

## The MCAT

The **Medical College Admissions Test (MCAT)** is a 7.5 hour exam, required by all medical schools, with 4 sections: (1) Biological and Biochemical Foundations of Living Systems; (2) Chemical and Physical Foundations of Biological Systems; (3) Psychological, Social and Biological Foundations of Behavior; and (4) Critical Analysis and Reasoning Skills.

### MCAT FAQ:

#### How is the MCAT scored? What is a good score?

Each of the 4 sections is scored between 118-132, with the mean/median at 125 and the total score from 472-528, for a mean of 500. 511 is the mean for all USF matriculated applicants to MD schools while 506 is the mean for all USF matriculated applicants to DO schools.

#### **What classes do I need for the MCAT?**

It is **highly recommended** that you finish all of the pre-med prerequisites before taking the MCAT, including biochemistry. Also, why introductory psychology is not a requirement for medical school, we highly recommend taking this course for the related Psychology/Sociology MCAT section.

#### When should I take the MCAT?

When you are ready and have finished all the required courses needed for the MCAT. Most test-takers prefer to study and take the test over summer (Aug/Sept test dates), when their schedule is lighter and not in competition with a full semester of activities. The latest we recommend taking the MCAT is April/May in the year you intend to apply.

#### **How long should I study for the MCAT?**

The average MCAT test-taker studies 30 hours per week for 3-4 months before taking the MCAT. Make sure to find a test date that gives you enough time to efficiently prepare.

#### **Should I sign-up for a test prep company?**

While there is no evidence that using a company like Kaplan or Princeton Review results in a better score, we do find that some students prefer the structure and resources that a prep company provides. We recommend assessing what type of student you are- are you a self-starter? Can you create a structure around studying on your own? However you study, financially investing in some resources is common- whether online materials or in-person test prep.

## **RESOURCES**

[AAMC MCAT](#) - Official site

[MCAT Reddit](#)- Many helpful forums, consolidated list of practice tests and tips from test-takers.

[Khan Academy MCAT](#) -highly recommended for soc/psych.

[ExamCrackers MCAT](#)- test-takers use online resources.

[Kaplan MCAT](#)

[The Princeton Review MCAT](#)

[Prerak Juthani YouTube Channel](#)

[MCAT Bros](#)

[UWorld](#)

[Anki Flashcards](#)

[CurveSetter](#)

[Blueprint](#)

[Jack Westin](#) (get free question of the day when you subscribe to email list)

[MCAT Review Sheets](#)

*Have you taken the MCAT and would like to give feedback on your process to help other USF test-takers? Please email Director, Pre-Health Professions Advising, Marie Dutton at [mdutton2@usfca.edu](mailto:mdutton2@usfca.edu).*