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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 first encounter this next set of standardized exams following your second year in medical school.

JAMP Expectations

Testing Requirements
The JAMP Council voted in July 2015 to adjust the MCAT requirement for the program to reflect the general applicant pool to medical school with regards to the changes to the MCAT.

JAMP participants must take the MCAT by the final test date offered in April 2016 deadline. The minimum MCAT score that must be achieved to qualify for Medical School will be a total score of 499 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 last test date in April 2015.

Attendance
• Class attendance and completion of related assignments is required.
• If you have a conflict with any given class, you must email Enrique Jasso (ejasso@texasjamp.org) 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 Enrique Jasso (ejasso@texasjamp.org) and your JFD. Records of these absences will be kept and reported to the JAMP Council for future consideration.
• There are two class offerings: Tuesday or Wednesday. If you have an situation where attending the other class would be helpful to your schedule, you must request permission to attend the class for which you are not scheduled PRIOR to the class date. This may occur only minimally as attendance will be taken at each class and verified with those who are signed up for each one.
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://www.aamc.org/students/applying/mcat/register/417816/2015-mcat-registration-fees.html.

Fee: $300

- 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 2016 MCAT will take place in late October 2015. I will notify you when registration opens and provide a deadline by which you need to register. 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 $300 to $115. The Fee Assistance Program application is now available for the 2016 test dates.

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.

With the score range and subject area changes that took place in 2015, it’s beneficial to see how current medical school applicants/matriculants fare to help you calibrate your performance to be more competitive for the JAMP Match.

Below are the average MCAT scores the medical school class of 2014.

<table>
<thead>
<tr>
<th>Medical School Entry Year 2014</th>
<th>Total Applicants</th>
<th>Total Matriculated</th>
<th>Average GPA</th>
<th>Average MCAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>TMDSAS Schools*</td>
<td>5033</td>
<td>1634</td>
<td>3.72</td>
<td>30.6</td>
</tr>
<tr>
<td>Baylor College of Medicine (EY2015)</td>
<td>7600</td>
<td>185</td>
<td>3.86</td>
<td>34</td>
</tr>
</tbody>
</table>

Includes data from Texas A&M Health Science Center-College of Medicine, Texas Tech University Health Sciences Center School of Medicine, Texas Tech University Health Sciences Center Paul L. Foster School of Medicine at El Paso, The University of North Texas HSC - Texas College of Osteopathic Medicine, The University of Texas Health Science Center at Houston Medical School, The University of Texas School of Medicine at San Antonio, The University of Texas Medical Branch at Galveston, and the University of Texas Southwestern Medical Center at Dallas.
Accessing Your Kaplan Online Study Plan

Logging in to Kaptest
Go to www.kaptest.com & click “Login” to the left of the search box at the top.

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.
Accessing MCAT Online Course
In the “My Courses” section of your account homepage, click on the “MCAT Advantage – Anywhere” link.

Begin with the “Get Started” section of the Study Plan. Watch the Orientation video (7 min.) and read the Welcome Message.
**Diagnostic Exam**
Block out time to complete the Diagnostic Exam (4 hrs) and the Science Assessments (2 hrs). The Diagnostic Exam should be taken in one sitting. *You must complete your Diagnostic Exam by the due date provided in the course schedule.*

**Class Preparation**
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.

Later in the course, you’ll be able to see recommended assignments and additional filters, which will allow you to sort by Teach Me / Test Me asset types.
Accessing Class Sessions
Login to each live class session 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.
Kaplan Features
Kaplan offers other resources in addition to the MCAT course and full length practice tests.

- **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.
- **Full-Length Tests** – Kaplan Full Length Tests now available – use only when required! AAMC Practice Test coming Fall 2015; AAMC Sample Test now available.
- **Recommendation Engine** – Custom “playlist” of topics you’re having trouble with in quizzes, full lengths, and class.
- **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 Kaplan at customer.care@kaplan.com.
- **By Phone**  |  Call Tech Support at 1-800-KAP-TEST.


### Kaplan Recommendation Engine

Throughout the course, your activity will be traceable 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 JAMPers

- 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.

### Your Resources

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

If you have any questions or issues regarding any of your Kaplan Resources, please contact Rachael Ochoa, Institutional Service Consultant, Institutional Program and Partnership Development at (505) 870-5985 or at [rachael.ochoa@kaplan.com](mailto:rachael.ochoa@kaplan.com).

For any JAMP-related questions, absence notifications, or any other issues, please call Enrique Jasso, Program Coordinator at the Joint Admission Medical Program office at (512) 579-5129, or at [ejasso@texasjamp.org](mailto:ejasso@texasjamp.org).