



How to Create An Effective MCAT Study Plan

Today's Info Session

- ▶ Welcome to this Info Session!
- ▶ Introduction
- ▶ Creating the Perfect Study Plan
- ▶ How Can Next Step Help?
- ▶ Open Q&A

Next
Step
TEST PREP

MCAT
Medical College
Admission Test

WHAT IS YOUR NEXT STEP?

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!**



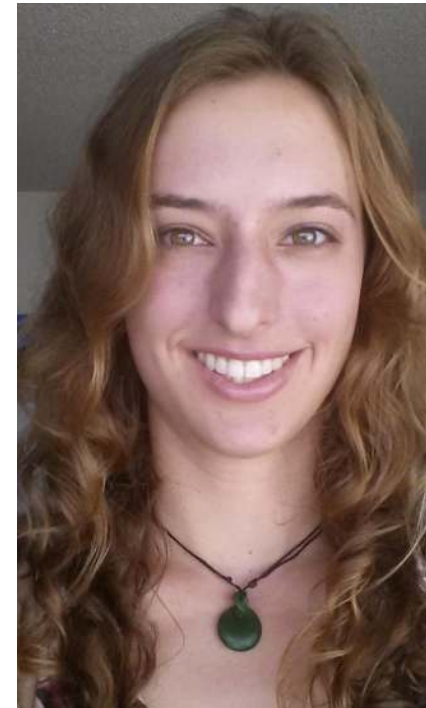
Meet Your Presenters

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TEST PREP



Sophia Stone

- Next Step Content Manager
- Scored in the 99th Percentile on MCAT



Summer Beason

- Next Step Tutor
- Scored in the 99th Percentile on MCAT

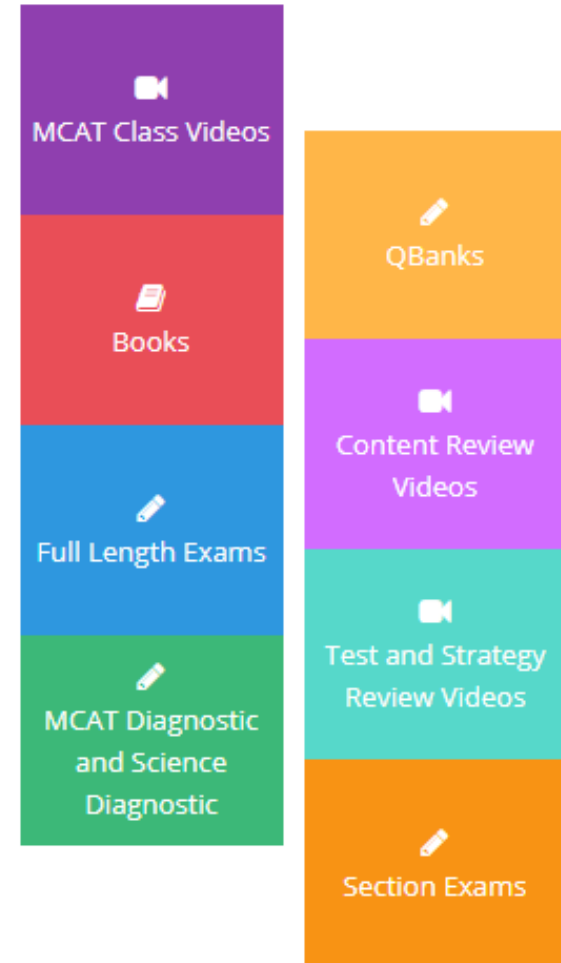
Why is an MCAT study plan important?

- 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?

- **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**

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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

MCAT DIAGNOSTIC AND SCIENCE DIAGNOSTIC

+ SCIENCE CONTENT DIAGNOSTIC ATTEMPTS

+ MCAT DIAGNOSTIC ATTEMPTS

1

not attempted

2

not attempted

3

not attempted

4

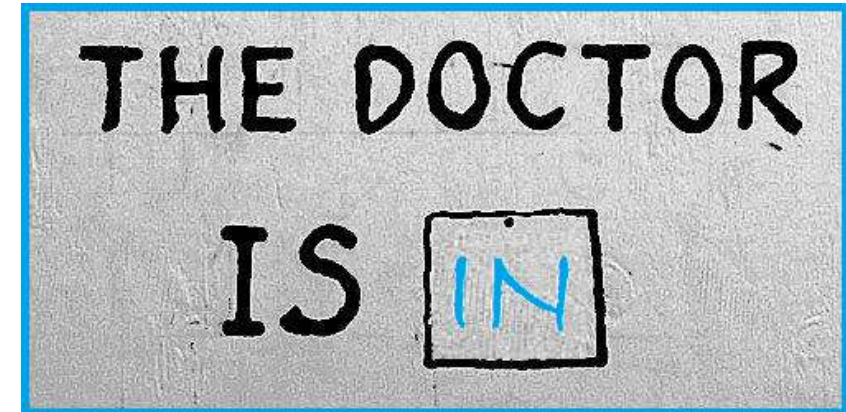
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5

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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?

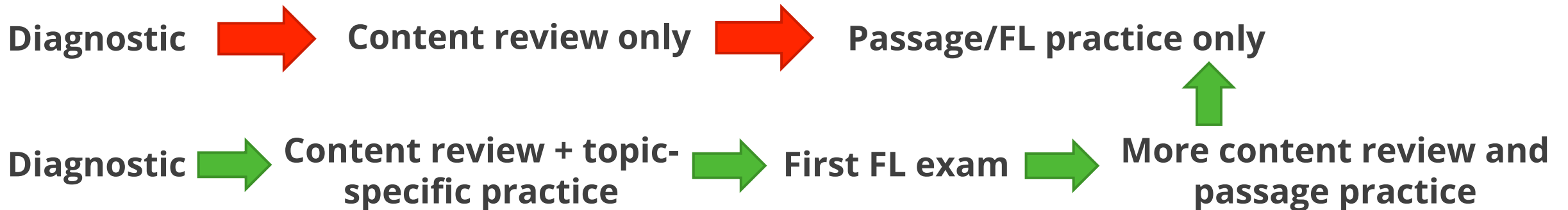
- Content review!
- **However:** it's very important to start question/passage practice early, too.
- Don't plan to do 100% of your content review before moving on to strategy!

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

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!

- 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

1/21/2019	work all day!		Tutoring, 2-3:30 pm	chem 1-2	MCAT day off! maybe a little?	Diagnostic Review	Diagnostic Review
1/28/2019	work all day!	Physics 1-2	Psych 1-2	Biochem 1-2	MCAT day off! maybe a little?	Section test: C/P (from FL6) Section test: CARS (from FL6)	Section test: B/B (from FL6) Section test: P/S (from FL6)
2/4/2019	work all day!	bio 1-2	Tutoring, 2-4 pm chem 3-4	Physics 3-4	MCAT day off! maybe a little?	Test Review	Test Review
2/11/2019	work all day!	Bio 3-4	Chem 5-6 Targeted Content Review: look over stuff you've already reviewed/read	Physics 5-6	MCAT day off! maybe a little?	NS FL1	Test Review
2/18/2019	work all day!	Psych 5-6	Tutoring, 2-4 pm Biochem 5-6 Targeted Content Review: look over stuff you've already reviewed/read	Bio 5-6	MCAT day off! maybe a little?	Chem 7-8	Physics 7-8
2/25/2019	work all day!	Psych 7-8	Biochem 7-8	Bio 7-8	MCAT day off! maybe a little?	NS FL2	Test Review Chem 9-10
3/4/2019	work all day!	Physics 9-10 Targeted Content Review: look over stuff you've already reviewed/read	Tutoring, 2-4 pm Psych 9-10	Biochem 9-10	MCAT day off! maybe a little?	Bio 9-10	Chem 11-12 Targeted Content Review: look over stuff you've already reviewed/read
3/11/2019	work all day!	Psych 11-12	Biochem 11-12	Bio 11-12	MCAT day off! maybe a little?	NS FL3	
3/18/2019	work all day!	C/P review day: targeted, high-need topics	Tutoring: 2-4 pm CARS review day: reviewing difficult passages	B/B review day: targeted, high-need topics	MCAT day off! maybe a little?	NS FL3	Tutoring, 1-2:30 pm Test Review
3/25/2019	work all day!	Targeted Content Review: look over stuff you've already reviewed/read	Targeted Content Review: look over stuff you've already reviewed/read	Targeted Content Review: look over stuff you've already reviewed/read	MCAT day off! maybe a little?	NS FL4	Test Review
4/1/2019	work all day!	C/P review day: targeted, high-need topics	Tutoring: 2-4 pm CARS review day: reviewing difficult passages	B/B review day: targeted, high-need topics	MCAT day off! maybe a little?	Tutoring: 1-3 pm P/S review day: targeted, high-need topics	AAMC SB B/B first half AAMC SB P/S first half
4/8/2019	work all day!	Test & Content Review AAMC SB C/P first half AAMC CARS QP1 first half	Tutoring, 11 am-12:45 pm AAMC SB B/B second half AAMC SB P/S second half	Test & Content Review AAMC SB C/P second half AAMC CARS QP1 second half	MCAT day off! maybe a little?	AAMC FL1	Test Review
4/15/2019	work all day!	Test & Content Review AAMC QP Bio 1 first half AAMC QP CARS 2 first half	Tutoring, 3-4 pm Test & Content Review AAMC FL1	Test & Content Review AAMC QP Bio 1 second half AAMC QP CARS 2 second half	MCAT day off! maybe a little?	AAMC FL2	AAMC FL2
4/22/2019	work all day!	Test & Content Review AAMC QP Bio 2 first half AAMC QP Physics first half	Tutoring, 1-2:30 pm AAMC QP Bio 2 second half AAMC QP Physics second half	Test & Content Review AAMC QP Chem first half NS/KA Videos?	MCAT day off! maybe a little?	AAMC FL3	Test Review
4/29/2019	work all day!	AAMC QP Chem second half CARS Section Test	3:30-5PM Test & Content Review	Test & Content Review	MCAT day off! maybe a little?	1st HALF AAMC SAMPLE Test & Content Review	2nd HALF AAMC SAMPLE Test & Content Review
5/6/2019	work all day!	Review old AAMC FLs/Material Test & Content Review	Tutoring, 12-1:15 pm Review old AAMC FLs/Material Test & Content Review	Test & Content Review Review old AAMC FLs/Material Go to bed early!	MCAT day off! no studying! SLEEP IN!	CRUSH THE MCAT!!!!!!!!!!!!	CELEBRATE!!!! CELEBRATE!!!! CELEBRATE!!!!



The logo for Next Step TEST PREP is centered in a blue square. The words "Next" and "Step" are stacked vertically in a large, white, sans-serif font. Below them, the words "TEST PREP" are written in a smaller, white, all-caps, sans-serif font. The background of the slide is dark blue with a repeating pattern of small white plus signs. A white inverted triangle shape is at the bottom of the slide.

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Questions?

Next Step: Core Values

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Educate Daily



Approachability



Authenticity



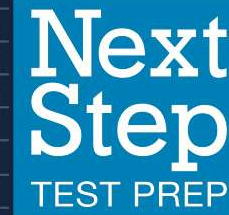
Professionalism



Ownership

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

Students Have a Choice



- ✓ **Over 80,000 students have used Next Step Test Prep in their MCAT Prep journey**

“Next step is an invaluable resource, they truly have the best strategies in regards to approaching each section of this test.” – T.D.

“Next Step helped me take my score from a 496 to a 523!! That's 35th percentile to 99th! Every service they offer is top notch and definitely helps you prepare for the MCAT” - Gus

“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

Representative Practice Exams

- ✓ **The most representative practice exams available**
- **Continually updated for AAMC Changes**
- **Most students score within 1-2 points of our tests on the actual exam**



New 2018 MCAT Interface

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- Hundreds of hours of video lessons and content review
- 99th+ Percentile Instructors
- Small-group Office Hours 5 days/week
- Direct access to the MCAT Content Team

Next Step is ready. Are you?

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

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

Highlight Strikethrough Remove Highlight

Pause

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.

Figure 1 Eosinophil activation as measured by percent of CD69-positive cells after 3 and 12 hours of co-culture (*p < 0.05, **p < 0.01, ***p < 0.001)

Next, researchers aimed to assess the effect of NK co-culture on eosinophil degranulation. After 3 and 12 hours of co-culture, samples were centrifuged at 1500 rpm, and ECP levels were measured in the supernatants (Figure 2). No ECP was detected in supernatant culture of NK cells alone.

3 H 12 H

Periodic Table Review Screen Previous Next

1-on-1 Personal Tutoring

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- ✓ Personalized help from some of the best MCAT experts
- Get matched with a 520+ tutor
- Completely flexible and customizable study plan



FREE MCAT Practice Bundle

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TEST PREP

✓ Includes

- Half-length MCAT diagnostic
- Full-length MCAT exam
- Content Review Videos
- Customizable Study Planner Tool
- & More

✓ 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

Get your
**FREE MCAT Practice
Bundle**

[https://nextstepprep.com/
mcat-resources-page/](https://nextstepprep.com/mcat-resources-page/)

MCAT Study Options

- **Best-in-Class MCAT Tutoring Packages**
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 - 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
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 - 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

**\$300 off the course or \$150
off Tutoring Package!**

STUDY2019

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

REQUEST IN TODAY'S WEBINAR SURVEY.