



MCAT RESOURCE GUIDE

Major MCAT resource companies and what they offer

| KAPLAN | PRINCETON | EXAMKRACKERS | ALTIUS | BLUEPRINT | JACK WESTIN |
|--|---|---|---|--|---|
| Live Online each \$2,499 – 2,999 | In-person / Online from \$2,549 | OnDemand Course (12 Weeks) each \$1,745 | Mentoring Programs/ Lecturing Programs each \$2,499 – 6,999 | Online classes \$1,799 – 2,499 | MCAT CARS Strategy (Self-paced; 4-12 Wks) \$950 |
| Self-Pace \$1,799 – 2,299 | Self-Paced from \$1,499 | Live Online Class \$1,895 | Full Summer Immersion Program \$8,499 – 9,999 | Live Classes \$2,499 | MCAT Sciences Strategy and Content (Self-paced; 3-6 Mon) \$950 |
| Tutoring \$3,699 – 6,899 | Winter Bootcamp from \$2,549 | Forum Memberships \$19.99 – 29.99 | | Tutoring \$3,200 for 16 hrs.- \$5,899 for 40 hrs. | Complete MCAT (Self-paced; 3-9 Mon) \$1,450 |
| Summer Intensive \$6,999 | 515+ Immersion from \$6,699 | Exams / Books from \$34.95 | | Full Length MCAT Exams \$99-399 | Other Resources (Qbank, Workshops, Blogs and Podcasts, Flashcards, etc.) FREE |
| | Private Tutor \$183/hr | Tutoring Sessions \$300 - \$3,900 | | Qbank \$249 - 399 | |

*There are others not listed here. We do not endorse any one of the companies. Be a diligent consumer.

HOW TO CHOOSE AN MCAT PREP COURSE

Ask yourself:

- **Is the company MCAT-focused and not a general standardized test prep school?**
- **Is the course taught by subject experts?**
 - ✓ Make sure to check qualifications of the instructors.
 - ✓ Check if instructors have/exhibit knowledge and experience in the medical fields.
- **Which course format best suits my needs?**
 - ✓ Look for a course that offers regular, classroom-style lecture sessions (whether in-person, online or self-paced).
 - ✓ Make sure they give you clear guidance how to utilize the lecture sessions and other study tools. (Avoid schools that just sell study materials without guidance).
 - ✓ Look for an MCAT prep course that includes review sessions of topics *frequently tested* on the exam.
 - ✓ Make sure they have *various study options* based on individual learning style.
- **Does the course offer practice exams?**
 - ✓ The best way to utilize practice exams is generally to start by taking them under low-pressure conditions: open book, without a time limit. As test day gets closer, start taking practice exams under simulated test conditions (Not at home on your laptop; a public computer lab with ambient noise).
 - ✓ Make sure the prep course offers you *access to the official AAMC practice exams* for the MCAT.
 - ✓ Results on the official AAMC tests are the best predictor of what scores you can expect on the actual exam. Finding a company that provides AAMC tests with the course also saves students from buying them separately.

- ***Does it fit my budget?***
 - ✓ Look for special discounts.
 - ✓ A prep course that will actually improve your score can be seen as a worthy investment!
 - ✓ Price of a program does not necessarily ensure quality. Be a smart consumer!
- ***Does it fit my timeline and test schedule?***
 - ✓ Make sure the length of prep course will fit to your MCAT prep schedule.
 - ✓ The courses usually vary from 1 month to 12 months.