**Prioritize coursework over MCAT:** studying for your classes will be studying MCAT content. However, your Kaplan materials can serve as excellent supplemental material as you encounter the content in class.

* Follow Kaplan Syllabus so you are reading/watching/quizzing Kaplan resources that correspond to what you are learning in your UVA classes
* Reading corresponding Kaplan book chapters
  + Some found reading to be sufficient, others took detailed notes on Kaplan reading
  + Always maintain diligent notes from your in-class lectures, re-writing them same day can help cement material
* Watching Kaplan, Khan Academy, or Crash Course videos (you will need to find Khan and/or Crash Course videos on your own)
  + Kaplan & Khan Academy have mobile apps for watching videos on the go- on the bus? At the gym?
  + Take notes on videos: Key concepts and/or those that are difficult or you have further questions about
  + Consider watching at accelerated speeds
* Utilize Kaplan Q-Bank, AAMC Subject & Section Banks, and end-of-chapter questions in Kaplan books to practice problems
  + Use sub-chapter headers to select topics for bank creations
  + You have the option of seeing answers as you go along vs. waiting until the end of the quiz
  + You have the option of selecting timed vs. untimed to complete a quiz
* Focus on high-yield content!

Structuring your studying

* Do one CARS passage daily, possibly increasing to 3
  + Can be timed or untimed
  + Consider including a Psych/Soc passage to complete on a daily basis as well
* Some students prefer longer study sessions vs. scattered practice throughout the week
  + Of surveyed students, 30-90 minutes daily spent on MCAT (this would include timed passages, reading Kaplan books that went with in-class content, watching a video, etc)
  + Set small goals for yourself- Watch # of videos and/or read X & Y chapters before the weekend is over
* Create an MCAT notebook
  + All notes from readings, videos, practice problems, questions, etc. go in here
  + Make your own versions of Quicksheets or study guides
  + Consider getting plastic page covers so you can create a mini-whiteboard to go over problems/write notes again & again without wasting paper
* Create MCAT study groups
  + Consider watching a video and doing a problem set together- then discuss
  + As you see others studying, ask them about what they are learning to discuss material
  + Utilize each other as you bring different strategies/strengths, but keep your eyes on your own mat!
* Schedule practice exams and/or designated practice time
  + Work these around your class exam schedule. Good grades come first!
  + You want to take full-length practice exams on a regular basis that works for you (at least monthly, if not, bi-weekly)
  + Use same testing conditions like it will be for the actual exam!
  + Build test endurance and learn how to overcome testing fatigue
  + ***How can you stay calm and focused in the testing environment?***
  + Continue to subject yourself to the testing environment until it is muscle memory!