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Introduction

Congratulations again on your acceptance to the Joint Admission Medical Program (JAMP). We are so excited to have you as part of the program! As you are no doubt aware, students who participate in JAMP must take the Medical College Admission Test® (MCAT®) and achieve/exceed a minimum score set forth by the JAMP Council. To ensure that you have the best chance possible at meeting this requirement, you will be taking a MCAT® preparation program provided by Kaplan.

This handbook is designed to give you an overview of the preparation program as well as what is expected from you. The 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. Therefore, it is important for you to learn to combine MCAT® test taking strategy with content mastery.

Ultimately, if you put the hard work in, your efforts will be rewarded. As you go through this handbook, if you find yourself having a question, make sure that you reach out. You have a long journey ahead of you and a lot of people in your corner. The students who succeed in this program take advantage of the resources that are out there.

Dr. Joel H. Robles
Associate Director – JAMP
Your Responsibilities

How the MCAT® Preparation Program is structured

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:

- **Phase 1 – CARS Enrichment**
  - Conducted over the first Summer Internship.
- **Phase 2 – Science Enrichment**
  - August 2021 – December 2021
- **Phase 3 – Live Online Classes**
  - January 2022 – April 2022

Attendance and participation

Class attendance, participation and completion of related assignments is required through all phases in the MCAT® prep. If you have a conflict with any given class or if you are unable to keep up with the requirements of the MCAT® prep, you must email Dr. Joel Robles at jrobles@texasjamp.org and your JAMP Faculty Director (JFD).

Required Tests/Exams & Coursework

Throughout each phase of the MCAT® prep program, pre work, post work and full-length exams will be taken to measure your knowledge. The completion of this work and exams is required to be completed with established deadlines.

MCAT® Logistics

When you need to take the MCAT®

JAMP participants must take the MCAT® by the specified test date in **April 2022**. The minimum MCAT® score that must be achieved to qualify for medical school in JAMP will be a total score of 502 with no section score less than 124.

Make sure to note that participants who fail to meet this requirement may be dismissed from the program.
Registration
You are solely responsible for registering for the MCAT®.

Please view the AAMC’s MCAT® page for all info pertaining to the exam. You can find it here. When registration opens, it will be crucial to have the money ready to pay for the exam. You should set aside some of the summer internship stipend you received to cover the exam registration fee.

Fee Assistance Program (FAP)
You may qualify to have your fee reduced from $320 to $130 (current as of 5/11/21).

When you are approved for the Fee Assistance Program (FAP), note the following periods of benefits eligibility (current as of 5/11/21):

<table>
<thead>
<tr>
<th>If your application is approved:</th>
<th>Your benefits expire:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 1 - Dec. 31, 2020</td>
<td>December 31, 2021</td>
</tr>
<tr>
<td>Jan. 1 - Dec. 31, 2021</td>
<td>December 31, 2022</td>
</tr>
<tr>
<td>Jan. 1 - Dec. 31, 2022</td>
<td>December 31, 2023</td>
</tr>
</tbody>
</table>

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

For more information about FAP, click here.

In Summary
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 have put into preparation for medical school.
It may be beneficial for you to see how the most recent medical school applicants/matriculants scored on the MCAT® and their average GPA. This data can help you understand the level of preparation you must undertake to ensure that you can be competitive.

**Selected Statistics from the TMDSAS**

**Medical School Applicants and First-Year Enrollees**

**2020 Entering Year Final Statistics**

<table>
<thead>
<tr>
<th>Applicants:</th>
<th>6093</th>
<th>Matriculants:</th>
<th>1815</th>
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</table>

<table>
<thead>
<tr>
<th>Matriculants (Average)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>GPA</td>
<td>3.79</td>
</tr>
<tr>
<td>BCPM GPA</td>
<td>3.71</td>
</tr>
<tr>
<td>MCAT® Total</td>
<td>510.8</td>
</tr>
<tr>
<td>Chemical and Physical Foundations of Biological Systems</td>
<td>127.7</td>
</tr>
<tr>
<td>Critical Analysis and Reasoning Skills</td>
<td>126.8</td>
</tr>
<tr>
<td>Biological and Biochemical Foundations of Living Systems</td>
<td>127.9</td>
</tr>
<tr>
<td>Psychological, Social, and Biological Foundations of Behavior</td>
<td>128.4</td>
</tr>
</tbody>
</table>

*Source*
Accessing Kaplan Resources

Logging in to Kaptest

To access your Kaplan resources, first navigate to www.kaptest.com/login

Login with your email address and password.

If you do not 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 Resources” link under the appropriate section to access class materials.

**CARS Foundations**

**MCAT Online Course**

**Online Resources and Exams**

Portions of the MCAT® preparation program may require you to complete a Pre-Test for CARS course and a Baseline Exam for the MCAT® course (examples 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! You have access to a wealth of information designed to help you be successful.

**First Steps**

Become familiar with the resources in your course under the “Get Started” tab. These short videos will help you understand how the resources work together.
Baseline Exam - The MCAT® Baseline is found under the “Unit 1” tab, “Find Your Baseline”. This is AAMC full length exam #1 and will mimic the official MCAT® in length, question content and difficulty. It will take you ~7.5 hours to complete.

There are several reasons we want you starting off with a full-length exam right out of the gate. The first is that it sets a baseline for your studies — it allows you to diagnose your areas of opportunity to be able to study most efficiently which is the name of the game when you are trying to fit somewhere around 300 hours of studying into your schedule.

Taking an AAMC exam as you begin your prep also allows you to get exposure to the way the testmaker writes questions. The MCAT® is unlike the exams most people take during their undergraduate studies. It is a passage-based exam that requires content knowledge and critical thinking skills - we want you to start practicing those skills right away.

The best way to approach this test is without preparation and in the most test-like way possible meaning you will want to take all of the sections in one sitting sequentially. Use a mouse (not a trackpad) on the computer, if possible.
Full-Length Tests and Test Review—11 Kaplan Full-length tests 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.
Test Review is an important part of your course. This provides you with crucial feedback on both your strengths and weaknesses so that you can both see your progress and focus your prep on your areas of opportunity.

Class Preparation
During the MCAT® preparation, specific work is required before and after your class. In these instances, preparation for the class will be accessed from the “Study Plan” section of the course.

Prepare for each class by selecting the upcoming Unit & Session on the left, and then complete the “Start Here” and the “Recommended for You” assignments.
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 do not 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.

3  Attend Class

Chem/Phys 1: Foundations of MCAT Science

In this session, you’ll cover 2 High-Yield Science lessons and MCAT Skills lessons 1.1 and 8.2. If you don’t have your Lesson Book, print the Lesson Book chapters for this session.

If you need to make up your live scheduled session, watch the Lesson On Demand below or use the make-up finder to search for a live make-up session.

After Class Work

4  After-Class Work

Interactive Video  20m
High-Yield Science: VSEPR Theory
PDF  45m
Chem / Phys 1 Lesson Book Extra Practice
Channel
Chem/Phys 1 On the MCAT Channel

After each live class session, you will have homework to complete which can be videos, lessons from your books, MCAT® Channel sessions, etc. These are very important assignments to complete and will continue to drive the personalized recommendations for those topics you might be struggling.
Supplemental 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”. These include the MCAT Channel, Adaptive QBank Digital Flashcards, and Performance Recommendations.

Incorporating the MCAT Channel

The MCAT Channel contains more than 90 1-hour sessions that go into more depth on specific MCAT® topics. These sessions cover both content and strategy and should be used to boost your understanding for any content areas for which you need some extra help.

Sessions are best viewed live, but you can watch any session on-demand using the “Recorded” sessions tab. The schedule of sessions is available weeks in advance, so plan by looking at when sessions will be happening live that you would like to attend and add them to your calendar.

MCAT Channel sessions can be sorted by topic, question type, and teacher. You have many options for content review as well as strategy review sessions. Our top-rated faculty are at your fingertips every step of the way.
Adaptive QBank

The absolute best way to ensure that you are prepared for the MCAT is to practice answering multiple-choice questions. It's not practical (or even advisable) to sit down to take a full-length test or even just a section test every day, and often you'll want to target content that you've recently studied.

Your Adaptive QBank will make recommendations based on your previous performance and will allow you to create quizzes that drill down to specific topics and subtopics. Want to try a ten-question quiz on Compounds and Stoichiometry? You got it. As with all practice, be sure to review your work with complete answers and explanations to see where you should focus your studying next.
Digital Flashcards

Some knowledge on the MCAT requires rapid recall of essential facts. The flashcards available to you through your online study plan make use of spaced learning in order to maximize your efficiency and effectiveness in reviewing this sort of material.

Your rating of confidence for each flashcard you see, as “Again”, “Good”, or “Easy”, determines how long it will be until you see that flashcard again. Your syllabus is mobile friendly so these Flashcards can be used anywhere.

More Resources and Performance Review

A custom “playlist” of topics you are having trouble with such as quizzes, full lengths, and class assignments. Your Performance Review 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.
Questions for Kaplan?

Do not hesitate to reach out if you have any questions.

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

By E-mail | E-mail your instructors if you have questions about content, structure, strategies. E-mail the Kaplan Service Team at KPS_Service@Kaplan.com with other questions or concerns.

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

Accessibility Needs | E-mail the Kaplan Accessibility Team at accessibility@kaplan.com.
Additional Notes

Kaplan Recommendation Engine
Throughout the course, your activity will be trackable via your study plan and "Performance Review Reports". These reports will contain all your quiz and test scores. Every time you take a quiz, complete a section test or placement quiz, or take a Full-Length Practice MCAT®, your results will upload into Performance Review Reports.

At first, there will not be a lot of data because you have just started the program. Eventually you will see quiz scores and placement tests, 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 will 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 are 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 live online 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 the Institutional Service Team, Kaplan Partner Solutions at KPS_Service@Kaplan.com.

For accessibility needs, e-mail the Kaplan Accessibility Team at accessibility@kaplan.com.

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