

MCAT Basics

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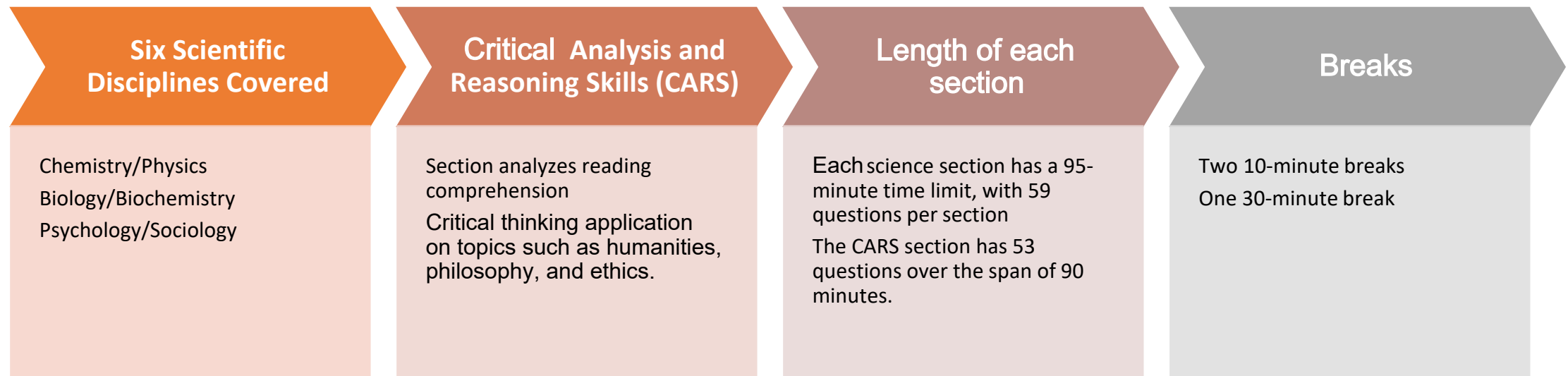
What are you hoping to learn today?

- Fill out the survey in front of you and I will collect them.

What questions will we answer today?

- What's on the MCAT? How is it structured?
- How do you prepare?
 - Schedule
 - Number of practice questions
 - Practice Exams
 - Study strategies
 - Resources
- When and Where do you take the exam?
- Other common question topics:
 - Taking the MCAT more than once
 - Re-scheduling
 - Testing with a disability
 - Paying for the exam- AAMC Fee assistance program
- Advice...

What's on the exam? How is it structured?



Good time to write
out equations or
brain dump on
your scratch card



MCAT Section	Time
Examinee Agreement	8 minutes
Tutorial (optional)	10 minutes
Chemical and Physical Foundations of Biological Systems	95 minutes
Break (optional)	10 minutes
Critical Analysis and Reasoning Skills	90 minutes
Mid-Exam Break (optional)	30 minutes
Biological and Biochemical Foundations of Living Systems	95 minutes
Break (optional)	10 minutes
Psychological, Social, and Biological Foundations of Behavior	95 minutes
Void Question	5 minutes
Satisfaction Survey (optional)	5 minutes
Total Content Time	6 hours, 15 minutes
Total Seated Time	Approximately 7 hours, 33 minutes

- This is about what your 7 ½ hour MCAT experience will look like

Science Minute/passages = 8 minutes

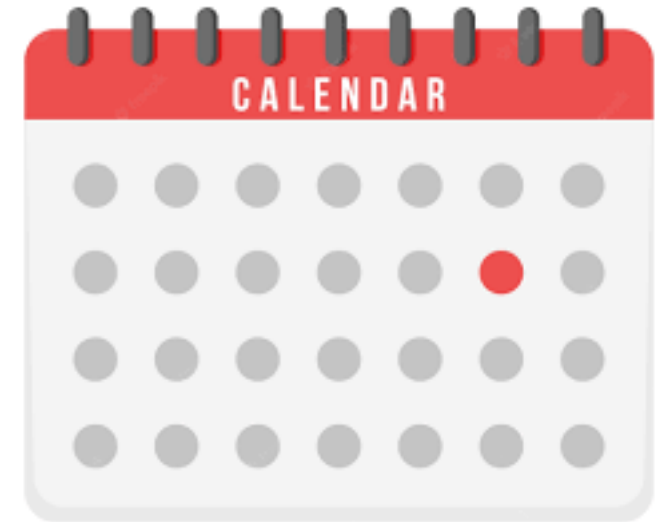
CARS Minute/passages = 9 minutes

Time management is Key

How do you prepare for the MCAT?

1. Things to consider when planning:

1. Fee Assistance and Test accommodations (Laurie will talk more)
2. Timeline
3. Materials



How do you prepare for the MCAT?



Timeline:

1. Have you completed all the courses with content on the MCAT?
2. What is your baseline for knowledge in each of the sections?
What is your initial full-length score?
3. Time per week and other experiences (classes, work, volunteering, etc.)
4. Registration or Test Date

Preparation

- How much time to study?
 - AAMC says on Avg. Test takers spend
 - 20+ weeks study
 - 200-300 hours (or more now, 600+)
 - Evidence is pointing to an increase from 3 to 6 months of studying for individuals who need time increasing reading speed, reading comprehension, stamina, and problem solving.
 - In addition to practice exams, you should complete a minimum of 3500 practice questions.

How does the exam differ from a course exam?

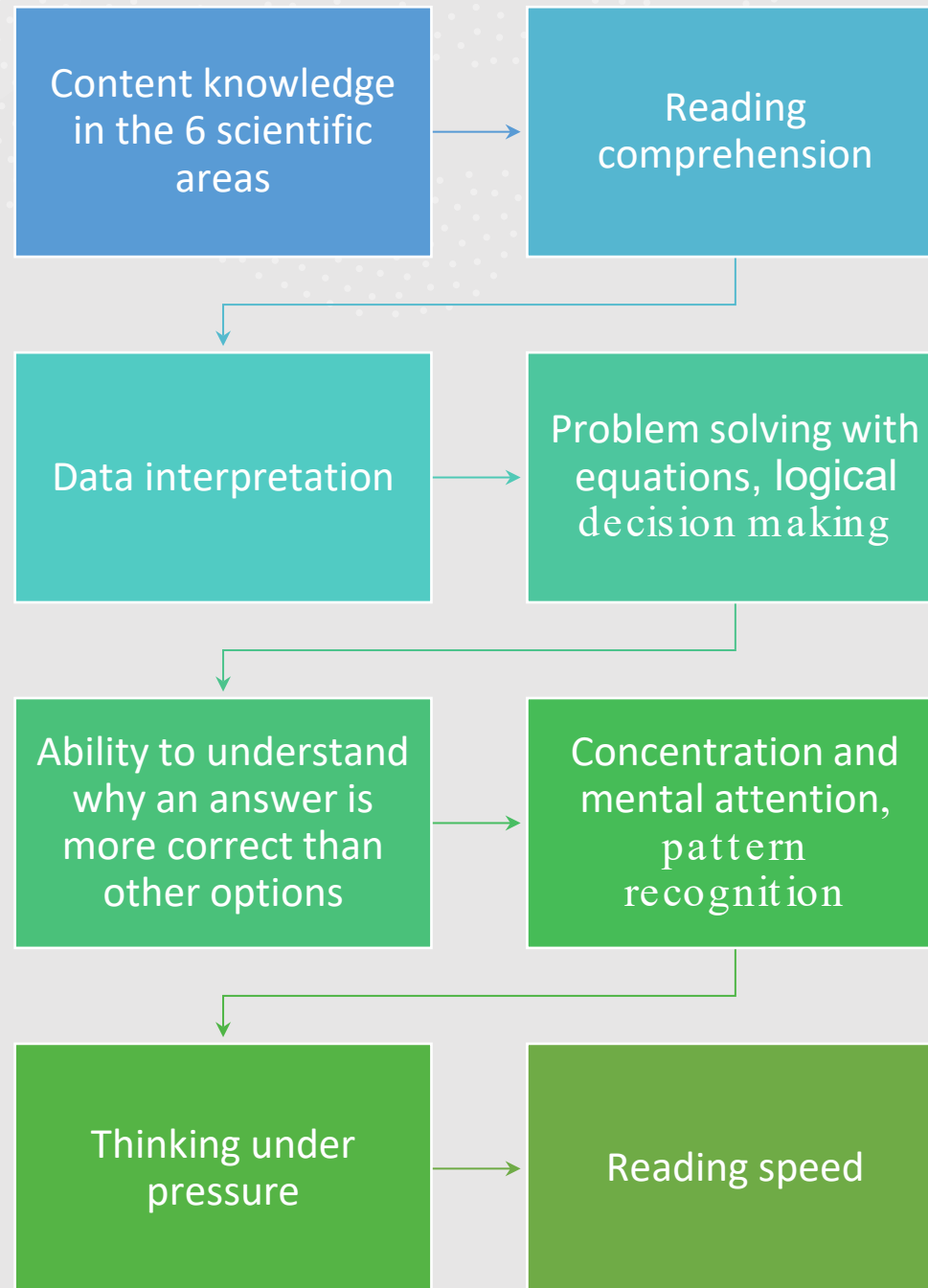
Duration of the Exam

- 230 total questions vs. 50-60 MC

Types of questions:

- Discreet:
 - Similar to exam questions in the general format
 - Most correct answer versus 1 correct and 3 wrong answers
- Passage
 - Large amounts of information to read with graphs, diagrams, equations students need to interpret before answer the question.
 - Multiple questions associated with each passage

The MCAT tests:



Study Strategies and Resources



Have a plan and follow it



Adjust study techniques that have worked in the past.

Active Recall
Interleaving
Spaced repetition



Listen to podcasts, watch Khan Academy and YouTube videos.



Take lots of practice questions and exams. At least 3500 practice questions .



Resources in conjunction with official prep materials

Free:

- Anki Flashcards
- Quizlet
- Podcasts and Youtube Channels
- Medical School HQ
- Medschool Insiders

How do you prepare for the MCAT?

Materials:

1. How do you learn best?
 1. Alone, somewhat structured, fully structured with a pre-made plan
2. How much can you afford on new materials?

Self-Study	Online Self-Paced with tutor help	Fully Online Live Test Prep Course
AAMC-NEW practice exam 2022 Khan Academy Textbooks from previous courses Free online flashcards Other free materials- podcasts Study groups Purchase study books	Examples: Kaplan, Princeton Review, Altius, Uworld, Jack Westin, and BluePrint	Examples: Kaplan, Princeton Review, Altius, Jack Westin, The Brem Method, and BluePrint



MCAT Scheduling Fees

MCAT[®] scheduling fees for all 2026 testing dates.

Registration Fees (in USD)

Registration Fees*	
Standard Registration	\$355
Fee Assistance Program Registration	\$145

* Examinees testing outside the US, Canada, or US Territories will be charged a \$130 International fee in addition to the initial registration fee. International fees are non-refundable upon registration cancellation.

10 days prior to exam day is the last day you can schedule an exam.



2026 MCAT Test Dates & Score Releases



Registration for **ALL test dates** will open on October 21-23, 2025. This means every seat will be available from day one.

- October 21 — Eastern U.S.
- October 22 — Western, Southern & Midwest U.S.
- October 23 — Canada & International



Visit the [AAMC website](https://students-residents.aamc.org/register-mcat-exam/register-mcat-exam) to register for the date and location of your choice.

Link: <https://students-residents.aamc.org/register-mcat-exam/register-mcat-exam>



All MCAT exams begin at 8:00 a.m. local time.



Scores are released (30-35 days later) by 5:00 p.m. ET on the scheduled date.



MCAT Pearson VUE Test Centers in Montana

Pearson Professional Centers- Billings MT

404 North 31st Street
Suite 230
TransWestern 1 Building
(TW1)
Billings, Montana 59101
United States

Pearson Professional Centers- Helena MT

111 N. Last Chance Gulch
Suite 4K
Arcade Building
Helena, Montana 59601
United States

How Often Can Students Test?

1 YEAR

Up to 3 attempts in a single testing year

2 YEARS

Up to 4 attempts over 2 consecutive years

LIFETIME

Up to 7 attempts in a lifetime

Voids and No-Shows count toward attempts



Rescheduling and Cancellations

Standard Change Fees	Date and/or Test Center Reschedule Fee	Cancellation Refund	Fee Assistance Program Change Fees	Date and/or Test Center Reschedule Fees	Cancellation Refund
60 or more days before exam	\$55	\$175	60 or more days before exam	\$25	\$75
30-59 days before exam	\$110	\$175	30-59 days before exam	\$45	\$75
10-29 days before exam	\$210	\$0	10-29 days before exam	\$85	\$0

Fee Assistance Program (FAP)

BENEFITS

- Reduced registration fees (from \$355 to \$145)
- Access to all online AAMC MCAT official prep products
- Potential stipend for updated evaluation for accommodation
- AMCAS application submission fee waiver (up to 20 schools)
- Complimentary 2-year subscription to Medical School Admission Requirements website
- Waiver for AAMC PREview professional readiness exam registration fees

Fee Assistance Program (FAP)

ELIGIBILITY

- Anyone with a US-based home address
- US Department of Health and Human Services' poverty level guidelines (previous calendar year, total family income is 400 % or less of the poverty level for their family size)
 - *NOTE: If you are under the age of 26 your parents' financials are required.*
- Fee Assistance Program Application

Advice from Laurie

Approach the process with a positive attitude and just breathe.

But most of all, JUST BE
YOU!



Advice from Hilary



be kind
to yourself.

What's on the MCAT?	AAMC: https://students-residents.aamc.org/prepare-mcat-exam/whats-mcat-exam
How do you prepare?	AAMC Webinar: https://www.youtube.com/watch?v=6OF167AWBIs&list=PL2ALHNlitsuSqsav3eiAHFoTNyJRtmzg8&index=3&t=23s AAMC guide: https://offers.aamc.org/mcat-study AMA Advice and Articles: https://www.ama-assn.org/search?search=MCAT+prep
When and Where do you take the exam?	AAMC Testing Date Calendar: https://students-residents.aamc.org/register-mcat-exam/us-mcat-calendar-scheduling-deadlines-and-score-release-dates-0
Other helpful resources	AAMC Fee Assistance Program: https://students-residents.aamc.org/fee-assistance-program/fee-assistance-program-fap Facebook Support Group: https://www.facebook.com/groups/318062205385017/?_ga=2.136046577.1187242993.1664486875-800461003.1664486875 Resources for Minorities in Medicine: https://www.studentdoctor.net/2016/04/28/minorities-and-the-mcat/
Free and low-cost MCAT prep Materials (Practice Exams, Questions, Content Review) *Montana AHEC has a Princeton Review Discount	AAMC: https://students-residents.aamc.org/prepare-mcat-exam/free-planning-and-study-resources Khan Academy: https://www.khanacademy.org/test-prep/mcat BluePrint: https://blueprintprep.com/mcat/free-resources/free-mcat-practice-bundle Princeton Review: https://www.princetonreview.com/medical/free-mcat-practice-test?ceid=nav-gd#!practice Altius: https://altiustestprep.com/practice-exam/free-exam/ The MCAT Podcast: https://medicalschoollhq.net/mcat-podcast/ Jack Westin Podcast: https://jackwestin.com/podcasts Anki Flashcards: https://apps.ankiweb.net/ MCAT Self Prep: https://mcatselfprep.com/

Anki Decks

- [u/MileDown's Anki Deck](#): Based on the KA 300 pg document and his popular review sheets. Colorful and concise and contains relevant Khan Academy links.
- [Ortho528 Anki Deck](#): "4351 cards / main tags are bb, cp, and ps / The content is based on the prep books I used and a human physiology class I took. I used all the EK 9th edition books, TPR and Khan Academy for psych, Kaplan Biochem 3rd edition."
- [u/RebopBebop's Anki Deck](#): Comprehensive Anki deck based on the Kaplan MCAT books.
- [u/Cubene's Psychology Anki Deck](#): Based on Premed95's Psychology Anki deck and the KA 300 pg doc.
- [u/lecompositor's Biochemistry Anki Deck](#): Includes hormone function and source, carbohydrate metabolism, amino acids, and carbohydrate/lipid structure with mnemonics to aid with memorization.
- [u/Tiramiwho's Physics Anki Deck](#): Correlates with the Kaplan MCAT Physics book. It contains the major physics equations along with variable descriptions and unit breakdowns.

2026 Schedule for the Medical College Admission Test® (MCAT®)*



JAN

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

FEB

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

MAR

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

APR

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

MAY

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

JUN

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

JUL

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

AUG

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

SEP

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Exam Date	Score Release
Jan. 9	Feb. 10
Jan. 10	Feb. 10
Jan. 15	Feb. 17
Jan. 23	Feb. 24
Feb. 13	March 17
March 7	April 7
March 20	April 21
April 10	May 12
April 11	May 12
April 24	May 27
April 25	May 27
May 2	June 2
May 8	June 9
May 9	June 9
May 14	June 16
May 22	June 23
May 30	June 30
June 12	July 14
June 13	July 14
June 26	July 28
June 27	July 28
July 11	Aug. 11
July 24	Aug. 25
July 31	Sept. 2
Aug. 15	Sept. 15
Aug. 21	Sept. 22
Aug. 22	Sept. 22
Sept. 3	Oct. 6
Sept. 4	Oct. 6
Sept. 11	Oct. 13
Sept. 12	Oct. 13

*The highlighted dates above indicate the U.S. MCAT test dates.
For Canadian and international test dates, please visit students-residents.aamc.org/mcatregister.

Note: The MCAT exam is not offered in October through December 2026.

Standard start time will be 8 a.m. each day.

X @AAMC_MCAT

MCAT® is a program of the Association of American Medical Colleges.

aamc.org/mcat