# Non-negotiable 3rd party resources to buy

- 1) AAMC Qbanks and FL exams
- 2) UWorld Qbank (use this before going into AAMC materials)

### I tried most (if not all) 3rd party FL exams – I liked

- #1: Blueprint (hard, but I felt question styles were most similar to MCAT)
- #2: Kaplan

### <u>Playlist</u> of all the YT channels that carried me through content review

### **FREE RESOURCES:**

- Free MCAT Resources Notion with a ton of links
- Free Exams (Altius, Blueprint, Kaplan, etc)

### **CONTENT Review**

- Kaplan books (I didn't find them helpful, but many people do. There are links you can find online for free pdf)
- Miledown Quicksheets and Review Sheets

# ANKI + setting it up + ANKI addons

#### Addons:

- -review heatmap (color scheme of how many cards you're doing in a month/year)
- -custom background image and gear icon (you can add nice pictures in background to make the suffering manageable LOL)

you find them here, and i also linked a tutorial on how you can add them to your anki

https://ankiweb.net/shared/addons

https://www.youtube.com/watch?v=1vefco4uwlk

good playlist

https://www.youtube.com/watch?v=AjdUxCnAXJw&list=PLXL\_ITSgbB\_VCpVgy5QyEHBb7wPdT7G7P

these are my settings (note the 30day max interval can make cards buildup fast so its up to you how long you feel comfortable maturing a card) if anyone has suggestions for my settings pls feel free to comment too:) it's pretty much preference but i got most of mine from AnKing's videos

### daily limits

new cards/day: 9999

max reviews/day: 9999

new cards

learning steps: 25m 1d 2d

grad interval: 3

easy interval: 4

lapses

relearning steps: 10m 1d

min int: 1

leech hold: 8

### advanced

most important i think is max interval: 30

-if you mature a card by clicking easy a lot, this will be the maximum amount of days until you see a card again- im testing in april, but would like to see my mature cards a couple times before test day, hence the 30 day max interval.

Reddit link to mass list of mnemonic devices
Reddit links to a mass thread of great photos for studying

### **CARS**

JackWestin passage everyday!!!

### BB

 Science Simplified Leah4Sci

# **Reddit links to nice pictures for content:**

**Differences between eukaryotes and prokaryotes** 

**Hormones** 

**Immune system** 

**Digestive enzymes, cells, and interactions** 

Nephron + kidneys

mRNA (understanding +/- sense strands, anti-sense, sense, etc)

Glycolysis (good pick with all the inhibitors + activators)

ETC diagram + chart to remember it

### <u>CP</u>

- Organic Chem Tutor
- Andrew K

# Reddit links to nice pictures for content:

Mnemonic and visual for learning mirror/lens equations

Optics ultimate quide

**Waves and sounds** 

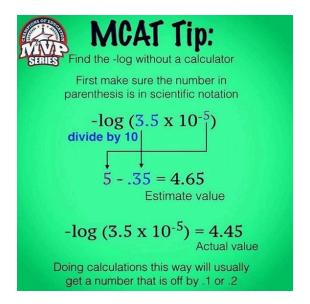
Venturi Effect and relationship to Bernoulli's equation

**Electricity Formula Relationships** 

**Reduction Potentials for Galvanic and Electrolytic Cells** 

# <u>PS</u>

- Pankow P/S Anki
- 86 page document (Reddit)



### **PODCASTS**:

MCAT Basics (from MedSchoolCoach) | Podcast on Spotify

### **Question Review:**

MCAT spreadsheet question review template

### Tips:

- 1) Make study schedule (track your hours, what content gaps you want to work on that day, what do you feel comfortable topics on from that day etc)
  - a) Great way to keep track of hours, if you're slacking and hours are dropping, it's a good way to keep disciplined