MCAT WEBINAR

All about the Diagnostic

Today's Agenda

- Welcome to this Info Session!
- Introduction
- General Information
- What to Do First
- Reviewing
- Questions?

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

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

STUDENTS HAVE A CHOICE

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.

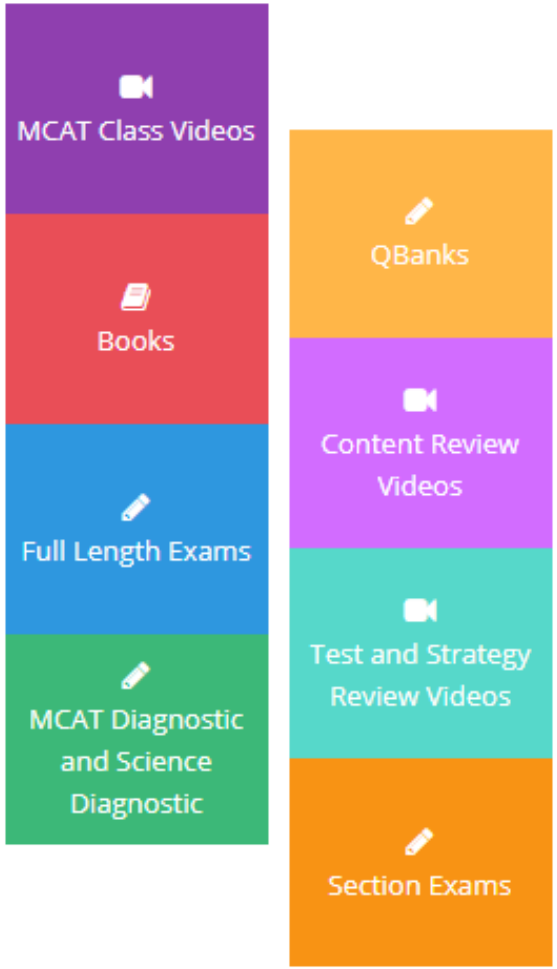
Why is an MCAT study plan important?

Next Step TEST PREP

- 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

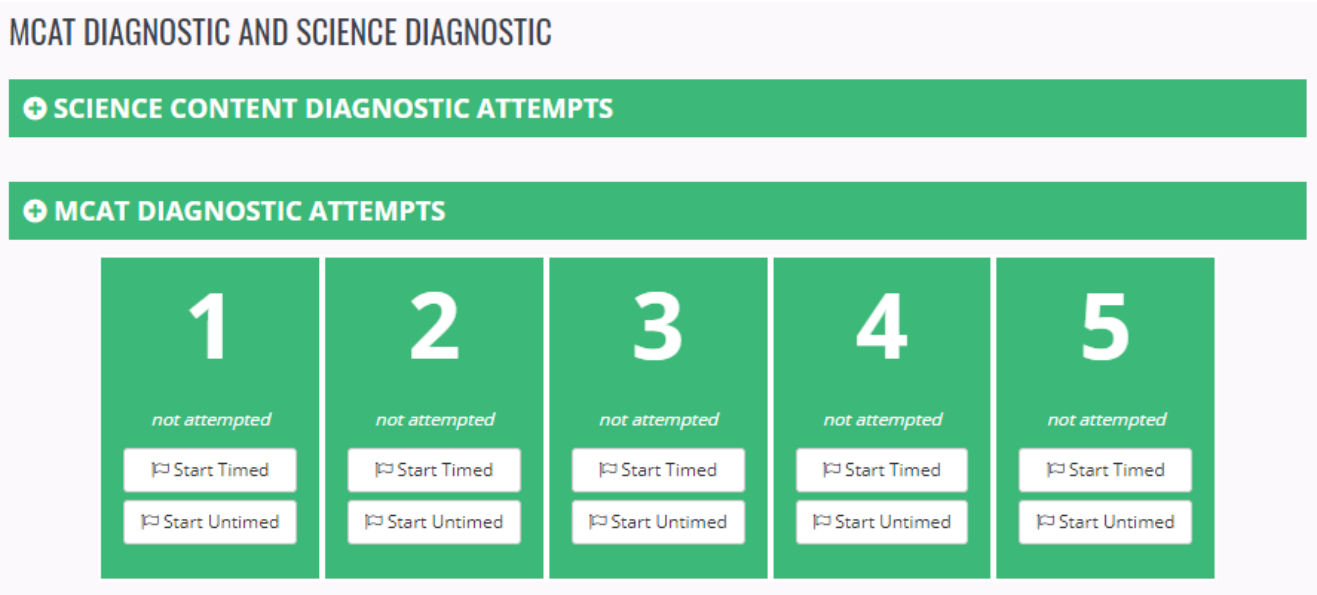
What should this plan include?

- 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



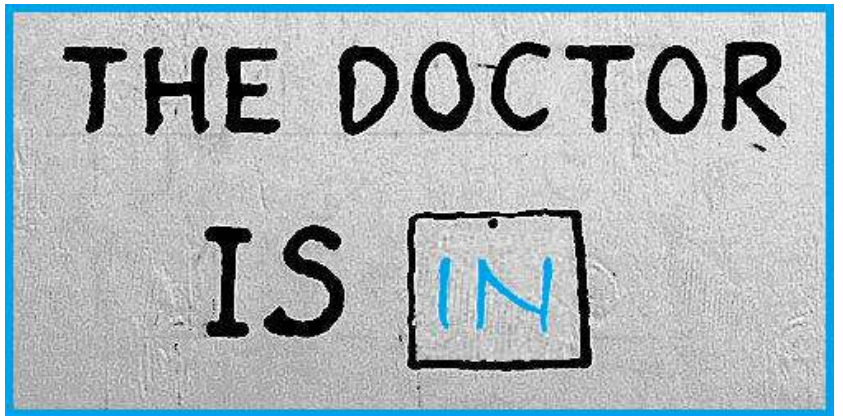
First things first

- 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



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

The Why and How of Reviewing:

- **Isolate weak areas**
  - *Weak sections (science or CARS)*
  - *Weak science topics (broad or specific)*
  - *Timing or endurance problems*
- **Optimize future prep**
  - *Start your Lessons Learned Journal*
  - *Efficiently choose which "optional" assignments to complete*
  - *Add related resources in your free time*
- **But remember, you're still early in your prep process! DON'T:**
  - *Worry about your score - you still have a long way to go!*
  - *Put pressure on yourself to improve immediately*
  - *Assume that your strong/weak areas will be the same on every exam*

Bonus! Reviewing helps you understand "the box."

STUFF YOU'RE EXPECTED TO KNOW

OTHER STUFF

Dealing with Passages

- **Stuff you'll never see questions about**

  Mostly background knowledge

  "Research into these fields may satisfy this need."

  "Ebola is a rising problem in third world countries"

- **Stuff you will definitely need to refer back to**

  Figures and numbers

  Things that are danced around

  Thing that are tacked on

- **Topics for questions, but you may not need to come back to.**

  "5 mL of the cell solution were collected and fractionated with the aid of centrifugation"

  "These ß-lactam molecules are particularly reactive due in part to significant ring strain"

  Research into floating drug delivery systems (FDDS) may satisfy this need.

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

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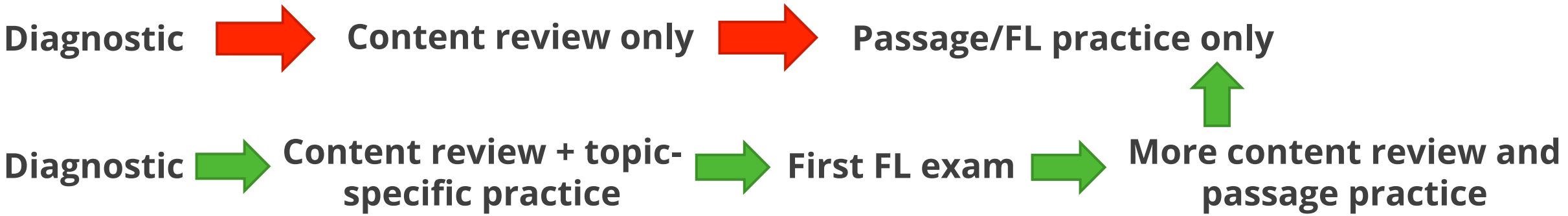

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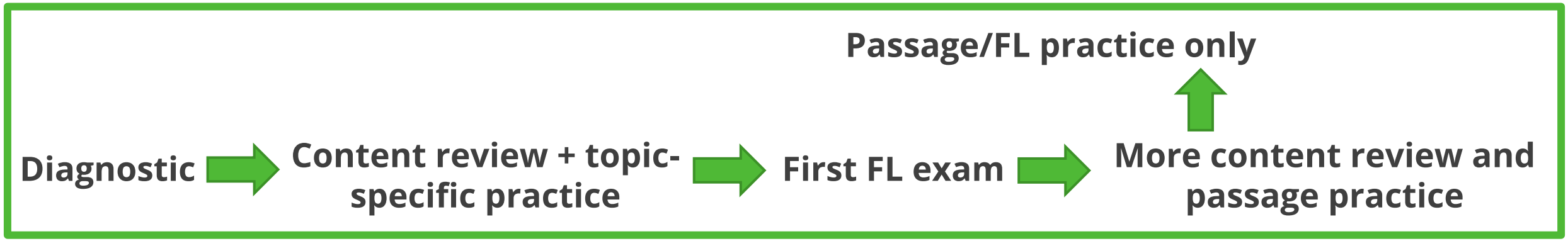
Much better!



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!

Next Step TEST PREP

- 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!

Finally – remember to take 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

Next Step: Core Values

Next Step TEST PREP

Educate Daily

Approachability

Authenticity

Professionalism

Ownership

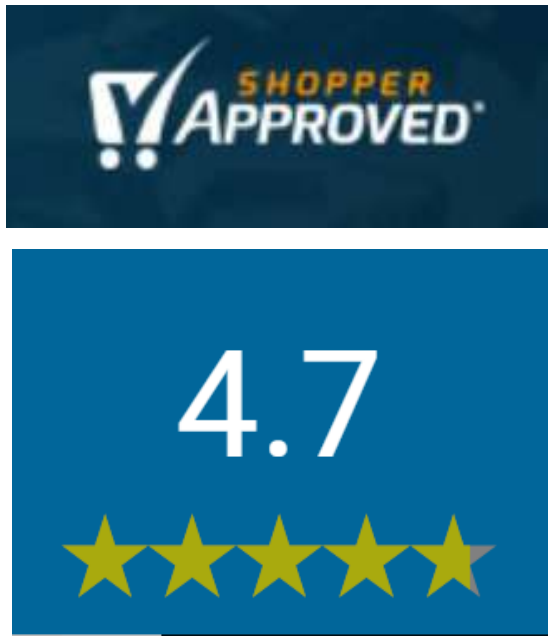
We are dedicated to providing personalized support, advice and prep options that match each student's individual needs.

STUDENTS HAVE A CHOICE IN TEST PREP

Students Have a Choice

✓ 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
- 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

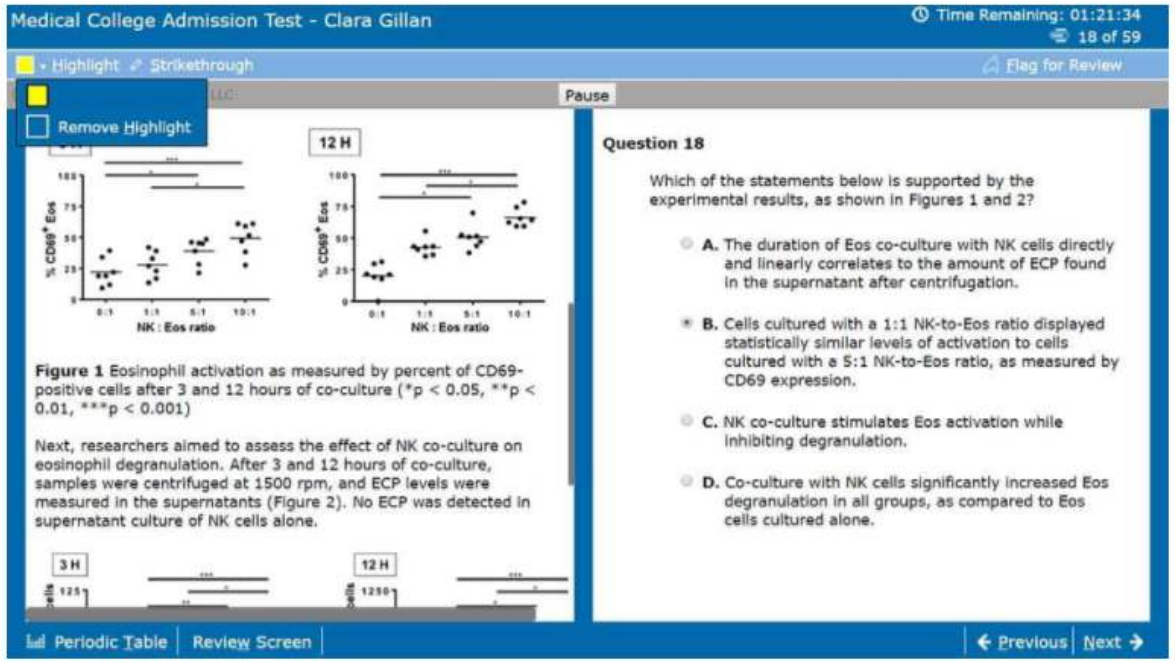


New 2018 MCAT Interface

Next Step TEST PREP

- New Highlighting features
- New Strikethrough features
- New Keyboard Shortcuts
- New Navigation/Review Screens

Next Step is ready. Are you?



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

Personalized Options

✓ **No matter your study style, strengths, timing or MCAT goal, Next Step has an option to keep you on target.**

- **Free Practice Bundle Materials**
- **Self-Prep Materials and Planning**
- **Guided Online Study with Free Extra Help**
- **One-on-One Tutoring**

One-On-One Tutoring

Next Step TEST PREP

✓ **No matter your study style, subject expertise, or MCAT goal, Next Step's Tutoring is personalized for YOU.**

- **Tailored Study Plan**
- **Most online resources (including course)**
- **Flexible Online Tutor Sessions**
- **Top-Scoring, Expert MCAT Tutors**

Hourly packages from Crash Course to Elite

Schedule a free MCAT consultation with an experienced Academic Manager

Unmatched Online Course

Next Step TEST PREP

✓ **Finally, a high-quality live-online MCAT course delivering personalization, flexibility, and affordability in an easy-to-understand platform.**

- One-On-One Orientation
- Exclusive Study Plan Generator
- All 10 Next Step MCAT Practice Exams
- Next Step's MCAT Half-Length Diagnostic - 5 attempts
- Class Videos & Course Book (20 lessons/over 60 hours)
- Express Videos (15 videos)
- MCAT Supplemental Reading
- Content Review Videos (nearly 30 hours)
- Online Qbank of 1,880 passage-based and discrete science questions & quizzes
- Test Review Videos
- All Online AAMC Resources
- MCAT 6-Book Review Series in 4-color
- MCAT Qbook with over 2000 discrete practice questions
- MCAT Verbal Practice 108 Passages

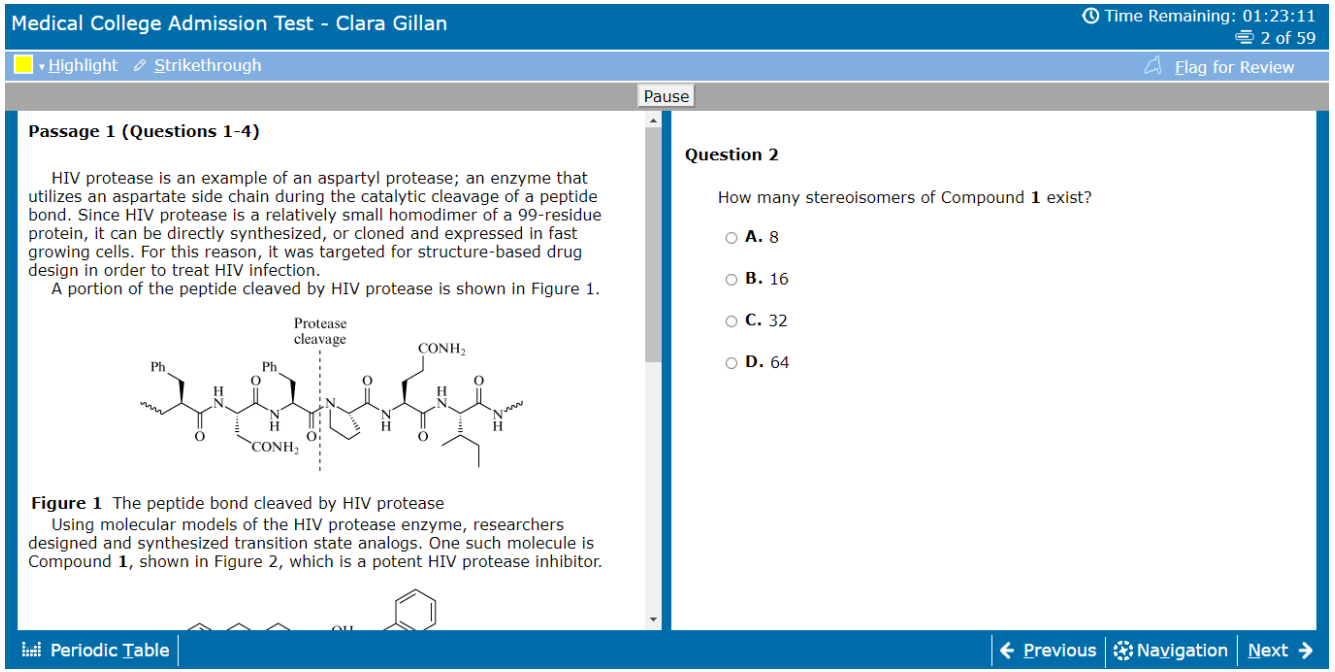
Best value – only $1,599

Most Realistic Practice Exams

Next Step TEST PREP

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

- Free Half-Length Diagnostic
- 4-, 6-, 10-Full-Length MCAT Exam Bundles
- Qbank with 10-Pack Bundle
- Exclusive Study Plan Generator
- Science Content Diagnostic
- Thorough explanations
- MCAT Class Video
- Lesson 1 videos from Online MCAT Course
- Selection of Content Review Videos
- Test Review Videos
- Public Live Online Q&A Office Hours
- Online Forum Access



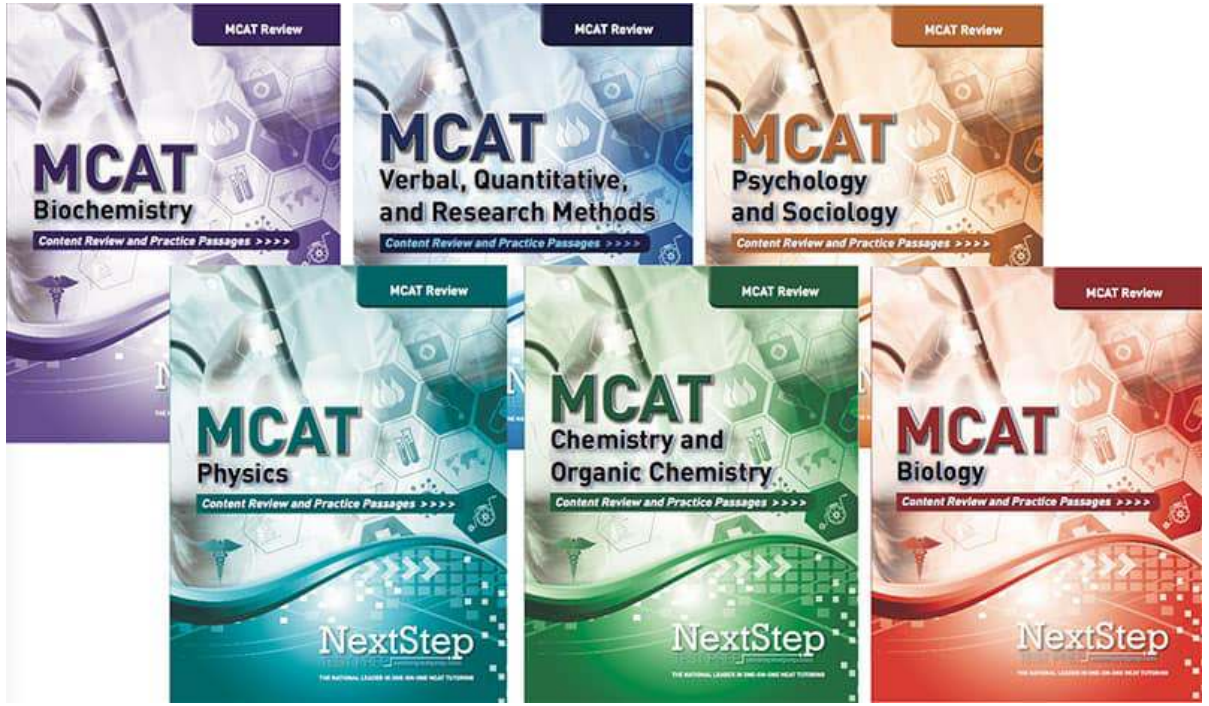
MCAT Exam Bundles– $99, $149, $249

NSTP MCAT Books: Enhance Your Self-Study

✓ Newly released books, in 4-color, fully aligned to 2018 MCAT

Next Step's MCAT Review Series
Next Step's MCAT Review Series provides an extensive foundation of the science knowledge and understanding at the core of a top MCAT performance.

Visit the Next Step Book Store at:
nextsteptestprep.com/mcat-book-store



Next Step: Educate Every Da

✓ **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**

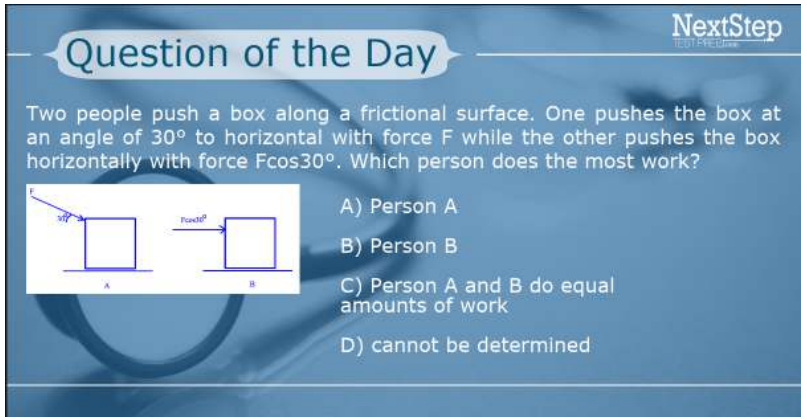
Get your FREE MCAT Practice Bundle

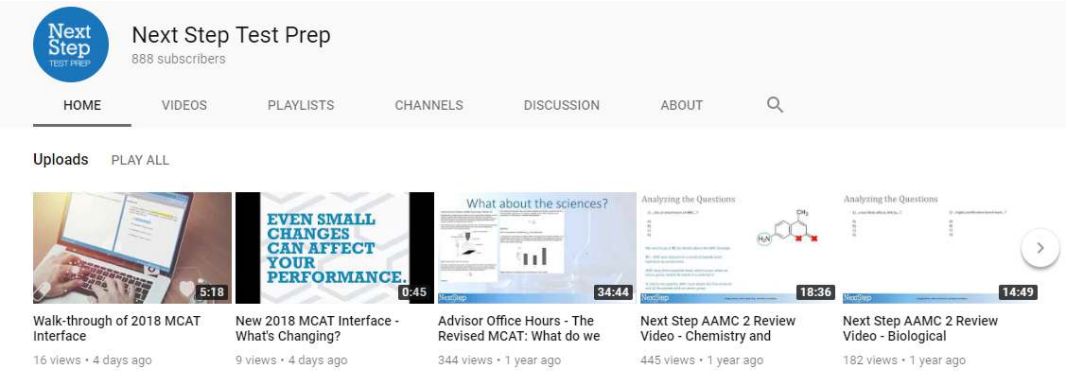
nextsteptestprep.com/free-mcat

Additional Free Resources

✓ **Supplement your prep with additional support tools**

- **Question of the Day Quick Prep**
- **Get Social: YouTube, Facebook and Instagram**
- **Ongoing Public Webinars and Q&A Sessions**
- **MCAT Blog: Content and Admissions**
- **Next Step MCAT Forum**





Take the Best Next Step

✓ Others say it. We deliver it.

Remember:

- **Most Representative Testing Platform updated for 2018 Interface**
- **Free Live, Online Office Hours**
- **Exclusive Study Plan Generator**
- **Online MCAT Forum**
- **4-color books and all online AAMC Resources**
- **10 Full Length Tests**

Questions?

1. .

Electricity and Magnetism

$F = kQ_1Q_2 / r^2$

$F = qVB\sin\theta$

$F = iLB\sin\theta$

$V = IR$

$P = IV$

$R = \rho L / A$

$V_{rms} = V_{max} / \sqrt{2}$

$I_{rms} = I_{max} / \sqrt{2}$

Resistors in series:

$R_{tot} = R_1 + R_2 \ldots$

Resistors in parallel:

$1/R_{tot} = 1/R_1 + 1/R_2 \ldots$

Capacitors in series:

$1/C_{tot} = 1/C_1 + 1/C_2 \ldots$

Capacitors in parallel:

$C_{tot} = C_1 + C_2 \ldots$

$C = Q/V$

$Energy = (1/2)QV$

$F = qE$

$V = Ed$

$Energy = qEd$

$E = kQ/r^2$

$Energy = kQq/r$

$V = kQ/r$

$\Delta G = -nFE$

$E_{cell} = E_{cath} - E_{an}$

Waves

$v = f\lambda$

$T = 1/f$

Light

$n_1\sin\theta_1 = n_2\sin\theta_2$

$\sin\theta_c = n_2/n_1$

$E = hf$

$m = -d_i / d_o$

$P = 1/f$

$f = (1/2)r$

$n = c/v$

$1/f = 1/d_i + 1/d_o$

Sound

$d\beta = 10 \log (I/I_o)$

$L = n\lambda/2$ (n=1, 2…)

$L = n\lambda/4$ (n=1,3…)

$f_{beat} = |f_1 - f_2|$

$f = f_e[v \pm v_d]/[v \pm v_s]$

Fluids

$\rho = m/V$

$P = F/A$

$P = P_{atm} + \rho gd$

$F_b = \rho gV$

$Q = Av$

$P + \rho gy + (1/2)\rho v^2 =$ constant

Gases

$PV = nRT$

Boyle: $PV = k$

Guy-Lussac: $P/T=k$

Charles: $V/T=k$

Avogadro: $n/V=k$

$R_1/R_2=\sqrt{(m_2/m_1)}$

$P_A = X_A \times P_{tot}$

Solutions

$pH=pK_a+\log (A^-/HA)$

$M = mol / L$

$m = mol / kg$

$N = M \times \#$ of H^+

$pH = - \log [H^+]$

$M_iV_i = M_fV_f$

$\Pi = MRT$

$\Delta T_f = ik_fm$

$\Delta T_b = ik_bm$

$X_A = mol_A / mol_{tot}$

Thermo

$\Delta U = Q - W$

$\Delta U = (3/2)nRT$

$W = P\Delta V$

$Q = mc\Delta T$

$Q = mH_L$

$\Delta G = \Delta H - T\Delta S$

$\Delta H_{rxn} = \Delta H_{prod} - \Delta H_{react}$

Kinematics

$v_f = v_o + at$

$d = v_ot + (1/2)at^2$

$v_f^2 = v_o^2 + 2ad$

$a_c = v^2 / r$

$F_c = mv^2 / r$

$v_x = v_o\cos\theta$

$v_y = v_o\sin\theta$

Mechanics

$F = ma$

$F_{a\ on\ b} = -F_{b\ on\ a}$

$F_{fric} = \mu F_N$

$F_g = GM_1m_2 / r^2$

$F_g = mg$

$F = kx$

$\tau = rF\sin\theta$

$P = W/t$

$W = Fd\cos\theta$

$E_K = (1/2)mv^2$

$U = mgh$

$U = - GM_1m_2 / r$

Inclined Plane

$F_{incline} = mg\sin\theta$

$F_N = mg\cos\theta$

$F_{fric} = \mu mg\cos\theta$

Schedule a one-on-one consultation with an Academic Manager.

REQUEST IN TODAY'S WEBINAR SURVEY.