



**MEDSCHOOLCOACH**  
helping you achieve your medical school dreams

# One-On-One MCAT Tutoring

Reach your goal score with personalized instruction from  
99th percentile experts.

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## About This Guide

This guide was created to help you understand the MCAT exam and how working with MedSchoolCoach expert tutors can help you achieve your goal score.

# Quick Facts

## About the MCAT Exam

- The MCAT is a 7.5-hour standardized test that consists of 230 multiple choice questions administered in 4 different sections:
  - Chemical and Physical Foundations of Biological Systems (**Chem/Phys**)
  - Critical Analysis and Reasoning Skills (**CARS**)
  - Biological and Biochemical Foundations of Living Systems (**Bio/Biochem**)
  - Psychological, Social, and Biological Foundations of Behavior (**Psych/Soc**)

### Did You Know?

Medical schools don't accept MCAT scores dating back more than three years. Don't take the MCAT too soon before applying!

Test-Day Certification & Optional Tutorial

14 minutes

**Chem/Phys Section | 59 Questions**

**95 minutes**

Optional Break

10 minutes

**CARS Section | 53 Questions**

**90 minutes**

Optional Break

30 minutes

**Bio/Biochem Section | 59 Questions**

**95 minutes**

Optional Break

10 minutes

**Psych/Soc Section | 59 Questions**

**95 minutes**

Decide whether to void exam or have it scored

3 minutes

Post-MCAT Questionnaire

5 minutes

Total Testing  
Time:  
**7 hrs & 27 mins**

# Why the MCAT Is So Difficult

## MCAT Challenge #1:

### You need to memorize 7 college subjects

The MCAT requires you to memorize facts, concepts, theories, and equations from ALL of your pre-med courses, spanning 7 different college-level subjects.

### FAQ: How long does all this memorization take?

Most experts recommend that students spend 300 hours studying for the MCAT.

MCAT  
Section:

Chem/Phys  
Section

CARS Section

Bio/Biochem  
Section

Psych/Soc  
Section

Content  
Knowledge  
Tested:

General  
Chemistry (30%)\*

None

Biology (65%)

Psychology (65%)

Physics (25%)

Biochemistry  
(25%)

Sociology (30%)

Biochemistry  
(25%)

General  
Chemistry (5%)

Biology (5%)

Organic  
Chemistry (15%)

Organic  
Chemistry (5%)

Biology (5%)

\*Percentages indicate the portion of the questions you'll see on the test for each subject.

# Why the MCAT Is So Difficult

## MCAT Challenge #2:

### You're bombarded with new information

The MCAT is not just about memorization. It also tests your ability to analyze new information introduced in a passage.

### FAQ: How many passages are there per exam?

Each exam features 39 passages total, 10 in each of the three science sections and 9 in the CARS section.

### FAQ: What do MCAT passages look like?

MCAT passages are short (no more than 600 words). However, science section passages also include figures and diagrams to interpret.

#### Passage 3 (Questions 13-16)

*In situ* fluorescence imaging of the skin is used to locate fluorescent bacteria, such as those that cause acne. Fluorescence occurs when atoms or molecules absorb radiation of a given wavelength and subsequently emit radiation with a longer wavelength.

*Propionibacterium acnes* is the pathogen of the acne vulgaris disease. *P. acnes* synthesizes coproporphyrin and protoporphyrin, which are both derivatives of porphyrin, a tetrapyrrole molecule whose structure is shown in Figure 1.

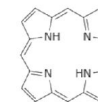


Figure 1 Structure of porphyrin

Researchers performed *in situ* laser-induced fluorescence imaging and spectral analysis of different skin areas of patients with acne vulgaris. They used the fluorescence spectrometer depicted in Figure 2, which employs a  $^{86}\text{Kr}^+$  laser that simultaneously emits radiations of wavelengths 407 nm and 605 nm. Inside the laser, the noble gas is contained in a 11-cm<sup>3</sup> tube. Two prisms were used to select the desired wavelength from the radiations emitted by the laser. A multi-fiber sensor assembly sent the 407-nm wavelength radiation to the skin sample and collected the fluorescence radiation emitted by the skin.

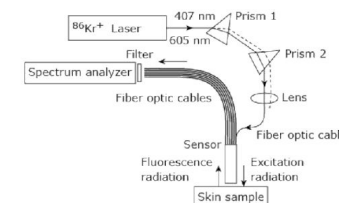


Figure 2 Schematic of the fluorescence spectrometer used for the study of *P. acnes*

Spectral analysis showed that strong fluorescent radiation of wavelengths 604, 622, and 639 nm were emitted from the spots in the skin of the nasal area that contained large amounts of *P. acnes*. A representative fluorescence spectrum is shown in Figure 3. The researchers concluded that the absence of the fluorescence wavelengths from the radiation emitted by the thenar eminence (TE) area of the palm indicated that this area did not contain *P. acnes*.

#### Question 14

What is the molecular formula of the heterocyclic aromatic compound pyrrole?

- ☐ A.  $\text{C}_2\text{H}_3\text{N}$
- ☐ B.  $\text{C}_4\text{H}_5\text{N}$
- ☐ C.  $\text{C}_6\text{H}_7\text{N}$
- ☐ D.  $\text{C}_8\text{H}_9\text{N}$

## Sample MCAT passage and question

# Why the MCAT Is So Difficult

## MCAT Challenge #3:

### You only get 47 seconds...

You need to answer each question within 47 seconds\* to complete the MCAT on time.

#### \*How did we get this number?

1. There are 375 minutes of total testing time & 230 total questions on the MCAT.

Section	Testing Time	Number of Questions
Chem/Phys Section:	95 min	59 questions
CARS Section:	90 min	53 questions
Bio/Biochem Section:	95 min	59 questions
Psych/Soc Section:	95 min	59 questions
<b>Total:</b>	<b>375 min</b>	<b>230 questions</b>

2. Let's assume that you spend 5 minutes reading each passage. Since there are 39 passages, that means 195 minutes of total reading time.

$$39 \text{ total passages} \times 5 \text{ min per passage} = \mathbf{195 \text{ min reading time}}$$

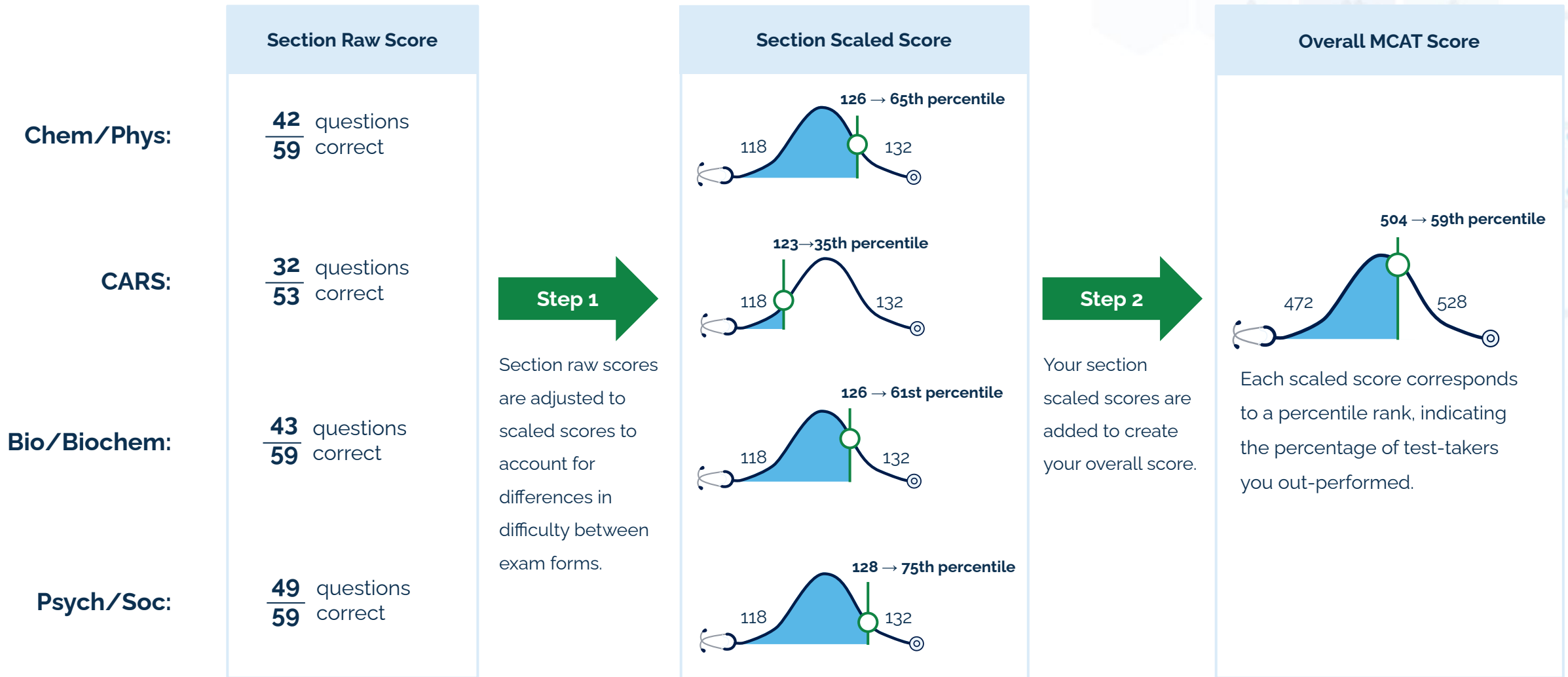
3. If you spend 195 minutes reading, that leaves only 180 minutes to answer the questions.

$$\begin{array}{r} 375 \text{ min total testing time} \\ - 195 \text{ min reading time} \\ \hline \mathbf{180 \text{ min for questions}} \end{array}$$

4. With 230 questions total, this leaves you **47 seconds to answer each question.**

$$\frac{180 \text{ min for questions}}{230 \text{ total questions}} = \mathbf{47 \text{ sec per question}}$$

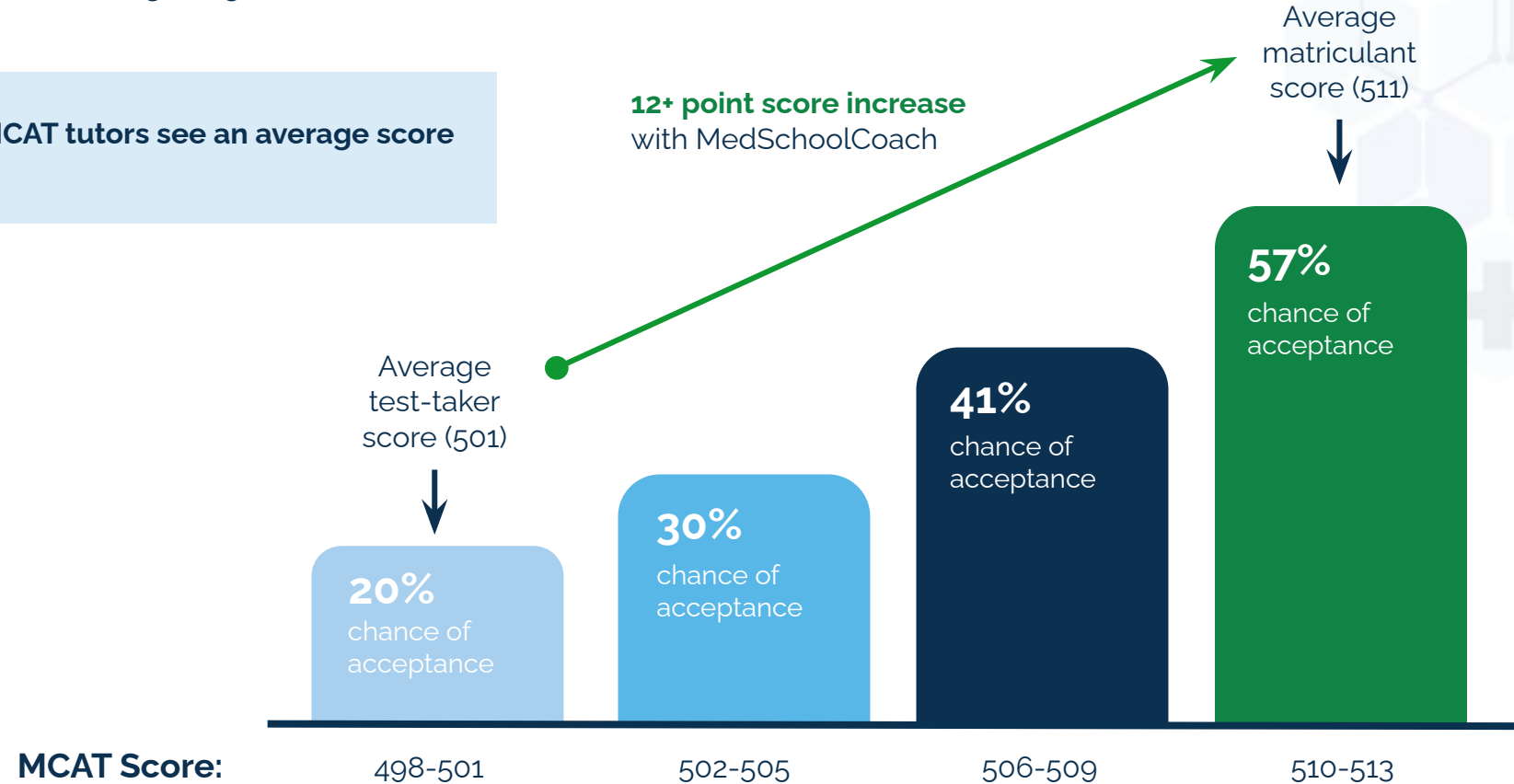
# MCAT Scoring: How it works



# MedSchoolCoach Can Raise Your Score

A low MCAT score can tank your chances of getting into medical school.  
But here's the good news:

**Students who work with our MCAT tutors see an average score increase of 12 points.**



Data reported by AAMC regarding allopathic schools during the 2022-2023 application cycle.



# Trust in Our Proven Record of Success

Our team helps more than 2,000 students a year advance their career in medicine.

**98%** Are satisfied with our help in the MCAT testing and admissions process.

**96%** would recommend our services to a friend.

## MedSchoolCoach

Reviews 592 • Excellent



★ Trustpilot

“

**My tutor, Lejla, is the best!** She has helped me create my own study schedule, always makes sure I understand what we review, and provides me with MCAT-style practice questions. I wish I would have found MedSchoolCoach a lot sooner. It would have made my life so much easier. I **definitely would recommend this tutoring service to my friends and peers!**

- **Gabriella**  
on TrustPilot

”

# MedSchoolCoach vs. Other Companies?

## It's Apples & Oranges



### Other Tutoring Companies

- **Generic prep services** (GRE, LSAT, etc.)
- **Unremarkable tutors** (515+ scorers)
- **Little-to-no tutor training**
- **No personalization** (Tutors & students matched randomly)



### MedSchoolCoach

- **A singular focus on medicine** (MCAT & USMLE)
- **Expert tutors** (520+ scorers only)
- **Industry-leading tutor training** (Led by Harvard neuroscientist Dr. Ken Tao)
- **Personalized mentorship** (Tutor-student pairing based on learning style & goals)

# Read This If You're Retaking the MCAT...

## Retakers,

You know better than anyone how challenging this exam is. I commend you for your determination to try again. I just want to remind you that your MCAT score does not define your potential as a future physician.

With that said, this time around will be different. Our tutors will work with you to address your weaknesses and develop a rock-solid study plan for MCAT success. MedSchoolCoach has helped thousands of retakers achieve their goal scores, and I know we can do the same for you. We're looking forward to working with you.

All the best,

**Ken Tao, PhD**  
Director of MCAT



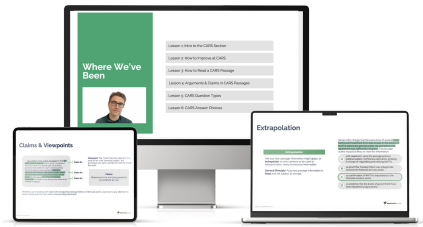
## Should I retake the MCAT?

**Yes**, as long as:

- your score is below average at your goal medical schools
- AND**
- you think you can score higher after more studying

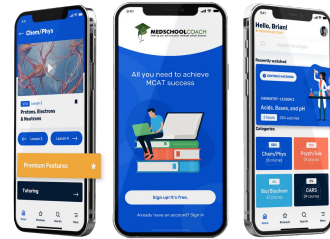
# Access Exclusive MCAT Resources

As a MedSchoolCoach tutoring student, you'll get free access to our expert-created MCAT study resources.



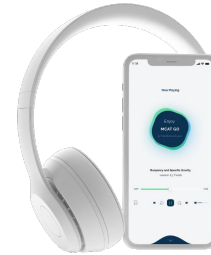
A video-based course that teaches you skills and strategies for CARS success.

[Learn More](#)



A mobile MCAT course, complete with videos, flashcards, and practice questions.

[Learn More](#)



An MCAT audio learning experience that allows you to study anytime, anywhere.

[Learn More](#)



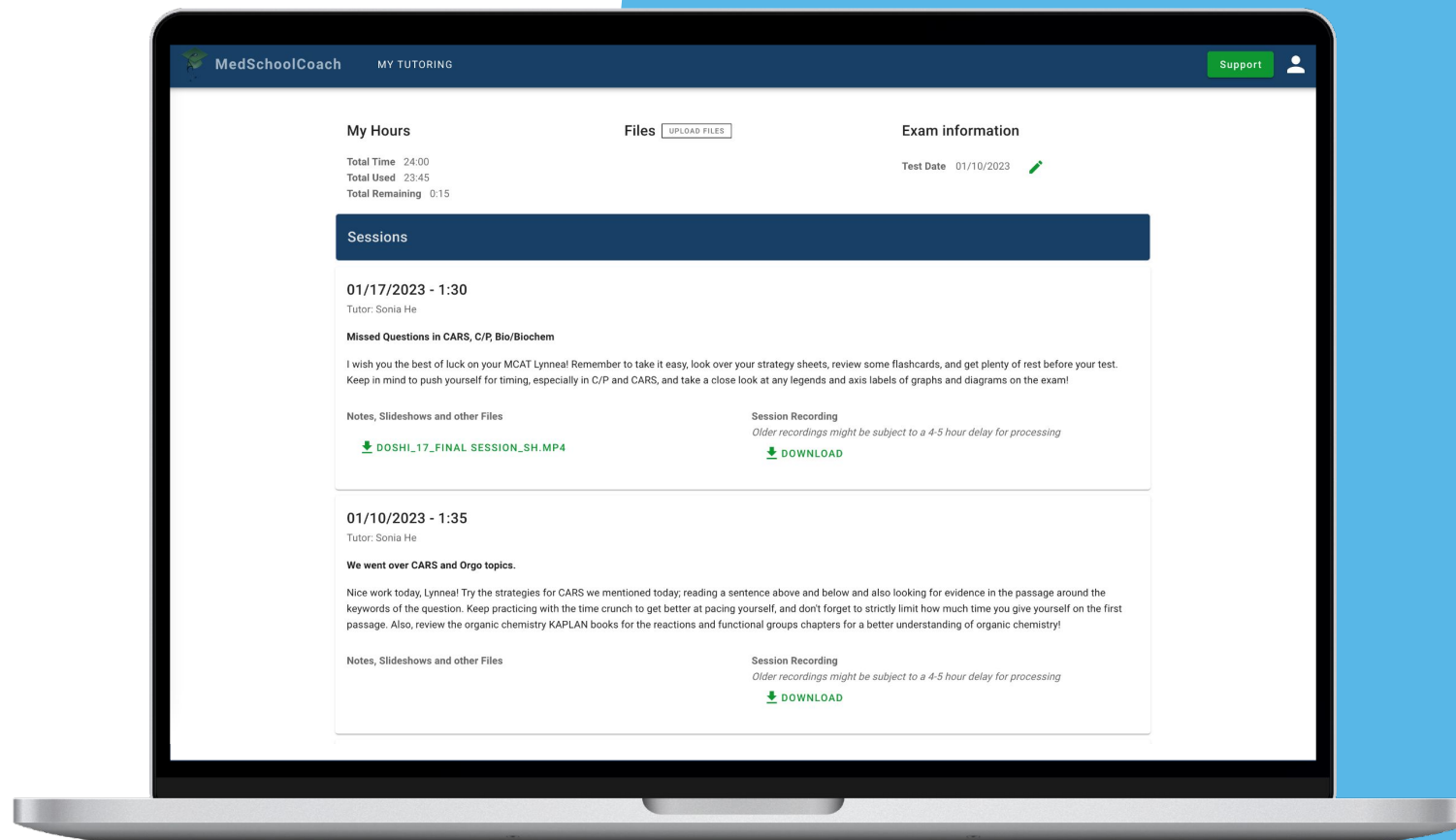
The best MCAT practice exams on the market, packaged in an AAMC-like user interface.

[Learn More](#)

# Online Tutoring, Real-World Results

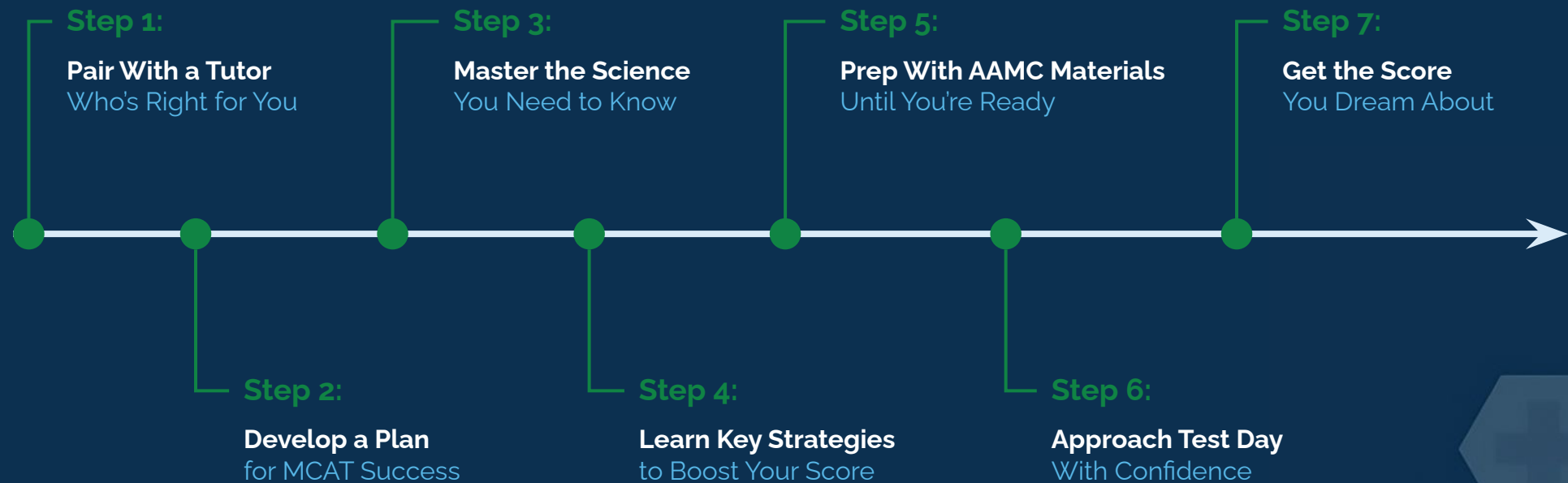
Our online tutoring platform helps you stay on track while studying and enables you to:

- **receive messages and instructions** from your tutor.
- **track your progress** through every step of the study process.
- **re-watch previous tutoring sessions** to reinforce your understanding.
- **review annotated slideshows & notes** from previous tutoring sessions.



The MedSchoolCoach proprietary tutoring platform

# The MCAT Study Timeline



## Step 1

# Pair With A Tutor Who's Right for You

### First

You'll **tell us about your MCAT background**, including your knowledge of MCAT science, any past exam attempts, and your current MCAT goals.

### Next

Our Student Success team will **select the perfect tutor for you**, based on your unique needs and learning style.

### The MedSchoolCoach Difference

**100%** of our MCAT tutors scored a 520 or above on their exam.

### Meet a few of our expert MCAT tutors:



Oluwatobi Ariyo  
(MCAT: 525)



Ria Desai  
(MCAT: 523)



Vikram Shaw  
(MCAT: 528)



Paulina Chumakov  
(MCAT: 525)



Matthew Momjian  
(MCAT: 523)



Alia Abiad  
(MCAT: 527)



# Develop a Plan for MCAT Success

First

Your tutor will schedule a meeting to **get to know you, your goals, and your needs** as an MCAT student.

Next

You and your tutor will **develop a study calendar mapping out what you need to study and when**, as well as the best resources to utilize.

“**When I started with my tutor**, we created a schedule for a set curriculum together. This took away any guess work and eased my anxiety. I just had to do what I was told by a 100th percentile scorer.

**-Brett** on *TrustPilot*”

Your  
Point of View  
as a Tutoring  
Student

MEDSCHOOLCOACH helping you achieve your medical school dreams						Legend
						Content Review
						Tentative tutoring session
						Full Length Practice Test
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Gen. Chem. Chapter 1 Biology Chapter 1 Behavioral Science Chapter 1	Gen. Chem. Chapter 2 Physics Chapter 1 Biology Chapter 2	Gen. Chem. Chapter 3 Behavioral Science Chapter 2 Physics Chapter 2 Edit Anki	Gen. Chem. Chapter 4 Biology Chapter 3 Gen. Chem. Chapter 5 Edit Anki	Off
	CARS Plan					Off
Behavioral Science Chapter 3 Gen. Chem. Chapter 6 Physics Chapter 3 Edit Anki	Biology Chapter 4 Gen. Chem. Chapter 7 Behavioral Science Chapter 4 Edit Anki	Gen. Chem. Chapter 8 Physics Chapter 4 Gen. Chem. Chapter 9 Edit Anki	Biology Chapter 5 Behavioral Science Chapter 5 Gen. Chem. Chapter 10 Edit Anki	Physics Chapter 5 Gen. Chem. Chapter 11 Org. Chem. Chapter 1 Edit Anki	Biology Chapter 6 Gen. Chem. Chapter 12 Org. Chem. Chapter 2 Edit Anki	Behavioral Science Chapter 4 Behavioral Science Chapter 5
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Behavioral Science Chapter 6 Org. Chem. Chapter 3 Physics Chapter 6 Edit Anki	Biology Chapter 7 Org. Chem. Chapter 4 Behavioral Science Chapter 7 Edit Anki	Org. Chem. Chapter 5 Org. Chem. Chapter 6 Biology Chapter 8 Edit Anki	Org. Chem. Chapter 7 Behavioral Science Chapter 8 Org. Chem. Chapter 8 Edit Anki	Physics Chapter 7 Org. Chem. Chapter 9 Biology Chapter 9 Edit Anki	Org. Chem. Chapter 10 Behavioral Science Chapter 9 Biochemistry Chapter 1 Edit Anki	
Rest Day	Content Review	Content Review	Content Review	Content Review	Content Review	Content Review
	Biochemistry Chapter 3 Biology Chapter 10 Biochemistry Chapter 4 Tutoring 4 PM	Behavioral Science Chapter 10 Biochemistry Chapter 5 Physics Chapter 10	Biochemistry Chapter 6 Biology Chapter 11 Biochemistry Chapter 7	Org. Chem. Chapter 11 Biochemistry Chapter 8 Behavioral Science Chapter 11 Tutoring 4 PM	Biochemistry Chapter 9 Physics Chapter 11 Biochemistry Chapter 10	Biochemistry Chapter 11 Biology Chapter 12 Org. Chem. Chapter 12



## First

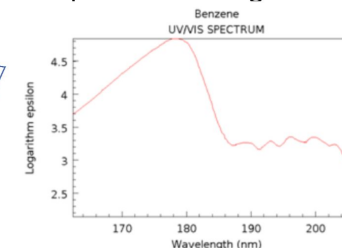
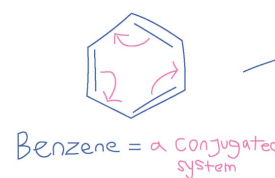
You'll utilize tutor-recommended resources to **review the science content that's critical for MCAT success**, including biology, chemistry, physics, psychology, etc.

## Next

Your tutor will **provide individualized, one-on-one lessons to target weaknesses in your knowledge** of high-yield MCAT topics.

### UV Spectroscopy

- Gives spectrum for conjugated systems and those with nonbonding or pi electrons
- Excite electrons to a higher energy state
- More conjugation means shifts to lower frequencies and higher wavelengths



Your  
**Point of View**  
as a Tutoring  
Student

# Learn Key Strategies to Boost Your Score

First

Your tutor will **teach you the strategies used by elite MCAT scorers** to analyze passages, decipher question stems, and eliminate wrong answer choices.

Next

You'll start to **put your science knowledge and MCAT strategies into practice** by working through MCAT practice questions.

The MedSchoolCoach Difference

As a MedSchoolCoach tutoring student, you'll get access to all 3 of our proprietary, ultra-realistic MCAT practice exams.

Chem/Phys

- Strategy to try:
  - Pick out the units of measure used in the question, then determine which equation to use based on that
- Practice:

Question 10

A 5,000 kg automobile traveling in a straight line at 20 m/s experiences 2,000 N of resistive force from friction and air resistance. How much power must the automobile's engine provide to maintain a constant velocity?

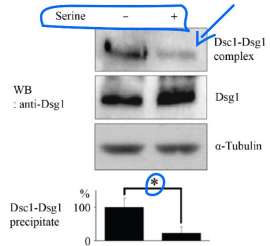
- ☐ A 4 kW
- ☐ B
- ☒ C
- ☐ D

$$P = F \cdot v$$
  
$$2000 \text{ Kg} \cdot \text{m/s}^2 \rightarrow \text{Kg} \cdot \text{m/s}^2$$

Your Point of View as a Tutoring Student

Bio/Biochem

- Strategy to try:
  - If the question refers to a figure from the passage, then review that figure before re-reading other parts of the passage.
- Practice:



Question 8

Figure 1 shows that:  
☒ A serine effectively disrupts the binding between Dsc1 and Dsg1.  
☐ B serine does not affect the binding of Dsc1 with Dsg1.  
☐ C serine effectively disrupts the transcription of Dsc1 and Dsg1.  
☐ D serine decreases transcription of Dsc1 but does not decrease transcription of Dsg1.

Figure 1 Co-immunoprecipitation of Dsg and Dsc.

# Yes, You Can Improve at CARS...

## Did you know?

The CARS section of the MCAT isn't even about science. Instead, it tests your reading comprehension and verbal reasoning.

## As a result...

Many science-oriented pre-meds find CARS uniquely difficult.

## However...

Despite its emphasis on soft skills, we've found that CARS is just as teachable as other sections

## MedSchoolCoach Can Raise Your CARS Score

We have 99th-percentile tutors who specialize in helping students conquer CARS. They'll teach you the strategies you need to boost your CARS score fast.

## What does a CARS passage look like?

MCAT Official Prep Free Practice Exam - Ken T

Time Remaining: 01:29:04  
2 of 53

Highlight Strikethrough

Pause

**Passage 1 (Questions 1-7)**

As accustomed as we have become to the idea that scientists "construct" theories and "produce" explanations, and regardless of the controversies among scientists, the fact remains that they only disclose to us a world that came into being without the sciences or other human contributions. Galileo may have conceptualized and formalized the phases of Venus, but the phases themselves had manifestly always existed. Galileo's fabricated hypothesis simply became the acknowledged fact. By contrast, in conceptualizing technological projects, engineers produce fictions. The technology concerned does not, and by definition could not, exist, since it is in the project phase.

This tautology frees the analysis of technological proposals from the burden of confirmation necessary in the analysis of scientific hypotheses. One might argue, of course, that Diesel did not create the principles he applied in his engine any more than Galileo created the astronomical principles he observed, and some would even contend that the engine was therefore as much beyond the control of Diesel as Venus was beyond the control of Galileo. Even so, few would seriously defend the proposition that the diesel engine had always existed and needed only to be discovered. In reference to technology, Platonism is considered an extreme philosophical stance.

The rejection of Platonism means greater freedom for those who study machinery than for those who study nature. The big issues of reality and plausibility do not bother the former. Engineers may freely create fictions, since the projection of a technological possibility from the present, or from five or fifty years in the future, to a time *t*, is a part of their job. They invent a nonexistent means of transportation, with paper passengers, opportunities yet to be created, hypothetical places to be served (often to be themselves designed from scratch), new component industries, an assumed technological revolution. They are novelists, with one difference: Their project, although initially indistinguishable from a novel, will either remain a possibility in a file or be transformed into an object.

At first, projects and the objects to which they pertain are indistinguishable. The two concepts circulate from office to office in the form of plans, memos, discussions, scale models, and occasional synopses. In this stage of signs, language, and text, people influence the object. But once the project is realized and the object real, it is people, outside their offices, who are influenced by it—a Copernican revolution. The gulf between the world of symbols and the world of things is then apparent. The R-312 is no longer a fiction that carries me away in transports of delight; it is a bus that transports me along the Boulevard Saint-Michel.

Still, the creators of technology do not rigidly differentiate symbol from thing, project from object, the novel that excites speculation from the reality inscribed in the nature of things. For as the R-312 passes progressively from fiction to fact, its engineers repeatedly pass between the speculative and the practical realms. The capacity to be liberated from an exclusive concern from reality and to soar into unrealized potential is the quality that gives technological fiction a beauty that the literary novel, a form inherited from the naturalistic nineteenth century, has difficulty in approaching. Only a fiction that is capable of gaining or losing reality can do justice to engineers, those great unhonored figures of culture and history. A fiction with a variable structure—it is this flexibility to which we must aspire in tracking a technological project.

Adapted from B. Latour, *Aramis, or the Love of Technology*. ©1996 by Harvard University Press.

**Question 2**

The term "Copernican revolution" refers to the demonstration by Copernicus that the apparent daily orbiting of Earth by the Sun is illusory and that Earth actually orbits the Sun. In applying this term to a different phenomenon (paragraph 4), what idea does the author evidently mean to imply?

- ☐ A. An object that is designed according to engineering principles is as real as a scientific finding.
- ☐ B. A project that may result in an object remains an illusion until its feasibility is demonstrated.
- ☐ C. When an object results from a technological project, it becomes equivalent to a natural object.
- ☐ D. When humans must adapt to an object designed by humans, the source of control has reversed.

Previous Navigation Next



## Approach Test Day With Confidence

### First

You'll **wake up on the day of the exam feeling ready to succeed**, thanks to tutor-led planning and all your hard work.

### Next

You'll **head to the test center and crush your exam**, enjoying the confidence that only one-on-one coaching can bring.





# Get the Score You Dream About

30 Days Later...

Your MCAT results are in! **Enjoy the feeling of elation as your hard work pays off.**

By achieving a solid MCAT score, **you just boosted your odds of acceptance.**

## The MedSchoolCoach Difference

Students who work with our MCAT tutors see an **average score increase of 12 points.**

Your  
Point of View  
as a Tutoring  
Student



# Meet Spencer, a Successful MedSchoolCoach Alum

Dissatisfied with his original MCAT score of a 503, Spencer decided to invest in MCAT tutoring from MedSchoolCoach.

He was paired with Dr. Ken Tao, a nationally recognized tutor.

“

**Ken was THE MAN...** He was such an amazing teacher and so patient. He had a way of explaining concepts both to help me understand the material and really **tell me everything I needed to know for the MCAT.**

”

## The results?

- With Ken's help, Spencer **improved his MCAT score from a 503 to a 512** and eventually matriculated at the University of Colorado School of Medicine.
- Spencer **received his MD and is now an emergency medicine resident** at NYU Grossman School of Medicine. Today, we call him Dr. Evans!



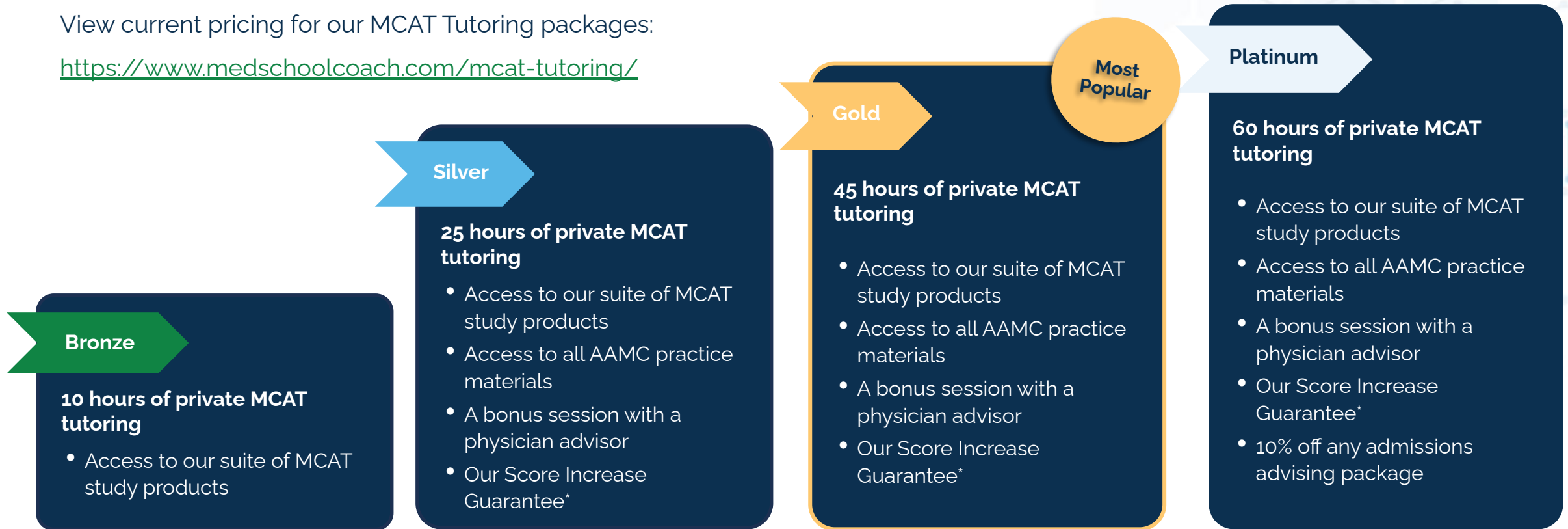
## Spencer Evans, MD

MedSchoolCoach alum & Current  
Emergency Medicine Resident at NYU

# Choose Your Path to MCAT Success

View current pricing for our MCAT Tutoring packages:

<https://www.medschoolcoach.com/mcat-tutoring/>



**\*Our Score Increase Guarantee:** If you've utilized all the hours in a Silver, Gold or Platinum tutoring package but still haven't improved your score from a previous exam or an official diagnostic practice exam, we'll work with you for another 10 hours for free!



# Ace the MCAT This Time Around!

## Contact Us



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[medschoolcoach.com](https://medschoolcoach.com)

