

MCAT ✨ STARTER KIT

How to turn MCAT uncertainty
into a clear path forward.

What's inside ?

- **The #1 mistake** most pre-meds make.
- A breakdown of the **3 most common study traps**.
- **3 foundational principles** for smarter prep.
- A guide to finding **your unique path** to a top score.

Let's be honest about the MCAT.

If you're starting your MCAT journey and feeling overwhelmed, you're not alone.

After helping over 16,000 students on their path to medical school, we've learned one thing: **the MCAT is a different kind of beast.**

Studying can often feel like success comes from memorizing and moving on. The MCAT flips that script: it rewards thinking critically, applying what you know, and solving problems under pressure.

The first step to a great score isn't about what you study. It's about retooling how you study.

This guide is designed to help you do just that. We'll give you a framework to think about your prep in a smarter, more strategic way.



You "Got This!"

Feeling stuck already? Book a **free, no-pressure consultation** with an MCAT advisor who can get you on the right track.



So, what's the non-negotiable first step



The "Diagnostic First" Principle (and why it matters)

1

What should I do first?

Before you do anything else,
take a full-length diagnostic exam.

START HERE



2

But won't I get a low score?

That's the point! A diagnostic isn't a judgment—it's a map. It's not a measure of your potential; it's a starting point.

3

Why is it so essential?

It's the most powerful tool you have to combat feeling overwhelmed. The detailed score report shows you exactly where to focus your energy so you're not flying blind. It's the ultimate act of taking control of your prep right from the outset.



Are you ready?
Find out how to take a **free full-length diagnostic exam.**

3 university study habits that lead to frustration on the MCAT.

These common traps feel productive, but they lead to frustration and failure on the MCAT.



The Passive Learning Trap

Relying on reading and re-reading study guides. This creates a false sense of accomplishment but doesn't build the active recall skills you need.



The Completionist Trap

Trying to master all the content before starting practice questions. This delays learning how to apply your knowledge and think through problems, not just recall facts.



The FLE Avoidance Trap

Postponing full-length practice exams due to fear of getting a low score. This robs you of the single best source of feedback and prevents you from building familiarity with the MCAT's unique format, patterns, and pacing.

Want to steer clear of these traps?
Check out our [**free MCAT Study Plan Essentials**](#) webinar.



3 foundations of productive MCAT prep

The solution is to adopt a smarter approach from the start.
These are the universal principles of a successful MCAT prep.



Always Use Active Learning

Your goal is to build the skill of active recall. Focus on activities like practice questions, self-testing with flashcards, and teaching concepts to others.



Prioritize Ruthlessly

Focus your time on high-yield topics (what's tested most heavily) and refining skills and strategies. Don't get bogged down thinking everything is important.



Integrate Practice from Day 1

A successful plan is built on a continuous cycle of learning, applying, and reviewing. Use practice questions to find your knowledge gaps and reasoning errors, then use targeted practice to fix them.

"Following these 3 principles kept me focused, and I stopped feeling overwhelmed."

- Olivia

Prep101 Alumna

Accepted in medicine at U of T

See how our expert instructors apply these principles.

Explore our courses.



Your MCAT journey is unique.



It won't look like anyone else's.

Some students go all-in over the summer. Others balance school, work, or life—and need more time. What matters most is building a 300-400 hour study plan you'll actually stick to.

Here are some of the most common MCAT journey breakdowns to get you started thinking about your own journey.



Traditional Applicants

You've got summers wide open and can grind for a concentrated burst:

- ▶ 25-30 hours/week × 3 months
- ▶ Or, 10-15 hours/week × 6 months (steady option, no burnout).



Non-Traditional Applicants

Life's already full, so your prep has to flex around it:

- ▶ 12 months at 5-10 hours/week (sustainable if you've got big commitments)
- ▶ Or, 6 months at 15-20 hours/week if you want to move quicker.



The Takeaway

Your plan doesn't need to be "perfect." It needs to be personalized, realistic, and doable, so you can actually follow through and hit your score goals.

Find the MCAT course that fits your learning preferences.

Not sure which path is right for you? Book a free consultation.



Ready for your next step?



Hopefully, the MCAT feels less like a steep cliff and more like a marked hiking trail.

Here's how we can keep you moving toward that dream score:



Join a Free Webinar

Spend 90 minutes with our MCAT experts, learn high-impact study strategies, and get your questions answered in real time, all for free.



Book a Free Consultation

Chat 1-on-1 with one of our advisors to figure out where you stand now, where you need to be, and how to bridge the gap without any sales pitch.



Explore Our Courses

Whether you prefer a fully guided experience or self-paced study, our courses give you expert instruction, proven strategies, and all the practice you'll ever need.