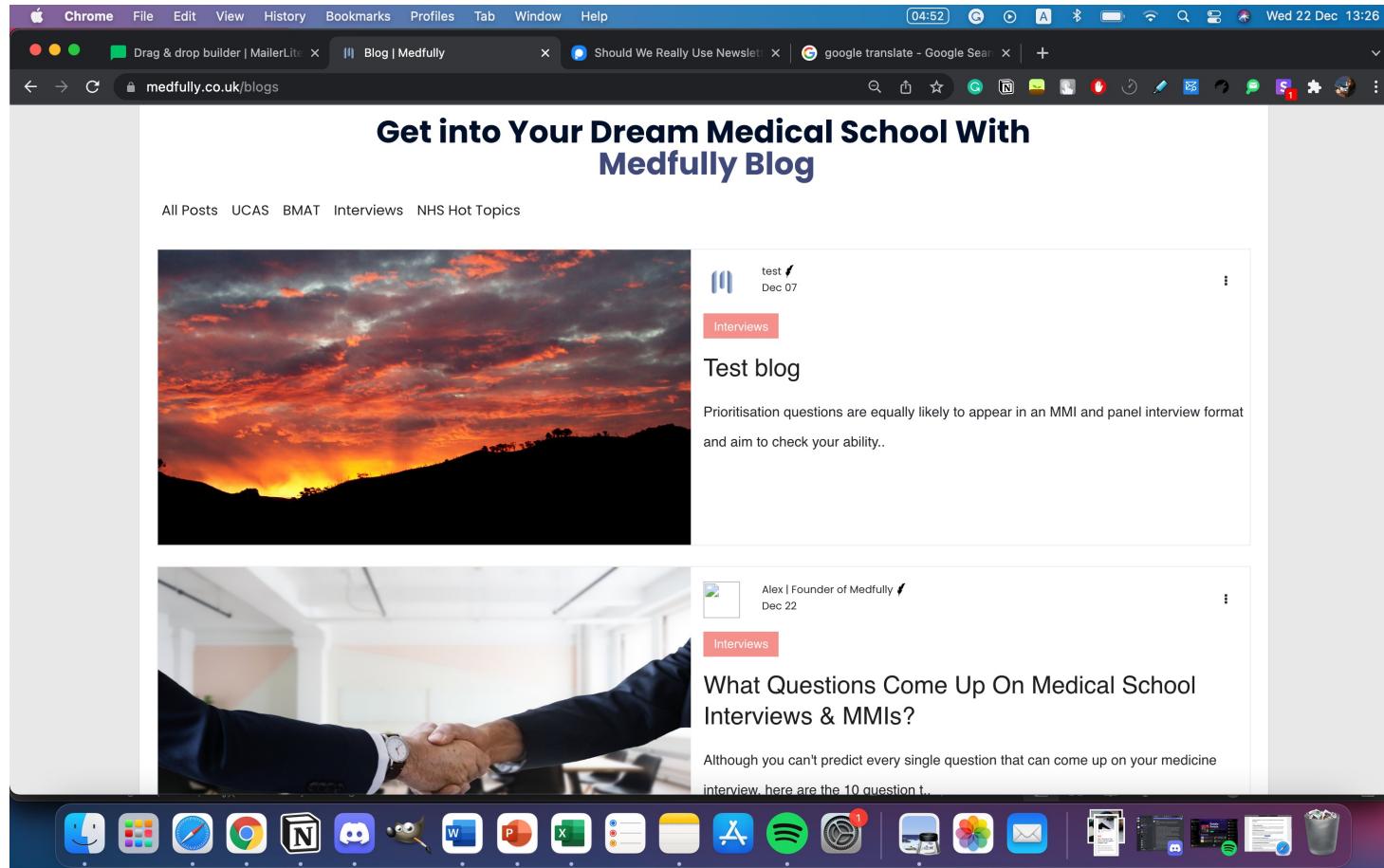
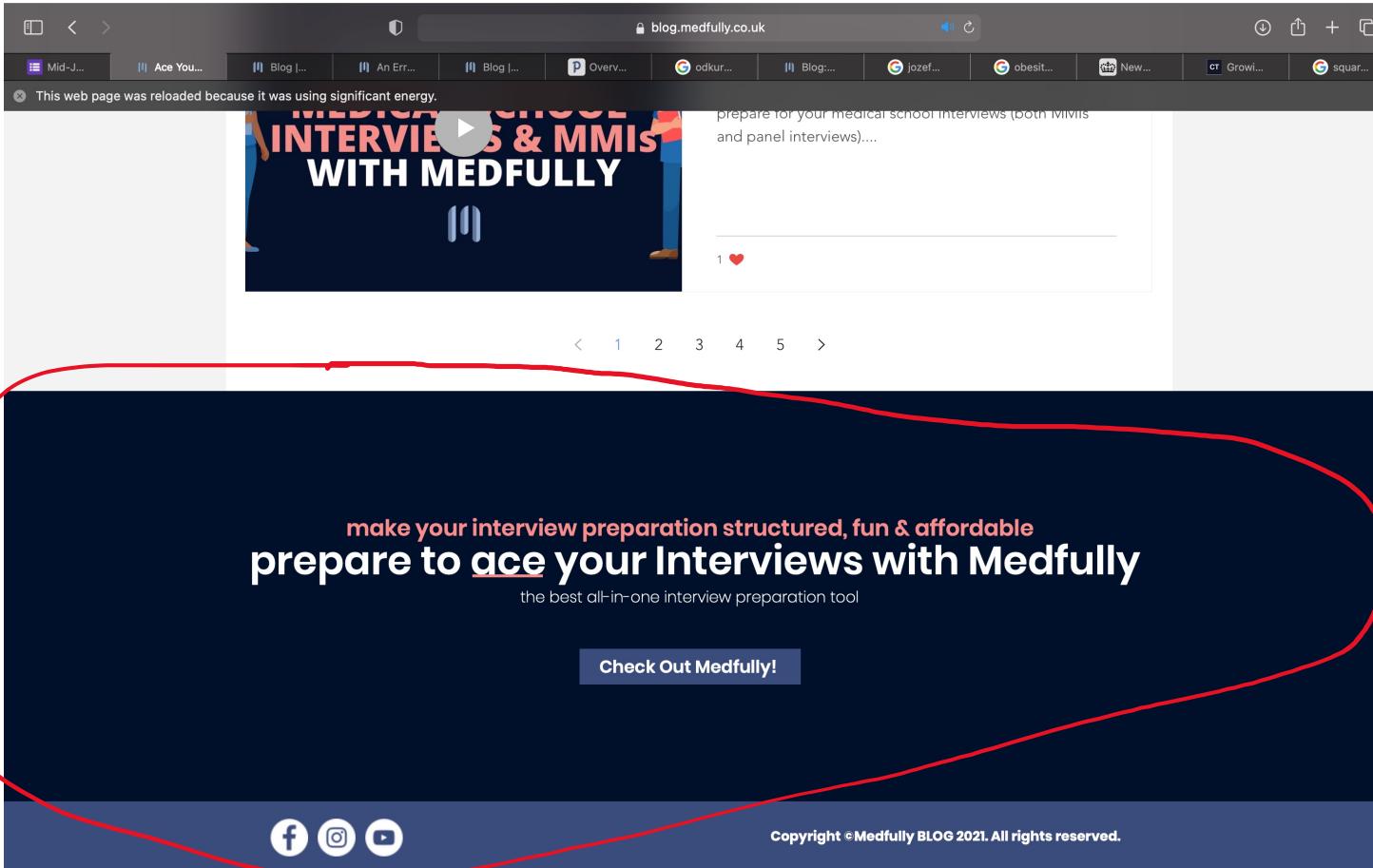


Medfully Blog: Revisions and Feedback

1. Most recent blog posts should show at the top of the page:



2. This entire section in dark blue isn't there at the bottom of each blog post and the main page.



3. No search tool

The image shows a digital interface of a social media platform. At the top, there is a navigation bar with categories: All Posts, UCAS, BMAT, Interviews, and NHS Hot Topics. Below the navigation bar, there is a large, horizontal photograph of a person standing on a mountain peak, looking out over a vast sea of clouds at sunset. To the right of the photo is a post card. The post card features a profile picture of a man, the name "Alex | Founder of Medfully", the text "5 days ago • 2 min", and three vertical dots indicating more options. The main title of the post is "4 Ways To Manage Stress When Waiting for Interview Invitations & Outcomes". A blue arrow points from the top right towards the search icon (magnifying glass) on the right side of the interface.

All Posts UCAS BMAT Interviews NHS Hot Topics



Alex | Founder of Medfully 
5 days ago • 2 min

4 Ways To Manage Stress When
Waiting for Interview Invitations
& Outcomes

4. Sections don't show up on blog posts:

The screenshot shows the Medfully website interface. At the top, there is a dark header bar with the Medfully logo, a "Blog" link, a "Home" link, and a "Explore Medfully" button. Below the header, a navigation bar contains links for "All Posts", "UCAS", "BMAT", "Interviews", and "NHS Hot Topics". A red arrow points from the "Interviews" link down to a blog post card. Another red arrow points from the "NHS Hot Topics" link down to another blog post card. The first blog post, titled "4 Ways To Prepare For Interviews", is authored by Alex (Founder of Medfully) and was published 5 days ago. The second blog post, titled "How I Scored In The Top 5% Of The BMAT - 6 BMAT TIPS", is also authored by Alex and was published on Dec 22. Both posts have a "2 min read" duration indicator.

MEDFULLY
Blog Home Explore Medfully

All Posts UCAS BMAT Interviews NHS Hot Topics Q

Alex | Founder of Medfully 5 days ago 2 min read

4 Ways To Prepare For Interviews

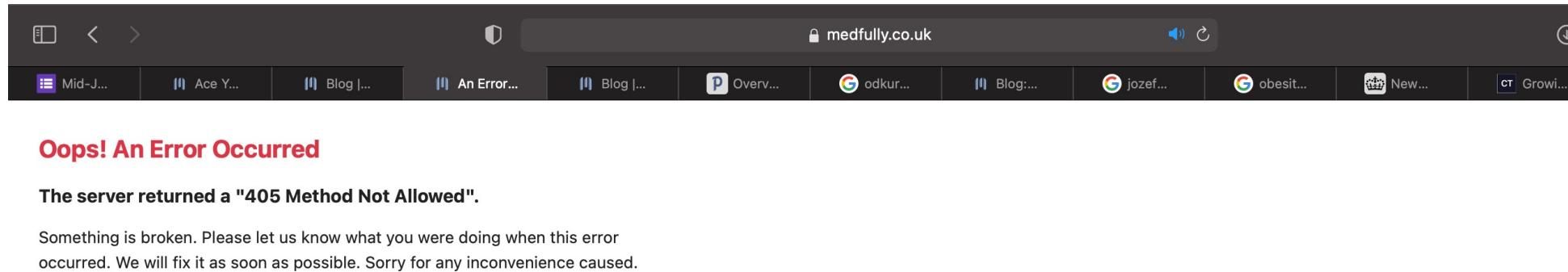
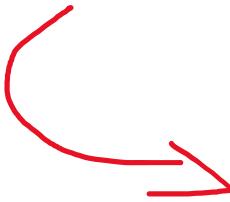
Alex | Founder of Medfully Dec 22

How I Scored In The Top 5% Of The BMAT - 6 BMAT TIPS

BMAT is no easy nut to crack - all 3 sections require different skills and approaches to get them right. But there are a few tricks that you can use during your practice and the exam to get a few extra points:

1. Practice All Past Papers Under Timed Conditions

5. Impossible to add pictures to blog posts



6. Formatting doesn't work (for instance, changing the headlines doesn't show in the text, spaces between paragraphs are not visible and it's not possible to change the font for the entire text)

The image shows a Mac desktop with two Chrome browser windows side-by-side. The left window is the 'Edit Blog' interface at medfully.co.uk/admin/edit_blog/4, and the right window is the published blog post at medfully.co.uk/blog-detail/how-i-scored-in-the-top-5-of-the-bmat-6-bmat-tips.

Description*

BMAT is no easy nut to crack - all 3 sections require different skills and approaches to get them right. But there are a few tricks that you can use during your practice and the extra points:

1. Practice All Past Papers Under Timed Conditions

Even when you are doing the first past paper just open a timer on your phone or laptop and peek at it from time to time. The earlier you start learning the pace of the exam you'll get used to it and the less you'll have to stress about managing the timing. As you expose yourself to more and more questions you'll learn to intuitively feel how much time you can spend per question, what shortcuts can you use or what traps the authors of the BMAT often set up, all of which will help you get extra points.

2. Keep Track of Your Mistakes

The next tip applies both to Section 1 and Section 2 and was by far the biggest game-changer for me. As you may know, many topics and question-types come up every year. At some point, I realised I made the same mistakes, in the same kinds of questions, over and over again. That's why I created a massive Notion document where I would paste screenshots of the questions I got wrong, with an answer and an explanation next to it (if you aren't using one of the online question banks, then you'd need to do it yourself). Then every time before I wrote a section 2 mock, I'd go through all of the questions and remind myself of what the right solving patterns were. This may sound like an unnecessary, huge effort, but it was probably the largest factor that got me from 5s in my mocks to 6s and 7s.

3. Focus on High-yield Material for Section 2

The right screenshot shows the published blog post with the same content. A red circle highlights the first paragraph, and a red arrow points from this circle to the corresponding text in the published post, illustrating that the rich text editor did not correctly render the original text.

Another example:

All aspiring medics waiting for universities to get back to them know the stress response whenever they hear an email notification. We've all been there.

The anticipation is sometimes more stressful than the actual admissions process and, unlike an exam like UCAT or BMAT, the waiting seems endless.

However, there are a few ways that helped me mitigate that stress, allowing me to better focus on my studies and interview preparation in the meantime:

1. Plan your leisure.

Anxious thoughts usually haunt us when we have an idle moment. Our mind is not occupied, so they start creeping in.

However, planning your chill time can help you avoid such moments. When planning the day, think about what you'll do after you are done with studying and write it down.

This will help you switch immediately between tasks and keep yourself and your mind occupied.

2. Uninstall the email app or turn off notifications.

Ever since you've sent your application you probably catch yourself checking your email more often. Definitely more often than you should.

It's tempting to grab your phone every 10 minutes to see if, by any chance, any of the universities got back to you. But, from experience, you can tell that it causes more stress than it reduces.

Uninstalling the app or turning off notifications will make it harder to check email constantly and reduce the stress-inducing urge.

And you'll still be able to stay up-to-date with the status of your application from your laptop or PC.

3. Let off the steam.

Throughout the interview period, do regularly whatever works best for you as a destresser.

Be it sports, playing an instrument, switching off with your favourite series, handing out with friends, make sure to make time for those activities.

4. Healthy body = healthy mind

At this point in your life, staying healthy may be more important than ever.

Admin admin

Alex | Founder of Medfully Dec 20

4 Ways To Manage Stress When Waiting for Interview Invitations & Outcomes

All aspiring medics waiting for universities to get back to them know the stress response whenever they hear an email notification. We've all been there.

The anticipation is sometimes more stressful than the actual admissions process and, unlike an exam like UCAT or BMAT, the waiting seems endless.

However, there are a few ways that helped me mitigate that stress, allowing me to better focus on my studies and interview preparation in the meantime:

1. Plan your leisure.

Anxious thoughts usually haunt us when we have an idle moment. Our mind is not occupied, so they start creeping in.

However, planning your chill time can help you avoid such moments. When planning the day, think about what you'll do after you are done with studying and write it down.

This will help you switch immediately between tasks and keep yourself and your mind occupied.

2. Uninstall the email app or turn off notifications.

Ever since you've sent your application you probably catch yourself checking your email more often. Definitely more often than you should.

It's tempting to grab your phone every 10 minutes to see if, by any chance, any of the universities got back to you. But, from experience, you can tell that it causes more stress than it reduces.

Uninstalling the app or turning off notifications will make it harder to check email constantly and reduce the stress-inducing urge.

And you'll still be able to stay up-to-date with the status of your application from your laptop or PC.

3. Let off the steam.

Throughout the interview period, do regularly whatever works best for you as a destresser.

Be it sports, playing an instrument, switching off with your favourite series, handing out with friends, make sure to make time for those activities.

4. Healthy body = healthy mind

Numerous studies have shown that a lack of exercise, insufficient sleep and a poor diet all make stress accumulate. Therefore, don't forget about the fundamental habits of staying healthy, such as hydration, sleep, a good diet and exercise.

Good luck with your interviews!

f t in

7. Make the white area with the text narrower as in the original (it will be easier to read)

Alex | Founder of Medfully Dec 22

How I Scored In The Top 5% Of The BMAT - 6 BMAT TIPS

BMAT is no easy nut to crack - all 3 sections require different skills and approaches to get them right. But there are a few tricks that you can use during your practice and the exam to get a few extra points:

1. Practice All Past Papers Under Timed Conditions

Even when you are doing the first past paper just open a timer on your phone or laptop and peek at it from time to time.

The earlier you start learning the pace of the exam the faster you'll get used to it and the less you'll have to stress about managing the timing. As you expose yourself to more and more questions you'll learn to intuitively feel how much time you can spend per question, what shortcuts can you use or what traps the authors of the BMAT often set up, all of which will help you get extra points.

2. Keep Track of Your Mistakes

The next tip applies both to Section 1 and Section 2 and was by far the biggest game-changer for me. As you may know, many topics and question-types come up every year on the BMAT. At some point, I realised I made the same mistakes, in the same kinds of questions, over and over again. That's why I created a massive Notion document where I would paste screenshots of the questions I got wrong, with an answer and an explanation next to it (if you aren't using one of the online question banks, then you'd need to do it yourself). Then every time before I wrote a section 2 mock, I'd go through all of the questions and remind myself of what the right solving patterns were. This may sound like an unnecessary, huge effort, but it was probably the most important thing that helped me score in the top 5%.

Alex | Founder of Medfully Oct 25

How I Scored In The Top 5% Of The BMAT - 6 BMAT TIPS

BMAT is no easy nut to crack - all 3 sections require different skills and approaches to get them right. But there are a few tricks that you can use during your practice and the exam to get a few extra points:

1. Practice All Past Papers Under Timed Conditions

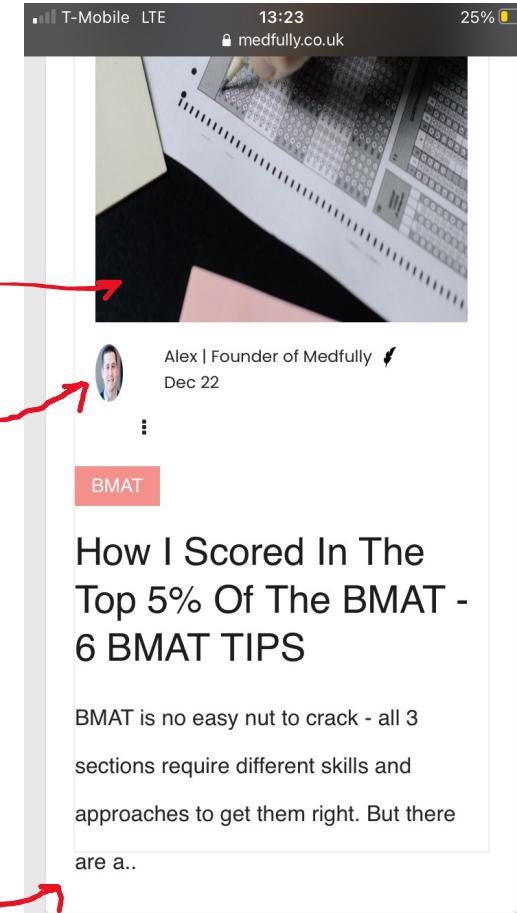
Even when you are doing the first past paper just open a timer on your phone or laptop and peek at it from time to time. The earlier you start learning the pace of the exam the faster you'll get used to it and the less you'll have to stress about managing the timing. As you expose yourself to more and more questions you'll learn to intuitively feel how much time you can spend per question, what shortcuts can you use or what traps the authors of the BMAT often set up, all of which will help you get extra points.

2. Keep Track of Your Mistakes

The next tip applies both to Section 1 and Section 2 and was by far the biggest game-changer for me. As you may know, many topics and question-types come up every year on the BMAT. At some point, I realised I made the same mistakes, in the same kinds of questions, over and over again. That's why I created a massive Notion document where I would paste screenshots of the questions I got wrong, with an answer and an explanation next to it (if you aren't using one of the online question banks, then you'd need to do it yourself).

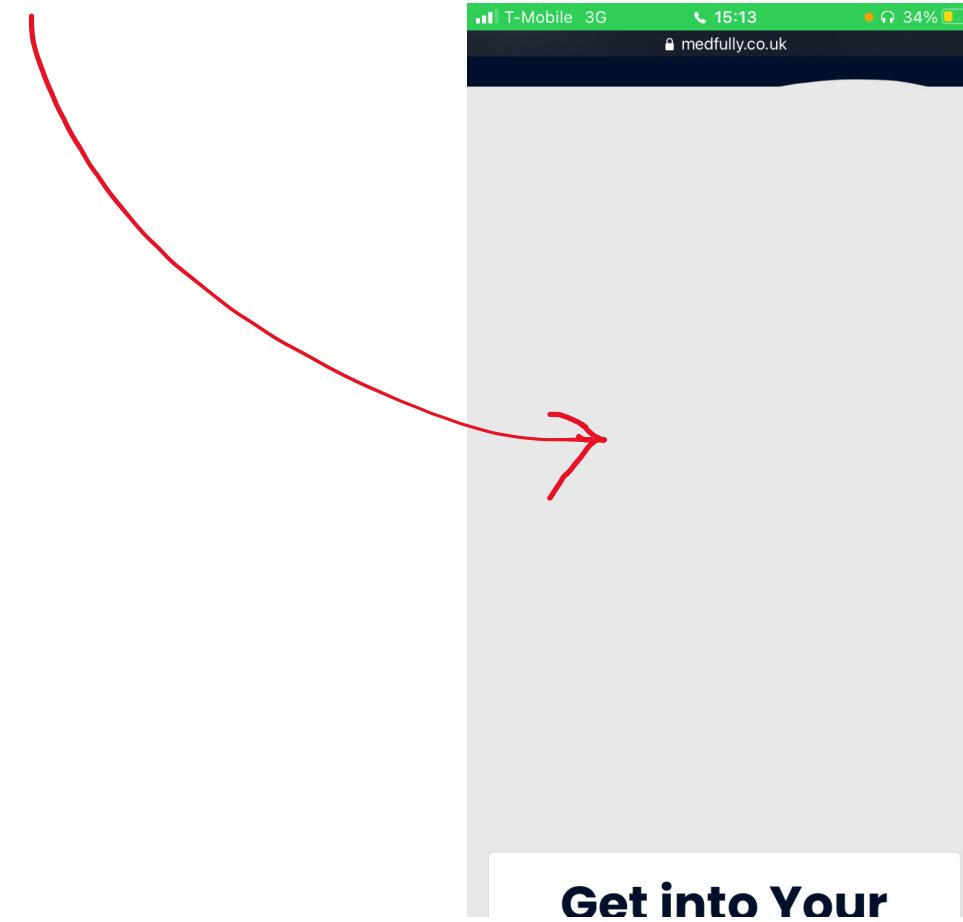
8. Mobile version does not show up correctly:

The photos are squeezed



the description extends beyond the borders

9. There is this weird gap on mobile view on the top of the main page and blog post page



10. How long it takes to read the post doesn't show up (by the post on the main page and when you open the post)

All Posts UCAS BMAT Interviews NHS Hot Topics

Alex | Founder of Medfully · Oct 20 · 4 min read

How I Scored In The Top 5% Of The BMAT - 6 BMAT TIPS

Updated: Oct 25

BMAT is no easy nut to crack - all 3 sections require different skills and approaches to get them right. But there are a few tricks that you can use during your practice and the exam to

All Posts UCAS BMAT Interviews NHS Hot Topics

Alex | Founder of Medfully · 5 days ago · 2 min

4 Ways To Manage Stress When Waiting for Interview Invitations & Outcomes

All aspiring medics waiting for universities to get back to them know the stress response whenever they hear an email notification. We've...

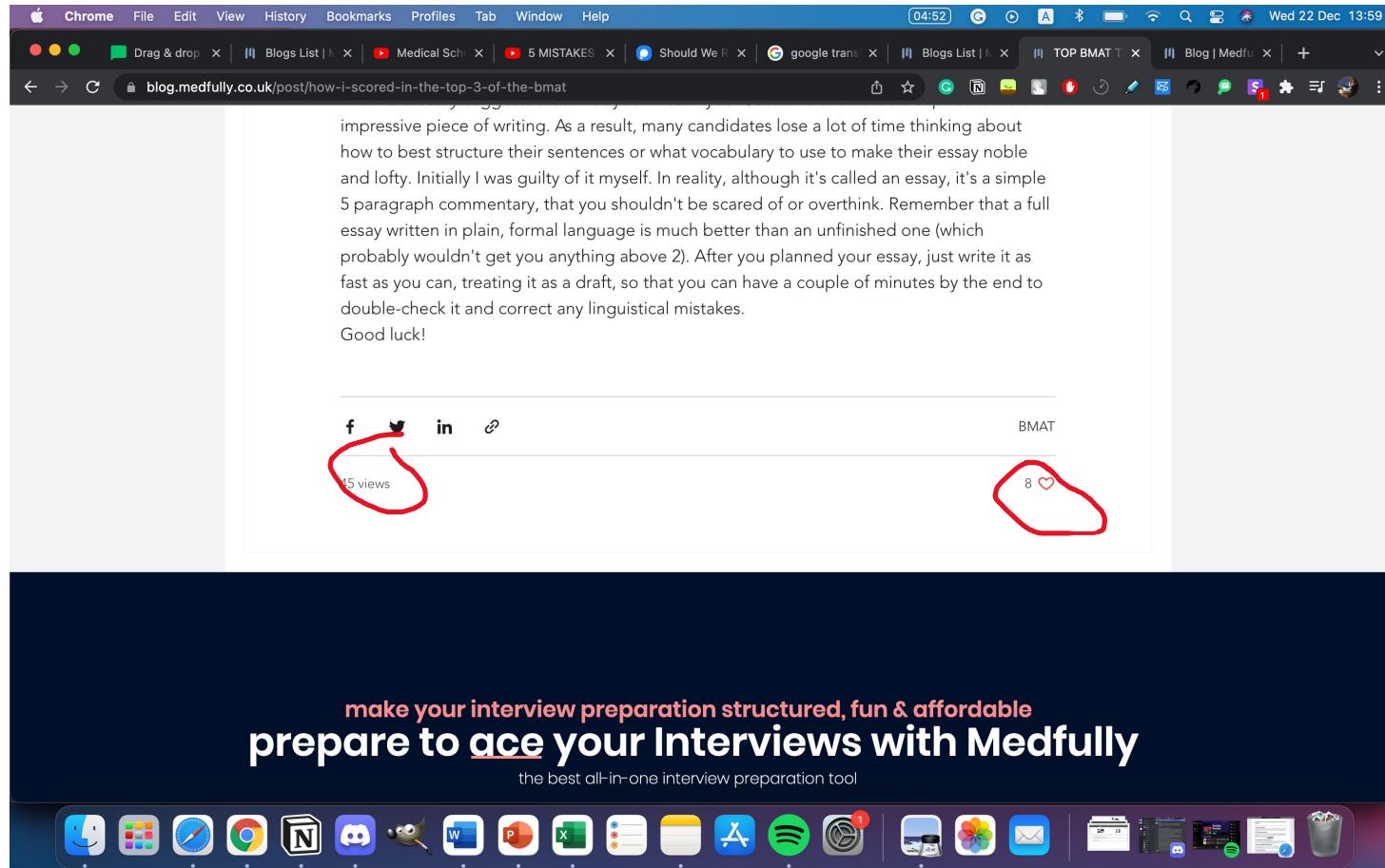
Blogs Features Reviews Pricing Dashb

Alex | Founder of Medfully · Dec 22

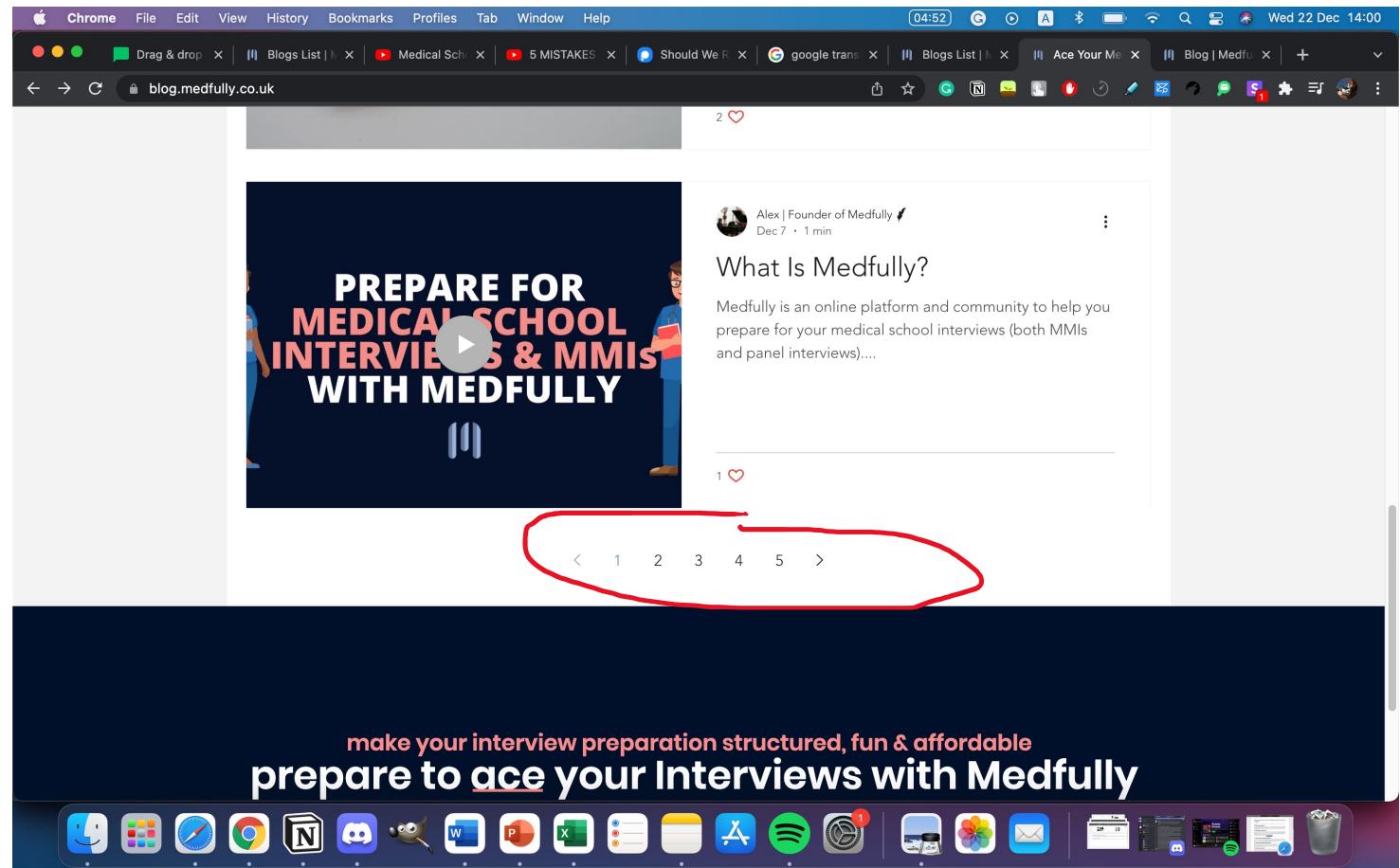
How I Scored In The Top 5% Of The BMAT - 6 BMAT TIPS

BMAT is no easy nut to crack - all 3 sections require different skills and approaches to get them right. But there are a

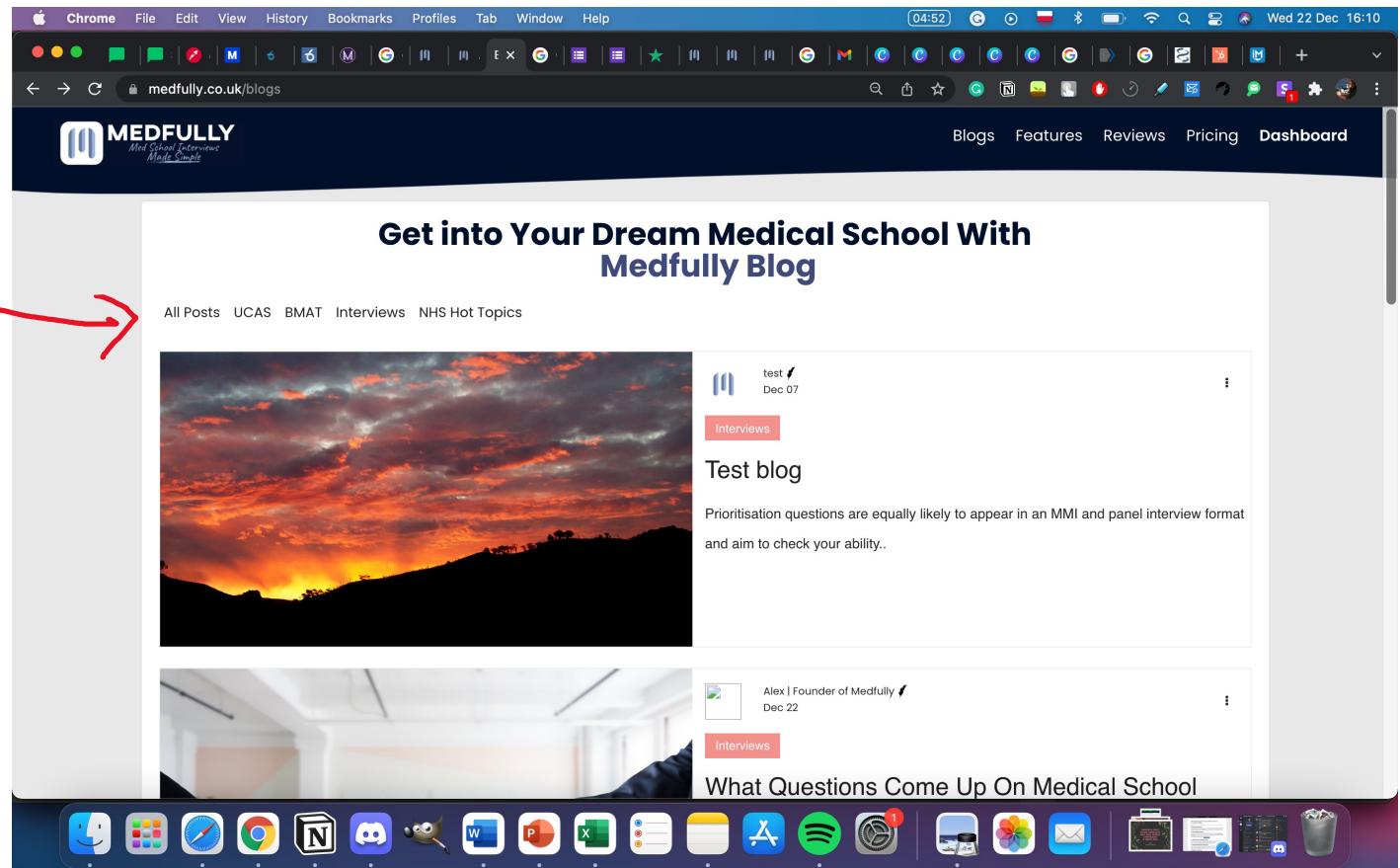
11. Views and likes below each blog post are missing



12. In the original blog only 5 blogs were shown per page. Please do it here too, so that users don't have to scroll



13. Could you please add two topics sections (UCAT and University Guides)? So that the order is “All posts UCAS UCAT BMAT Interviews NHS Hot Topics University Guides”



14. Could you please delete the newsletter section by the bottom and replace it with this popup window (I want it to pop up on every blog post):

- <!-- MailerLite Universal -->
- <script>
- (function(m,a,i,l,e,r){ m['MailerLiteObject']=e;function f(){
• var c={ a:arguments,q:[]};var r=this.push(c);return "number"!=typeof r?r:f.bind(c.q);}• f.q=f.q||[];m[e]=m[e]||f.bind(f.q);m[e].q=m[e].q||f.q;r=a.createElement(i);• var _=a.getElementsByTagName(i)[0];r.async=1;r.src=l+'?v'+(~~(new Date().getTime())/1000000));• _.parentNode.insertBefore(r,_);})(window, document, 'script', 'https://static.mailerlite.com/js/universal.js', 'ml');
- var ml_account = ml('accounts', '3526403', 'x3i5y9z9d7', 'load');
- </script>
- <!-- End MailerLite Universal -->
- “Install the following snippet of Javascript on every page of your website right before the closing </head> tag.
- You only need to add this snippet once, even if you plan to have a few different webforms.