

2015 MCAT Strategy Workshop

pen + paper
water + snacks
use restroom

Tonight's Agenda

- 2015 MCAT
- Intro
- strategy / planning
- backwards calendar
- MCAT Study Hall
- Lots of Q&A

MCAT Overview

8 min Agreement
10 min tutorial

Section 1: Chemical and Physical Foundations of Biological Systems.

phys + chem

This section contains a total of 59 questions over 95 minutes (1 hour 35 minutes). This includes 15 discrete questions and 10 passages each containing 4-7 questions.

← non-passage

- 30% General Chemistry
- 25% Biochemistry
- 25% Physics
- 15% Organic Chemistry
- 5% Biology

10 min break

Section 2: Critical Analysis and Reasoning Skills aka CARS.

The CARS section contains 9 passages with a total of 53 questions to be completed in 90 minutes (1.5 hours).

Since this is a 'verbal reasoning' section, you do not require any outside knowledge. Instead, you'll need practice and experience answering passage based questions.

- 50% Humanities
- 50% Social Sciences

30 min lunch

Section 3: Biological and Biochemical Foundations of Living Systems

This section has a total of 59 questions to be completed in 95 minutes (1 hour 35 minutes).

This includes 15 discrete questions and 10 passages each containing 4-7 questions.

This section covers the following sciences:

- 65% Biology
- 25% Biochemistry ←
- 5% General Chemistry ←
- 5% Organic Chemistry ←

10 min break

Section 4: Psychological, Social and Biological Foundations of Behavior.

This section has a total of 59 questions to be answered over 95 minutes (1 hour 35 minutes). This includes 15 discrete questions and 10 passages each containing 4-7 questions.

It will test the psychological and sociological underpinnings of constructs in health and medicine, such as health disparities and behavioral and social influences on health. It's not surprising that there is biology in this section.

- 65% Psychology ←
- 30% Sociology ←
- 5% Biology

5 min void ?
5 min survey

Leah Fisch



Leah Fisch

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118 orgo

The goal of Leah4Sci tutorial videos is to help college students master difficult science concepts by providing simple explanations and practice problems. These tutorial videos are created by Leah Fisch, founder and creator of Leah4Sci, a private online tutoring company. Visit my website for additional details

<http://leah4sci.com>

Download your free copy of the MCat Exam Strategy eBook @ www.mcatexamstrategy.com

MCAT Exam Strategy
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The banner includes several images: a graph of a sine wave, a diagram of a square with a diagonal, a right triangle with a 45-degree angle, and a hand holding a red caduceus. There are also some mathematical equations and a small image of a book cover titled "MCAT EXAM STRATEGY".

11,951 subscribers

1,268,363 views

Joined Sep 3, 2011



MCAT Science Study Hall

4-month course

physics
chemistry
organic chem
biochem

1-2 monthly mini bio
MCAT Math (vid)
2 monthly office hrs
90 min
+ FB group

January

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

February

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

March

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April

S	M	T	W	T	F	S
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

June

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

live workshops
bonus MCAT
FB group

\$2000+

999

4 x 299

25% off Feb Early bird



First 3 get free strat session

99/mo after 4 mo

Leah4sci.com/MCAT2015

300 → 500 hrs 2015

40 hrs /wk → 12.5 wks

30 hrs /wk → 16 wks

20 hrs /wk → 25 weeks 6 mo



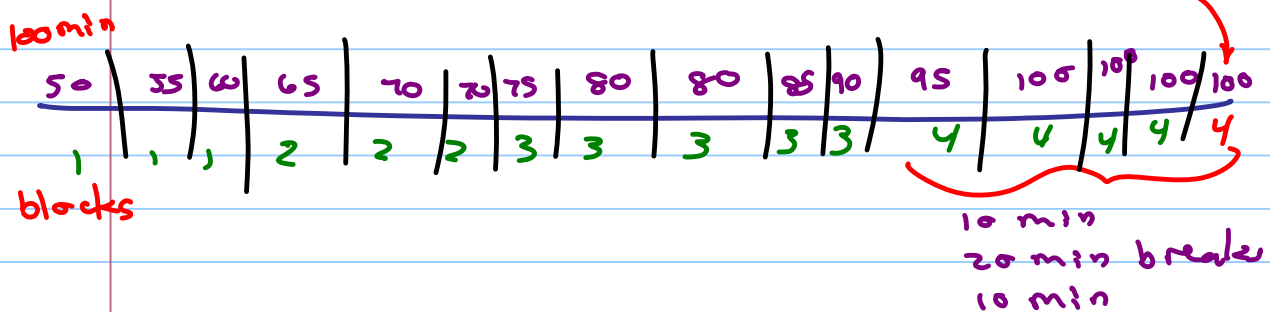
class clinic

	S	M	T	W	R	F	S
church		7:15 -10:30 15	2hr 15 11-12:45	7:15 -10:30 15	2hr 15 11-12:45	7:15 -10:30 16	
Night off		shr	4hr	shr	4hr	shr	8hr
		25 5-10 25	6:50 -9 15	25 5-10 25	6:50 -9 15	25 5-10 25	

41 hours - 11 hrs = 30 hrs/week

Endurance

- build your ability to focus for 100 min
- build up study blocks



50 min, 1 block

break

50 min, 1 block

55 min

60 min

8hr → full day

70 min phys

break

70 min phys

Real break - gym

70 min chem

break

70 min chem

late lunch w/ friend

70 min CARs

break

70 min CARs

8 study blocks of (60 - 100 min)

start w/ a win

30 min orso

break

50 min

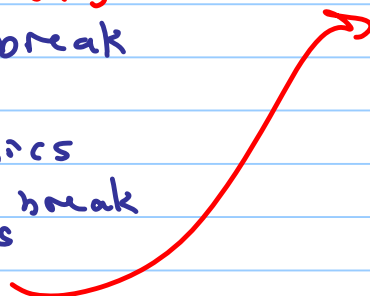
physics

break

phys

break

bio



each topic

- watch video
- skim book
- short Qs
- passages
- MCAT packet

} 2 days per topic

if stuck - get YT, google, tutor,

CARS

- Newspaper strat
- practice

psych + soc

mix of 2 strat

phys
chem
bro
orgo

} old & new

psych
soc
CARS
biochem

} new 2015 MCAT books

AAMC - sample test

" packets

GET EXAMS

118-132

118 + 9 = 127 = 508 → 515

↑
↑ is

Backwards Calendar

Friday 8am

June ⁵¹⁵ (19)

520 12

Sample test

519 5

TPR

Review

May 518 29

TPR

8am full lengths

517 22

TPR

516 15

TPR

8

513 1

TPR

AAMC packets

April 24

510 17

TPR

10

506 3

TPR

Content

Mar 27

502 20

TPR

13

498

Feb 27

← this week

Sample Test

Strategy Session

45-60 min vid chat
weekly follow-up

199