



MCAT Preparation Handbook

Entry Year 2020 Cohort

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MCAT Preparation Handbook

The Medical College Admission Test (MCAT) is an important standardized aspect of assessing your readiness for medical school. For many students, the MCAT can be the make or break point for entering medical school. In order to achieve a respectable score, you will have to learn to combine MCAT strategy with content mastery.

It is thoroughly important that you take heed to the test taking strategies you will learn in the coming months. The MCAT is the first of a series of examinations you'll take throughout your medical career; the next set will be the United States Medical Licensing Examination Steps 1, 2, and 3, which will allow you to apply for a medical license. You will encounter this next set of standardized exams following your second year in medical school.

JAMP Expectations

Structure

The MCAT prep is broken into 3 Phases each aimed at providing you the necessary practice and structure to adequately prepare you for the MCAT. These three phases are:

- Phase 1:
 - CARS
- Phase 2:
 - Biology/Chemistry Enrichment
 - Biochemistry Enrichment
- Phase 3:
 - Live Online Classes

Testing Requirements

JAMP participants must take the MCAT by the specified test date in April 2021*. The minimum MCAT score that must be achieved to qualify for Medical School will be a total score of 502 with no section score less than 124. Participants who fail to meet this requirement may be dismissed from the program.

JAMP requires you to take the MCAT by the specified test date in April 2021*.

*Warning: The JAMP council may elect to require all eligible JAMPers to take the mid-April MCAT exam or earlier.

Attendance

- Class attendance, participation and completion of related assignments is **required**. It is not enough to show up! **You must also participate!**
- If you have a conflict with any given class, you must email Dr. Joel Robles at jrobles@texasjamp.org and your JAMP Faculty Director (JFD) in as far advance as possible for consideration of an excused absence.
- If you become ill and are unable to login for the class, an email must be sent immediately explaining the situation. Unexcused absences will be followed up with a request for an explanation to be sent to Dr. Joel Robles (jrobles@texasjamp.org) and your JFD. Records of these absences will be kept and

reported to the JAMP Council for future consideration.

JAMP Expectations cont.

Required Tests/Exams

Throughout each phase of the MCAT prep program, pre and post exams will be taken to measure your knowledge. The completion of these diagnostic exams is required to be completed with established deadlines.

MCAT Registration

You are solely responsible for registering for the MCAT.

Paying for the MCAT

Please view the AAMC's MCAT page for all info pertaining to the exam. You can find it at:

<https://students-residents.aamc.org/applying-medical-school/taking-mcat-exam/register-mcat-exam>

Fee: \$320

This summer you were advised to save some of your summer stipend to pay for the MCAT. When registration opens, it will be *crucial* to have the money ready to pay for the exam when you are informed to do so to ensure you are able to get into the location and date of preference.

Registration: The latest news indicates that registration for the 2021 MCAT will take place in late October 2020. JAMP will notify you when registration opens and provide a deadline by which you need to register.

However, it is primarily your responsibility to seek out this information. Openings fill up *very* quickly at certain sites in Dallas, Houston, San Antonio, and Austin as well as neighboring states, so make sure you are ready to register quickly.

Fee Assistance Program (FAP)

You may qualify to have your fee reduced from \$320 to \$130.

When you are approved for the Fee Assistance Program, the approval will count toward registration for exams during that calendar year. FAP approval is not retroactive; you must receive the FAP approval prior to registering for the MCAT.

Once all documentation is received, you should be notified of the outcome of your Fee Assistance Program Application within 15 business days.

For more information about FAP, visit: <https://www.aamc.org/students/applying/fap/>.

Why is this Important?

The opportunities JAMP offers you are unparalleled, but to ensure that you are competitive enough for your top-choice medical school, your MCAT score should properly reflect the effort you’ve put into preparation for medical school.

We find it beneficial to see how current medical school applicants/ matriculates fare to help you calibrate your performance to be more competitive for the JAMP Match.

Below are the average MCAT section scores for the medical school class of 2018.

Medical School Entry Year 2018				
	Average CPBS Matriculated	Average CARS Matriculated	Average BBFL Matriculated	Average PSBB Matriculated
TMDSAS Schools*	127.5	126.8	127.7	127.9
*Includes the U.T. System Medical Schools, Texas A&M College of Medicine, Texas Tech School of Medicine, TTUHSC Paul L. Foster SOM and UNT-Texas College of Osteopathic Medicine.				

Source: <http://tmdsas.com/forms/FinalStatisticsReport-MedEY18.pdf>

How to Access Your Kaplan Online Study Plan

Logging in to Kaptest

Go to www.kaptest.com/login



Sign In

Remember me

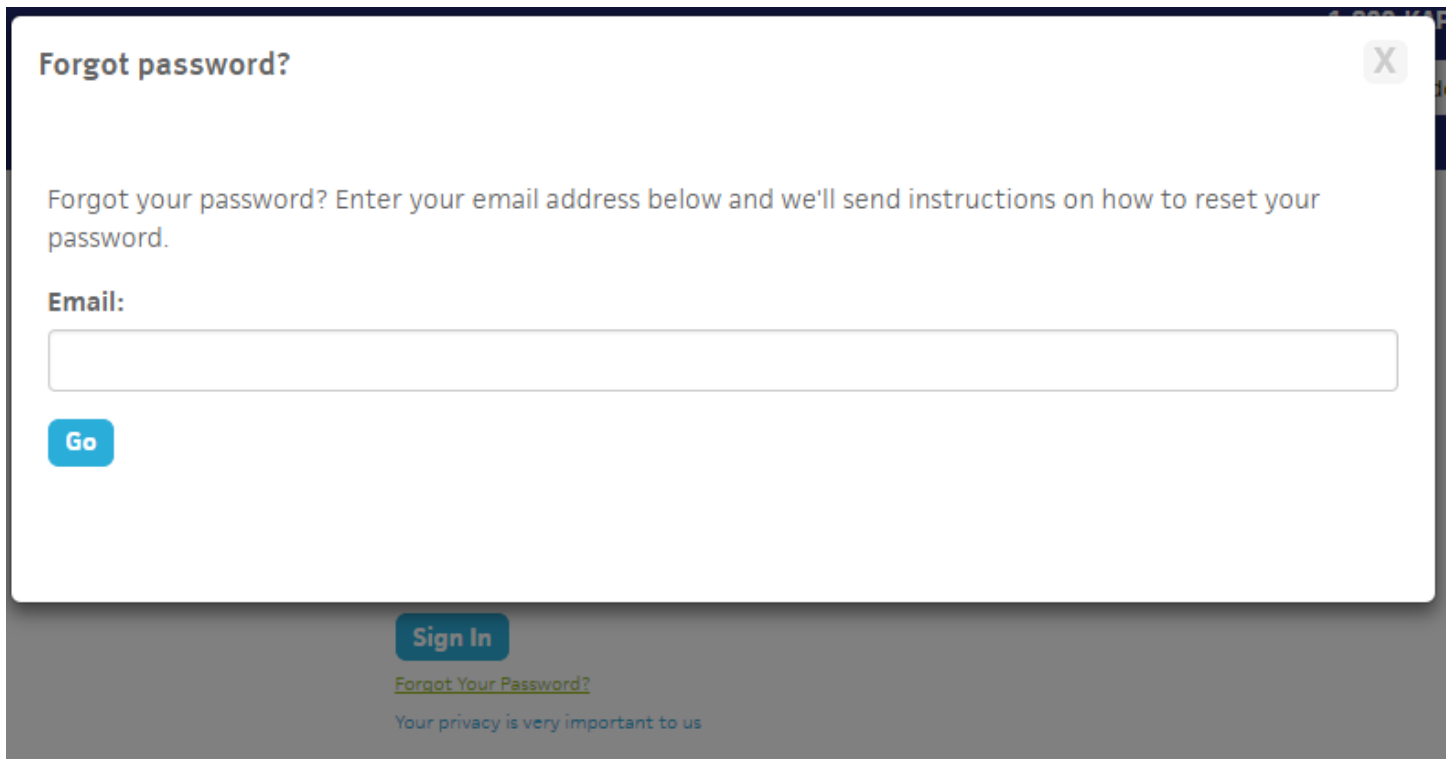
[Sign In](#)

[Forgot Your Password?](#)

Your privacy is very important to us

Login with your email address and password.

If you don't know your Kaptest.com account password, click "Forgot your password" to receive a password reset email.



Kaplan Test Prep Resources

After logging in, you should be at the following screen. Please note, the courses you are enrolled in may be different than what is pictured below.

Click on the “Access my Online Resources” link under the appropriate section in order to access class materials.



My Account

User Contact

Dr. Joel Robles
PO Box 2175
Austin TX 78768
US
512-499-4352
jrobles@texasjamp.org

[Edit Password](#)

[Edit Contact Information](#)

Need Help?
[Visit Kaplan Customer Support Portal](#)

My Courses

Active Courses Other Courses

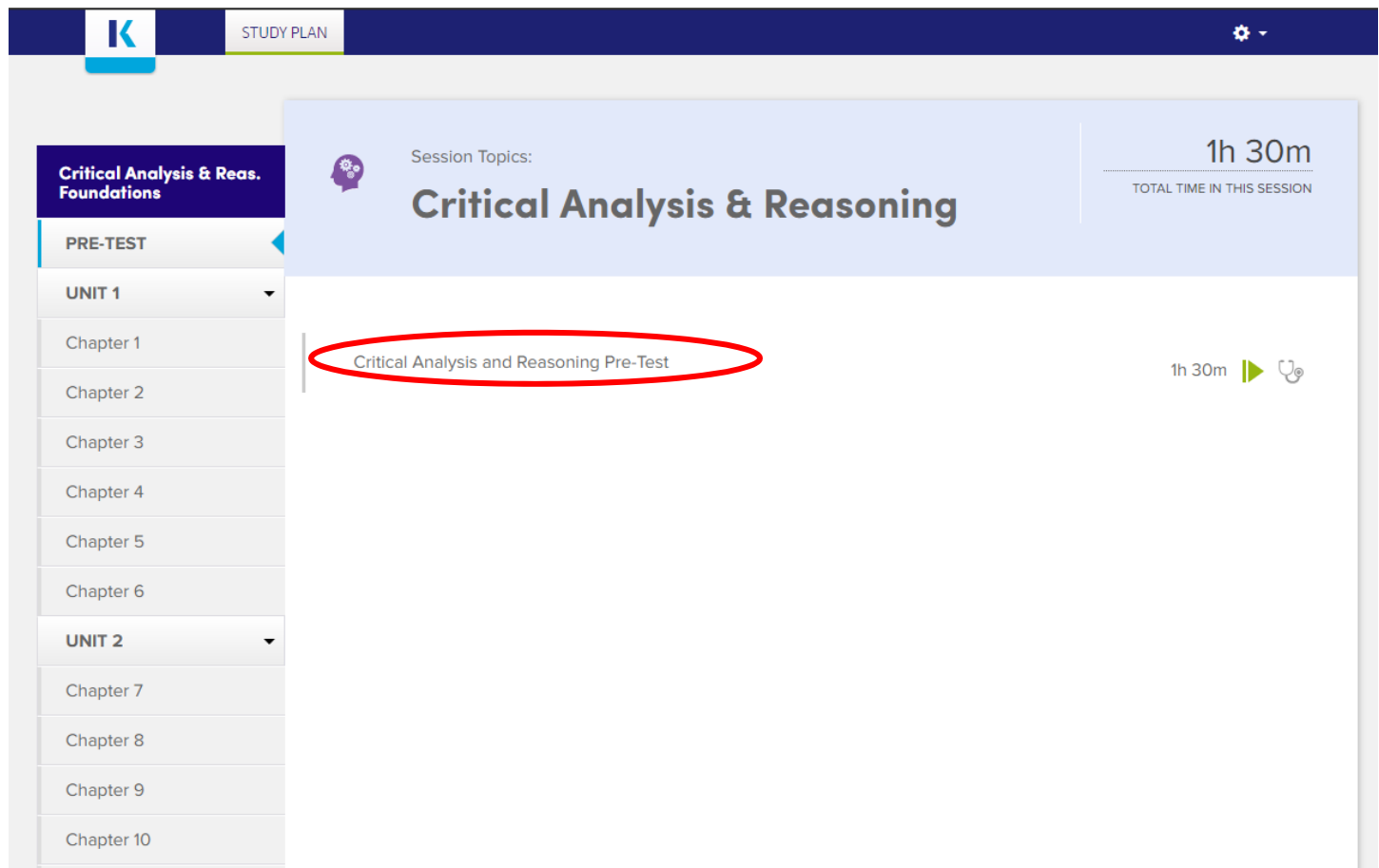
MCAT Biochemistry Audio Companion
[Access my Online Resources](#)
[Manage my course and payments](#)

MCAT Prep - Live Online
[Access my Online Resources](#)
[Manage my course and payments](#)

CARS Foundations - In Person
[Access my Online Resources](#)
[Manage my course and payments](#)

Online Resources Example and Diagnostic Exams

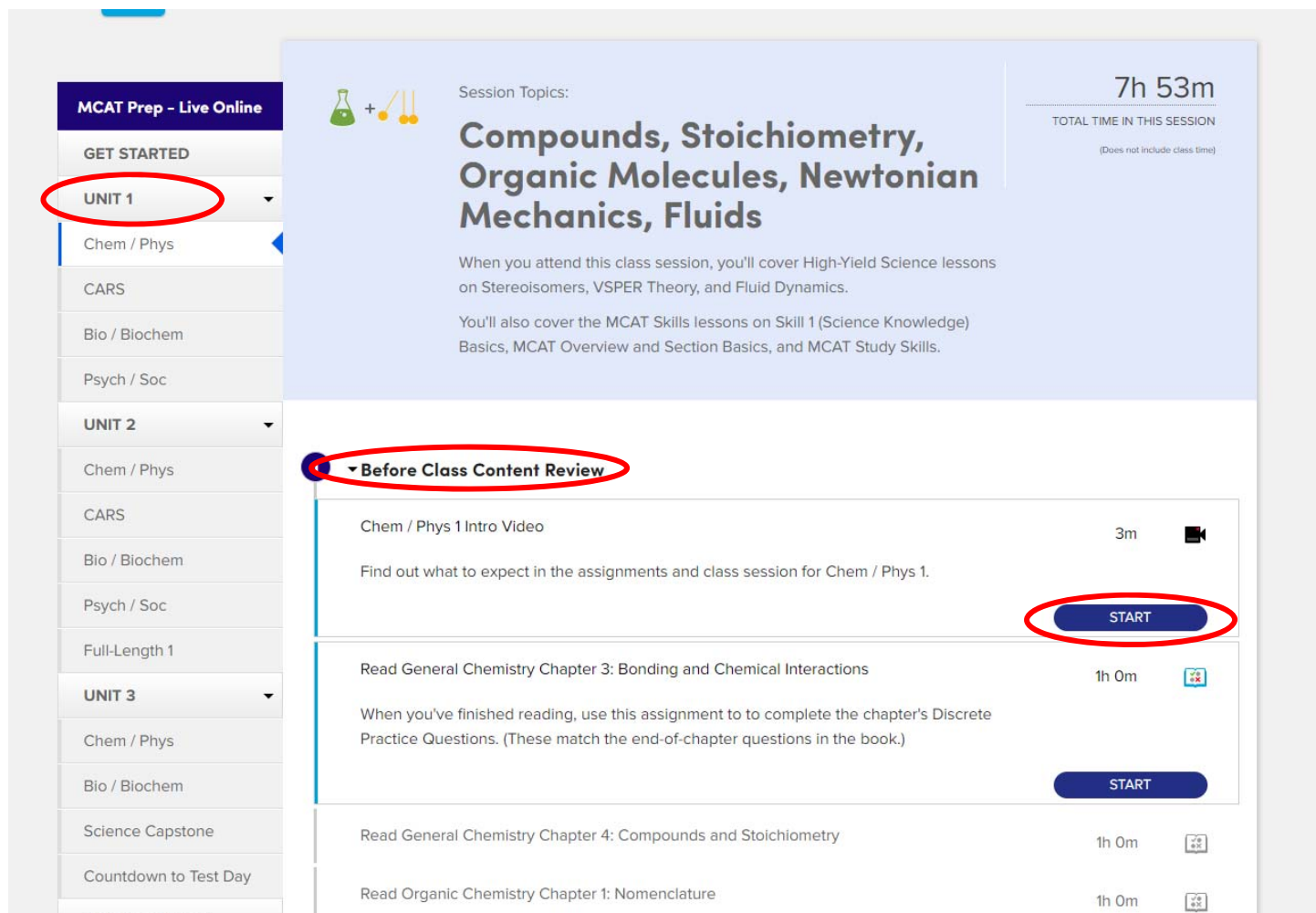
Portions of the MCAT preparation program may require you to complete out a Pre-Test (indicated below). These tests must be completed by the due dates provided and can be accessed within the “Online Resources” section of the courses. **Take full advantage of the class resources provided to you at all times! You have access to a wealth of information designed to help you be successful.**



The screenshot shows a course interface with a dark blue header containing a 'K' logo and a 'STUDY PLAN' tab. On the left is a navigation menu for 'Critical Analysis & Reas. Foundations' with sections for 'PRE-TEST', 'UNIT 1' (Chapters 1-6), and 'UNIT 2' (Chapters 7-10). The main content area features a session titled 'Critical Analysis & Reasoning' with a '1h 30m' duration. A red oval highlights the 'Critical Analysis and Reasoning Pre-Test' item in the main content area. To the right of this item is a play button icon and the text '1h 30m'. The top right of the main content area shows '1h 30m TOTAL TIME IN THIS SESSION'.

Class Preparation

During the MCAT preparation, certain work may be required before the class. In these instances, preparation for the class will be accessed from the “Online Resources” section of the course. An example of this is below:



MCAT Prep - Live Online

GET STARTED

UNIT 1

Chem / Phys

CARS

Bio / Biochem

Psych / Soc

UNIT 2

Chem / Phys

CARS

Bio / Biochem

Psych / Soc

Full-Length 1

UNIT 3

Chem / Phys

Bio / Biochem

Science Capstone

Countdown to Test Day

Session Topics:

Compounds, Stoichiometry, Organic Molecules, Newtonian Mechanics, Fluids

When you attend this class session, you'll cover High-Yield Science lessons on Stereoisomers, VSPER Theory, and Fluid Dynamics.

You'll also cover the MCAT Skills lessons on Skill 1 (Science Knowledge) Basics, MCAT Overview and Section Basics, and MCAT Study Skills.

7h 53m
TOTAL TIME IN THIS SESSION
(Does not include class time)

Before Class Content Review

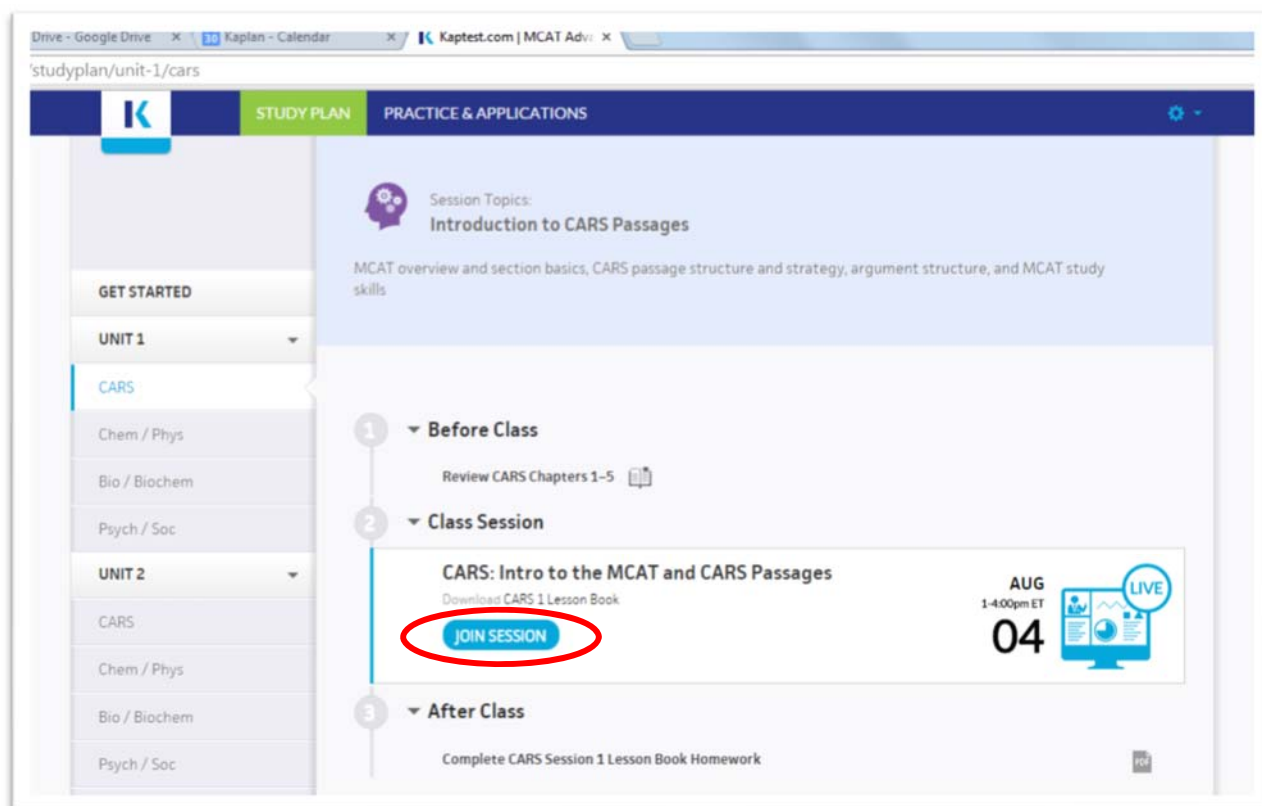
Chem / Phys 1 Intro Video	3m	
Find out what to expect in the assignments and class session for Chem / Phys 1.		
Read General Chemistry Chapter 3: Bonding and Chemical Interactions	1h 0m	
When you've finished reading, use this assignment to to complete the chapter's Discrete Practice Questions. (These match the end-of-chapter questions in the book.)		
		START
Read General Chemistry Chapter 4: Compounds and Stoichiometry	1h 0m	
Read Organic Chemistry Chapter 1: Nomenclature	1h 0m	

Prepare for each class by selecting the upcoming **Unit & Session** on the left, and then complete the **Before Class** assignments. Some will simply direct you to review chapters in your Review Notes or tackle High-Yield Problem Solving Guide questions. Others will link to additional online assets (e.g. Science Review Videos). Some assignments will take you to the Practice & Applications page to see a filtered list of assets. You can use the filters on the left to expand to other sessions.

Accessing Live Class Sessions

For courses where there are accompanying live classes, access is provided in the “Online Resources” section of the course.

Login to each live class session is accessed by clicking the “**Join Session**” button at the scheduled time (note that class times are listed in Eastern Time). If you don’t have your Lesson Book, you can download a PDF of the necessary Lesson Book pages to follow along via the link just above the “**Join Session**” button.

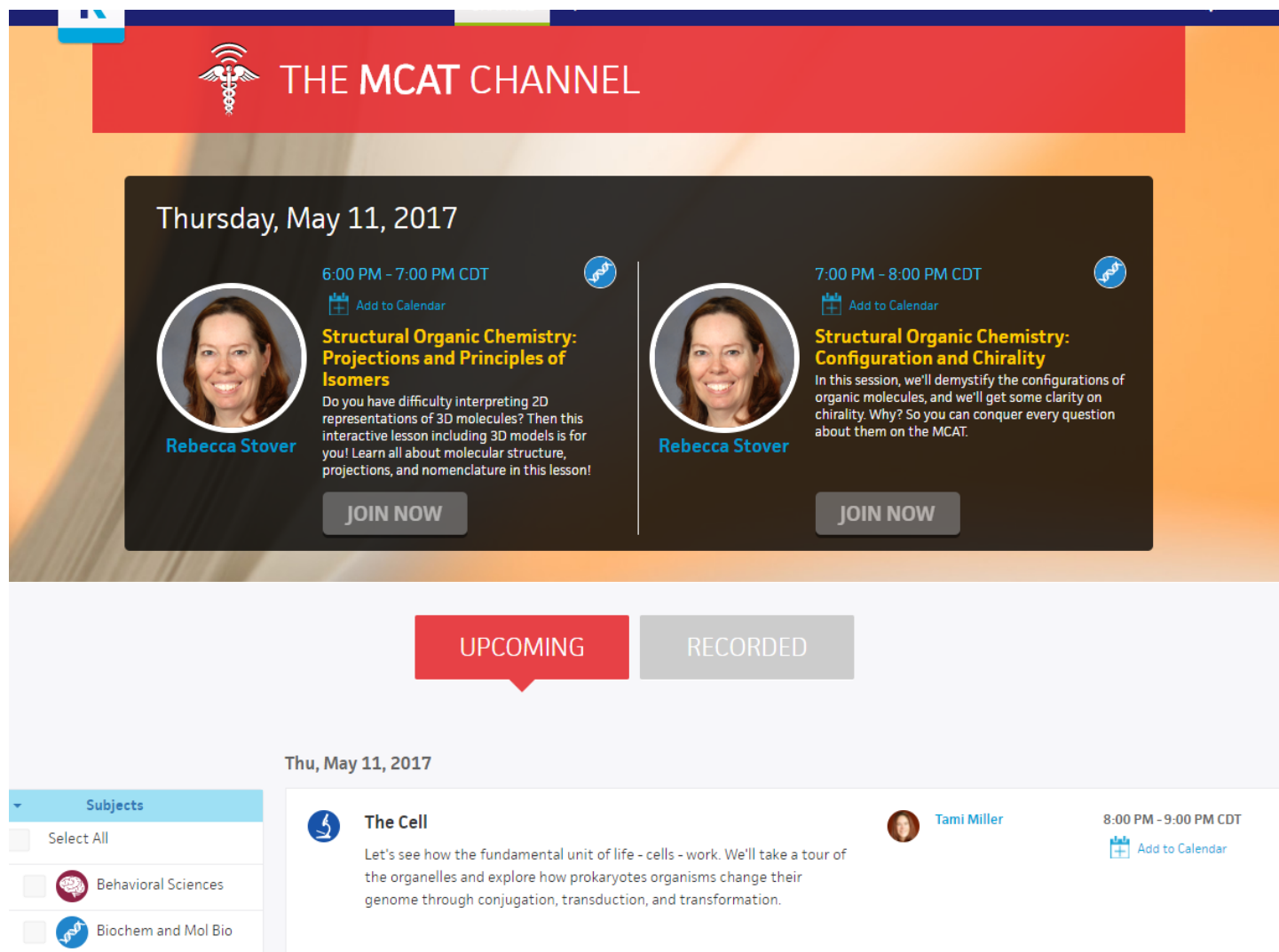


The screenshot shows a web browser window with the URL 'studyplan/unit-1/cars'. The page has a dark blue header with the Kaplan logo and navigation tabs for 'STUDY PLAN' and 'PRACTICE & APPLICATIONS'. A left sidebar lists course topics under 'UNIT 1' and 'UNIT 2'. The main content area features a 'Session Topics' section for 'Introduction to CARS Passages' with a brief description. Below this is a timeline of activities: 1. 'Before Class' (Review CARS Chapters 1-5), 2. 'Class Session' (CARS: Intro to the MCAT and CARS Passages, with a 'Download CARS 1 Lesson Book' link and a circled 'JOIN SESSION' button), and 3. 'After Class' (Complete CARS Session 1 Lesson Book Homework). A calendar icon indicates the session is on 'AUG 04' from '1-4:00pm ET' and is 'LIVE'.

Kaplan Features

Kaplan offers other resources in addition to the MCAT course and full length practice tests that are offered in the “MCAT Prep – Live Online course”.

- **The MCAT Channel** – *The MCAT Channel* is a revolutionary new way to prep for MCAT. We’ve designed the channel as a way to give each student unlimited access to Kaplan’s top-rated MCAT faculty for live, elective instruction six days a week.



The screenshot displays the 'THE MCAT CHANNEL' interface. At the top, a red banner features the channel's logo and name. Below this, a dark grey section highlights 'Thursday, May 11, 2017' with two live sessions by Rebecca Stover:

- 6:00 PM - 7:00 PM CDT:** **Structural Organic Chemistry: Projections and Principles of Isomers**. Description: 'Do you have difficulty interpreting 2D representations of 3D molecules? Then this interactive lesson including 3D models is for you! Learn all about molecular structure, projections, and nomenclature in this lesson!' Includes a 'JOIN NOW' button and an 'Add to Calendar' link.
- 7:00 PM - 8:00 PM CDT:** **Structural Organic Chemistry: Configuration and Chirality**. Description: 'In this session, we'll demystify the configurations of organic molecules, and we'll get some clarity on chirality. Why? So you can conquer every question about them on the MCAT.' Includes a 'JOIN NOW' button and an 'Add to Calendar' link.

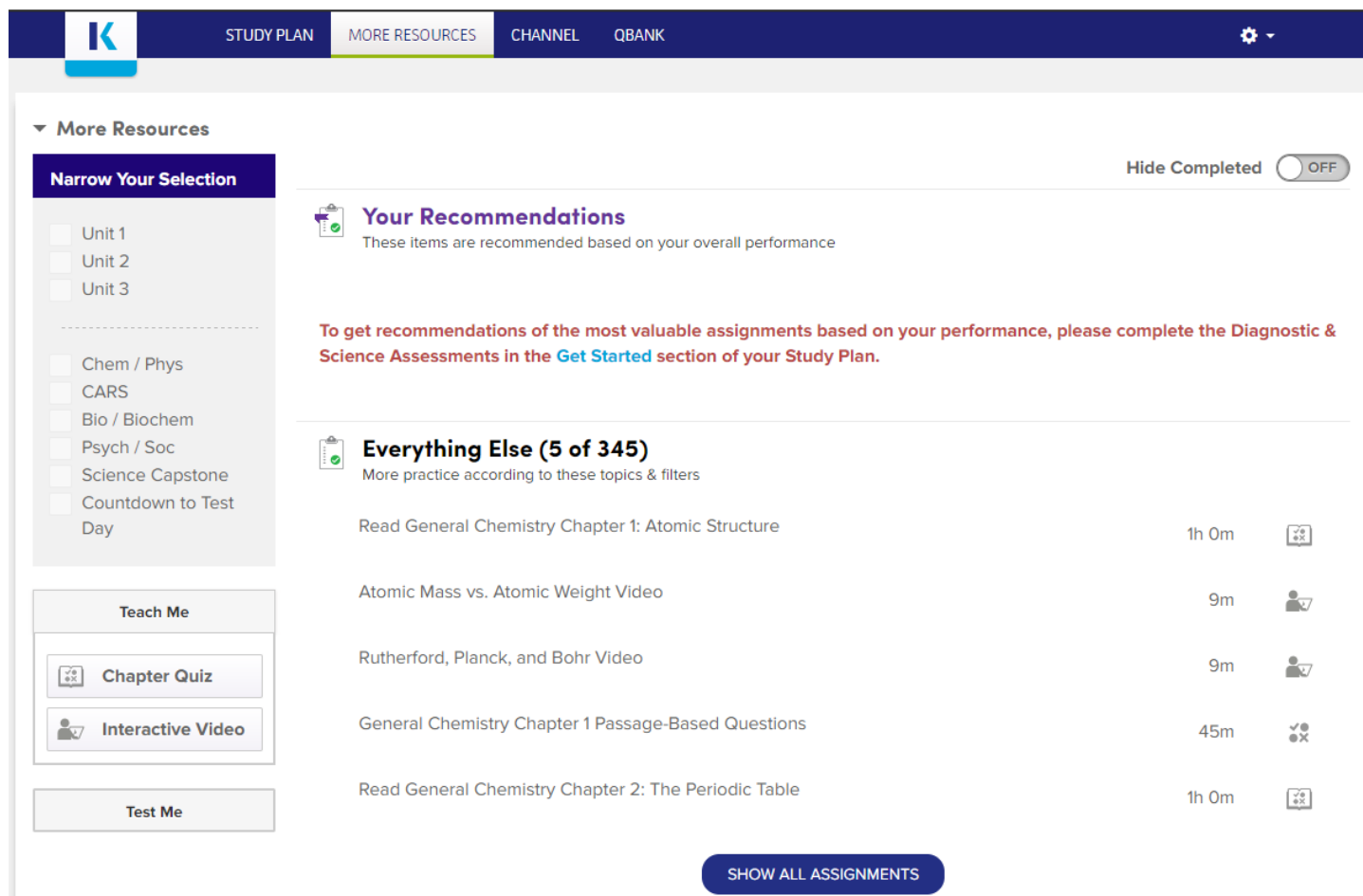
Below the sessions are two filter buttons: 'UPCOMING' (highlighted in red) and 'RECORDED' (grey). A date filter 'Thu, May 11, 2017' is also present. On the left, a 'Subjects' sidebar includes 'Select All', 'Behavioral Sciences', and 'Biochem and Mol Bio'. The main content area shows a recorded session:

- 8:00 PM - 9:00 PM CDT:** **The Cell** by Tami Miller. Description: 'Let's see how the fundamental unit of life - cells - work. We'll take a tour of the organelles and explore how prokaryotes organisms change their genome through conjugation, transduction, and transformation.' Includes an 'Add to Calendar' link.

- **Full-Length Tests** – 13 Kaplan Full-length tests (including the diagnostic) and 4 AAMC exams are available. The **minimum** required number of full-length tests have been scheduled and you should complete each one by the required deadline.

Kaplan Features cont.

- More Resources and Smart Reports** – Custom “playlist” of topics you’re having trouble with in quizzes, full lengths, and class assignments. Your Smart Reports tool will help you study efficiently by focusing on the specific areas where you need the most assistance and can see the highest score increase on test day.



More Resources

Narrow Your Selection

- Unit 1
- Unit 2
- Unit 3

- Chem / Phys
- CARS
- Bio / Biochem
- Psych / Soc
- Science Capstone
- Countdown to Test Day

Teach Me

- Chapter Quiz
- Interactive Video

Test Me

Your Recommendations
These items are recommended based on your overall performance

To get recommendations of the most valuable assignments based on your performance, please complete the **Diagnostic & Science Assessments** in the **Get Started** section of your Study Plan.

Everything Else (5 of 345)
More practice according to these topics & filters

Read General Chemistry Chapter 1: Atomic Structure	1h 0m	
Atomic Mass vs. Atomic Weight Video	9m	
Rutherford, Planck, and Bohr Video	9m	
General Chemistry Chapter 1 Passage-Based Questions	45m	
Read General Chemistry Chapter 2: The Periodic Table	1h 0m	

SHOW ALL ASSIGNMENTS

- MCAT QBank** – On demand MCAT questions.

Questions for Kaplan?

Please don't hesitate to reach out if you have any questions.

In-Class | Chat questions to your instructors before, during, or after class.

By Email | Email your instructors if you have questions about content, structure, strategies. Email Service Consultant Ashley Valadez at Ashley.Valadez@kaplan.com with other questions or concerns

By Phone | For Technical Support call 1-800-KAP-TEST.

Additional Notes

Kaplan Recommendation Engine

Throughout the course, your activity will be trackable via your syllabus and "SmartReports". SmartReports will contain all of your quiz and test scores. Every time you take a quiz, complete a section test or topical test, or take a Full-Length Practice MCAT, your results will upload into SmartReports.

At first, there will not be a lot of data because you've just started the program. Eventually you will see quiz scores, and as you move further into the course, you will begin taking section tests and eventually full-length exams.

Once this data starts building, you'll begin to see how you are doing overall and the **Recommendation Engine** will begin to generate recommendations on which areas require improvement. This feature is unique to your performance and varies from student to student.

Full-Length Practice Tests and Subject Tests

There are several subject tests available within your online account to take at any time. *Do not waste full length exams to know how you're doing in only one area.* **Save the full-length tests for full length practice!** These will become essential for practicing in weeks leading up to the actual exam.

Wisdom from JAMP Medical School Students

- Please do not procrastinate with your MCAT preparation! In time, that will catch up with you and will leave you overwhelmed and pressed for time.
- *Some modules will take longer to complete than others.* This is all very manageable if you stay on top of it. Be proactive and work through the assignments with purpose.
- **Do not sabotage yourself** and allow a recording to play through muted so it checks off, or complete a quiz quickly for completion without effort, or sign into your LOL class and not participate. *This will only serve to be a detriment when you take full length exams and certainly on the actual exam.*
- It is not wise to purposefully perform poorly on the exam. This score will be reported by AAMC for several years and will be accessible to medical school admissions officers for all future score reports.
- Get your practice in! **The number of full-length exams scheduled is the bare minimum.** Successful JAMPers take as many Full-Length Practice Exams as possible!

Your Resources

If you have any **technical issues**, please contact KapTest Tech Support at 1-800-KAP-TEST or at customer.care@kaplan.com.

If you have any **questions or issues regarding any of your Kaplan Resources**, please contact Ashley Valadez, Institutional Service Consultant, Kaplan Partnership Solutions at (505) 289-0622 or at Ashley.Valadez@kaplan.com.

For any **JAMP-related questions, absence notifications, or any other issues**, please call Dr. Joel Robles, Program Coordinator at the Joint Admission Medical Program office at (512) 499-4352, or at jrobles@texasjamp.org.



Joint Admission Medical Program