

## MCAT Registration and Preparation

The MCAT is developed and administered by the [Association of American Medical Colleges \(AAMC\)](#). Prepare yourself for the MCAT by reviewing the [MCAT Essentials](#) well in advance – ideally before registration.

### **Register for the MCAT**

- Create an [AAMC account](#) and [register](#) by following on screen instructions
- Opens in October for the January-June test dates
- Opens in February for the July-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 prep courses to test prep books to individual review coupled with practice tests. UND is a [Kaplan Test Prep](#) partner, meaning UND students receive a significant discount on Kaplan's Live Online (formerly Online) and On Demand (formerly DIY) courses when they [register through UND's website](#). Below you will find a list of various review materials that previous students have utilized and recommended.

#### [AAMC](#)

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

#### [Kaplan](#)

- Prep courses, subject review books, practice tests, 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

#### [Khan Academy](#)

- Free content review videos and practice questions supported by the AAMC

#### [Altius](#)

- Self-paced courses, practice exams, tutoring and mentoring programs

#### [UWorld](#)

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

#### [Anki Flashcards](#)

- Free flashcard app. Create your own cards or download a pre-made deck
- Utilizes a spaced repetition system for maximum retention

#### [Jack Westin](#)

- Combination of free materials (especially for CARS) and review courses (which require payment).

#### [Blueprint](#)

- Prep courses and subject review books
- Testing strategies, practice questions, explanations, practice tests

#### [Princeton Review](#)

- Prep courses and subject review books
- Testing strategies, practice questions, explanations, practice tests

#### [ExamCrackers](#)

- Prep Courses, subject review books, tutoring

#### [Destroyer](#) by Orgoman

- Review for Organic Chemistry and Physics

## Suggested Timeline for MCAT Preparation and AMCAS/AACOM Application

### **Fall semester**

- ⇒ Register in October/November for January-June test dates
- ⇒ Select review materials and make a study plan for spring semester

### **Spring Semester**

- ⇒ Review and take practice tests

### **Spring Break**

- ⇒ Fill out [WICHE](#) forms if applicable (MED: CNMI, MT residents; OSTEO: AZ, SNMI, MT, WY residents; POD: AK, AZ, MT, UT, WY residents)

### **Late May or Early June**

- ⇒ Take MCAT

### **June**

- ⇒ Work on AMCAS/AACOM (aim to submit by end of June - rolling admissions, beneficial to apply early in the application process)

### **July-August**

- ⇒ Secondary applications (aim to submit within 2 weeks of receipt)