



Low-Cost MCAT Study Guide

A Step-by-Step Plan Built Around Free and Need-Based Resources

MedRise Mentors

Before You Start: The Mindset

Not having a big prep budget does not mean you can't put together a serious, AAMC-aligned study plan. Most of what actually moves your score — official AAMC material, spaced repetition, and disciplined review — is free or nearly free. This guide is built specifically around that reality.

Put your score goal somewhere you will see it every single day — on your mirror, your laptop, your wall. Look at it daily. Let it remind you what you're working toward.

A few things to expect, because they are normal and not a sign you're behind:

- There will be stretches where you feel completely lost — that's normal, not a verdict on your ability.
- You will make careless mistakes, even on things you know cold.
- You will read entire passages and walk away unsure what you just read.
- You may hit a score plateau that lasts weeks or even months. A two-month drought is survivable — it ended with a 4-point jump once consistent Anki use kicked in.

Lean on your foundation. You did not arrive here by accident — trust your prior coursework, and trust the process below.

The core strategy: target your weaknesses, relentlessly, with Anki — which is completely free.

Don't lean on CARS to carry your score — CARS can be the cherry on top, but Biology/Biochemistry (BB) and Chem/Phys (CP) should be the foundation.

Step 1: Apply for the AAMC Fee Assistance Program (FAP) First

Before you spend a dollar on prep, find out if you qualify for the AAMC Fee Assistance Program. This is the single highest-leverage step in this entire guide — it can cut your total MCAT and application costs by more than \$2,000.

1. Go to students-residents.aamc.org and search “Fee Assistance Program,” or navigate to the Fee Assistance Program page directly.
2. Read the “Understanding the Fee Assistance Program Essentials” document for the current testing year before applying — it's required reading and explains exactly what's needed.

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2. **Describe the function of each component.**
3. **Explain the interactions between the components.**

System Architecture Diagram

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Introduction to the course

Course objectives

- 1. Understand the basic concepts of the course
- 2. Apply the concepts to solve problems
- 3. Develop a critical thinking and problem-solving skills

Course structure

Week		Topic
1	2	Introduction to the course
3	4	Basic concepts of the course
5	6	Application of the concepts
7	8	Advanced concepts
9	10	Final project

Assessment

Grading system

- 1. Homework assignments
- 2. Mid-term exam
- 3. Final exam
- 4. Final project

Course materials

- 1. Textbook: [Book Title]

- 1. **Identify the main purpose of the document.**
- 2. **Summarize the key points in your own words.**
- 3. **Identify the author's tone and style.**

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Final Task

Write a short paragraph summarizing the main points of the document.

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100	100
100	100
100	100
100	100
100	100

Section 1: Introduction

The following table shows the results of the experiment. The data is presented in a clear and concise manner, allowing for easy comparison of the different groups. The results are as follows:

Group	Mean	Standard Deviation	Significance Level
Group 1	10.5	2.5	0.05
Group 2	12.0	3.0	0.01
Group 3	11.0	2.8	0.05
Group 4	13.5	3.2	0.01
Group 5	12.5	3.0	0.05

Section 2: Discussion

The results of the experiment are consistent with the hypothesis. The data shows that the different groups have significantly different means, with Group 4 having the highest mean and Group 1 having the lowest mean. The significance level for each group is also shown in the table above.

Conclusion: The results of the experiment are consistent with the hypothesis. The data shows that the different groups have significantly different means, with Group 4 having the highest mean and Group 1 having the lowest mean. The significance level for each group is also shown in the table above.

10/10/2023