

Sample Report

PROVEN TOP SCORER MCAT STRATEGIES



MCAT MASTERY

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Introduction: Why MCAT Strategy?



Dear Future Doctor,

By now you've probably realized that the MCAT is not like every other exam you've taken.

It's not just content review and memorization. Most students try this approach first - the same way they've been studying for all other exams - but then take their first practice exam and are always shocked at how low the score is.

You might have experienced this yourself. The reason? Most students fail to realize that the MCAT has a third component that wasn't addressed...

Strategy. MCAT study and testing strategy.

Think about it like this...

Trying to get a "med-school worthy" score on the MCAT is like trying to solve a Rubik's cube. Have you ever tried to solve a Rubik's cube?

Just like when you're about to start studying for the MCAT, at first you're kind of excited to try out the Rubik's cube...



But when you first try it, you soon find yourself disappointed. You see the result of your first attempt and you think about your goal, which at that point seems so far and distant that you're not sure if it's possible to achieve it in such a short period of time...

It gets frustrating, confusing, and overwhelming. Before you know it, you want to just toss everything to the side and never think about it again. Unfortunately, unlike the Rubik's cube, the MCAT is not something you can just toss to the side.

If you want to secure your future as a doctor by getting into med-school, you **MUST** figure out how to solve the problem of getting that 510+ that will make you

competitive. You also have to figure it out within a given time frame before your test date.

At some point as you're working on the Rubik's cube, you come to realize there are some people who solve it easily and quickly. They make it look super easy. These people have clearly mastered the art of solving the Rubik's cube!

You conclude that they may be some kind of geniuses. But if you dig a little deeper, eventually you see that they're just aware of special methods, techniques, and strategies that *automatically leads to solving the Rubik's cube...*

You realize that the only difference between you and these so-called 'geniuses' who solve it with ease, is that they just practiced solving it 'the right way' with the right strategies, over and over and over again, until they mastered it.

If solving the Rubik's cube determined your future and came with time pressure, you would jump to find out these special strategies to solve it properly. You'd immediately ask these masters how they solved it and what strategies they used.

Unfortunately, we know most premeds are trying to solve the Rubik's cube called the MCAT on their own. Confused about where to begin. Confused about how to make progress.

Maybe they see a little progress, but it's just not efficient progress. Day after day, they're approaching it in the wrong way. Frustrated at why they can't hit their score goals.

Sometimes we get so caught up in trying to figure something out, we miss the obvious solution...

Which is to simply ask the masters how they figured it out and then follow in their footsteps! Those who have figured out how to solve the '510+ MCAT within 3 months' riddle with ease. Those who know the right methods and strategies and have already proved that they can make it happen.

Which is why we conduct ongoing research and hold paid interviews with 90+ percentile MCAT scorers to bring you the most credible, most proven, most effective MCAT prep strategies in the world.

Throughout our research, we've seen premeds who have improved their MCAT scores by 10-20+ points in a matter of weeks! This is AFTER they struggled with

plateauing scores, timing issues, pressures of retaking, and so much more. Something clicked for them. What was it? *They learned the right strategies* - and so can you.

For years we've provided premeds with top scorer strategies which have helped thousands of MCAT test-takers improve their score, who were once exactly where you are now; standing face to face with the biggest challenge of their premed careers.

Our hope is that when you use proven top scorer MCAT strategies and start seeing an improvement in your MCAT score, you'll realize that med-school isn't some distant goal...

It's closer than ever before and **it's well within your reach.**

You got this,

The MCAT Mastery Team

MCAT Science Passage Hacks of Top Scorers



"To be the best, learn from the best."

Do you feel like you know a lot, if not all, of the content but something is just off because it's not reflecting in your score? Are you looking for logical ways to approach those confusing science passages?

Many top scorers went through the same thing and figured out strategies to deal with those and many other frustrations. Here we'll be sharing some of those insights including:

- Why you're finding sciences passages more difficult than you should
- What you should and shouldn't focus on when reading a science passage
- How to get mentally prepared for the question while reading the passage
- A reading strategy that helps you choose the right answer a lot more often
- A 519 scorer's time-wasting mistake you should avoid
- A common top scorer recommendation for those who are weak in C/P
- Why some premeds end up retaking the MCAT when they didn't need to

Our goal is to show you how to get quick improvements in the Chem/Phys and Bio/Biochem sections, with advice, strategies, and recommendations that are straight from those high scorers who have dominated the MCAT.

So let's begin with the first top scorer science passage strategy, which is all about being smart with HOW you select what you want to focus on in the science passage when you read.

How Top Scorers Strategically Read Science Passages To Get The Right Answer Most Often

When studying we're inclined to give special attention to or focus on something either by highlighting or underlining.

So for example, the average MCAT writer's thought process goes something like this...

"I will underline everything I think is important in this passage"

Makes sense, right? That's what you're probably doing as well.

Except what ends up happening is that you end up underlining or highlighting 80% or more of the entire passage!

And that's not helpful at all...

Just a waste of time and leads to a lot of confusion... And confusion leads to even more time wasted.

So the question top scorers recommend asking yourself is, *what should you highlight or underline to get just the right amount of information you need to choose the right answer?*

The answer is to *only underline keywords that you recognize from your content review.*

Top scorers have realized that a lot of these MCAT science passages mention research studies and are overflowing with scientific wording that is unnecessarily advanced...

This is the kind of stuff the test creators include to try and throw you off your game.

You're not expected to understand any of that stuff. What you are expected to understand, are the content terms that you DO recognize.

Which means that if you're doing practice passages, you need to already be quite familiar with content that you're going to have to know for the exam, so you can

pick up on the right keywords.

Bringing your attention to keywords in the passage will help you when you read the question.

Top scorers have realized that when you do this, you'll find that you won't need to think about the answer too much because *you'll already be mentally prepared* for a question about those keywords.

This saves you time by helping you not get stuck thinking about, and getting caught up in useless information that just 'seems' important. This strategy helps you focus on strictly the content within the passage, *making it easier for you to get the right answer a lot more often.*

Some top scorers even recommend to not focus too much on the tables, graphs, or figures. Only consider them if the question actually asks you to.

Other strategies mention that you SHOULD look at these things before reading the passage. When there are mixed messages like this, we recommend you try both approaches and see what works best for you!

Over time and with practice, you'll be able to easily highlight those things that you know you'll be asked a question on.

In fact, you'll probably realize very soon that this is not hard to do. For instance, a passage that mentions a specific molecule to be a competitive inhibitor, is indirectly telling you to be prepared for a question on it.

Just remember, in order to apply this strategy effectively, you have to have good familiarity with the content. That doesn't mean memorize formulas, it means understand concepts.

How Top Scorers Boost Their Chem/Phys Score + Overall MCAT Score In Record Time

We provide you with [top MCAT scorer wisdom](#) not only so that you can learn from their successes, but also their mistakes.

Knowing these mistakes and avoiding them saves you all the time and energy that it would cost you if you made them yourself.

One 519 scorer (132 in both C/P and B/B) said that before MCAT prep, she hadn't taken physics in over 2 years. So she went hard doing content review and memorized ALL formulas...

But during the exam, she never had to use even one formula! All the questions were based on theory and concepts.

Does that mean don't memorize any formulas? Not really - it just means that you should keep in mind that understanding the meaning of equations and their use is more important than just memorization.

Another common top scorer recommendation if you're weak in Chem/Phys, is to do tons and tons of practice passages...

According to 515+ MCAT scorers, if you keep doing practice passages, that's probably all you need to do to increase your score in this section. Physics especially, is best mastered with practice. (Also don't forget to target your weak areas until there are none left.)

A lot of students who don't practice enough or *who don't know if they're studying and writing practice exams in the right way*, find themselves worried, especially when looking at their MCAT score.

If you're ever feeling worried, nervous, frustrated, confused, or scared during your MCAT prep, we want you to remember that many top MCAT scorers struggled with similar challenges like you all throughout MCAT prep...

But they all found or figured out the most effective MCAT prep strategies to maximize their score.

Unfortunately however, it might surprise that you before they figured out the best strategies to get a competitive score, some top scorers had to write the MCAT more than once.

It took them months of prep, hundreds of dollars, actually writing the MCAT, AND getting a mediocre score that's now on their record, to realize that *they should have approached MCAT prep differently the first time*.

It was a huge unnecessary sacrifice to just simply have the wake up call that *they needed to figure out the right strategies to get their desired score*.

Unlike you, most of them didn't have us telling them that's how it's done!

In the end, it worked out for those who learned the proper MCAT prep strategies, which automatically took their score from low to competitive.

But there were always the majority of re-writers who could never figure it out and ended up testing for a third time or just giving up and sending in applications... disappointed and not looking forward to what the future had in store for them.

It's scary to think being in that position is very possible. Which is why we always urge everyone in the MCAT Mastery Community to do everything you can NOW to prep for the MCAT in the smartest way, so you don't have any regrets later...

And the smartest way is to copy the [already-proven MCAT study strategies of top scorers](#).

If you decide to use these top scorer strategies, you can be sure *this is the last time you ever have to write the MCAT*.

You can be sure you won't make the same pointless sacrifices that others have made, before you realize that all you needed was [a simple, proven, map to dominate the MCAT](#).

Strategic MCAT Breakdown By Top Scorers



*"If I have seen further, it's by standing on the shoulders of giants."
- Isaac Newton*

There are some things that only experienced, smart, strategic MCAT test takers can teach you. Without their wisdom, most MCAT writers struggle to crack the MCAT.

Which is why we make sure everyone in the MCAT Mastery Community has access to these true MCAT masters...

So you can learn from them. So you can follow in their footsteps and get into med-school.

Here we're going to show you how a top scorer decides on how much time he or she is going to spend on each section of the MCAT...

Through a strategic breakdown of the MCAT.

So let's get straight to it. Here's an approximate breakdown of what AAMC exams look like:

Biology - 25%

Psych - 25%

Biochem - 20%

Chem - 15%

Socio - >10%

Phys - <10%

OChem - >5%

Take that in...

Half the MCAT is basic Bio and basic Psych. These are extremely high yield subjects!

Generally, the highest MCAT scorers know that Bio, BioChem, Psych, and Chem make up 75% to 80% of the MCAT. This is where top scorers spend most of their attention and energy. Physics is less than 10%!

A lot of students make the mistake of taking advanced coursework, but it's not necessary. Top scorers know that 80% or more is all based on introductory classes from the first two years.

Organic Chemistry on the other hand, is generally only 5% of the MCAT. This is a difficult area to study for most students, and because it's so hard, students spend way more time than necessary on this!

The key strategy with Organic Chemistry on the MCAT is to learn the basics, that which is easy to remember. Focus on the concepts, not the details. Don't make the mistake of taking an OChem course when the MCAT is near. It's not worth it.

What's the worst case scenario? Let's say you know nothing about OChem, but know all the other sections extremely well. The impact on your score will be minimal (5%).

Many top scorers think about it this way:

If the MCAT had 100 questions, only 5 would be OChem. 3-4 of which would be pretty straightforward questions addressing the basics, which you should have studied. 1 or 2 might be the most difficult ones for which you would need to know details for. You still could guess on those but even if you get them wrong, so what?

Note that this is not a reason to give yourself the excuse of ignoring OChem or anything else completely. Use these insights with caution as they're general guidelines. There's always a chance you can get an 'out of the ordinary' exam. For example, Peter Kim, a 513 scorer we interviewed said that by not focusing as much on OChem, he lost more points than he wanted to in C/P.

Hopefully this is giving you a taste of how top scorers think through their MCAT study process. Without this type of "high leverage" strategy thinking during MCAT prep, it's extremely difficult to cross the 500 or 510 mark on the MCAT. This is what we call "studying smart" for the MCAT.

Over the years, we've seen how brutal the MCAT struggle can be. There's so much content and it sometimes feels like you can never relearn it all! There's a constant fear of being unprepared when test day arrives.

Even using basic top scorer strategies like understanding what aspects of the MCAT to give your most attention to based on a simple percentage breakdown of the MCAT, helps remove the burden of feeling like you have to learn everything on the MCAT. If that was one of your frustrations, we hope you're already feeling lighter after reading this.

If you want to study smart for the MCAT using insights like this, if you want to feel more confident during MCAT prep knowing you're studying in the most optimal way possible, if you want to apply 'high leverage' 90+ percentile scorer principles to your MCAT prep right away...

[You can download everything you need here.](#)

Invest a little time going through these resources because what you'll learn here will get you a score that opens doors to med-school.

You have what it takes.

5 Study Strategies of 130+ Chem/Phys Scorers



"Learn from those who have already achieved what you want to achieve."

Over the years, we've helped thousands of MCAT test takers increase their scores to competitive levels and it's obvious that Chem/Phys and CARS are two of the most challenging sections for most.

As we research and interview 90+ percentile MCAT scorers and their strategies they use to dominate the MCAT, we also single out those who score over 130 (we usually single out 132 scorers) in particular sections and try to drill down on the most powerful strategies they used for those specific sections.

Here we're going to provide you with some effective 130+ C/P scorer "quick strategies and tips" which you can apply right away to increase your C/P score fast and get over that 130 level yourself.

We'll cover five areas - each one is worth reading:

- How 130+ Scorers Used "Untimed Testing" To Increase Their C/P Scores
- How 130+ Scorers Strengthened Their Reasoning Abilities
- 130+ Scorers Knew It's Critical To Master This Aspect of C/P
- 130+ Scorers Knew These "High Yield" C/P Skills
- Additional 130+ Scorer Recommendations To Increase Your C/P Score

So let's begin...

How 130+ Scorers Used "Untimed Testing" To Increase Their C/P Scores

An interesting problem a lot of premeds face for this section is low scores because of mental pressure that is a result of the timer running. When we're going slow, we try to speed up. In our hurry, our reasoning abilities aren't as strong and our score suffers.

This section doesn't require you to have some super reasoning abilities. In fact, it just requires basic math and simple reasoning. *Every premed has the cognitive abilities to conquer this section and top scorers always remind themselves of this - no matter what, they can do it.*

The biggest key is to take a C/P exam that's not timed.

Forget about how fast you're working. Go through it in a state of complete calmness. Especially for math problems. Work through those at a slow pace. Go through the passages and graphs and really try to figure out the right answer. If you forget something, guess, make a note of it, and move on.

Most of the time you'll notice that the right answer is always there in your head, if you just give it a little time and push for it to come up.

Once you do an untimed test like this for C/P, your confidence will increase. As your confidence increases, do it again but with less time. Keep this going until you can maintain your efficiency in under 135 minutes!

How 130+ Scorers Strengthened Their Reasoning Abilities To Increase Their C/P Scores

This is one of the sections where you can improve your score dramatically with practice.

Every 130+ scorer in this section greatly emphasized the importance of practice and how practice is what makes this section in particular, one that you can truly master.

Practice unit conversions, working with equations, dividing and multiplying scientific notations, rounding, etc. [Use MCAT Math's program](#) to learn the shortcuts on to master math "without a calculator" specifically for the MCAT.

If you lack understanding, go in-depth with external resources like Khan Academy videos. [Or ask someone.](#)

However, like we've mentioned already, make an honest attempt at reasoning out the answer. Reasoning also requires practice and as you get better at it, your confidence will increase, including the speed at which you get right answers.

You must also do as many problems as you can. Find a good resource that gives you a lot of problems for C/P and use those to increase the math + problem solving skills you need.

When you build this muscle, you'll not only get stronger at problem solving which is extremely important, but you'll also make a lot less calculation mistakes (if any).

Generally, most external resources that provide you with practice problems for C/P, give you much harder problems than what you'll see on AAMC exams. Which is a good thing because when it comes to the actual exam, you'll fly through it!

You also need to apply effective strategies for reviewing your practice. We cover the most recommended (by top MCAT scorers) and most effective practice and review strategies in the [Top Scorer MCAT Strategy Guide](#). Here we'll list out a few...

Once you've done the questions, look into why you got the answer right and why you got the answer wrong. Read the explanations – they'll reinforce your rationale, you'll learn better, and you'll be able to critically look at how you thought about the question and what you can do differently next time.

You also need to ask yourself the right questions when you're reviewing. Asking yourself the right questions can make the difference between seeing a higher score on your next practice exam or a lower/same score. It's extremely key.

One of our bonus resources for anyone who downloads the strategy guide, is the 'Mistake Analysis & Tracker Worksheet' that is a template to use when you're reviewing, with prewritten questions to ask yourself, so you can track with top scorer level efficiency.

Two (of the many) highly effective questions you can ask yourself are:

Did I get this wrong because I misinterpreted key information in the passage and/

or question?

If you keep coming back to this being your most common issue, it simply means that you need to get yourself better focused, with increased stamina. There are several ways to do this which we cover in the strategy guide PDF – one is to simply practice more, as much as you can.

Did I get this wrong because I didn't know or improperly applied equations/concepts?

If you keep coming back to this being your most common issue, it simply means that you need to brush up on your content knowledge. Content review is a good idea here. Also if you really want to take this a step further, make notecards. We cover proven top scorer strategies for creating extremely effective notecards in the strategy guide as well.

Of course, be sure to make use of every single AAMC C/P resource; Physics QB, Chem QB and C/P Section Bank.

130+ Scorers Knew It's Critical To Master This Aspect of C/P To Increase Their C/P Scores

For C/P, it's recommended to give your most attention to getting the basics and foundations down, instead of details (even though certain details can be useful).

Go broad, especially when you're starting out. You want to have conceptual knowledge of the topics. Once you get to that point, then focus all your time on grasping high-yield topics like redox, acid/base, electrochemistry, etc.

(The '48 Must-Know MCAT Topics Checklist' has a list of high-yield topics that have a 90% chance of showing up on the MCAT – it's a key resource we offer as a free bonus to joining the [VIP MCAT Master's club](#), that we recommend you download ASAP.)

If you want a 130+ in C/P, it's highly unlikely that it'll happen if you don't master the basics and master the highest yield topics. Value these more than learning the details. Once you've achieved complete dominance over these, then go to the small details. Don't get sucked into learning details, wasting time, when you know those details are probably not going to be on the exam.

One of the most agreed upon ideas from 130+ scorers in this section is that one doesn't have to be a chemistry or math genius to master this section.

The main skills you need in this section revolve around simple equations, foundational concepts, etc. *The key is to be aware of when you need to make use of them and also to be able to use them with confidence and speed. At the same time, completely minimizing any possibility of making silly mistakes.*

130+ Scorers Know These "High Yield" C/P Skills To Increase Their C/P Scores

First and foremost, rounding and scientific notation is something 130+ C/P scorers recommend to get very comfortable with. Simply because it makes doing the math in problems a lot easier.

Generally, however, you won't find complicated math problems on the exam. They're usually very simple and one-step problems. Equations you'll need are also simple like $f=mg$ or $E=hf$, etc. When you catch yourself doing some complicated multi-step problem that takes more than a minute, consider that a red flag to reassess your approach.

Also, a lot of top scorers claim that knowing units is absolutely necessary. It's claimed to be one of the most important skills to have on this section.

Get comfortable with converting units. To the point where even if you don't remember an equation you require, convert units until they match the units of the answer options (which requires converting between powers of 10). Write out the units every time.

A lot of the math requires dividing by negative exponents or multiplying different units together. With the time pressure, it's easy to get worried if the answer you got isn't included in the answer choices. Which is why it's important to be able to convert those units with ease. Also know the prefixes like centi, tera, pico, etc.

A great mnemonic to help you with C/P is LARS (Left Add, Right Subtract). Essentially, if you toggle one decimal to the right, you subtract an exponent from the power of 10. And if you move one decimal to the left, you add. So $6.7 \times 10^4 = 67 \times 10^3$ Simple? Yes – but extremely helpful in this section.

By the way, mnemonics are one of the greatest MCAT prep hacks for memorization and for making life during MCAT prep a lot easier. A lot of 510+ scorers use mnemonics and they don't just make them up on their own. They use some of the best ones out there and we recommend you do the same. Instead of you wasting time and energy trying to find the best, most reliable, mnemonics, we have an entire list readily available for you...

There's a private section on our site dedicated specifically for learning all the MCAT mnemonics you'll ever need – access to this section is granted for free as a free bonus to anyone who downloads the [Top Scorer MCAT Strategy Guide!](#)

Also, another note on mnemonics: use them as much as you need to memorize but be sure to give your maximum effort to actually understand concepts and not just memorize them.

The MCAT forces you to apply the concept in ways you probably never have applied them before, which means that if you just 'know' concepts and don't 'understand' them, you're going to have a hard time with this exam. Memorization is step 1, understanding is step 2. Don't mistake them to be the same thing.

Additional 130+ Scorer Recommendations To Increase Your C/P Score

Miriam Alghothani dominated C/P with a 130 (97th percentile) and here's what she said about it:

"That was the section I feared most, thinking it would be my worst section, which really motivated me to practice, practice, and practice more. I always thought that Chemistry and Physics would be the hardest because they were my least two favorite subjects.

Additionally, throughout my undergrad major, I always worked very very hard and barely managed to earn A if I did. However, for the MCAT, I consistently scored highest in Chem/Phys during my practice, because I figured out that it was always the same concept tested in different words. The Organic Chemistry was always the same with different molecules. I learned to master the concepts before practicing and testing myself.

I felt the same about the biochemistry section. It is very easy to get overwhelmed with the physics and chemistry because a lot of the passages contain difficult

info. If you learn to brush the difficult concepts away, and focus on the main concepts that you have already established, you can get the answer right.

My biggest strategy was not getting caught with the difficult equations and concepts of each passage. Many of the questions, even though they were passage based questions, could be considered stand alone questions.

MCAT Mastery's Strategy Guide kept my confidence so high that I improved my already highest section in such little time, after having to write the MCAT a second time."

When it comes to resources for this section, EK C/P books are well spoken of by 510+ scorers. Supplementing with online videos from KA or YT are also constantly recommended by top scorers.

"For chemical and physical foundations I used the Kaplan Physics MCAT book, practice exams and questions, flashcards of important equations, and supplemented concepts with YouTube videos." – Troy Delmotsch, a 512 scorer

By the way, Troy is a VIP MCAT Mastery member who leveraged our [top scorer strategies](#) to increase his MCAT score by 13 points in only 3 ½ weeks!

Also, if you're currently taking any relevant Chem or Physics courses right now, take advantage of this! This is likely the case if you haven't started MCAT prep yet. But if you are in such a course, do all you can to really understand concept in great depth. Start supplementing with KA or YT videos to really get deep into different topics.

As with most sections on the MCAT, you'll come across really strange/difficult passages. For this section in particular, you'll realize that these passages generally have the most direct and obvious questions. So don't worry when you come across one of these passages! Instead, turn your attention to little details that might hint at a specific C/P concept you should know.

One of the top scorers we interviewed, Peter Kim, who scored a 513 on the MCAT, received his worst score on C/P. We believe you should learn from the successes and the mistakes of others before you. Here's what Peter said about his C/P experience and what he would do differently...

"I scored lowest on Chemistry/Physics... I spent the least amount of time studying this section since it was consistently my highest score throughout the study

period. On test day, I was shocked at how much organic chemistry there was, as it was a weakness that I had not covered in detail. I figured that it would be low yield.

If I could do this differently, I would never assume that a certain topic would not come up just because it is considered "low yield". There is no low yield on the MCAT and anything on the AAMC outline is fair game!"

Chem/Phys is one of the most frustrating sections on the MCAT.

Many times we've heard students reach out and tell us that just when they think they understand the material, they go to a passage and everything looks foreign. Or how annoying it is to get caught up with verbiage and end up running out of time - not only on C/P but also on Bio!

Running out of time is one of the biggest drawbacks that need to be fixed right away. Unfortunately C/P is the first section tested so if you run out of time or mess up on there in some other way, it's easy to go through the whole MCAT feeling demoralized, which is not good for your overall score.

C/P is also one of the easiest sections to plateau on, with scores not increasing no matter what you do and you get to a point where you just feel "stuck".

The point is, we get it. C/P sucks and without increasing your score in this section to at least a decent level, med-school admission is out of reach.

Here's what we have to say to you if you're struggling with C/P...

You can get through this.

And we're not just offering lip service, we know you can get through this! We've seen it happen many times, where someone couldn't figure C/P out until something shifted and they became 510 or 515+ scorers.

What shifted? They got some clarity.

Often, students have made this section a lot harder in their minds than it actually is. What helps, is getting some clarity. We've learned this from all the 90+ percentile scorers we've interviewed and researched.

They got clarity once they took a step back and realized they just needed to

change their approach to the questions, passages, and how they were studying for the MCAT overall.

The few strategies you learned here, gave you clarity on what you need to do. Those who increased their C/P and overall MCAT scores enhanced their MCAT studying approach by using smart MCAT study and test-taking strategy.

It's about knowing what to focus on and what not to focus on. It's about going over practice tests in a way that most other students don't do. It's about knowing how to the passages, the questions, and answer choices, to constantly and strategically choose the right answer. And there's so much more to it...

We don't know how to say it more clearly...

[Get and apply the MCAT prep strategies](#) others have used to increase their scores by 10, 12, even 15+ points to achieve competitive scores and gain admission into the med-school of their dreams, so you can do the same.

That's the smartest, easiest, and fastest way for you to get clarity, to get the most optimal approach to studying for the MCAT, and to increase your MCAT score to a competitive level that gets med-schools knocking at your door.

[Case Study 1] How Jackie Skyrocketed Her MCAT Score By 19 Points



"Be the game changer med-schools want you to be."

In this case study, we'd like to introduce you to Jacqueline (Jackie) Do, a 510 scorer.

MCAT Score Report



Name: JACQUELINE DO
Exam Date: 08/24/2017

AAMC ID:
Date of Birth:

Section	Score	Confidence Band ¹	Percentile Rank of Score ²	Score Profile ³
Chemical and Physical Foundations of Biological Systems	128	127 129	86%	
Critical Analysis and Reasoning Skills	127	126 128	83%	
Biological and Biochemical Foundations of Living Systems	127	126 128	75%	
Psychological, Social, and Biological Foundations of Behavior	128	127 129	84%	
MCAT Total	510	508 512	82%	

We asked Jackie to write a few lines for you highlighting how she prepped for the MCAT, what materials she used, and any recommendations/advice she has for you.

Here is Jackie's quick MCAT advice for you:



"I strongly advise you to make a study schedule before jumping into things.

You start out all excited to take a test that brings you one step closer to your medical dreams, but then you may feel

discouraged without direction.

Invest time in the beginning to plan out a realistic schedule for yourself. Self-studying as my full time job for 10 weeks over summer.

Though you don't get paid for studying hard and smart, it does pay off in the end!

I used ExamKrackers for all sections (bought the bundle) and did full-length exams through AAMC & NextStep."

Jackie is an amazing inspiration to anyone who thinks you can't self-study AND get a competitive MCAT score in just over 2 months of studying...

She's proof that you don't need a fancy, ridiculously overpriced prep course to achieve a great, balanced score.

And it's not like she hit it out of the park right away and knew exactly what she was doing...

She mentions (below) that she had a horrible full length practice exam and was contemplating moving her exam date...

But she pushed through because she figured out all she needed was to utilize the right skills she learned in the Top Scorer MCAT Strategy Guide:

"Read the MCAT Mastery Guide prior to starting your MCAT studying journey! Especially if you are self-studying, I strongly advise you to read their guide during the planning phases of studying. After a horrible full-length practice exam, I was afraid.

Did I have to postpone taking my test? I did research online and found the MCAT Mastery blogs and decided to get the Strategy Guide. Extremely helpful and gave me more tips on how to succeed and improve my score.

I had limited time before my scheduled exam, so I focused my study even more using the skills and tips provided in the guide. I'm pleased with my score in the end, and I greatly appreciate all the advice given by MCAT Mastery! Good luck future test takers!"

We asked Jackie what her lowest score was to get a sense of how much she

improved...

And she said her lowest score was a 491!

That's a 19 point score increase in 10 weeks!

If you have limited time before your scheduled exam, if you want to use the same skills and tips Jackie used to improve her score by 19 points and achieve a 510...

You can download everything you need [here](#).

Note: Since the time Jackie used it, this [PDF guide](#) has been further upgraded with a lot more valuable top scorer strategies and free bonuses.

Jackie also brought up an extremely valuable mistake that a lot of premeds make...

A lot of premeds jump into MCAT prep studying in the exact same ways they've been studying their whole life...

A lot just assume that this is another exam, like the many hundreds they've written before, and they assume they know exactly what they need to do to ace it...

They almost have a feeling of 'excitement' before starting to study (like Jackie mentions) because they think it's just one more step to med-school...

"I know it's not an easy exam but I'll give myself 2-3 months to study. Of course I can get a decent-good score in that much time. I usually study a few nights before for most of my exams!" - The Average MCAT Test Taker

Some time later (could be a few days to a few months), when scores are stagnant, when they can't get over the 500 hump, most premeds are left feeling incredibly discouraged, confused, frustrated, and worried...

The problem? Not knowing how to tackle an exam of this nature. Not studying smart. Not knowing how to create a strategic study schedule, especially if you're self studying. Not knowing how to apply the vast amount of knowledge you've absorbed during content review to exams. Not being able to absorb all that knowledge in the first place... And the list of setbacks goes on...

A lot end up having to rewrite.

A lot push back their test dates.

Although it's sad that this happens to so many premeds, we always tell them it's never too late to improve their score through applying proven MCAT strategies...

A lot of time and money has been wasted but they still have an advantage. The information they spent hours learning is still present in their minds...

They're probably just missing a few key techniques that can cut open the ropes holding down their MCAT score... that's desperately trying to rise!

We sincerely hope that by telling you about these common errors most average/ low scoring premeds make, and showing you these real life MCAT success stories...

That you study wiser, make smarter choices, and [learn how to tackle an exam](#) that was designed to push you beyond your limits.

When you do that, you'll feel your competitive MCAT score and your med-school dreams to be closer than ever before.

And if you're already doing all those things, then you can truly get excited because now you'll know (with zero doubt) that...

You got this.

[Case Study 1] How Melissa Increased Her MCAT Score From 489 to 512



"You have power over your mind - not outside events. Realize this, and you will find strength." - Marcus Aurelius

You've heard the MCAT is a 'mindset' based exam (we always talk about it!)...

Some people brush that off. Others know it's important but still don't do anything about it!

Taking care of your mindset takes some effort, but it's so worth it.

Here's one top scorer that demonstrated how powerful mindset really is when it comes to dominating the MCAT...

In this interview, we want to introduce you to Melissa Ma, a 512 scorer:



Name: MELISSA MA
Exam Date: 04/05/2019

AAMC ID:
Date of Birth: (

Section	Score	Confidence Band ¹	Percentile Rank of Score ²	Score Profile ³
Chemical and Physical Foundations of Biological Systems	128	127 129	85%	118 — 125 132
Critical Analysis and Reasoning Skills	127	126 128	82%	118 — 125 132
Biological and Biochemical Foundations of Living Systems	127	126 128	74%	118 — 125 132
Psychological, Social, and Biological Foundations of Behavior	130	129 131	95%	118 — 125 132
MCAT Total	512	510 514	85%	

We asked Melissa to write a few lines for you highlighting how she prepped for the MCAT, how she overcame any challenges she struggled with, what materials she used, and any recommendations/advice she has for you....



"When I took the MCAT diagnostic, I did not know what to expect out of the level of difficulty. The MCAT was always extremely intimidating and I never saw myself as a person who would be taking it until I finally decided that I wanted to be a doctor.

I think it was the belief that even if my scores were low at the time I kept telling myself that I WILL do well.

I believed that I would succeed on the MCAT and ended up doing just that."

Melissa's diagnostic score was a 489 which was much lower than what she was expecting. This was in January and she was set to take the MCAT in May!

She had time but she knew she had a long journey to get to her score goal.

When scores aren't where you want them to be, when you're feeling discouraged, disappointed, and anxious about if you're going to make it through this...

What are you telling yourself?

Are your thoughts raising your confidence or lowering them? Are you letting your external reality build your beliefs or are you letting your beliefs build your external reality?

It's interesting how the very first point Melissa mentioned was about how she kept her beliefs strong and positive. Something to think about...

"I did get discouraged while taking my practice exams because my scores weren't increasing like I wanted them to.

After going down from 505 -> 504 ->503 I did hit a mental battle and let myself be upset but right after I did not allow myself to accept these scores.

If you truly and sincerely believe that you will do well, you will start making decisions that will help you reach your goal. Believing is huge!!"

What's worse than scores staying stagnant and not increasing? Scores going down!

In fact when Melissa was just 40 days away from MCAT day, she scored a 501.

For the average student, that's an incredibly discouraging moment.

For top scorers on the other hand, those who are aware of the importance of mindset, it can be a springboard for increased motivation and stronger focus.

This is a key moment that almost every student experiences during MCAT prep - an extremely disappointing practice test score...

This is where top scorers remind themselves that these scores don't define what they're capable of. These scores don't determine whether they're good enough to be doctors. These scores are just feedback points reflecting your process of studying.

If you keep studying with the same process, you'll keep getting the same scores. The key is to use this 'feedback' and slowly improve, remove the mistakes, add [best practices](#), and start thinking about the passages, questions, and answer choices strategically.

They're just data on your journey to figuring out the most optimal methods to study and take an exam of this nature.

AAMC knows almost every student will experience the 'low point' during MCAT prep - they designed the MCAT to be this way - something that will completely throw you out of your comfort zone; mentally and emotionally.

The question they want answered is...

Who are the students that will demonstrate the resilience, the determination, and the self-reflection needed to win this game?

Because those are the students med-schools want. Those are the students who will be able to handle the pressures of med-school. Those are the students who top med-schools want to nurture into great doctors.

Next we asked Melissa to talk about some of the resources she used to study for the MCAT and which she would recommend to someone looking to increase their scores...

"I recommend doing all of the AAMC practice questions and focusing primarily on practice problems the month before your exam--even if you don't remember concepts from content review, there's no time to keep doing content you just have to learn through practicing!

I used the Next Step online course and I would recommend using the Next Step Q Book for times when your brain is just tired and you want to quickly test your content knowledge.

I know there are mistakes in the book, but I found it very helpful to just remind myself about concepts that I may have forgotten and it did not take much energy to do the problems. I would do 30-60 a day the month before the MCAT and it really was more fun for me than it was mentally draining...

So if it's just one of those days where you're not feeling very motivated to study or just tired, I would recommend going through that book just for content review--they are all discrete questions so it would not help with actually stimulating the test since discrete questions are only a small percent of the MCAT.

Also I really appreciated the materials that were shared in the VIP Member's Area at MCAT Mastery. It provided comprehensive study guides and mnemonics that were really helpful to narrow down concepts that I needed to focus on. I used the P/S google doc which really helped me review P/S quickly and I ended up scoring a 130 on P/S. If you are self studying or if you would just like extra resources, I would definitely recommend the [VIP Member's Area](#) for study guides that are solely focused on MCAT content."

Loved how Melissa found a way to study that was not only fun, but also productive!

What can you do in your MCAT prep that's fun for you? There comes a point for most where just "absorbing" information gets boring - no matter how interested you are in the subject...

And when things get boring, you're not learning, you're not focused, and you're way more likely to procrastinate. Long term memory is connected to emotion and how you feel about what you're studying.

Usually, the key to having fun with the material involves testing yourself.

Also if you're wondering about the VIP Member's Area, we give free access to it to everyone and anyone who gets the [Top Scorer MCAT Strategy Guide](#).

The VIP area is filled with awesome free resources like the ones Melissa mentioned. Inside you can also find Melissa's full recorded audio interview along with many other top scorer interviews that you can download and listen to - which we don't release anywhere else!

[You can learn more about it here.](#)

We then asked Melissa about the sections she scored the lowest in; what happened and how would she prep differently if she had to do it again?

"My lowest score was tied for the CARS and Bio/Biochem section with a 127.

On test day I did not keep track of time well during my break and ended up entering the CARS section 3 minutes late--which meant 3 minutes were shaved off of my test. Many of you know that 3 minutes on CARS especially are crucial so I began to panic.

The first CARS passage I freaked out and kept trying to calm myself down throughout it. CARS was honestly a blur to me but I would recommend doing the AAMC CARS QPacks and really understanding why you got the answers right or wrong. That way on test day you will already have a sense of where to look or what to expect in questions.

For Bio/Biochem, I normally scored the highest on this section on practices exams so I thought that would have been my best section on test day. I didn't leave that section thinking I did bad. I guess I would recommend again, doing the

AAMC QPacks and getting really familiar with analyzing data from passages. Sometimes it just comes down to what error bars show or if a data point is significant."

This isn't the first time we've heard about someone getting into the CARS section late on exam day!

For another top scorer, getting late for this section costed him several points. He was scoring 129/130 on CARS on practice exams, ended up with a 124 and 512 overall. Could he have made a 515+ if he wasn't late? We definitely think so.

These few minutes can make a huge difference in your score - not only because of the time saving aspect, but the mental and emotional battle when you find out you're late can definitely take you in a negative spiral, which can further damage your performance and score.

Always stay aware of time on MCAT day. You've worked way too hard to lose crucial points to something as silly as being late.

By the way, if you're ever talking to a top scorer and getting MCAT advice, we want you to pay special attention to their successes and their mistakes. They've already made the errors so you don't need to.

If you're still trying to get through MCAT prep on your own, without any proven guidance from those who have already done it well, why do that to yourself? It doesn't make any sense.

Anyway next we asked Melissa about her highest score section! Here are some of her pointers for the P/S section of the MCAT...

"I scored the highest in Psych and Soc. I got a 130, which I was actually surprised by. I found that on Next Step exams I did pretty good on the P/S section but on AAMC practice exams I was scoring 126/127--so I was not expecting a 130 on my score.

I really recommend taking your time on the P/S section on test day, for me I always ended up with about 30 minutes extra on the P/S section during practice exams, so I knew that on exam day I could really take my time and treated each question as the last time I would see it.

Some people relate the P/S section to CARS and I would say that is somewhat true, you definitely need to know your content but you also have to be able to read the passages and understand what the question is trying to ask you. I say expect more critical thinking than just straight up content questions."

Melissa turned her painful MCAT moments into strengths and ended up conquering the MCAT. But a lot of students spiral the other way and lose all motivation to continue pursuing their doctor dreams...

We don't blame them - it can get frustrating when you've studied for weeks, then do practice tests and see that a score has barely improved, not improved at all, or worse, has decreased...

Then there are timing pitfalls, confidence issues, anxiety battles, balancing extracurricular and jobs, pressures of retaking...

The list of MCAT struggles is never-ending. So before we end this email, we want to first let you know that we're incredibly proud of you and you're doing a great job so far.

We don't personally know you but what we do know, is that you're smarter than the average person for having made it to this stage of your journey. You've worked hard, surmounted many obstacles, and you've made it here – almost as close as you can get to the gates of med-school.

This is just another obstacle – that you don't have to go at alone. We're here to guide you. We know that with the [MCAT score-increasing strategies](#) we have for you, you'll have all you need to get over this barrier to med-school smoothly and confidently.

We've done it ourselves, and in-fact now we're able to [work with you one-on-one online](#), to make sure you do the same 😊

Keep going...

You got this.