Prepare for the MCAT® Exam Using AAMC MCAT Official Prep Resources

There isn’t a right or wrong way to prepare for the MCAT® exam, but knowing how and where to start can be a challenge. The AAMC has developed resources to help you understand the exam, study, and practice for it!

How to Create a Study Plan
Get a six-step guide to help you create your own study plan. Learn more at aamc.org/mcatprep.

Understand
Understand what the MCAT exam is and what it tests.

Interactive Content Tool: What’s on the MCAT Exam?
Read the content lists and watch videos to explore what’s tested in the four exam sections.

The Official Guide to the MCAT® Exam
The Official Guide provides a comprehensive overview of the exam, including information about registration, what to expect on test day, the score scale, and how MCAT scores are used in the admissions process. It also includes 120 practice questions and solutions.

Study
Study with a full complement of materials.

Khan Academy MCAT Collection
The Khan Academy MCAT Collection contains sample content from all four sections of the exam and includes 1,100 videos and 3,000 review questions to help you study. The collection was created by Khan Academy with support and funding from the AAMC and the Robert Wood Johnson Foundation.

Road Maps to MCAT Content
The AAMC reached out to publishers of biochemistry, psychology, and sociology textbooks for detailed information on where to find the concepts you’ll need to know for the MCAT exam.

Learn more about AAMC MCAT Official Prep resources and practice materials at aamc.org/mcatprep.
Practice
Practice with print and online resources written by the test developers. Unless noted otherwise, all resources include both discrete and passage-based questions, as well as solutions to the questions.

**Sample Test**
This 230-question online practice exam has the same features and functionality as the MCAT exam, but it does not provide a scaled score.

**Full-Length Practice Exams**
The 230-question online practice exams have the same features and functionality as the MCAT exam — with the added benefit of a scaled score and percentile rank.

**Question Packs**
Each question pack offers 120 practice questions. Buy the packs individually or as a bundle of six: biology (two packs), chemistry, physics, and critical reasoning (two packs).

**Practice With the MCAT Exam Features**
Practice using the features of the real MCAT exam, including highlight, strikethrough, and flag for review. Access this free resource by logging in to the MCAT Official Prep Hub with your AAMC credentials.

**Complete Bundle**
The complete bundle includes all MCAT Official Prep products at a discount over ordering each product separately.

**Online-Only Bundle**
The online-only bundle includes all online MCAT Official Prep products.

**Section Bank**
The online MCAT Section Bank consists of 300 practice questions in the natural, behavioral, and social sciences, with an emphasis on biochemistry, psychology, and sociology.

**Print and Online Flashcards**
Both the print and online MCAT flashcards contain the same 150 discrete practice questions. You get 25 questions in each of these six disciplines: biochemistry, biology, chemistry, physics, psychology, and sociology.