everything you need to know about the MCAT.

Fee: \$230

- This summer you were advised to save \$500 of your summer stipend to pay for the MCAT. When registration opens, it will be crucial to have the money ready to pay for the exam when you are informed to do so to ensure you are able to get into the location and date of preference.

Registration: Typically opens at the beginning of November for January and March exams. You will be notified when it is opening and a deadline by which you need to register. Openings fill up quickly at certain sites, Austin in particular.

- By November, you want to have an idea of when you think you will be testing. You'll need to be ready to register when asked to do so.

Testing Requirements

JAMP requires you to test on or by the March date. You may test in August/September 2011, January 2012, or March 2012. If you take the exam in Fall 2011 or January 2012 and don't meet the minimum score, you should try to retest by March 2012.

Fee Assistance Program (FAP)

You may qualify to have your fee reduced from \$230 to \$85. You should begin to complete the application for the FAP in late summer 2010. When you do, the approval will count toward registration for exams in the next calendar year. If you need to retake the exam and will do so in the same calendar year, you will need to submit a new FAP application.

- Example 1: Amy wants to take the exam in March of 2012. She submits a FAP application and is approved. When registration opens in late fall 2011, she registers for the March 2012 exam for \$85. After taking the exam in March, she decides she needs to retake it and plans to retest in July 2012. She must submit a new FAP application for reapproval before registering as the previous approval is no longer valid.
- Example 2: Jim wants to take the exam in September 2011. He submits an application in June 2011 and is approved. He registers for \$85. He is not satisfied with his score and decides to retest in January 2012. He must submit a new FAP application before registering if he wants the reduced fee.

For more information about FAP, visit: <http://www.aamc.org/students/applying/fap/start.htm>.

Kaplan MCAT Prep

Both the Self-Study Track and Live Online Track offer the full MCAT prep available to anyone who would pay for it on their own. They are almost identical except for the three hour class and how it is delivered.

***Self-Study Program** – You must complete all assignments marked “Required” for each module listed on your syllabus by the due date.

- Example: MCAT Strategy and Critical Thinking 1 (MSCT 1) is due August 15th. This means you must complete the following assignments within that module by August 15th:
 - Read User’s Guide in Lesson Book
 - Watch MSCT 1 Lesson-on-Demand
- The numbers of assignments within each module vary. Some contain quizzes, reading, and almost all contain a Lesson-on-Demand which is approximately 3 hours long. All assignments are required. Missed or incomplete assignments will be followed up with a request for an explanation to be sent to Enrique Jasso and your JFD. If you have a conflict for any given due date, you must email Enrique Jasso in as far advance as possible for consideration of an adjustment, however these will not be readily given since you have enough advance notice of the due dates.

***Live Online (LOL) Program** – You must complete all assignments marked “Required” for each module listed in your online syllabus prior to the class for that module.

- Example 1: MSCT 1 Session is held on Tuesday, August 31st from 6-9pm. This means you must complete the following assignments within that module prior to class:
 - Read User’s Guide in Lesson Book
 - (Do not complete the Lesson-on-Demand as the live class serves as a substitute.)
- Example 2: Physics 1 Session is held on Tuesday, September 7th from 6-9pm. This means you must complete the following assignments within that module prior to class:
 - Read Physics Review Notes: Chapters 1-3
 - Units and Kinematics Quiz
 - (Do not complete the Physics 1 Lesson-on-Demand as the live class serves as a substitute.)
- Like the Self-Study Program, the Live Online Program requires completion of all assignments marked “required” EXCEPT the Lessons-on-Demand.
- Class attendance and completion of related assignments is required. If you have a conflict with any given class, you must email Enrique Jasso in as far advance as possible for consideration of an excused absence. If you become ill and are unable to login for the class, an email must be sent immediately explaining the situation. Unexcused absences will be followed up with a request for an explanation to be sent to Enrique Jasso and your JFD. Records of these absences will be kept and reported to the JAMP Council for future consideration.
- There are two class options, Tuesday or Wednesday. You must select one class option. However if you have an instance where attending the other class would be helpful to your schedule, you must email Enrique Jasso PRIOR (more than a few days if possible) to the class to request permission to attend the class for which you are not scheduled. This may occur only minimally as attendance will be taken at each class and verified with those who are signed up for each one.
 - Example: You have a Genetics exam on Wednesday, but you are assigned to the Tuesday night LOL so you email Enrique to request to attend that lesson’s Wednesday class explaining about your exam.

Note to all: Please do not procrastinate with these assignments. In time, that will catch up with you and will leave you overwhelmed and pressed for time. Some modules will take longer to complete than others. This is all very manageable if you stay on top of it. Be proactive and work through the assignments with purpose. Do not self-sabotage and allow a recording to play through muted so it checks off, or complete a quiz quickly for completion without effort, or sign into your LOL class and not participate. This will only serve to be a detriment when you take full length exams and certainly on the actual exam.

All - *Live Online Review Sessions – All JAMPers must login for 3 out of 5 review sessions held monthly from September - February (see each schedule and syllabi). These are held 6:30 – 8:00 pm (Central time) on Thursdays and are meant to cover various aspects of the MCAT. Come prepared with questions you have covering any material. If you have a class conflict which prevents you from attending 3 review sessions, you should email your conflict to Enrique Jasso immediately.

Managing the Online Syllabus through Kaptest

"My Assignments" Tab

- This is where all of your assignments are located, both the "Required" ones and the "Strongly Recommended" and "Additional" ones. As you know, the ones marked as "Required" are the ones you absolutely must complete to raise your score on the MCAT and meet the JAMP requirements. The "Strongly Recommended" and "Additional" assignments are ones you should work on if you are really struggling in that particular area or not seeing the improvement that you'd like to see (in particular when you start taking full length exams). These assignments will help you to further break down these content areas to give you more review and practice.
- When you and your JFD meet, it's a good idea to look over the "My Assignments" tab together so that you can both see how you are doing on each of the subject areas, ensuring you are staying on track with your JAMP deadlines, and get extra help if necessary. (For example, if you are working really hard and have done all of the assignments, watched your Lessons-on-Demand, read your Review Notes, but are still not seeing score increases or getting a better understanding of the material, you and your JFD can reach out to Kristen Nichols to see what else can be suggested to help you.)

Under the "My Assignments" tab, you will see the following:

ALL SESSIONS		Preview/Review	
Completed	Assignment	Topic	Format
MCAT Strategy and Critical Thinking 1			
Preview			
Click to Complete	Watch MCAT Orientation Workshop STRONGLY RECOMMENDED	MSCT	
<input checked="" type="checkbox"/>	Read User's Guide in Lesson Book REQUIRED	MSCT	
In Class			
<input checked="" type="checkbox"/>	Watch MSCT 1 Lesson-on-Demand REQUIRED	MSCT	
Review			
<input checked="" type="checkbox"/>	Tear apart and organize Flashcards STRONGLY RECOMMENDED	MSCT	
Physics 1			

These are the sections that are referred to in your JAMP Phase II Student Syllabus.

Self Study: These are the items within each section that must be complete by the due dates.
Please note in the "Format" column some of these may be assignments in your MCAT books.

Live Online: Each of these assignment is also due except the "Lessons on Demand" as the live class counts for that assignment.
You must complete all other assignments marked "Required" prior to the class time for that lesson.

→ These are the items you are recommended to complete especially if you are weak in these areas however they are not required by JAMP.

Assignments Not Checking "Complete"

- If your assignments (ex. quizzes) are not checking off after completion, make sure it shows completed when you click on the assignment. If it shows completed and is simply not checking off the completed box, don't worry. When we go in to check your assignments, we will view each assignment to verify ourselves. This has to do with computer settings. You may call 800-KAPTEST to get help with your computer settings if it really bothers you.
- If your Diagnostic score from Summer I is not showing, don't worry about this either. You should have received this information from your summer teacher or coordinator for your records. For those of you who were at UTHSC-SA and completed a paper diagnostic, Kaplan is working to load your scores into your online SmartReport.
- Science Assessment results are provided in percentages not scores.

"My Toolbox" Tab

- This is where you will go to access "SmartReports". SmartReports is where your quiz and test scores are located. Every time you take a quiz, complete a section test or topical test, or take a full-length practice MCAT, your results will upload into SmartReports. At first, there will not be a lot of data because you've just started the program. Eventually you will see quiz scores, and as you move further into the course, you will begin taking section tests and eventually full-length exams. Once this data starts building, you'll begin to see how you are doing overall, where you need to focus more, etc. You can begin adding more data to your SmartReports by working on some of those additional assignments. For example, if you've really been working hard on Physics and would like to see where you stand, take a Physics topical test. The more you do, the "Smarter" your SmartReports will be.

Topical/Subject Tests

- There are numerous subject tests available within your online prep to take at any time. Do not waste full length exams to know how you're doing in only one area. Save the full length tests for full length practice!! These will become essential for practicing in weeks leading up to the actual exam.

Q-Bank

- In addition to ALL the resources you have through Kaptest, you also have access to "Q-Bank". This is a helpful tool which allows you to request any number of questions from any subject area to test your knowledge. The system will pull the specified number of questions to test you on.

Progress Report

You and your JFD will be sent a progress report periodically throughout the prep showing your completions and full length test scores when applicable. We may also ask you to submit periodic progress reports on your efforts as well. More on this soon.