

Examrackers MCAT Preparation

Comprehensive Class Format

Our Comprehensive MCAT Course begins exactly ten weeks before the MCAT. Although some believe that starting earlier is better, our research has shown that ten weeks of study, and no longer, produces the maximum MCAT scores. High scores from Examrackers students prove this to be true. Longer study can result in loss of focus, memory loss, and a lower score. Ten weeks works best for most students.

The course begins with a full length simulated MCAT exam. This exam acts as an MCAT diagnostic, but more importantly, it is your introduction to the MCAT. You become immediately familiar with the format of the MCAT and its method of testing. After taking your first simulated MCAT you understand what your instructor means when he refers to 'how' the MCAT may ask a question.

Typically, two 2-hour classes are offered on two days each week; either Monday and Wednesday or Tuesday and Thursday from 6 pm to 10 pm. You need to attend both nights. Each four-hour evening is broken into two 2-hour Lecture-Test-Review periods covering one topic each. For instance, Monday 6 pm to 8 pm may include a 50-minute physics lecture, a 10 minute break, followed by a 30 minute MCAT physics exam, and a 25 minute review of that exam. 8 pm to 10 pm would be the same format but inorganic chemistry would be taught. Wednesday would be the same format but biology and verbal would be taught instead of physics and chemistry. Verbal is replaced by organic chemistry later on in the course. Verbal and organic chemistry are given fewer classes because there is less to know for MCAT in those subjects. Verbal is given before organic chemistry because verbal skill is based more on technique than memory, and learning verbal technique early allows strategies to be perfected throughout the course. Organic chemistry tends to be more memory-based and needs to be reviewed closer to the MCAT so that it is not forgotten.

During the ten-week period, there is a one-week break with no classes. Many students use this week to catch up on their homework or shore up weak areas. We strongly suggest that you take at least three days in a row to rest. Resting now will improve your efficiency and, ultimately, your MCAT score.

With Examrackers, you finish reviewing all the science content a full week before you take the real MCAT. The Saturday before the MCAT, you are at your MCAT peak. Now we hold you there for one week, Zen Week. Many students not taking Examrackers prepare themselves for the intellectual aspect of the MCAT only to fall apart emotionally on MCAT day. This is a serious threat to your MCAT score that Examrackers deals with directly. During Zen week, you have only one class given early in the week that focuses on the mental aspect of taking the MCAT. We discuss with you eating habits during the week and on test day. We discuss parking, travel, and lunch arrangements. We discuss studying and exercise for the week. We discuss disaster scenarios on MCAT day and how to handle them. We mentally walk you through test day and suggest that you repeat this exercise each day during

Zen Week. Zen Week is a valuable part of your experience with Examrackers and an important protection to your MCAT score. Only Examrackers has Zen Week.

Having read this page, it should be clear to you that Examrackers has made a serious effort to provide you with the most productive format possible for your MCAT preparation. We encourage you to compare the preparation formats of our competitors. Examrackers, more than any other prep course, is carefully designed for your success.

The MCAT Extra

The MCAT Extra may or may not be for you. The MCAT Extra is designed for any one of the following student types:

- 1) students who haven't taken their basic science classes recently
- 2) students who feel weak in physics, chemistry, or verbal
- 3) students who are determined to begin their MCAT studies early

Believe it or not, simply extending the length of a successful prep course typically decreases scores. Students forget what they learned early on, run out of energy over the longer course and fail to reach the intensity necessary for a strong MCAT score. The MCAT Extra is NOT an extended version of the comprehensive course. Instead, it is basically a prep course for the prep course. MCAT Extra students meet for nine 3-hour classes before joining the Comprehensive course from the beginning. During these initial nine meetings, the MCAT Extra focuses on the most conceptual parts of the exam (verbal, physics, and chemistry) where additional practice of technique is most likely to result in MCAT score increases. Each of the nine classes begins with an in-depth analysis of verbal homework. In science studies there is an emphasis on working problems. Class size is kept small (limited to 8 students but typically fewer) to maximize personal attention. In addition to the Comprehensive materials, MCAT Extra students receive the "1001 MCAT Questions" series of books and an Extra verbal package.

The CBT

Examrackers provides students with 5 AAMC exams in the actual CBT format. The computer-based format and the reduction in length are the most important changes to the 2007 MCAT. By practicing with real AAMC CBT exams, EK students become accustomed to the timing and computer environment of the new MCAT. Premeds taking the Examrackers MCAT prep course should be quite comfortable and confident when they sit down in front of the computer to take their own MCAT.

Practicing with exams that are not accurate can actually throw off timing, alter expectations, and even lower MCAT scores. Premeds should be aware that some companies are offering their own MCAT exams using timing that is not like the real MCAT. Before signing up with any prep company, Examrackers suggests that students be certain that they are offering simulated computer based exams accurately timed with accurate tests. In other words, be sure you are signing up with Examrackers.

