The logo for Next Step Test Prep is centered in the upper half of the image. It consists of a blue square containing the text "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 diagonal shape cuts across the bottom of this dark blue area, pointing downwards.

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Intro to the MCAT

Today's Info Session

- ▶ **Welcome to this Info Session!**
- ▶ **Introduction**
- ▶ **MCAT overview**
- ▶ **How to prep**
 - ▶ **Starting early**
 - ▶ **Or a little later...**
- ▶ **How Can Next Step Help?**
- ▶ **Questions?**

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MCAT
Medical College
Admission Test

WHAT IS YOUR NEXT STEP?

Introduction

Next
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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.**



Who Is Next Step?

Next
Step
TEST PREP

- 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 2015 MCAT format
- Now the first company to have new 2018 MCAT Interface

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



Understanding the test

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The MCAT is a test like no other

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

*Total seated time does not include check-in time on arrival at the test center.

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

Things to think about

- **Content**

LOTS of stuff you need to know

- **Strategy**

Strategy is important in every area, but ESPECIALLY in CARS.

- Cars is not a test of your knowledge. It's a test of skill.

- **Timing / endurance**

Many students are exhausted by the time they get to the Psych section.

Where to begin

- **Getting started:**
 1. **ASAP: take a diag**
 2. **Based on diag, set up a study plan (can use NS's free)**
 - **If you're already at your goal – take a month to do AAMC**
 - **If you're ~5 pt's below your goal – take 1-2 months**
 - **If you're 5-10 pt's below your goal – take 3-4 months**
 - **If you're 10-15 pt's below your goal – take 5ish months**
 - **If you're 15-20+ pt's below your goal – 6+ months**
 3. **Download and review AAMC's science outline**

<https://students-residents.aamc.org/applying-medical-school/article/whats-mcat-exam/>

Starting out?

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**As a freshman: correlate with classwork
and plan ahead!**

**Some classes are not technically required, but can be
helpful for the MCAT.**

Anatomy and Physiology

Neurology

Immunology

Endocrinology

Think about those extra's!

Lab experience

Shadowing

Letters of recommendation

Things to think about

- **Content**

ACTIVE engagement – ask yourself Q's, quiz yourself. Do **NOT** just passively read

STOP taking notes and **START** "taking questions"

e.g. don't write "here is the structure of generic amino acid"

INSTEAD write "what is the structure of a generic amino acid?"

Haven't taken a class?

- **Content Classes – haven't taken Biochem yet?!**
 - ▶ **If you're missing a class, you can self-study (or take a college class) for about 1 semester's worth of stuff while ALSO MCAT prepping (e.g. I never took sociology, so I'm going to self-teach sociology while MCAT prepping)**
 - ▶ **If you're missing 1+ years worth of class content DO NOT PREP for the MCAT (e.g. I've never taken any physics or Biochem and I want self-teaching a year of physics while MCAT prepping – NO NO NO NO!!!!)**

Open Q & A

- **MCAT Prep – is NOT cleanly, perfectly divisible into “content” and “practice”**
- ▶ **Nobody is EVER done with “all my content” so instead it’s transition from a mix of content/strategy/practice that slowly moves towards more practice**
- ▶ **RIGHT FROM VERY BEGINNING you should be practicing passages/questions**
- ▶ **As you progress, you should be using tests to help you determine what are your content weaknesses.**

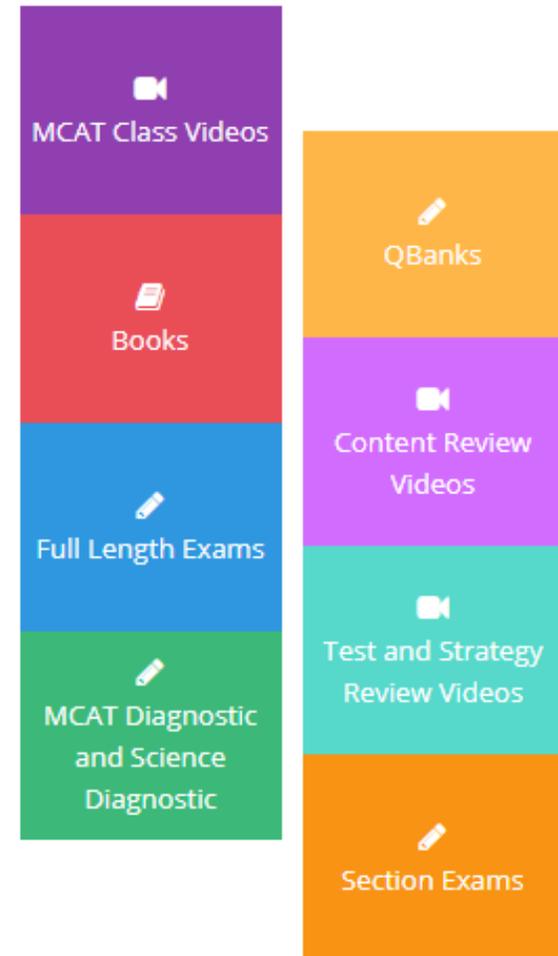
Why is an MCAT study plan important?

- 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?

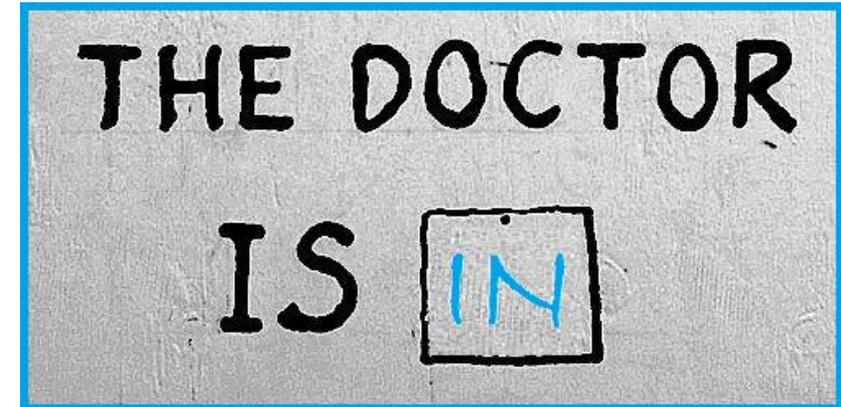
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- **Content review**
 - Book chapters (from a set of prep books)
 - And/or content review videos
- **Strategy/practice**
 - Individual question practice (topic-specific)
 - Passage practice (topic-specific)
 - Full sections
 - Full-length exams
- **AAMC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



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

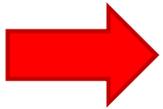


What comes next?

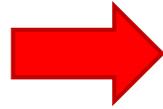
- Content review!
- **However:** it's very important to start question/passage practice early, too.
- Don't plan to do 100% of your content review before moving on to strategy!

Not ideal!

Diagnostic



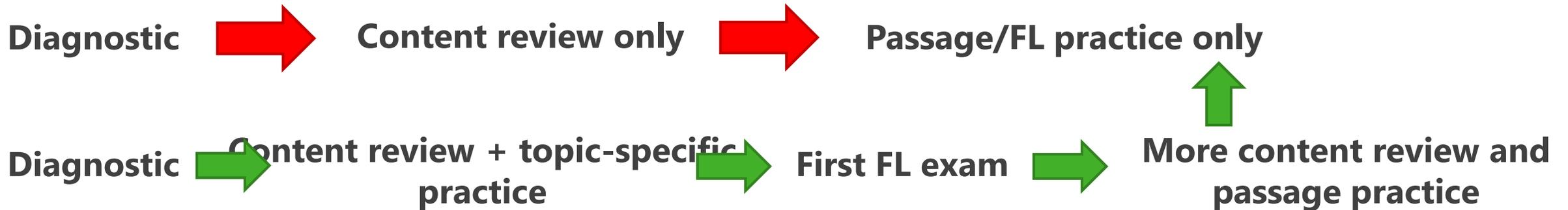
Content review only



Passage/FL practice only

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!



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

Plans can evolve over time!

- **For example: Prep is 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!

Finally : remember breaks!

- Breaks are absolutely essential 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

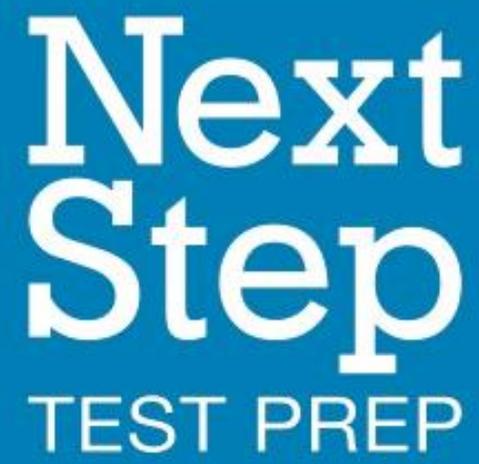
Nearing the end...

Know your fundamentals – AAMC science outline

Finish all the AAMC practice materials (especially tests!!)

The day before Test Day: Visit your testing site

✓ Knowing you're ready = confidence = success!

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Q&A

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 MCAT Prep journey**
- **Always up-to-date content, strategy and tests**
- **Guaranteed Satisfaction**
- **Expert instructors on call for you**
- **No call center – instead, Academic Managers guide you all the way!**



4.7



Personalized Options

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



Next Step: Educate Every Day

- ✓ **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**

<https://nextsteptestprep.com/smith>

Additional Free Resources

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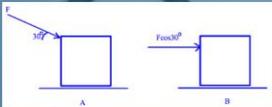
✓ Supplement your prep with additional support tools

- 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

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Question of the Day

Two people push a box along a frictional surface. One pushes the box at an angle of 30° to horizontal with force F while the other pushes the box horizontally with force $F\cos 30^\circ$. Which person does the most work?



A) Person A
B) Person B
C) Person A and B do equal amounts of work
D) cannot be determined

Next Step Test Prep
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Walk-through of 2018 MCAT Interface
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NEW 2018 MCAT Interface - What's Changing?
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EVEN SMALL CHANGES CAN AFFECT YOUR PERFORMANCE.

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Next Step AAMC 2 Review Video - Chemistry and
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Analyzing the Questions

Next Step AAMC 2 Review Video - Biological
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14:49

Analyzing the Questions

New 2018 MCAT Interface

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- New highlighting features
- New strikethrough features
- New keyboard shortcuts
- New Navigation/Review Screens

Next Step is ready. Are you?

Medical College Admission Test - Clara Gillan Time Remaining: 01:21:34 18 of 59

Highlight Strikethrough

Remove Highlight

Question 18

Which of the statements below is supported by the experimental results, as shown in Figures 1 and 2?

- A. The duration of Eos co-culture with NK cells directly and linearly correlates to the amount of ECP found in the supernatant after centrifugation.
- B. Cells cultured with a 1:1 NK-to-Eos ratio displayed statistically similar levels of activation to cells cultured with a 5:1 NK-to-Eos ratio, as measured by CD69 expression.
- C. NK co-culture stimulates Eos activation while inhibiting degranulation.
- D. Co-culture with NK cells significantly increased Eos degranulation in all groups, as compared to Eos cells cultured alone.

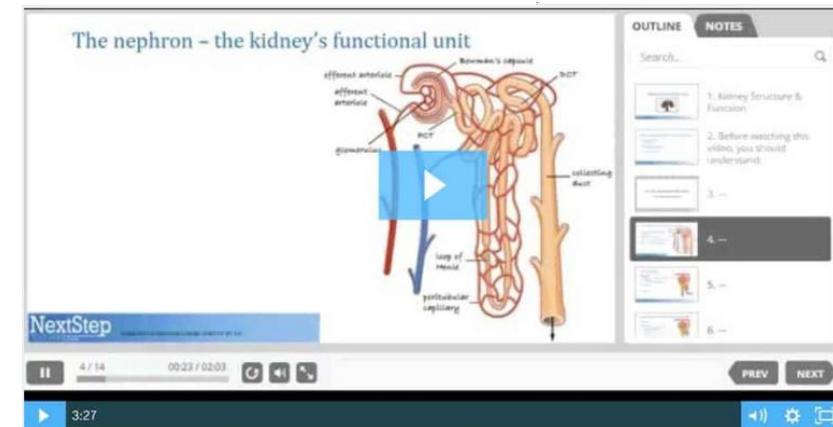
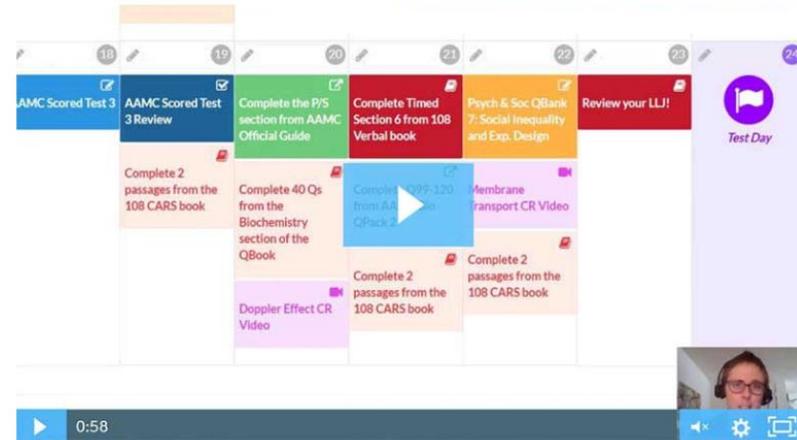
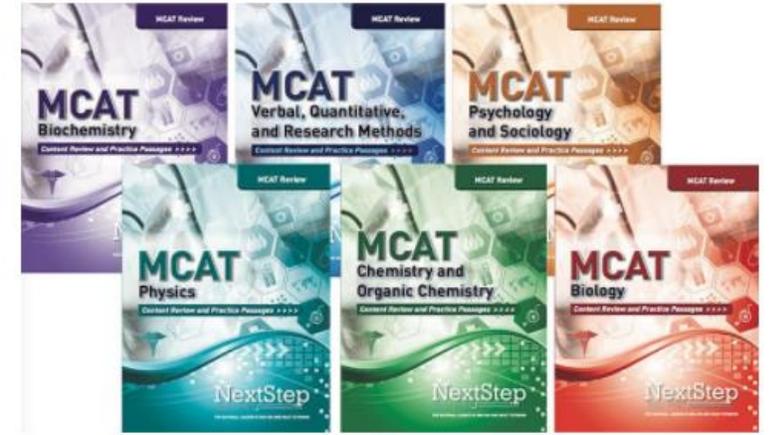
Periodic Table Review Screen Previous Next

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

Take the Best Next Step

✓ Others say it. We deliver it.

- Most up-to-date Lesson Review Books in 4-color
- QBank with passage and discrete question types
- Exclusive Study Plan Generator personalized for you
- Hundreds of hours of videos
- Private, small-group Office Hours 5 days a week
- Direct access to MCAT Content Team
- Affordable prep options: from books to tutoring



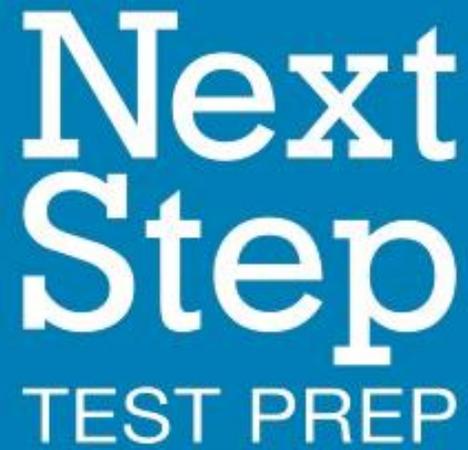
MCAT Study Options

- **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

✓ **All aligned to new 2018 interface**

**Looking for free resources, or
interested in signing up for
future webinars?**

nextsteptestprep.com/

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CALL 888-530-6398 FOR A FREE CONSULT