

Suggested Methods/Materials for MCAT Preparation

The MCAT was developed and is administered by [AAMC](#). It is offered 31 times a year. Do your research and learn as much as you can about the [MCAT](#) before you take it.

Register for the MCAT

- Create a [AAMC account](#) and [register](#) by following on screen instructions
- Opens in October for the January-May test dates
- Opens in February for the June-September test dates
- Can choose your test center and date at the same time

Review for the MCAT

There are many ways students choose to review for the MCAT ranging from online or in person prep courses to test prep books. UND is a [Kaplan Test Prep](#) partner and offers a discount to UND students for their Online (formerly Live Online) and DIY (formerly Self-Paced) courses. There are additional materials available to prepare for the MCAT. Below you will find review materials that previous students have utilized.

[AAMC](#)

- Official Guide written by the developers of the exam, practice questions and tests

[Kaplan](#)

- [Prep Courses](#), subject [review books](#), and adaptive [Qbank](#)
- Testing strategies, practice questions, explanations, practice tests
- If you opt for a Kaplan course, be sure to [register through UND](#) to receive a discount

[Princeton Review](#)

- [Prep Courses](#) and subject [review books](#)
- Testing strategies, practice questions, explanations, practice tests

[ExamCrackers](#)

- Prep Courses and subject review books

[Destroyer](#) by Orgoman

- Review for Organic Chemistry and Physics

[UWorld](#)

- Qbank with 2,000+ MCAT-style questions and digital flashcards

Suggested Timeline for MCAT Preparation

Fall semester

- ⇒ Register in October for January-May test dates
- ⇒ Learn as much as you can about the test
- ⇒ Choose test date and make a study plan for spring semester
- ⇒ Get review materials

Spring Semester

- ⇒ Register in February for June-September test dates
- ⇒ Review and take practice tests

Late May or Early June

- ⇒ Take MCAT

June

- ⇒ Work on AMCAS (try to submit by July 1st)

July-August

- ⇒ Retake MCAT if necessary