

The AAMC **PREview**[®] Exam Examinee Preparation Guide





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AAMC PREview[®] Exam: Examinee Preparation Guide

Overview

The AAMC PREview exam is an opportunity for you to showcase competencies that go beyond your academic readiness, such as empathy and compassion, teamwork and collaboration, resilience, and reliability. As students need to enter medical school and other graduate-level health professions programs with knowledge about basic science to be successful, they also need to enter with an understanding of professional behaviors. Your performance on the PREview exam will provide schools with insight into your ability to identify effective and ineffective professional behavior and your potential to become a health care provider who demonstrates compassion, empathy, and professionalism.

The exam includes written scenario sets that present hypothetical dilemmas you may encounter in school and are linked to professional competencies within two broader skill areas: personal accountability and relational skills. The scenario sets are developed in collaboration with the medical school community, including faculty, admissions officers, and student and diversity affairs officers, and thoroughly reviewed to ensure validity and fairness for all applicants.

The AAMC provides resources to help you prepare for the PREview exam. We recommend that you take advantage of the [preparation resources](#) as you prepare to complete the PREview exam.

This guide walks you through the format, scoring, competencies assessed, and instructions for taking the PREview exam.



Format

The exam includes written scenario sets that present hypothetical dilemmas linked to professional competencies. The scenarios are based on real-world situations you may experience in school. They are set in educational, healthcare, or other real-life settings.

Following each scenario are items (also referred to as “responses”) that reflect a range of possible actions you could take in response to the dilemma presented in the scenario.

Sample Scenario Set

You are pursuing a two-week volunteer opportunity at a well-regarded local clinic. When you receive your course schedule, you realize the volunteer opportunity would conflict with your weekly required lab. This is the only time that the lab is offered this semester, so you are not able to make up the lab. Participation in the lab will count toward your grade.

Please rate the effectiveness of each response to the situation.

1. Skip your lab for two weeks to attend the volunteer opportunity.
2. Ask your lab instructor to identify a solution that will allow you to attend both.
3. Stop pursuing the volunteer opportunity so that you can attend the required lab.
4. Tell your lab instructor in advance that you will miss two of your scheduled lab sessions.
5. Attend the lab and investigate if similar volunteer opportunities are available at another time.

You will be asked to rate the effectiveness of each response using a four-point scale:

Very Ineffective	Ineffective	Effective	Very Effective
The response will cause additional problems or make the situation worse.	The response will not improve the situation or may cause a problem.	The response could help but will not significantly improve the situation.	The response will significantly improve the situation.

There are 186 items on the test, and you will have 75 minutes to complete the test.

Note on scenarios in healthcare settings. While the PREview exam includes scenarios that are set in healthcare settings, you do not need medical knowledge, knowledge of hospital protocols, or healthcare experience to understand the scenario and accurately evaluate the effectiveness of a response. The PREview exam was designed for pre-health students to measure their understanding of professional behavior, not their healthcare knowledge. All test content is reviewed to ensure prior healthcare knowledge or experience is not needed to perform well on the exam.



Scoring

Your PREview exam score is based on the extent to which the effectiveness ratings of your responses (items) align with medical representatives' consensus ratings. Full credit is awarded for an item if your rating matches the medical representatives' rating. Partial credit is awarded if your rating is one rating away from the consensus rating and still on the same side of the scale (i.e., Effective/Very Effective responses or Ineffective/Very Ineffective responses). For example, if an item is keyed "Effective" and you rate it "Very Effective," you receive half credit. If you rate the same item "Ineffective," you do not receive credit, as the item key is on the opposite side of the scale.

Higher scores suggest that your ratings align more closely with the consensus ratings, whereas lower scores suggest your ratings align less closely with the consensus ratings.

Competencies

The PREview exam asks examinees to identify effective and ineffective behaviors in real-world scenarios that students might encounter in their training. The scenarios and the responses examinees are asked to rate illustrate competencies within the two main skill areas — personal accountability and relational skills.

Personal Accountability

Competency	Description
Commitment to Learning & Growth	<ul style="list-style-type: none">• Practices continuous personal and professional growth for improvement, including setting and communicating goals for learning and development• Pursues opportunities to improve knowledge and understanding• Asks for and incorporates feedback to learn and grow• Reflects on successes, challenges, and mistakes
Reliability & Dependability	<ul style="list-style-type: none">• Demonstrates accountability for performance and responsibilities to self and others• Prioritizes and fulfills obligations in a timely and satisfactory manner• Understands consequences of not fulfilling one's responsibilities to self and others
Resilience & Adaptability	<ul style="list-style-type: none">• Perseveres in challenging, stressful, or ambiguous environments or situations by adjusting behavior or approach in response to new information, changing conditions, or unexpected obstacles• Recognizes and seeks help and support when needed



	<ul style="list-style-type: none"> • Recovers from and reflects on setbacks • Balances personal well-being with responsibilities
Ethical Responsibility to Self and Others	<ul style="list-style-type: none"> • Behaves with honesty and integrity • Considers multiple and/or conflicting principles and values to inform decisions • Adheres to ethical principles when carrying out professional obligations; resists pressure to engage in unethical behavior; and encourages others to behave honestly and ethically

Relational Skills

Competency	Description
Teamwork & Collaboration	<ul style="list-style-type: none"> • Collaborates with others to achieve shared goals and prioritizes shared goals • Adjusts role between team member and leader based on one's own and others' expertise and experience • Shares information with team members and encourages this behavior in others • Gives and accepts feedback to improve team performance
Interpersonal Skills	<ul style="list-style-type: none"> • Demonstrates an awareness of how social and behavioral cues affect people's interactions and behaviors • Adjusts behaviors appropriately in response to these cues • Recognizes and manages one's emotions and understands how emotions impact others or a situation • Treats others with dignity, courtesy, and respect
Empathy & Compassion	<ul style="list-style-type: none"> • Demonstrates a desire to help others and alleviate others' distress



	<ul style="list-style-type: none"> • Recognizes, understands, and acknowledges others' experiences, feelings, perspectives, and reactions to situations • Sensitive to others' needs and feelings
Self-Awareness	<ul style="list-style-type: none"> • Reflects on personal assumptions and how they may influence interactions • Considers situations or ideas from alternative viewpoints • Willing to revise one's thinking when new information or insights emerge • Helps create an environment where all individuals feel respected and able to contribute
Understanding Others	<ul style="list-style-type: none"> • Understands that people's experiences and backgrounds influence their behaviors and interactions • Shows respect for individual differences • Demonstrates curiosity about how others see and make sense of the world

Exam Instructions and Guidance

Read each scenario and response carefully before rating the effectiveness of the response.

As you evaluate the responses, please follow the instructions and guidance below:

- Consider each response as an immediate next step in the scenario, unless otherwise noted.
- Everything you need to know to evaluate each response is included in the scenario and the response itself. Do not assume anything beyond what is written in the scenario or response.
- Evaluate and rate each response independently. Do not compare the responses to each other or rank order the responses.
- Within a scenario set, each effectiveness rating can be used more than once or not at all. Not all scenario sets will include responses that reflect each effectiveness rating.

As in real life, there may be multiple ways to respond to a situation. The response you think may be most or least effective may not be present. Each scenario set includes a sample of possible responses to the situation.



Preparing for the PREview Exam

Preparation Strategies

The AAMC developed practice materials that are available on the [AAMC website](#).

When preparing for the exam, there are several steps you can take.

- Review the [professional competencies and definitions](#) measured by the PREview exam, as each scenario you encounter will address one or more of these competencies. Complete the practice exams to familiarize yourself with the test format and the types of scenarios you'll see on the actual exam. The AAMC developed the practice exams in collaboration with representatives in the medical school community just like the actual exam.
 - Compare your effectiveness ratings to medical representatives' effectiveness ratings in the scoring key to better understand your performance.
 - Review the rationales to better understand how schools evaluate the effectiveness of different responses to the scenarios.

Practice Exams

Taking full-length practice exams is the most effective way to understand what the test measures, build skills, and prepare for test day. The AAMC offers three full-length PREview practice exams, including a new Scored Practice Exam. Two free, unscored PDF practice exams include scoring keys and rationales to help you become familiar with the exam format, question types, scenarios, and the process for evaluating and rating responses. The new Scored Practice Exam is delivered in the [MCAT Official Prep Hub](#) and provides a scaled score and percentile rank, just like you will receive on the actual exam.

- [AAMC PREview Exam Practice Exam 1](#) (Free)
- [AAMC PREview Exam Practice Exam 2](#) (Free)
- [AAMC PREview Scored Practice Exam](#) (\$20)

How to use the Practice Exams:

- Begin by taking the [PREview Exam Practice Exam 1](#) under timed conditions, review your answers against the scoring key, and use the rationales to understand how response effectiveness is evaluated and how it aligns with the key traits associated with the professional competencies.
- Next, take [PREview Exam Practice Exam 2](#), applying what you learned from the first practice exam.
- Finally, take the [Scored Practice Exam](#) under timed conditions in the MCAT Official Prep Hub, and review your answers compared to the provided rationales.

Prepare for Test Day

Preparing for the PREview exam also means making sure you understand how to navigate the exam platform and are familiar with the online testing experience. See [More About AAMC PREview Test Day](#) for all the information you need to ensure a smooth test day experience. Note that the new Scored Practice Exam is delivered online but does not use the exam platform.

