**MCAT EXPERIENCE SURVEY**

**REGISTRATION**

Did you get a seat on the initial test date that you wanted?

- Yes: 88.9%
- No: 11.1%

How many times did you reschedule the MCAT?

- None: 66.7%
- 1: 22.2%
- 2: 11.1%

**STUDY PLAN**

Did you apply to any of the resource opportunities listed below? Check all that apply.

- None: 100%
- Hawaii Pre-Health Career Corps: 5%
- ASUH Graduate Test Preparation Award: 10%
- Fee Assistance Program: 20%
Did you take a diagnostic test before studying for the MCAT?
- Yes: 92.6%
- No: 7.4%

Did you review class notes to study for the MCAT?
- Yes: 37%
- No: 63%

On average, how many hours a week did you study for the MCAT?
- 0-9: 40+
- 10-19: 30-39
- 20-29: 20-29
- 30-39: 0-19
- 40+:
Did you borrow test prep material from PAC's lending library to study for the MCAT?

- Yes 85.2%
- No 14.8%

How many practice exams did you take?

- 0 5
- 5 10
- 10 15
- 15 20
- 20 25
- More than 5 63%

How did you study for the MCAT? Check all that apply.

- Independent study
- Group study
- Private tutor
- Commercial course preparation

Did you have other commitments while studying for the MCAT? Check all that apply.

- School
- Work
- Shadowing
- Volunteering
- Internship/Fellowship
- Research
- Community service
- Clubs/Organizations
- Family obligations
Rate the commercial test prep company(s) that you used to study for the MCAT in terms of helpfulness.

Berkeley Review

Chegg Test Prep

Kaplan Test Prep

Exam Krackers

NextStep Test Prep

McGraw-Hill

Princeton Review

Khan Academy

UWorld

Other
Did you take your optional breaks? Check all that apply.

Break 1

Break 2

Break 3

What section of the MCAT was the most challenging?

Chemical and Physical Foundations of Biological Systems

Critical Analysis and Reasoning Skills

Biological and Biochemical Foundations of Living Systems

Psychological, Social and Biological Foundations of Behavior

Why was this section of the MCAT the most challenging?

- Lacked recommended preparation courses
  - Needed to self-teach
- Standardized testing can be challenging
  - Time constraint
  - Passages were tough to understand/not interesting
  - A lot of equations to memorize
- Difficult to recall knowledge from classes
  - Classes did not prepare for sections
  - Weak in a certain topic
- Required a different way to practice and review
  - Did not study enough
  - Adapted strategies
- Personal reasons
  - English as a Second Language (ESL)
  - Visual snow syndrome
  - Slow reader
How many times did you take the MCAT?

- More than 3 times: 7.4%
- 3 times: 11.1%
- 2 times: 25.9%
- 1 time: 55.6%

If you retook the MCAT, did you receive a better score?

- Yes: 91.7%
- No: 8.3%

When did you take the MCAT? Check all that apply.

- January: 10
- March: 7.5
- April: 5
- May: 2.5
- June: 0
- July: 0
- August: 7.5
- September: 5

Have you ever voided the MCAT?

- Yes: 11.1%
- No: 88.9%
What advice would you give to someone who is preparing to take the MCAT?

"Content is important, but you can't memorize everything because there is just too much to internalize. Learn as much as you can but focus more on understanding HOW to take the test. Also don't burn out! I made sure to balance my time studying with other things and if I ever felt near burning out, I took necessary breaks."

"Don't be afraid to take the MCAT before taking all of the recommended classes as long as you are motivated to spend more time in those particular areas. It's currently hard to fit in all of those classes based on the Spring/Fall availabilities of UH's classes so just because you haven't taken a class or two don't be afraid."

"Be prepared to study harder than you ever have. Don't go into it thinking that you can just "retake it" if you have a bad score. Study efficiently and be able to self reflect in order to figure out your weaknesses and fix them."

"Research what study techniques are the best for you. Give yourself ample amount of time to review any subjects before you begin doing practice problems. Repeating and going over practice problems are one of the best ways to help study for the MCAT and to grasp the material. Also, when you take the practice tests, make sure you simulate the conditions as well as you can to the actual test day."

"Think of your prep as a marathon -- you'll go through highs and lows and it's important to keep a positive mindset to keep moving forward. It's okay to fail or have a bad day, but don't let that stop you. It's important to take care of yourself while studying. You'll be stressed, but do make the time to exercise, hang out with friends/family, relax, etc. Definitely try to utilize trial periods and any free resources that are available to find what works for you and be the most cost-effective. Everyone has their own schedule, but be sure to allocate enough time because this will require commitment. I strongly advise against doing any studying the day before the test because it'll drive you crazy and you need a good night's rest going into test day. You'll be nervous, understandably so, but what helped me the most was knowing I did everything possible to prepare -- I had to be confident in what I had done leading up to that point and trust myself."