

Here is a summary of the most memorable parts of MCAT Prep

Strategies	Mistakes	Resources
<ol style="list-style-type: none"> 1. Take an early diagnostic test and review every question (right and wrong) 2. Review notes and redo exams from the relevant prereq courses 3. Take a full-length, official practice test after reviewing diagnostic and your school notes 4. Plan about ~600 hours of studying (~40 hours weekly for 3 months; ~20 hours weekly for 6 months etc) 5. Do practice questions often 6. Review each practice exam THOROUGHLY before taking the next one 7. Find people that want to help and encourage you 8. Find destressing mechanisms: Exercise and Journaling are really helpful 	<ol style="list-style-type: none"> 1. Taking the results of the diagnostic/first exam too personally 2. Spending most of your time reviewing content instead of doing practice problems 3. Giving yourself a short time window to prepare 4. Over-utilizing rote memorization for conceptual main ideas 5. Not taking practice tests 6. Taking too many practice tests (not enough review) 7. Using irrelevant/unhelpful resources 8. Forgetting that you're not a doctor now. The MCAT is your coach towards thinking like a med student/doctor. You're not supposed to ace it immediately. 	<ol style="list-style-type: none"> 1. AAMC Practice Tests (consider these REQUIRED, esp second half of prep) 2. UWorld Question Bank (extremely helpful for the first half of prep, amazing explanations) 3. AAMC Question Packs (helpful for second half of prep) 4. Jack Westin Content Review (Free! I ended up using these instead of books) 5. Jack Westin MCAT Podcast (The most helpful advice to actually manage this entire journey)