Worksheet 5.1

Getting Ready to Take the MCAT® Exam Checklist

Ask yourself these questions when you're getting ready for the MCAT exam.

- Am I familiar with what will be on the exam? ☐ Yes ☐ No ☐ Unsure
  (Find out what's on the exam.)
- If no or unsure, what content or sections am I unsure about? _____
- Have I allowed enough time to study and feel comfortable with my knowledge of the exam content?
  - Chemical and Physical Foundations of Biological Systems
    ☐ Yes ☐ No, I need more time ☐ Unsure
  - Biological and Biochemical Foundations of Living Systems
    ☐ Yes ☐ No, I need more time ☐ Unsure
  - Psychological, Social, and Biological Foundations of Behavior
    ☐ Yes ☐ No, I need more time ☐ Unsure
  - Critical Analysis and Reasoning Skills
    ☐ Yes ☐ No, I need more time ☐ Unsure

If you have areas where you need more study, check out the AAMC's preparation resources, which offer the opportunity to get familiar with the test features and functionality. Also, consider forming a study group at your school or with other applicants preparing for the exam. Talk to your prehealth advisor about resources you may have on campus or through your institution.

- Am I within one to two calendar years of wanting to apply to medical school?
  ☐ Yes ☐ No ☐ Unsure
- Have I spoken with my prehealth advisor? Does my advisor agree that I am ready?
  ☐ Yes ☐ No ☐ Unsure
- Have I applied to see if I qualify for the Fee Assistance Program?
  ☐ Yes ☐ No ☐ Unsure
- Do I feel prepared and ready to take the exam?
  ☐ Yes ☐ No ☐ Unsure

If you answered "no" to many of these questions, consult with your prehealth advisor about developing a plan to take the exam. Information about creating a study plan is available on the AAMC website. When you're close to registering for a test date, be sure to read the *MCAT® Essentials for Testing Year 2026* for important information on scheduling, registration, test-day policies, and scoring.