

# 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 2024](#) for important information on scheduling, registration, test-day policies, and scoring.