MCAT RESOURCE GUIDE

MCAT resource companies and what they offer:

<table>
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<tr>
<th>KAPLAN</th>
<th>PRINCETON</th>
<th>EXAMKRACKERS</th>
<th>ALTIUS</th>
<th>NEXT STEP</th>
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<tbody>
<tr>
<td>In-Person/ Online each $2,299 – 2,799</td>
<td>Classroom from $2,149</td>
<td>Classroom Prep/ Online Prep each $2,049 – 3,900</td>
<td>Mentoring Programs/ Lecturing Programs each $1599 - 4299</td>
<td>Online classes from $1299</td>
</tr>
<tr>
<td>Self-Paced Books from $9,249</td>
<td>Summer Immersion from $9,249</td>
<td>Summer Immersion from $9,249</td>
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*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!