

MCAT RESOURCE GUIDE

MCAT resource companies and what they offer:

KAPLAN	PRINCETON	EXAMKRACKERS	ALTIUS	NEXT STEP
In-Person/ Online each \$2,299 – 2,799 Self-Pace \$1,999 - 2,499 Tutoring \$3,999 – 5,799 Summer Intensive \$8,999	Classroom from \$2,149 Self-Paced from \$1,699 Workshops from \$499 Summer Immersion from \$9,249	Classroom Prep/ Online Prep each \$2,049 – 3,900 Self-Packed Books \$35.99 – 274.99 Forum Memberships \$19.99 – 29.99	Mentoring Programs/ Lecturing Programs each \$1599 - 4299 Full Summer Immersion Program \$3199 - 4499	Online classes from \$1299 Tutoring \$1999 for 16 hrs.- \$4699 for 40 hrs. Full Length MCAT Exams \$99-249 Self-paced books

*There are others not listed here. We do not endorse any one of the companies. Be a diligent consumer.

HOW TO CHOOSE AN MCAT PREP COURSE

Ask yourself:

- **Is the company MCAT-focused and not a general standardized test prep school?**
- **Is the course taught by subject experts?**
 - ✓ Make sure to check qualifications of the instructors.
 - ✓ Check if instructors have/exhibit knowledge and experience in the medical field.
- **Which course format best suits my needs?**
 - ✓ Look for a course that offers regular, classroom-style lecture sessions (whether in-person, online or self-paced).
 - ✓ Make sure they give you clear guidance how to utilize the lecture sessions and other study tools. (Avoid schools that just sell study materials without guidance).
 - ✓ Look for an MCAT prep course that includes review sessions of topics *frequently tested* on the exam.
 - ✓ Make sure they have *various study options* based on individual learning style.
- **Does the course offer practice exams?**
 - ✓ The best way to utilize practice exams is generally to start by taking them under low-pressure conditions: open book, without a time limit. As test day gets closer, start taking practice exams under simulated test conditions (Not at home on your laptop; a public computer lab with ambient noise).
 - ✓ Make sure the prep course offers you *access to the official AAMC practice exams* for the MCAT.
 - ✓ Results on the official AAMC tests are the best predictor of what scores you can expect on the actual exam. Finding a company that provides AAMC tests with the course also saves students from wasting money on buying them separately.
- **Does it fit my budget?**
 - ✓ Look for special discounts.
 - ✓ A prep course that will actually improve your score can be seen as a worthy investment!
 - ✓ Price of a program does not necessarily ensure quality. Be a smart consumer!