The logo for Next Step Test Prep is centered in a blue square. It features 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.

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**PCAT WEBINAR**

**How to Create an PCAT Study Plan**

**March 10, 2018**

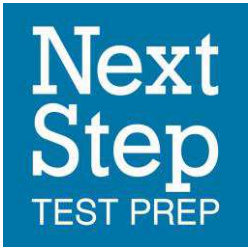
# Today's Agenda

- ▶ **Welcome to this Info Session!**
- ▶ **Introduction**
- ▶ **General Information**
- ▶ **What to Do First**
- ▶ **What About Practice Exams?**
- ▶ **Study Plan Tool Walkthrough**
- ▶ **Questions?**

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# Build a Study Plan: How to Participate



## Custom Study Plan Generator

Existing Account Log-In:  
<https://nextsteppcat.com>

New User? Create a FREE Account:  
[Nextstepprep.com/free-pcat-practice-bundle](https://nextstepprep.com/free-pcat-practice-bundle)

Or, just follow along in the webinar

# Who Is Next Step?

- Began in 2009 as a tutoring company
- Focus on graduate admissions tests only
- Team of educational experts
- First company to have materials built from ground up for 2016 PCAT format

✓ **We never stop improving our materials!**

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STUDENTS HAVE A CHOICE

# Introduction

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**Phil Hawkins**

**PCAT Course Instructor**

- ▶ **Tutored and taught for 10+ years**
- ▶ **Went to the University of Nebraska Medical Center pursuing a combo MD/PhD degree in Pharmaceutics and Experimental Neuroscience**
- ▶ **99<sup>th</sup> percentile on PCAT**



# Why is a PCAT study plan important?

Studying and practicing for the PCAT tend to be doable...  
...but when you factor in planning as well, it can get stressful!

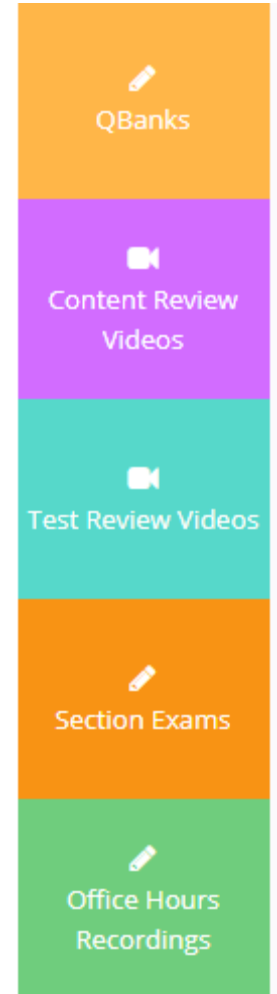
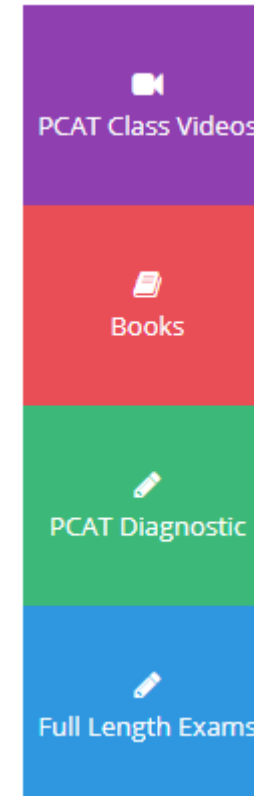
This is especially true if you:

- ▶ **Work full-time**
- ▶ **Are also taking college courses**
- ▶ **Have a weak content background or specific PCAT needs**

# What should this plan include?

- **Content Review**
  - Book chapters
  - And/or content review videos
- **Strategy & Practice**
  - Individual question practice
  - Passage practice
  - Full sections
  - Full-length exams

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# First Things First

- Take a Diagnostic exam!
- Do this at the very beginning (first 1–3 days) of your prep
- Allocate 3–4 hours + review

⊕ DIAGNOSTIC ATTEMPTS

1	2	3	4	5
<i>not attempted</i>	<i>not attempted</i>	<i>not attempted</i>	<i>not attempted</i>	<i>not attempted</i>
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:**

- Review weak areas (sections, topics, timing)
- 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

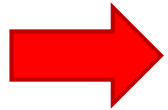


# What comes next?

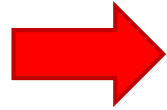
- Content review!
- **However:** it's important to start question and passage practice early, too.
- Don't plan to do 100% of your content review before moving on to strategy!

Not ideal!

Diagnostic



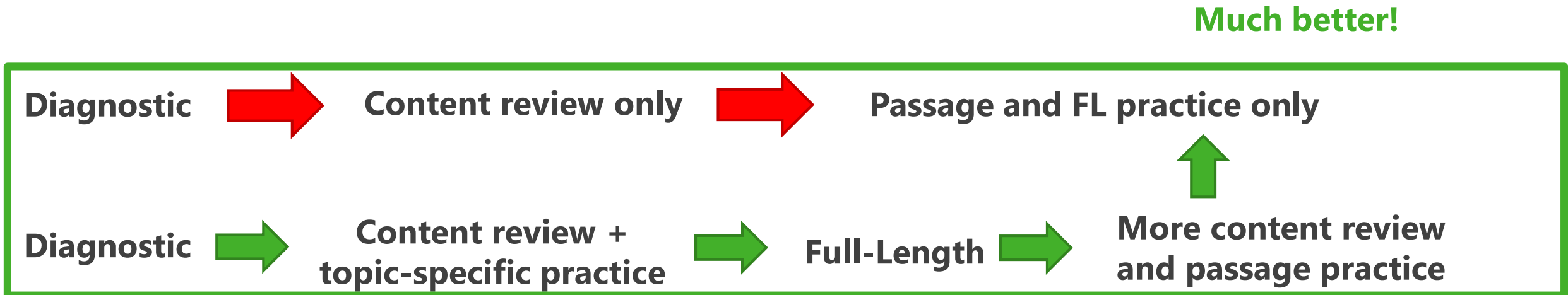
Content review only



Passage and FL practice only

# What comes next?

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



# How many Full-Lengths 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 3–5 FLs
  - If you have endurance or timing problems: take more
  - If you’re confident or crunched for time: 2–3 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 half-day to take each FL, plus several hours for review
- Then spend the rest of the week targeting weak areas, fitting in section practice, and analyzing lessons learned.

# 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 and 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 to take breaks!

- Breaks are absolutely essential to staying at your best throughout your prep.
- How should a break be spent?
  - ▶ Exercising and keeping a normal routine
  - ▶ Catching up with other obligations (and having fun)
  - ▶ NOT thinking about the PCAT!
- Set aside at least 1 day per week for a break

# Sample Study Plan

## PCAT STUDY SCHEDULE

\*Daily: 1-2 Critical Reading passages, 15 min. chemistry flashcards

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Strategy Goals
MAR	Week 10 26	DAY 1 <b>Diagnostic Exam</b>	review Diagnostic	<b>Read Ch. 1</b> Complete Lesson 1	Lesson 1 post-work	Lesson 1 post-work <b>REVIEW</b>	REST DAY	finish QR Section on time identify main idea of each paragraph for CARS passages only mark limited number of q's interpret figures and graphs identify opinions while reading CARS estimate on long math problems avoid note-taking except bio pathways
	Week 9 5	<b>Read Ch. 2</b> Complete Lesson 2	Writing Section Review	<b>Read Ch. 28</b> Complete Lesson 3	<b>Read Ch. 3-4</b>	<b>Read Ch. 5</b> <b>REVIEW</b>	REST DAY	
	Week 8 12	<b>Full-Length 1</b>	review FL1	Complete Lesson 4 Start LLJ	<b>Read Ch. 20</b>	<b>Read Ch. 21</b> <b>REVIEW</b>	REST DAY	
	Week 7 19	<b>Read Ch. 29</b> Develop Equation Sheet	Complete Lesson 6	*study for exam tomorrow*	Complete Lesson 7	<b>Read Ch. 6-7</b> <b>Read Ch. 8</b> <b>REVIEW</b>	REST DAY	
	Week 6 26	<b>Full-Length 2</b>	review FL2	Complete Lesson 8	<b>Read Ch. 22</b>	<b>Read Ch. 23</b> <b>REVIEW</b>	REST DAY	
	Week 5 2	<b>Read Ch. 30-31</b>	Complete Lesson 10	<b>Read Ch. 9</b>	<b>Read Ch. 10-11</b> Complete Lesson 11	<b>Read Ch. 25</b> Read Ch. 24 <b>REVIEW</b>	REST DAY	
APR	Week 4 9	<b>Full-Length 3</b>	review FL3	<b>Algebra QBank</b>	<b>Microbiology QBank</b>	<b>Gen Chem QBank</b> <b>Anatomy &amp; Phys QBank</b>	REST DAY	
	Week 3 16	<b>Biochem QBank</b>	<b>Gen Bio QBank</b>	<b>Calculus QBank</b>	<b>Critical Reading passage strategies</b>	<b>Organic Chem QBank</b> <b>Probability &amp; Stats QBank</b>	REST DAY	



# Next Step: Core Values

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**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

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

SHOPPER  
APPROVED

4.7



# Personalized Options

- ✓ No matter your study style, subject expertise, or PCAT goal, Next Step has an option for your personal needs and lifestyle.
- **Free Practice Bundle Materials**
- **Self-Prep Materials and Planning**
- **Guided Online Study with Free Extra Help**
- **One-on-One Tutoring**

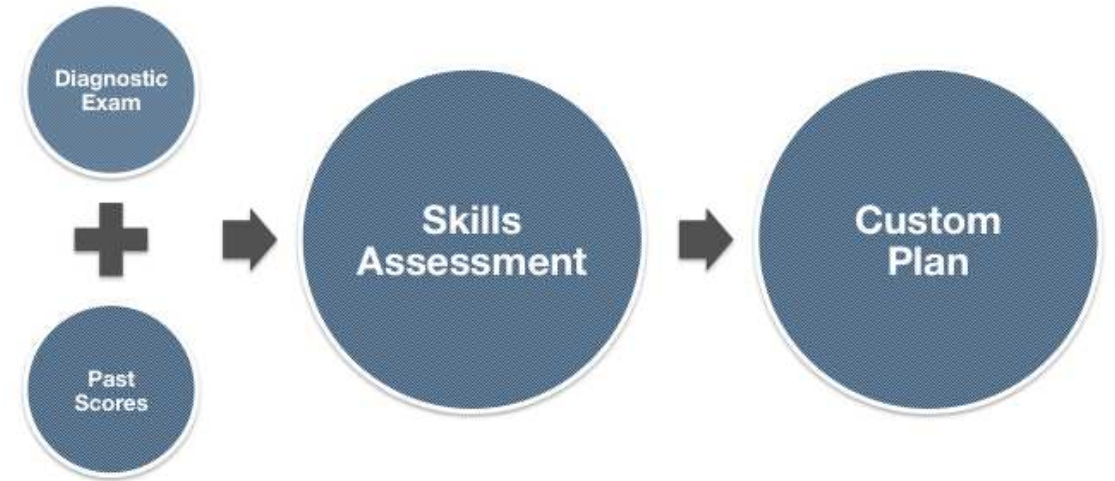
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# One-On-One Tutoring

- ✓ No matter your study style, subject expertise, or PCAT goal, Next Step's Tutoring is personalized for YOU
- Tailored Study Plan
- Flexible Online Tutor Sessions
- Top-Scoring, Expert PCAT Tutors

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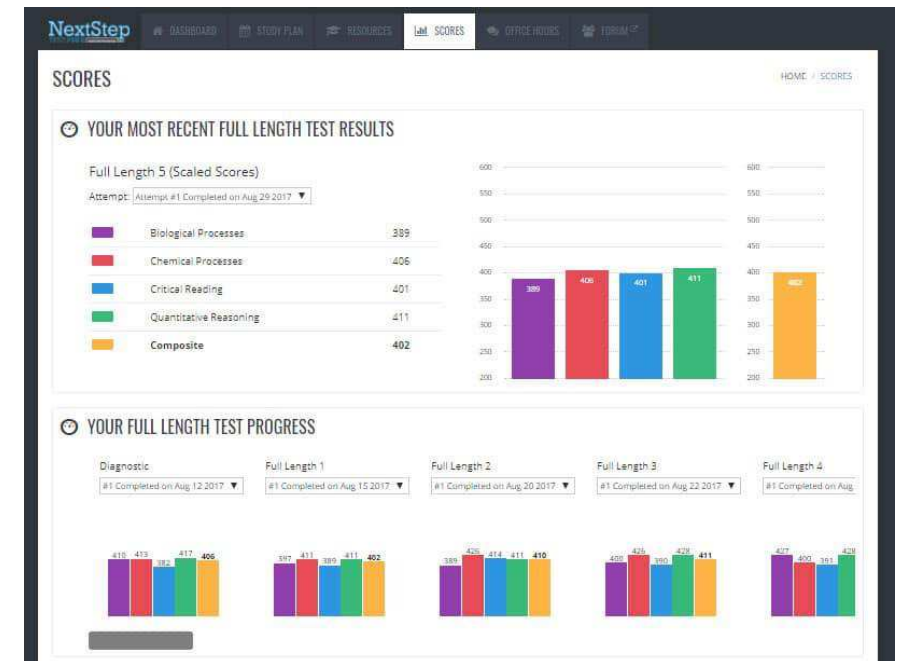


# Unmatched Online Course

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✓ **Finally, a high-quality PCAT prep choice delivering personalization, flexibility, and affordability in an easy-to-understand platform and a score guarantee.**

- **One-On-One Orientation**
- **Exclusive Study Plan Generator**
- **Ongoing Live-Online Office Hours (2x/week)**
- **5 Full Length PCAT Practice**
- **1 Full Length PCAT Diagnostic**
- **Extra focus on high-yield and difficult subjects**
- **Review Book: 500+ pages**
- **Content Book: 200+ pages**
- **Lesson Videos: over 30 hours**
- **Content Videos: 50 videos with interactive quizzes**
- **11 Qbanks with over 450 questions**
- **Expertise Built & Supported by 99<sup>th</sup> percentile instructors**



# Why Students Should Prep Now

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✓ Prepping early ensures students are ready for exam day!

**PCAT COURSE SALE: NOW \$150  
OFF**

*Students receive \$150 off if enrolled by 3/28/18*

**~~nextstep~~testprep.com/pcat-course**

**\$599 now only \$449**

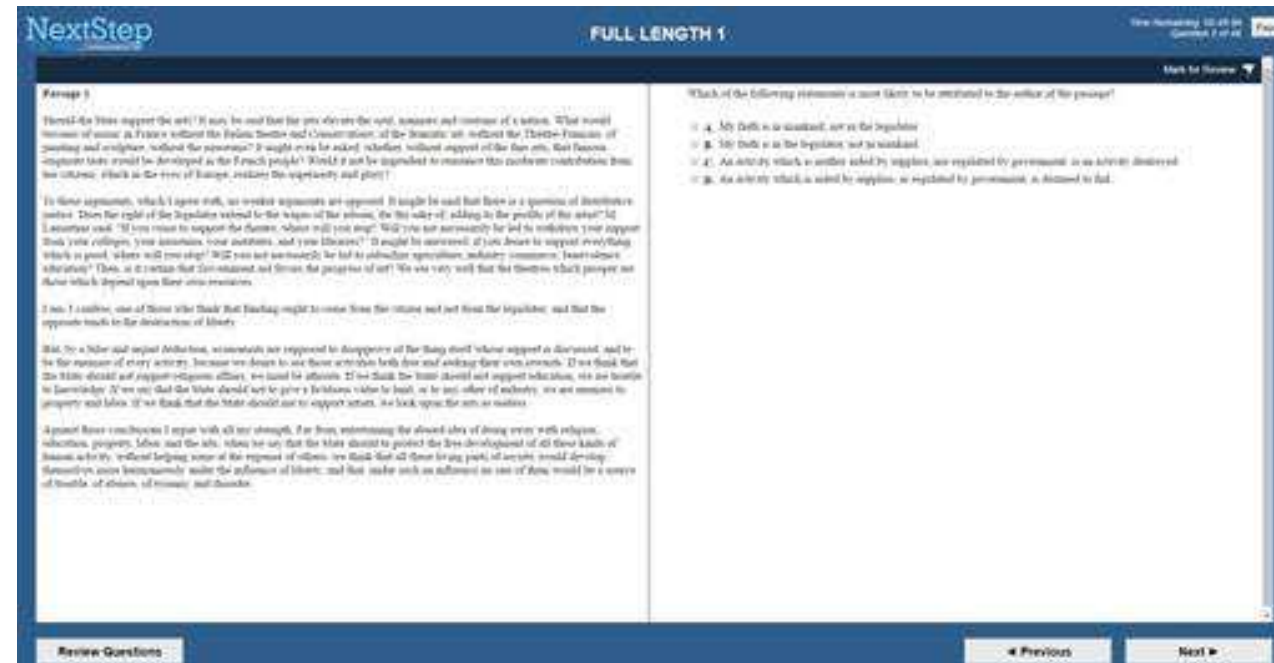
**PROMO CODE: PCAT150**

# Most Realistic Practice Exams

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

- **Free Full-Length Diagnostic**
- **5 Full-Length PCAT Exams**
- **Exclusive Study Plan Generator**
- **Lesson Book (print + online PDF)**
- **Review Book (print + online PDF)**
- **All 17 Lesson Videos**
- **All 50 Content Review Videos**
- **All Test Review Videos**
- **All Sections Exams**
- **Live Online Q&A Office Hours (2x/week)**
- **Online Forum Access**
- **Full Exam Bundle– only \$99**



# Next Step: Educate Every Day

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## ✓ Get the **ONLY FREE PCAT Practice Bundle**

- Full-Length PCAT Diagnostic Test
- Diagnostic Test Review Video (4 segments)
- Lesson 1 from PCAT Online Course
- PDF Sample: Lesson Book for Lesson 1
- PDF Sample: Review Book for Chapters 1–3
- Content Review Videos
  - Scientific Method and Data Interpretation
  - Quantitative Reasoning: Math Skills I
  - Chemistry: Substitution and Elimination Reactions
  - Biology: Kidney Structure and Function
- Exclusive Study Plan Generator
- Free Public Q&A Office Hours & Webinars

Access your  
**FREE PCAT Practice now!**

[nextsteptestprep.com/  
free-pcat-practice-bundle](https://nextsteptestprep.com/free-pcat-practice-bundle)



# Take the Best Next Step

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## Meet with an Academic Manager and build a strategy

- Discuss what works for you: from self-study to tutoring
- Personalize A Study Plan for YOU
- Plan around your study style and class/work schedule
- Speak with educational pros, not a call center

## Attend our free webinars

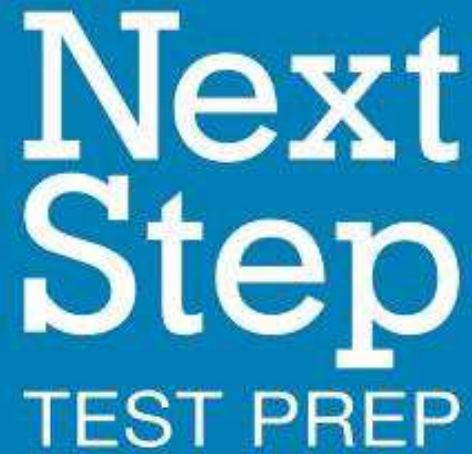
- Download the FREE PCAT BUNDLE and take the Diagnostic
- Take advantage of the free webinars and open Office Hours with a focus on PCAT subject reviews and strategy sessions

## Let's Get Social

- Follow us on Facebook, Instagram and YouTube

Contact an Academic  
Manager for a free  
**PCAT Consultation**  
and plan your prep today!

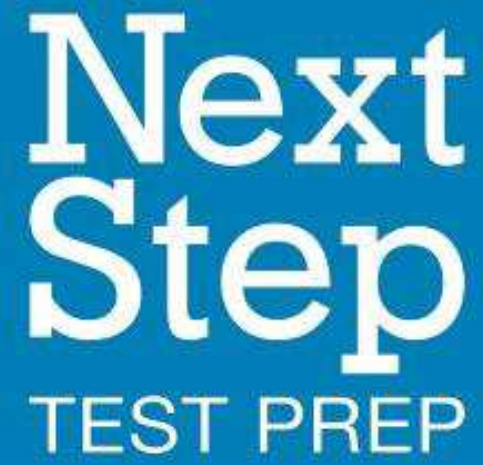
[nextstepprep.com/  
pcat-tutoring](https://nextstepprep.com/pcat-tutoring)

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**Get Solid Advice for Your Next Step**

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

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**Questions?**