

Getting Students Ready to Take the MCAT Exam: Updates and Insights from the AAMC MCAT Program



NAAHP National Meeting 2022

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June 16, 2022

Agenda

- 2022 Testing Year Overview
- Preparing Students for the MCAT Exam
- Resources
- Q&A

2022 Testing Year

MCAT Examinee Highlights

About **85K** individuals test each year

Approximately **1.5%** test with accommodations

About **10%** are AAMC Fee Assistance recipients

More than **90%** take coursework in biochemistry, intro bio, chemistry, and physics, and organic chemistry

More than half use MCAT Khan Academy resources and about **40%** take a preparation course

www.aamc.org/newmcatguide

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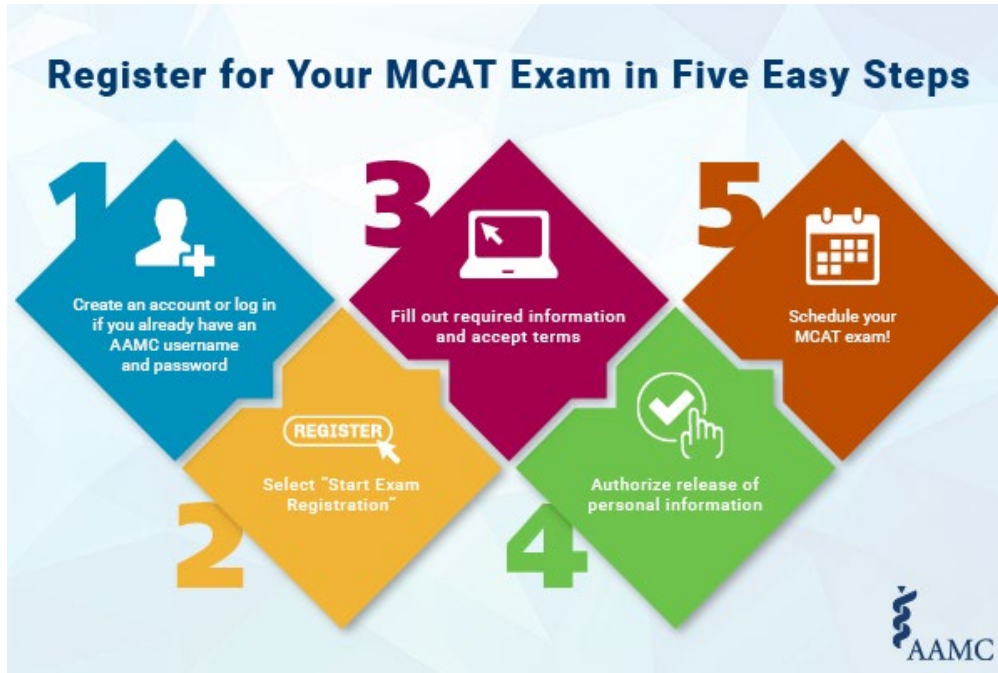
The 2022 testing year goes from January through September

- 30 exam dates
- One administration a day (8:00 a.m. start time)
 - Double administrations on 3 dates at the end of the summer
- 30-35-day score reporting
- Rescheduling and cancellation policies and fees
- Monitoring pandemic conditions; health and safety protocols will be evaluated

2022 U.S. Testing Calendar and Score Release Dates

JAN							FEB							MAR							MCAT Admin		Score Release	
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	Jan. 14	Feb. 15		
						1			1	2	3	4	5								Jan. 15	Feb. 15		
2	3	4	5	6	7	8	6	7	8	9	10	11	12	6	7	8	9	10	11	12	Jan. 20	Feb. 22		
9	10	11	12	13	14	15	13	14	15	16	17	18	19	13	14	15	16	17	18	19	Jan. 21	Feb. 22		
16	17	18	19	20	21	22	20	21	22	23	24	25	26	20	21	22	23	24	25	26	March 12	April 12		
23	24	25	26	27	28	29	27	28						27	28	29	30	31			March 25	April 26		
30	31																				April 8	May 10		
APR							MAY							JUN							April 9		May 10	
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	April 29	May 31		
					1	2	1	2	3	4	5	6	7			1	2	3	4		April 30	May 31		
3	4	5	6	7	8	9	8	9	10	11	12	13	14	5	6	7	8	9	10	11	May 13	June 14		
10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18	May 14	June 14		
17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25	May 19	June 21		
24	25	26	27	28	29	30	29	30	31					26	27	28	29	30			May 27	June 28		
JUL							AUG							SEP							June 4		July 6	
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	June 17	July 19		
					1	2			1	2	3	4	5								June 18	July 19		
3	4	5	6	7	8	9	7	8	9	10	11	12	13	4	5	6	7	8	9	10	June 24	July 26		
10	11	12	13	14	15	16	14	15	16	17	18	19	20	11	12	13	14	15	16	17	June 25	July 26		
17	18	19	20	21	22	23	21	22	23	24	25	26	27	18	19	20	21	22	23	24	June 30	Aug. 1		
24	25	26	27	28	29	30	28	29	30	31				25	26	27	28	29	30		July 16	Aug. 16		
31														25	26	27	28	29	30		July 29	Aug. 30		
																					Aug. 5		Sept. 7	
																					Aug. 20		Sept. 20	
																					Aug. 26		Sept. 27	
																					Aug. 27		Sept. 27	
																					Sept. 1		Oct. 4	
																					Sept. 2		Oct. 4	
																					Sept. 9		Oct. 11	
																					Sept. 10		Oct. 11	

Registration is Open for All Dates



Reminder!

Registration is open until 10 days before each test date.

Reschedule and cancel exams keeping in mind the last test date of the year is Sept. 10.

Scheduling Policies and Resources

MCAT Scheduling Tips for your Students

Testing Limits

1 YEAR

- Up to 3 attempts in a testing year

2 YEARS

- Up to 4 attempts over 2 consecutive years

LIFETIME

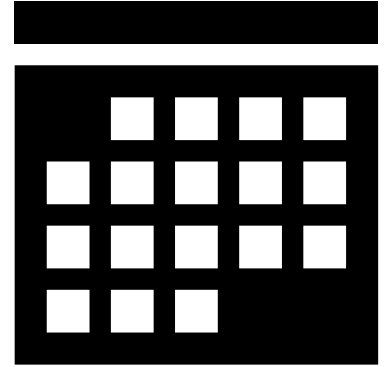
- Up to 7 attempts in a lifetime

Retesting Data

- 10% of students retest in a single year and 38% of examinees retest overall
- On average examinees increase 2-3 points
- Still variability in scores on retake attempts

MCAT Scheduling Tips for Your Students

- **Available Appointment Notification Request**
 - Helps examinees secure preferred test date and location if it becomes available
 - Can have up to 5 notification requests
- **When possible, reschedule/cancel an exam early**
 - Helps students who are on the notification lists secure exam appointments

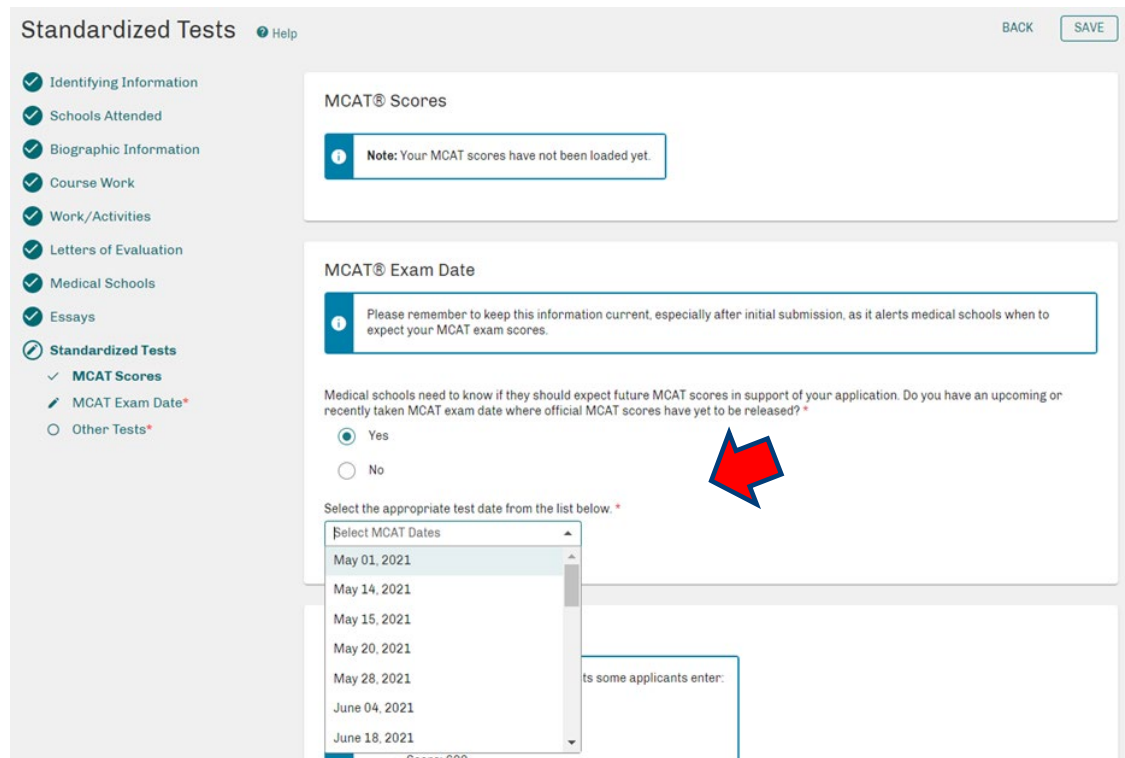


Frequently Asked Questions about MCAT Scores in AMCAS

Students applying through AMCAS do not need an MCAT score to submit their application

Students should include their exam date in the application

Scores automatically transmit to schools



The screenshot shows the 'Standardized Tests' section of the AMCAS application. On the left is a sidebar with a list of sections: Identifying Information, Schools Attended, Biographic Information, Course Work, Work/Activities, Letters of Evaluation, Medical Schools, Essays, and Standardized Tests. Under 'Standardized Tests', 'MCAT Scores' is selected with a checkmark, and 'MCAT Exam Date*' is selected with a pencil icon. The main content area has two sections. The 'MCAT® Scores' section has a blue box with a note: 'Note: Your MCAT scores have not been loaded yet.' The 'MCAT® Exam Date' section has a blue box with a note: 'Please remember to keep this information current, especially after initial submission, as it alerts medical schools when to expect your MCAT exam scores.' Below this is a question: 'Medical schools need to know if they should expect future MCAT scores in support of your application. Do you have an upcoming or recently taken MCAT exam date where official MCAT scores have yet to be released? *'. There are two radio buttons: 'Yes' (selected) and 'No'. A red arrow points to the 'Yes' radio button. Below the radio buttons is a dropdown menu titled 'Select the appropriate test date from the list below. *'. The dropdown is open, showing a list of dates: May 01, 2021, May 14, 2021, May 15, 2021, May 20, 2021, May 28, 2021, June 04, 2021, and June 18, 2021. To the right of the dropdown is a text box labeled 'ts some applicants enter:'.

www.aamc.org/mcatrs

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Student Resources

AAMC Fee Assistance Program

The AAMC's Fee Assistance Program helps those with financial need. It defrays the cost of preparing for and taking the MCAT exam and applying to medical school

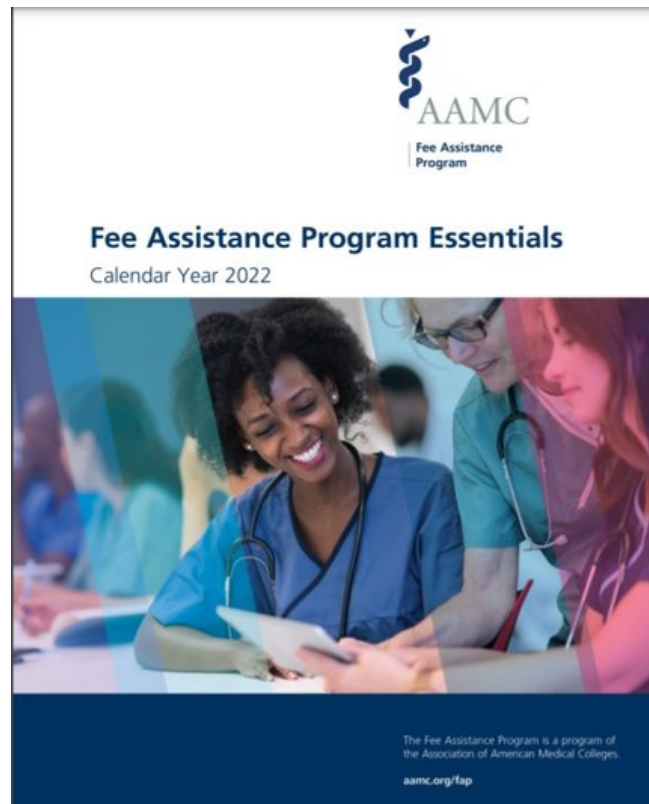
Eligibility

Each household reported on the application has a 2021 total family income that is 400 percent or less than the 2021 national poverty level for that family size

New - The Fee Assistance Program is open to everyone with a U.S.-based address.

New - Parental information required for students under age 26

Benefits begin on the date of approval and expire on Dec. 31 of the following year.



AAMC Fee Assistance Program



MCAT Benefits

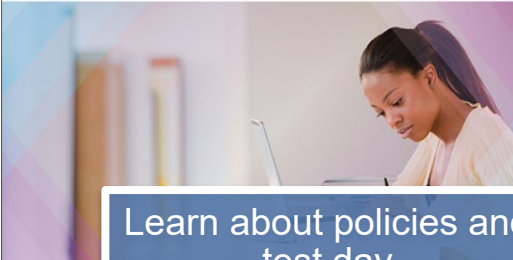
- Reduced registration fees
- Access to all 15 online AAMC MCAT Official Prep Products
- Stipend for updated evaluation for accommodations

Additional Benefits

- AMCAS application submission fee waiver (up to 20 schools)
- Complimentary access to the Medical School Admission Requirements website
- Registration is free for PREview

MCAT Resources for Students

The MCAT® Essentials
for Testing Year 2022



Learn about policies and
test day

www.aamc.org/mcat

2022 MCAT Testing
Year Update for
Examinees

February 1, 2022

Speakers:

Javarro Russell, Senior Director, MCAT Program
Katherine Ford, Manager of MCAT Administration



Webinar overview of the
testing year

www.aamc.org/premedresources



When is the Right Time to
Take the MCAT Exam?

www.aamc.org/premednavigator

MCAT Validity Committee

Medical school admissions officers, faculty, and prehealth advisors work together to evaluate the MCAT exam

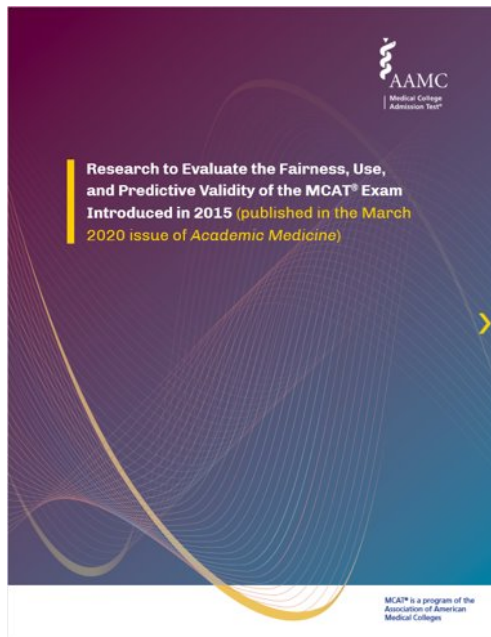


What do we know so far about the value of MCAT scores in predicting students' likely performance in medical school?

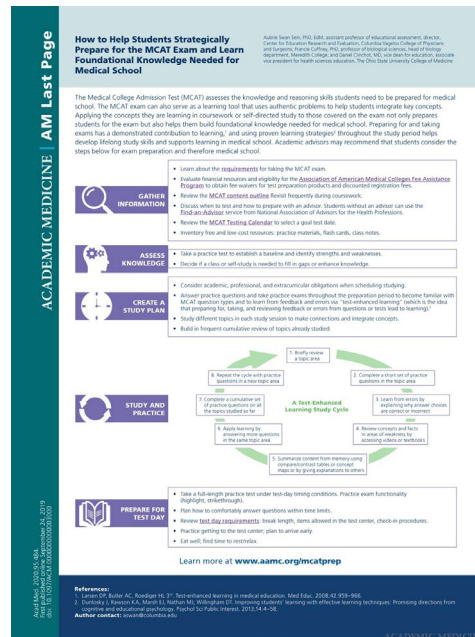
- MCAT scores strongly predict medical student performance in preclerkship and clerkship courses, and scores from USMLE licensure exams (Step 1 and Step 2 CK).
 - Some students perform better in medical school than their MCAT scores predict, and others perform less well.
- MCAT scores predict performance better than undergraduate GPAs.
 - Together, they provide better prediction than either academic metric alone.
- Students with a wide range of MCAT scores and undergraduate GPAs pass the USMLE licensure exams (Step 1 and Step 2 CK) on the first attempt and graduate in four years.
- MCAT scores provide comparable prediction for students from different sociodemographic backgrounds
 - Students with different backgrounds, admitted with same MCAT score, have similar outcomes in med school

Hanson, Joshua T. MD, MPH; Busche, Kevin MD; Elks, Martha L. MD, PhD; Jackson-Williams, Loretta E. MD, PhD; Liotta, Robert A. MD; Miller, Chad MD; Morris, Cindy A. PhD; Thiessen, Barton MD; Yuan, Kun PhD. The Validity of MCAT Scores in Predicting Students' Performance and Progress in Medical School: Results from a Multisite Study, Acad. Med: May 24, 2022 - Volume - Issue - 10.1097/ACM.00000000000004754
doi: 10.1097/ACM.00000000000004754

Research on Academic Preparation



•Girotti JA, Chanatry JA, Clinchot DM, McClure SC, Swan Sein A, Walker IW, Searcy CA. Investigating group differences in examinees' preparation for and performance on the new MCAT exam. Acad Med. 2020;95:365-374.



Swan Sein A, Cuffney F, Clinchot D. How to help students strategically prepare for the MCAT exam and learn foundational knowledge needed for medical school. Acad Med. 2020;95:484.

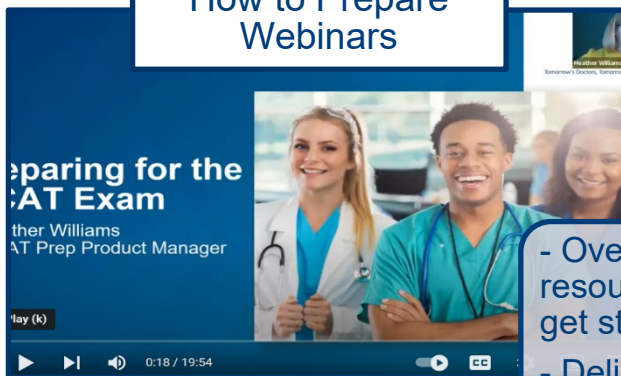
Outreach and Resource Development Expansions

Study Plan Guide

How to Create a Study Plan for the MCAT® Exam

- Learning specialist designed
- Step-by-step guide
- Learning and study strategies

"How to Prepare" Webinars



- Overview of free resources and how to get started
- Delivered to more than 1,000 students
- SHPEP collaboration

Med Student Tips to Prepare

1st Year Med Student Tips to Successfully Prepare for the MCAT and Medical School

12, 2022

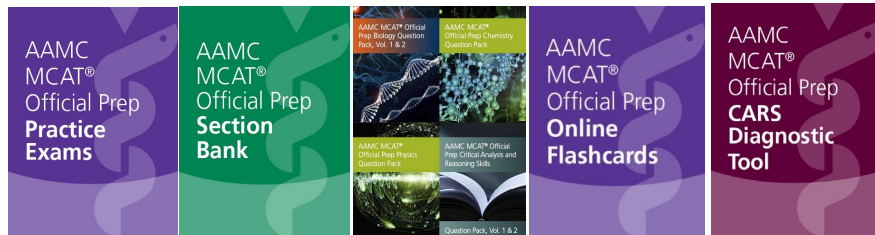
1st Year, MD Candidate, University of Illinois at Chicago
1st Year, MD/PhD Candidate, Rutgers Robert Wood Johnson School-Princeton University MD/PhD Program
1st Year, MD Candidate, Rutgers Robert Wood Johnson School
Director, MCAT Development and Science Education



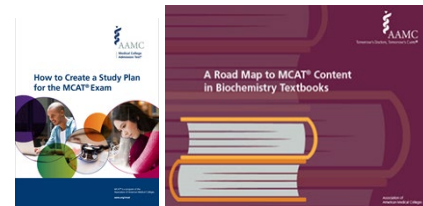
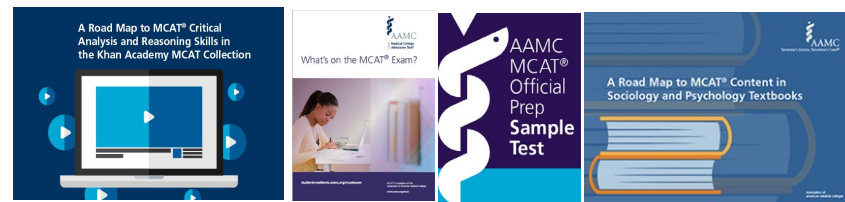
- 3 first-year medical students
- Tips, learning and study strategies, inspiration
- More than 600 attendees

Preparing Students for the MCAT Exam

AAMC MCAT Official Prep Products & Resources



Low-cost resources



Free Resources

- **15** online products + **discounted bundles**
- **Fee Assistance Program** recipients receive all online products
- **Free resources:**
Content Outline, Sample Test, Study Plan guide
- >1000 videos and 3000 questions in the **Khan Academy's MCAT Collection**
- Prehealth **advisors receive 30% off** all MCAT Official Prep products - [aamc.org/mcatadvisor](https://www.aamc.org/mcatadvisor)

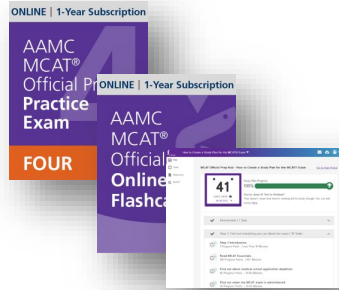
www.aamc.org/mcatprep

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Growing portfolio of preparation products and resources



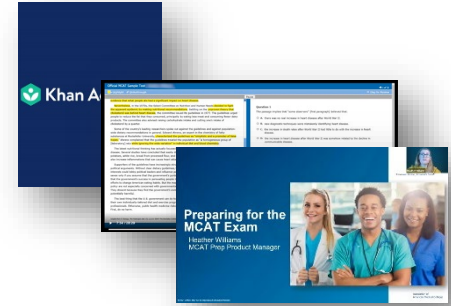
MCAT Official Prep Hub



- Practice Exam 4
- Online Flashcards
- Online Study Plan Guide
- Expanded FAP
- Platform UX enhancements



- CARS Diagnostic Tool
- Made Sample Test Free
- Road Map to CARS in Khan Academy
- Updated Road Map to MCAT Content in Soc/Psychology
- Implemented Survey Strategy



- Developed rationales for all 4 options in Practice Exam 1 and the Sample Test
- Expanded our relationship with Khan Academy and linked to lessons from the Sample Test
- Created video walkthroughs for the Sample Test
- Launched MCAT Prep Webinars
- Started a YouTube Playlist

2018

2019

2020

2021

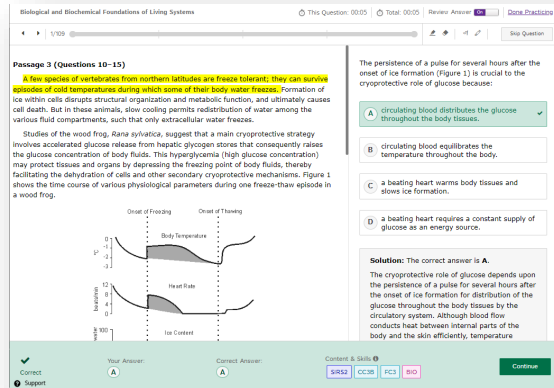
Continuous research and feedback loops inform MCAT prep product development

Ad hoc studies

- Usability Study
- AAMC Learner Feedback Panel



UI/UX feature enhancements

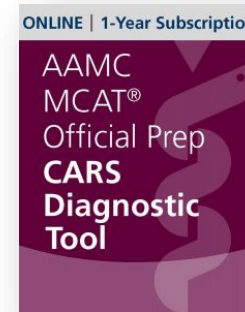


Leveraging existing channels

- Post-MCAT Questionnaire
- End of Day Survey
- Landscape analysis
- Usage data



New product development

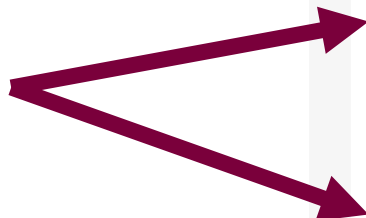


Continuous research and feedback loops inform MCAT prep product development

Survey strategy

"The CARS walkthroughs made the whole difference for me, following the strategy that the teacher used, my CARS scores have significantly improved."

"These walk-through videos are extremely helpful, I wish there are more videos! "



MCAT Official Prep Sample Test ▼

Question 1 of 53

more attention to heart disease once communicable diseases had declined.

Video Walkthrough and Khan Academy Lessons

[Watch this video to learn how an expert approaches reading and answering this passage set.](#)

For more information on the skill assessed by this question, see the Khan Academy description of [Foundations of Comprehension](#).

[Take a short survey about the Sample Test Enhancements.](#)

Skipped

Correct Answer	Yo
A	
B	
C	
D	

Time Spent:
0 min 41 secs

Content & Skills: ⓘ

Skill: CMP POP

Focusing on free resource development and guidance

UI/UX Enhancements

- What's on the MCAT Exam Content Outline
- Online Study Plan Guide
- New features in the MCAT Official Prep Hub and MCAT Prep products

Outreach Efforts

- Emphasizing the importance of creating a study plan and delivering more webinars
- How I used the Khan Academy to Prepare (student videos)

Coming soon...

Announcements for *this* year's enhancements coming soon.

In the meantime, we want your feedback. Scan the QR code to take a brief survey on MCAT Preparation resources.

Stop by and visit us at the AAMC booth during the Health Professions Fair on Saturday.



Resources

Advisor Hub at www.aamc.org/advisors

- 30% discount on all MCAT Official Prep resources
- Resources on MCAT scores, data and research, recorded webinars
- Downloadable MSAR Reports on Medical school programs and requirements, including MCAT policies: www.aamc.org/msarreports
- And more on FIRST, AMCAS, and the Advisor Information System

The MCAT Exam: Resources to Prepare Examinees

SHARE: [f](#) [t](#) [in](#) [e](#)

These resources will help you understand the MCAT exam and advise your students as they prepare to take the exam.

MCAT Scores

[Information on the New MCAT Scores](#): Learn more about scores from the MCAT exam and how you can help your students understand their scores.

MCAT Score Report Verification: To verify MCAT exam scores sent to you via paper, please enter the verification code listed on the report: [Verify the Authenticity of an MCAT Score Report](#).

If you believe the report you received is fraudulent or the scores on the report do not match the scores on the "verify" screen, please contact us immediately at advisors@aamc.org.

MCAT Official Prep Resources and Pricing

AAMC MCAT Official Prep Discounts for Prehealth Advisors: Advisors receive a discount off MCAT Official Prep products regardless of the amount purchased. [Learn more about the discount and pricing for Prehealth Advisors](#).

Resources to Prepare Your Students: Discover free resources to help you to better prepare students for the exam.

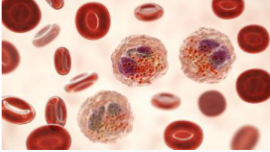
- [Conduct a mock exam for students](#)
- [Course-Mapping Tool for the MCAT Exam](#)
- [Free and low-cost test preparation resources available for students](#)

MCAT Data and Research

Sign In To The Advisor Information System

Sign In To The AMCAS Letter Writer Application

Sign In To Medical School Admission Requirements



What's on the MCAT Exam?

This tool will help your students discover everything they need to prepare for the new exam through text, videos, and sample questions and explanations.

[LEARN MORE](#)

How to Create a Study Plan for the MCAT Exam

Premed Resources

Premed Resources

We have created this collection to enable any advisor or student to access our most requested Premed materials.

The AAMC is dedicated to providing resources to aspiring physicians and advisors that will assist in guiding students on their journey to medical school. While working remotely, our outreach teams do not have access to any printed materials or mailing facilities.



Premed Webinars

Watch webinars containing resources, guidance, and tips about the AAMC's services (SHPEP, FAP, FIRST, MCAT, AMCAS) to help you conquer the medical school application process.

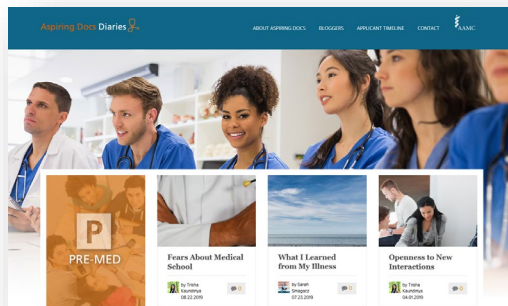


Choosing a Medical Career

Are you challenged with deciding whether a career in medicine is right for you? Check out the AAMC's premed resources to learn about medically related experience, preparing for the application process, and get inspired by personal stories from medical students, residents, and physicians.

Aspiring Docs

Find resources and inspiration to help you get started on your path to medicine.



Premed Navigator

Get important information, resources, and tips to help you on your path to medical school—delivered right to your inbox each month.

www.aamc.org/premedresources

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Upcoming AAMC Presentations at NAAHP

Reinvigorating the System of Pre-Health Advising to Increase Diversity in Medicine

Friday, June 17

9:30 a.m. (Plaza Court 7)

Everything you Need to Know to Help Your Students Prepare for the 2022 AAMC PREview™ professional readiness exam

Sunday, June 19

10:00 a.m.-11:00 a.m. (Plaza Ballroom Full)

Questions



Thank you!