

# MCAT PREP MATERIALS

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## AAMC MCAT Prep Materials

The AAMC provides many free or low-cost study materials. The AAMC's official question packs and sample tests are highly recommended:

- [What's on the MCAT?\(link is external\)](#) - interactive content outline
- [Creating a Study Plan - first steps\(link is external\)](#)
- [Preparing for the MCAT\(link is external\)](#)
- [Khan Academy MCAT tutorials\(link is external\)](#)
- [Sociology & Psychology text book resources\(link is external\)](#) (pdf)

## MCAT Test Prep Companies

About half of our applicants take prep courses, while the other half self study using AAMC and other resources. Beyond studying content, we recommend taking a diagnostic exam for a baseline to use to guide your prep; practicing with online problems and sample exams that replicate the actual MCAT testing conditions, then analyzing your strengths and areas to improve with each set of practice material and adjusting study and preparation strategies accordingly. Princeton students have used the prep companies listed below -- critically evaluate the test prep companies before committing to one:

- [Altius \(link is external\)](#)(offers [free practice exam\(link is external\)](#))
- [Berkeley Review](#)
- [Examcrackers\(link is external\)](#) (provides a [home study "syllabus"\(link is external\)](#))
- [Gold Standard\(link is external\)](#) (offers [free 1/3 length exam\(link is external\)](#))
- [Kaplan\(link is external\)](#) (offers [free practice exam\(link is external\)](#))
- [Next Step\(link is external\)](#) (offers [free diagnostic and one free full length exam\(link is external\)](#))
- [Princeton Review\(link is external\)](#) (offers [free practice exam\(link is external\)](#))

*\*note that our office does not officially promote, sponsor or recommend any test preparation company - we gather information for our students and make it available to them.*