

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

Playlist 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](#)

CP

- Organic Chem Tutor
- Andrew K

Reddit links to nice pictures for content:

[Mnemonic and visual for learning mirror/lens equations](#)

[Optics ultimate guide](#)

[Waves and sounds](#)

[Venturi Effect and relationship to Bernoulli's equation](#)

[Electricity Formula Relationships](#)

[Reduction Potentials for Galvanic and Electrolytic Cells](#)

PS

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

MCAT Tip:
Find the -log without a calculator

First make sure the number in parenthesis is in scientific notation

$-\log (3.5 \times 10^{-5})$

divide by 10

$5 - .35 = 4.65$
Estimate value

$-\log (3.5 \times 10^{-5}) = 4.45$
Actual value

Doing calculations this way will usually get a number that is off by .1 or .2

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