

Welcome to the 2020 Post-MCAT Questionnaire (PMQ)

Please Read Carefully

The Post-MCAT Questionnaire (PMQ) is administered by the Association of American Medical Colleges (AAMC) to MCAT® exam registrants. Your responses help the AAMC, its member medical schools, and affiliated organizations better understand the needs and interests of those considering medicine and other health and science careers. The survey should take between 10 and 20 minutes to complete.

Participation in the PMQ is Voluntary

Participation in the PMQ is voluntary. You have the right not to answer any question or set of questions. Deciding not to complete the PMQ or refraining from answering specific questions will not result in any adverse consequences to you or your application to any program using MCAT scores.

Confidentiality Statement

The data collected in this survey are classified as confidential. Confidential data are data that may not be released with individual identification, except with permission. Your responses will never be forwarded to medical school (or other) admissions committees and will not be compared with information you may provide in fee-waiver applications or financial aid requests. Your responses from this survey may be used for research by AAMC staff and other medical education researchers, and may be linked with other databases for research purposes without additional informed consent. The AAMC has taken extensive measures to ensure the security of the data and the confidentiality of the responses. The responses you provide on this survey are retained by the AAMC in a secure confidential database to which only a small number of designated AAMC staff trained in human subjects protections and confidentiality procedures has access.

Benefits and Risks of Participation

Benefits of Participation: By participating, you will be contributing to medical education research and the improvement of medical education programs. Risks of Participation: This data collection is considered minimal risk. If individually identified data were made public, it could prove embarrassing.

This data collection has been reviewed according to AAMC policies and procedures and its Institutional Review Board.

Contact Information

If you have any questions about your rights as a participant, contact the AAMC Office of Human Subjects Research Protection by email (humansubjects@aamc.org). If you have any technical questions about the PMQ, contact AAMC Student Surveys staff by email (pmq@aamc.org).

ir you understand the above and agree to participate, select	res	below:
Yes, I understand the above and agree to participate in the	PMC	2
I do not wish to participate in the survey		



When did you definitely decide that you wanted to study medicine?
I have not definitely decided that I want to study medicine
Before high school
Ouring high school/before college
Ouring the first two years in college
Ouring junior year in college
Ouring senior year in college
After receiving a bachelor's degree
After receiving an advanced degree
Please indicate any experiences in which you have participated. (Select all that apply)
Middle school premedical or science program (e.g., magnet science middle school, summer medical science program)
Magnet science/health science high school
Summer laboratory research apprenticeship for high school students
Classroom-based summer, after-school, or Saturday premedical program for high school students
Laboratory research apprenticeship for college students
Summer academic enrichment program for college students
Non-degree post-baccalaureate program to strengthen academic skills
Non-degree post-baccalaureate program to complete premedical requirements
Volunteered in the healthcare field
Volunteered in a non-healthcare field
International volunteer experience
Shadowed a physician or other healthcare professional
None of the above



During the last three months, what describes your attendance at school or college? (Select all that apply)
I did not attend any school in the last three months
High school
Community college
Four-year college or university
Post-baccalaureate premedical program
Graduate/professional program (e.g., MS, PhD, JD)
What best describes your enrollment status throughout your undergraduate education?
○ Full-time
Full-time during some years and part-time during others
O Part-time



Have you already graduated from college?

Yes

O No



Have you already graduated from college?	
Yes	
○ No	
How many years have passed since you graduated from college?	
Less than 1 year	
1-2 years	
3-4 years	
5 or more years	



Have you already graduated from college?
• Yes
○ No
How many years have passed since you graduated from college?
Less than 1 year
1-2 years
3-4 years
5 or more years
How did you spend your time between college and taking the MCAT? (Select all that apply)
Worked at another career
Worked to improve finances
Continued coursework to prepare for the MCAT exam
Continued coursework to fulfill premedical requirements
Took premedical courses for the first time
Pursued graduate studies
Worked/volunteered internationally
Worked/volunteered in research
Helped fulfill family obligations
Other (please specify)



Created or used flashcards of important details

Other (please specify)

In what month and year did you start actively preparing for the MCAT exam (excluding taking regular courses)? If you took the exam more than once within the last 12 months and you were actively preparing during the entire time, please provide the month and year you FIRST started preparing.	
Month	
Year	
We are interested in learning about how you prepared for the exam. First, we will ask you how you structured your preparation. Next, we will ask about the strategies you used to learn the concepts tested on the exam.)U
What strategies did you use to structure your preparation? (Select all that apply)	
Got started by finding out what is tested on the MCAT exam	
Discussed the test and how to prepare with an advisor or fellow students	
Created a study plan to fit my schedule	
Identified my strengths and weaknesses using a practice exam	
Focused study time on my weaker subject areas	
Planned time for relaxation/breaks	
Assessed my learning progress along the way by taking practice exam(s)	
Assessed my readiness for the exam by taking a final practice exam	
Other (please specify)	
What strategies did you use to learn the concepts tested on the exam? (Select all that apply)	
Tested my understanding of what I had studied	
Wrote down notes about what I was learning from memory	
Answered practice questions as I studied each topic	
Explained why the answer choices in practice questions were correct or incorrect	
Reviewed content I had already studied throughout my preparation	
Mixed my review of different topics throughout studying	
Explained concepts aloud or to a study partner/friend	



VV	hat kinds of resources did you use to prepare for the MCAT exam? (Select all that apply)
ΑA	AMC Official MCAT Products and Resources
	What's on the MCAT® Exam? Interactive tool
	The Official Guide to the MCAT® Exam (print version or e-book)
	The Online Practice Questions from the Official Guide to the MCAT® Exam
	Official MCAT® Practice Exams
	Official MCAT® Sample Test
	Official MCAT® Question Packs
	Official MCAT® Section Bank
	Official MCAT® Flashcards
	How to Create a Study Plan for the MCAT® Exam
	Practice with Exam Features (free tool to simulate the MCAT® Exam test taking experience)
	How I Prepared for the MCAT® Exam Testimonials
	Roadmap to the MCAT® Content in Sociology and Psychology Textbooks
	Roadmap to the MCAT® Content in Biochemistry Textbooks
Ot	her Products and Resources for the MCAT exam
	Khan Academy's MCAT Collection
	MCAT preparation book (paper version) published by a commercial company
	MCAT preparation book (electronic version or e-book) published by a commercial company
	MCAT practice tests published by a commercial company
	Books, handouts, practice questions, or other materials from an MCAT test preparation course offered by a university, medical school, or post-baccalaureate program
	MCAT-related social media sites, blogs, and online communities
	Free online flashcard generators
	Other free MCAT preparation resources
	Other educational materials that are not specifically labeled for MCAT preparation (e.g., textbooks, course notes, online modules, journals)



How did you find out about the AAMC's MCAT preparation resources and materials? (Select all that apply)

· · · · · · · · · · · · · · · · · · ·			`		11 3/			
	Friend/peer	Teacher/ professor/ instructor	Prehealth or other advisor	prep	AAMC website	AAMC presentation, webinar, or booth at a recruiting fair	Internet search for MCAT preparation resources	Other
What's on the MCAT® Exam? Interactive tool								
The Official Guide to the MCAT® Exam (print version or e-book)								
The Online Practice Questions from the Official Guide to the MCAT® Exam								
Official MCAT® Practice Exams								
Official MCAT® Sample Test								
Official MCAT® Question Packs								
Official MCAT® Section Bank								
Official MCAT® Flashcards								
How to Create a Study Plan for the MCAT® Exam								
Practice with Exam Features (free tool to simulate the MCAT® Exam test taking experience)								
How I Prepared for the MCAT® Exam Testimonials								
Roadmap to the MCAT® Content in Sociology and Psychology Textbooks								
Roadmap to the MCAT® Content in Biochemistry Textbooks								

How useful were each of the following resources to prepare for the MCAT exam?

	Not useful	Somewhat useful	Useful	Very useful
What's on the MCAT® Exam? Interactive tool		\bigcirc	\bigcirc	
The Official Guide to the MCAT® Exam (print version or e-book)				
The Online Practice Questions from the Official Guide to the MCAT® Exam				\circ
Official MCAT® Practice Exams				
Official MCAT® Sample Test				
Official MCAT® Question Packs				
Official MCAT® Section Bank				

Official MCAT® Flashcards			
How to Create a Study Plan for the MCAT® Exam		\bigcirc	
Practice with Exam Features (free tool to simulate the MCAT® Exam test taking experience)	0		0
How I Prepared for the MCAT® Exam Testimonials		\bigcirc	
Roadmap to the MCAT® Content in Sociology and Psychology Textbooks			
Roadmap to the MCAT® Content in Biochemistry Textbooks		\bigcirc	
Khan Academy's MCAT Collection			
MCAT preparation book (paper version) published by a commercial company	\circ		
MCAT preparation book (electronic version or e-book) published by a commercial company			
MCAT practice tests published by a commercial company		\bigcirc	
Books, handouts, practice questions, or other materials from an MCAT test preparation course offered by a university, medical school, or postbaccalaureate program		0	
MCAT-related social media sites, blogs, and online communities		\bigcirc	
Free online flashcard generators			
Other free MCAT preparation resources		\bigcirc	
Other educational materials that are not specifically labeled for MCAT preparation (e.g., textbooks, course notes, online modules, journals)		0	0



Part II - MCAT Preparation
You indicated "Other" when asked how you heard about the What's on the MCAT® Exam? Interactive tool. Please specify:
You indicated "Other" when asked how you heard about The Official Guide to the MCAT® Exam (print version or e-book). Please specify:
You indicated "Other" when asked how you heard about The Online Practice Questions from the Official Guide to the MCAT® Exam. Please specify:
You indicated "Other" when asked how you heard about Official MCAT® Practice Exams. Please specify:
You indicated "Other" when asked how you heard about the Official MCAT® Sample Test. Please specify:
You indicated "Other" when asked how you heard about Official MCAT® Question Packs. Please specify:
You indicated "Other" when asked how you heard about the Official MCAT® Section Bank. Please specify:
You indicated "Other" when asked how you heard about the Official MCAT® Flashcards. Please specify:
You indicated "Other" when asked how you heard about How to Create a Study Plan for the MCAT® Exam. Please specify:

You indicated "Other" when asked how you heard about Practice with Exam Features (free tool to simulate the MCAT® Exam test taking experience). Please specify:

You indicated "Other" when asked how you heard about How I Prepared for the MCAT® Exam Testimonials. Please specify:

You indicated "Other" when asked how you heard about the Roadmap to the MCAT® Content in Sociology and Psychology Textbooks. Please specify:

You indicated "Other" when asked how you heard about the Roadmap to the MCAT® Content in Biochemistry Textbooks. Please specify:



You indicated that you did NOT use the following AAMC MCAT products or resources. Which of the following BEST describes why you did NOT use each of these AAMC products or resources to prepare for the MCAT exam?

	I was not aware of it	I had a similar product or resource from another source	l could not afford it	I didn't have enough time to use it	I didn't think it would be useful/helpful	Other
What's on the MCAT® Exam? Interactive tool						
The Official Guide to the MCAT® Exam (print version or e-book)						
The Online Practice Questions from the Official Guide to the MCAT® Exam						
Official MCAT® Practice Exams						
Official MCAT® Sample Test						
Official MCAT® Question Packs						
Official MCAT® Section Bank						
Official MCAT® Flashcards						
How to Create a Study Plan for the MCAT® Exam						
Practice with Exam Features (free tool to simulate the MCAT® Exam test taking experience)						
How I Prepared for the MCAT® Exam Testimonials						
Roadmap to the MCAT® Content in Sociology and Psychology Textbooks						
Roadmap to the MCAT® Content in Biochemistry Textbooks						



Part II - MCAT Preparation
You indicated "Other" when asked why you didn't use the What's on the MCAT® Exam? Interactive tool. Please specify:
You indicated "Other" when asked why you didn't use The Official Guide to the MCAT® Exam (print version or e-book). Please specify:
You indicated "Other" when asked why you didn't use The Online Practice Questions from the Official Guide to the MCAT® Exam. Please specify:
You indicated "Other" when asked why you didn't use Official MCAT® Practice Exams. Please specify:
You indicated "Other" when asked why you didn't use the Official MCAT® Sample Test. Please specify:
You indicated "Other" when asked why you didn't use Official MCAT® Question Packs. Please specify:
You indicated "Other" when asked why you didn't use the Official MCAT® Section Bank. Please specify:
You indicated "Other" when asked why you didn't use the Official MCAT® Flashcards. Please specify:
You indicated "Other" when asked why you didn't use How to Create a Study Plan for the MCAT® Exam. Please specify:

You indicated "Other" when asked why you didn't use Practice with Exam Features (free tool to simulate the MCAT® Exam test taking experience). Please specify:

You indicated "Other" when asked why you didn't use How I Prepared for the MCAT® Exam Testimonials. Please specify:

You indicated "Other" when asked why you didn't use the Roadmap to the MCAT® Content in Sociology and Psychology Textbooks. Please specify:

You indicated "Other" when asked why you didn't use the Roadmap to the MCAT® Content in Biochemistry Textbooks. Please specify:



What did you do to prepare for the exam day? (Select all that apply)
Learned about the testing day by reading the MCAT Essentials bulletin
Took a timed online practice exam with scheduled breaks to mimic the exam day
Practiced pacing myself so I could get through all the questions in each section without running out of time
Practiced strategies for dealing with challenging questions to make sure I could finish the exam on time
Planned how to make the best use of breaks on exam day
Practiced ways to reduce my anxiety during the exam (e.g., deep breathing)
Went to the test site in advance to make sure I knew how to get there
Got plenty of sleep the night before the exam
Other (please specify)



What kinds of challenges, if any, have you had getting ready for the MCAT exam? (Select all that apply
Difficulty learning new material for which I lacked relevant coursework
Difficulty relearning material I learned a while ago
Difficulty getting concrete and detailed information about the MCAT exam
Difficulty affording preparation courses and materials
Difficulty balancing my time between studying for the MCAT and my job
Difficulty balancing my time between studying for the MCAT and family obligations
Difficulty balancing my time between studying for the MCAT and school
Difficulty getting through the amount of material to be learned
Difficulty finding a place to study without distraction
Difficulty minimizing social media use during studying
Difficulty obtaining reliable/affordable internet access to use online preparation resources
Difficulty finding a mentor to provide resources, support, guidance, and/or role modeling
Difficulty preparing myself mentally and/or physically for the exam day
Difficulty staying confident that I could do well on the MCAT exam
Difficulty sticking to my study plan
Other (please specify)
None of the above
What advice would you give to a friend about how to prepare for the MCAT exam?
a. aa j.a. give te a mena abeat new te propore for the merti exam.



Part III - Career Plans and Interests

How likely are you to apply to the following graduate or professional programs?

	Not likely	Somewhat likely	Likely	Very likely
MD-granting medical program				
DO-granting medical program				
Other health program (e.g., Veterinary, Dental, Physician Assistant, Pharmacy)				
Graduate program in science, technology, or math				
Non-health professional program (e.g., law, MBA)				
Graduate program in behavioral or social sciences (e.g., psychology, sociology)				
Graduate program in the humanities (e.g., history, English)				
What type of medicine are you interested in pursuing? Primary care medicine (e.g., family medicine, internal medicine, pediatrics) Medical specialty (e.g., allergy/immunology, cardiology, dermatology) Surgical specialty (e.g., general surgery, orthopaedic surgery, neurosurgery) Not sure/undecided				



Part III - Career Plans and Interests

Which of the following items would <i>encourage</i> you to apply to medical school? (Select all that apply)
Finding a medical school where I will feel comfortable
Fit between my personal interests/goals and a medical school's mission
Availability of academic support in medical school
Availability of financial support in medical school
Availability of social support in medical school
Grades, MCAT scores, and other academic qualifications
Which of the following items would <i>discourage</i> you from applying to medical school? (Select all that apply)
Which of the following items would <i>discourage</i> you from applying to medical school? (Select all that apply) Amount of current debt
Amount of current debt
Amount of current debt Cost of applying to medical school



Part III - Career Plans and Interests

Please indicate the extent to which the following individuals have positively or negatively influenced your decision to pursue a career in medicine.

	Very negative	Somewhat negative	Somewhat positive	Very positive	Not applicable
Prehealth advisor					
Research advisor or faculty member (not a prehealth advisor)					
Career guidance counselor (not a prehealth advisor)					
Physician					
Family member					
A college student					
A medical student					



How are (or were) your college/premedical education costs paid?

As the cost of education rises, it is important that the AAMC and others involved in creating and promoting education policy understand the real impact on people like you who may be considering further education and, with it, further debt.

Your answers will be kept confidential. No financial aid or school personnel will have access to the information you provide, so we thank you for the consideration you put into your answers.

Please enter a percentage for each category below so the total equals 100%. Enter 0 (zero) in categories that do not apply.

Scholarships or awards:	%
Scholarships or awards with a service commitment (NHSC, Military, etc.):	%
Loans:	%
Work-study program:	%
Personal income and savings:	%
Money from parents, guardians, or other relatives:	%
Money from spouse or partner:	%
Other:	%
Total (should equal 100%):	%



Do you (or will you) have any outstanding education loans for your college/premedical education?

Yes

O No



nding education loans for your college/premedical education?
of outstanding education loans for your college/premedical education? (Please do not use commas or periods) \$ Contact Us © 1995-2019 AAMC Terms and Conditions Privacy Statement



Do you have any noneducational, consumer debt that you are legally required to repay? (This includes credit card debt, car loans, home mortgages, or other consumer debt)

O Yes

O No



Do you	⊦have any	/ noneducational	, consumer of	debt that you	are legally	required to	repay? (T	his includes	credit card debt	t, car loans,	home mortgages,	or other consur	mer
debt)													

debt)			
Yes			
○ No			

Please list the amount of your noneducational, consumer debt for each category listed below. Enter 0 (zero) for non-applicable categories.

Note: Enter the amount (not percentages) that you owe for each category. For example, if you owed eight hundred dollars on your credit cards, four thousand dollars for a car loan, and had no other consumer debt, you would enter 800, 4000, 0, and 0 on the respective lines. The total would then appear below as 4,800. Please do not use commas or periods.

Credit Cards:	\$
Car Loans:	\$
Mortgage:	\$
Other Consumer Loans:	\$
Total Amount:	\$



Part V - Coursework

ba	ich of the following courses have you taken or are you currently taking? Include courses taken for AP, IB, CLEP, community college, four-year college, post- calaureate, graduate, and professional school credit. Recognizing that your course titles might differ from those listed, please select any courses that might apply elect all that apply)
	Introductory biology
	Molecular or cellular biology
	Anatomy or physiology
	Genetics
	Introductory (inorganic) chemistry
	Biochemistry
	Organic chemistry
	Introductory physics
	Calculus
	Research methods
	Statistics
	Public health
	Ethics or philosophy
	English composition/writing
	English literature or other humanities
	Introductory psychology
	Other psychology
	Introductory sociology
	Other sociology
	Cultural anthropology, urban studies, or other courses about different cultures
	Course that combined two natural science subject areas (e.g., Biophysics, Chemical Biology)
	Course that combined two behavioral or social science subject areas (e.g., Psychological Anthropology, Political Sociology)
	Course that combined one natural and one behavioral or social science subject areas (e.g., Brain and Behavior, Sociology of Medicine)
	Course that focuses on critical thinking, reasoning, or problem-solving (e.g., Critical Thinking, Scientific Thinking, Problem Solving and Reasoning, Abstract/Quantitative Reasoning)
	Course that focuses on improving study skills
	Course that focuses on improving reading skills



Comments

Do you have any comments regarding this survey?

4000 characters left.



Thank you for responding to the 2020 Post-MCAT Questionnaire

Your responses have been submitted.

To inquire about this survey, contact pmq@aamc.org

For more information about the PMQ, see www.aamc.org/data/pmq

For more data and reports based on AAMC surveys, visit www.aamc.org/data/facts/

To learn more about the MCAT, visit www.aamc.org/MCAT

We wish you well as you pursue your goals for the future.

AAMC Student Surveys Staff
Data Operations and Services
Association of American Medical Colleges