

5 Essential Tips When Studying for the MCAT

How to prepare and plan for the Medical College Admission Test (MCAT) exam



1. Set realistic goals for yourself.

- With practice tests, **determine your ideal MCAT score and create smaller goals** to help you focus on the entire studying process.
 - Choose specific topics to study each hour.
 - Commit to a predetermined amount of time you will study each day.
 - Create practice exam scores to meet and exceed.

2. Aim high the first time.

- It's true you can retake the MCAT if you're unhappy with your score, but it's an expensive, time-consuming, and stressful exam.
- Instead, use these tips, start preparing early, and **remember the MCAT is the first step towards achieving your dream to become a doctor.**

3. Take practice tests.

- Practice tests allow you to figure out the timing of the exam and understand the test structure. It can be a huge benefit for you.
- **Identify and strengthen your weak spots** – determine which subjects you need to study more in-depth.

4. Avoid procrastination and create a timeline.

- Start the process early! **Most students spend 200-500 hours studying for the MCAT.** Review your current workload, but in general, **plan for at least three months of focused studying.**
 - If you are currently a student and not working full-time, plan on 15-30 hours per week of studying.
 - If you work full-time or have a lot of commitments, plan to study 10-15 hours per week, but begin your MCAT studying earlier than three months in advance.

5. Use study techniques that work best for you.

- This is no time to change what works. **Stick with your go-to learning style** and stay on track.
- Create a detailed schedule that helps you study the material in a way that works best for you.



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