Welcome to the 2024 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. You have the right not to answer any question or set of questions. Deciding not to complete the PMQ or refusing 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 transferred to medical school (or other admissions committees) and will not be compared with information you may provide in fee-based 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 shared 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 identifiable 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 at humansubjects@aamc.org. If you have any technical questions about the PMQ, contact AAMC Student Surveys staff by email at pmq@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
Part I - Premedical Experiences

What did you definitely decide that you wanted to study medicine?

- Before high school
- During high school or 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

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 summer 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
- Volunteer in the healthcare field
- Volunteer in a non-healthcare field
- International volunteer experience
- Shadowed a physician or other healthcare professional
- None of the above

Go Back  NEXT PAGE  Save & Return Later  Clear Responses on This Page
Part I - Premedical Experiences

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., MD, PhD, JD)

What best describes your enrollment status throughout your undergraduate education?

☐ Full-time
☐ Full-time during some years and part-time during others
☐ Part-time
Part I - Premedical Experiences

Have you already graduated from college?

- Yes
- No
Part I - Premedical Experiences

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
Part I - Premedical Experiences

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)
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/riend
- Created or used flashcards of important details
- Other (please specify)
Part II - MCAT Preparation

What kinds of resources did you use to prepare for the MCAT exam? (Select all that apply)

- AAMC 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 (Uncorrected)
    - 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

- Other 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)
### Part II - MCAT Preparation

How did you find out about MCAT prep products and resources made available by AAMC? (Select all that apply)

| 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 | AAMC presentation, webinar, or booth at a recruiting fair | AAMC website | Internet search for MCAT preparation resources | Other |
|-------------------------|---------------------------------|---------------------------------------------------------------|---------------------------------------------------------------------|---------------------|---------------------------------|---------------------|---------------------|---------------------|---------------------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------------------|---------------------------------|---------------------------------------------------------------|---------------------|---------------------------------------------------------------|---------------------|---------------------------------------------------------------|---------------------|
|                         |                                 |                                                               |                                                                     |                     |                                 |                     |                     |                     |                                                               |                                                               |                                                               |                   |                                                               |                     |                                                               |                     |                                                               |

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

<table>
<thead>
<tr>
<th>What's on the MCAT Exam?</th>
<th>Somewhat useful</th>
<th>Useful</th>
<th>Very useful</th>
</tr>
</thead>
<tbody>
<tr>
<td>Content Outline (pdf or website)</td>
<td></td>
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<tr>
<td>The Official Guide to the MCAT Exam (print version or e-book)</td>
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<tr>
<td>The Online Practice Questions from the Official Guide to the MCAT Exam</td>
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<td>MCAT Practice Exams</td>
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<tr>
<td>Khan Academy MCAT Collection</td>
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<td>AAMC presentation, webinar, or booth at a recruiting fair</td>
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<tr>
<td>AAMC website</td>
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<tr>
<td>Internet search for MCAT preparation resources</td>
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<td>Other</td>
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<tr>
<td>Resource Type</td>
<td>Yes</td>
<td>No</td>
<td>Maybe</td>
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<tr>
<td>Published by a commercial company</td>
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<td>Practice tests published by a commercial company</td>
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<td>preparation course offered by a university, medical school, or post-</td>
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<td>baccalaureate program</td>
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<td>Flashcard generators</td>
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<td>preparation (e.g., textbooks, course notes, online modules, journals)</td>
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</table>
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:

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You indicated “Other” when asked how you heard about the CARS Diagnostic Tool. Please specify:

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You indicated “Other” when asked how you heard about the Khan Academy MCAT Collection. Please specify:

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### Part II - MCAT Preparation

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?

<table>
<thead>
<tr>
<th>Product/Resource</th>
<th>I was not aware of it</th>
<th>I had a similar product or resource from another source</th>
<th>I couldn't afford it</th>
<th>I didn't have enough time to use it</th>
<th>I didn't think it would be useful/helpful</th>
<th>Other</th>
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<tbody>
<tr>
<td>What's on the MCAT Exam? Content Outline (pdf or website)</td>
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</table>
Part II - MCAT Preparation

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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:
Part II - MCAT Preparation

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)
Part II - MCAT Preparation

What kind of challenge, 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?**

<table>
<thead>
<tr>
<th>Program</th>
<th>Not likely</th>
<th>Somewhat likely</th>
<th>Likely</th>
<th>Very likely</th>
</tr>
</thead>
<tbody>
<tr>
<td>MD-granting medical program</td>
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<tr>
<td>DO-granting medical program</td>
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<tr>
<td>Other health program (e.g., Veterinary, Dental, Physician Assistant Pharmacy)</td>
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<tr>
<td>Graduate program in science, technology, or math</td>
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<tr>
<td>Non-health professional program (e.g., law, MBA)</td>
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<tr>
<td>Graduate program in behavioral or social sciences (e.g., psychology, sociology)</td>
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<tr>
<td>Graduate program in the humanities (e.g., history, English)</td>
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</table>

**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

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Part III - Career Plans and Interests

Which of the following items would encourage 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 discourage you from applying to medical school? (Select all that apply)

- Amount of current debt
- Cost of applying to medical school
- Cost of medical school
- Grades, MCAT scores, and other academic qualifications
- Family obligations
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.

<table>
<thead>
<tr>
<th>Individual</th>
<th>Very negative</th>
<th>Somewhat negative</th>
<th>Somewhat positive</th>
<th>Very positive</th>
<th>Not applicable</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prehealth advisor</td>
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<tr>
<td>Research advisor or faculty member (not a prehealth advisor)</td>
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<tr>
<td>Career guidance counselor (not a prehealth advisor)</td>
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<td>Physician</td>
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<td>Family member</td>
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<tr>
<td>A college student</td>
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<tr>
<td>A medical student</td>
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</table>

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Part IV - Financial Information

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.

How are (or were) your college/postgraduate education costs paid? Please enter a percentage for each category below so the total equals 100%. Enter 0 (zero) in categories that do not apply.

<table>
<thead>
<tr>
<th>Category</th>
<th>Enter percentage</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scholarships or awards:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Scholarships or awards with a service commitment</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Loans:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Work-study program:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Personal income and savings:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Money from parents, guardians, or other relatives:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Money from spouse or partner:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other:</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total (should equal 100%)</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Part IV - Financial Information

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

- Yes
- No

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Part IV - Financial Information

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

- Yes
- No

What is, or will be, the total amount of outstanding education loans for your college/premedical education? (Please do not use commas or periods)

Please estimate in U.S. Dollars: $ 

Clear Responses on This Page
Part IV - Financial Information

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
**Part IV - Financial Information**

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 noneducational, consumer debt for each category listed below. Enter 0 (zero) for non-applicable categories.

Notes: 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 owed then appears below as 4,800. Please do not use commas or periods.

<table>
<thead>
<tr>
<th>Category</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Credit Cards</td>
<td>$</td>
</tr>
<tr>
<td>Car Loans</td>
<td>$</td>
</tr>
<tr>
<td>Mortgage</td>
<td>$</td>
</tr>
<tr>
<td>Other Consumer Loans</td>
<td>$</td>
</tr>
<tr>
<td>Total Amount</td>
<td>$</td>
</tr>
</tbody>
</table>

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Part V - Coursework

Which 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-baccalaureate, graduate, 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 (organic) 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

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Comments

Do you have any comments regarding this survey?

4000 characters left.

Go Back  SUBMIT Survey  Clear Responses on This Page
Thank you for responding to the 2024 Post MCAT Questionnaire

Your responses have been submitted.

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

For more information about the PRQ, see www.aamc.org/data/prq

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

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