

Welcome to the 2023 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, or as necessary to comply with properly made legal requests. Your responses will not 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. Your responses will be securely stored by the AAMC with appropriate access controls to limit exposure of your data to those with a need to know.

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 (pmg@aamc.org).

If you understand the above and agree to participate, select "Yes" below:
Yes, I understand the above and agree to participate in the PMQ
I do not wish to participate in the survey



Wh	en did you definitely decide that you wanted to study medicine?
	I have not definitely decided that I want to study medicine
	Before high school
	During high school/before college
	During the first two years in college
	During junior year in college
	During senior year in college
	After receiving a bachelor's degree
	After receiving an advanced degree
Ple	ase 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?
Cless 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)



Other (please specify)

Part II - MCAT Preparation

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. 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 Participated in a structured preparation course 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 Created or used flashcards of important details



vvr	at kinds of resources did you use to prepare for the MCAT exam? (Select all that apply)
AA	MC MCAT® Official Prep Products and Resources
	What's on the MCAT Exam? Content Outline (pdf or website)
	The Official Guide to the MCAT Exam (print version or e-book)
	The Online Practice Questions from the Official Guide to the MCAT Exam
	MCAT Practice Exams
	MCAT Free Sample Test (Unscored)
	CARS Diagnostic Tool
	MCAT Question Packs
	MCAT Section Bank
	Independent Question Bank (formerly MCAT Flashcards)
	How to Create a Study Plan for the MCAT Exam (print or online version)
	Practice with Exam Features Tool
	How I Prepared for the MCAT Exam Testimonials
	Road Map to the MCAT Content in Sociology and Psychology Textbooks
	Road Map to the MCAT Content in Biochemistry Textbook
Oth	ner Products and Resources for the MCAT exam
	Khan Academy MCAT Collection
	MCAT preparation book (paper version) published by a commercial company
	MCAT preparation book or handout (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 MCAT prep products and resources made available by AAMC? (Select all that apply)

	Friend/peer	Teacher/ professor/ instructor	Prehealth or other advisor	MCAT prep courses	AAMC website	AAMC presentation, webinar, or booth at a recruiting fair	Internet search for MCAT preparation resources	Other
What's on the MCAT Exam? Content Outline (pdf or website)								
The Official Guide to the MCAT Exam (print version or e-book)								
The Online Practice Questions from the Official Guide to the MCAT Exam								
MCAT Practice Exams								
MCAT Free Sample Test (Unscored)								
CARS Diagnostic Tool								
MCAT Question Packs								
MCAT Section Bank								
Independent Question Bank (formerly MCAT Flashcards)								
How to Create a Study Plan for the MCAT Exam (print or online version)								
Practice with Exam Features Tool								
How I Prepared for the MCAT Exam Testimonials								
Road Map to the MCAT Content in Sociology and Psychology Textbooks								
Road Map to the MCAT Content in Biochemistry Textbook								
Khan Academy MCAT Collection								

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

G	·	0		
	Not useful	Somewhat useful	Useful	Very useful
What's on the MCAT Exam? Content Outline (pdf or website)				
The Official Guide to the MCAT Exam (print version or e-book)				
The Online Practice Questions from the Official Guide to the MCAT Exam				
MCAT Practice Exams				
MCAT Free Sample Test (Unscored)				
CARS Diagnostic Tool				
MCAT Question Packs				
MCAT Section Bank				
Independent Question Bank (formerly MCAT Flashcards)				
How to Create a Study Plan for the MCAT Exam (print or online version)				
Practice with Exam Features Tool				
How I Prepared for the MCAT Exam Testimonials				
Road Map to the MCAT Content in Sociology and Psychology Textbooks				
Road Map to the MCAT Content in Biochemistry Textbook				
Khan Academy MCAT Collection				
MCAT preparation book (paper version) published by a commercial company				
MCAT preparation book or handout (electronic version or e-book) published by a commercial company				0
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			0	
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)			0	



Part II - MCAT Preparation
You indicated "Other" when asked how you heard about the What's on the MCAT Exam? Content Outline (pdf or website). 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 the AAMC's MCAT Practice Exams. Please specify:
You indicated "Other" when asked how you heard about the AAMC's MCAT Free Sample Test (Unscored). Please specify:
You indicated "Other" when asked how you heard about the CARS Diagnostic Tool. Please specify:
You indicated "Other" when asked how you heard about the AAMC's MCAT Question Packs. Please specify:
You indicated "Other" when asked how you heard about the AAMC's MCAT Section Bank. Please specify:
You indicated "Other" when asked how you heard about the AAMC's Independent Question Bank (formerly MCAT Flashcards). Please specify:

You indicated "Other" when asked how you heard about How to Create a Study Plan for the MCAT Exam (print or online version). Please specify:

You indicated "Other" when asked how yo	ou heard about the Practice with Exam Features Tool. Please specify:
You indicated "Other" when asked how yo	ou heard about How I Prepared for the MCAT Exam Testimonials. Please specify:
You indicated "Other" when asked how yo	ou heard about the Road Map to the MCAT Content in Sociology and Psychology Textbooks. Please specify:
You indicated "Other" when asked how yo	ou heard about the Road Map to the MCAT Content in Biochemistry Textbook. Please specify:
You indicated "Other" when asked how yo	ou heard about the Khan Academy MCAT Collection. Please specify:
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You indicated that you did NOT use the following MCAT prep products and resources made available by AAMC. Which of the following BEST describes why you did NOT use each of these prep products and resources made available by AAMC 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? Content Outline (pdf or website)						
The Official Guide to the MCAT Exam (print version or e-book)						
The Online Practice Questions from the Official Guide to the MCAT Exam						
MCAT Practice Exams						
MCAT Free Sample Test (Unscored)						
CARS Diagnostic Tool						
MCAT Question Packs						
MCAT Section Bank						
Independent Question Bank (formerly MCAT Flashcards)						
How to Create a Study Plan for the MCAT Exam (print or online version)						
Practice with Exam Features Tool						
How I Prepared for the MCAT Exam Testimonials						
Road Map to the MCAT Content in Sociology and Psychology Textbooks						
Road Map to the MCAT Content in Biochemistry Textbook						
Khan Academy MCAT Collection						



You indicated "Other" when asked why you didn't use the What's on the MCAT Exam? Content Outline (pdf or website). 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 the AAMC's MCAT Practice Exams. Please specify:
You indicated "Other" when asked why you didn't use the AAMC's MCAT Free Sample Test (Unscored). Please specify:
You indicated "Other" when asked why you didn't use the CARS Diagnostic Tool. Please specify:
You indicated "Other" when asked why you didn't use the AAMC's MCAT Question Packs. Please specify:
You indicated "Other" when asked why you didn't use the AAMC's MCAT Section Bank. Please specify:
You indicated "Other" when asked why you didn't use the AAMC's Independent Question Bank (formerly MCAT Flashcards). Please specify:
You indicated "Other" when asked why you didn't use How to Create a Study Plan for the MCAT Exam (print or online version). Please specify:

You indicated "Other" when asked why you didn't use the Practice with Exam Features Tool. 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 Road Map to the MCAT Content in Sociology and Psychology Textbooks. Please specify:
You indicated "Other" when asked why you didn't use the Road Map to the MCAT Content in Biochemistry Textbook. Please specify:
You indicated "Other" when asked why you didn't use the Khan Academy MCAT Collection. Please specify:
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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 determining how to begin studying for the MCAT exam
Difficulty learning new material for which I lacked relevant coursework
Difficulty relearning material I learned a while ago
Difficulty finding or identifying resources to aid in learning or relearning MCAT exam content
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 exam and my job
Difficulty balancing my time between studying for the MCAT exam and family obligations
Difficulty balancing my time between studying for the MCAT exam 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?



Part III - Career Plans and Interests

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

	Not likely	Somewnat 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.



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

Yes

O No



Do you (or will you) have any outstand	ding education loans	s for your college/premedic	al education?	
Yes				
○ No				
What is, or will be, the total amount of	f outstanding educat	iion loans for your college/p	oremedical education? (Plea	se do not use commas or periods)
Please estimate in U.S. Dollars:	\$			
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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)
○ Yes
○ No



Please list the amount of your noneducation. Note: Enter the amount (not percentages) to loan, and had no other consumer debt, you periods.	hat you owe for e	each category. For example	, if you owed eight hund	red dollars on your cr	edit cards, four thousa	
Credit Cards:	\$					
Car Loans:	\$					
Mortgage:	\$					
Other Consumer Loans:	\$					
Total Amount:	\$					
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Part V - Coursework

aduate, and professional school credit. Recognizing that your course titles might differ from those listed, please select any courses that might apply. (Select 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 2023 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