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You spend at least a few years pulling all-nighters to make it through an intense educational program, which costs you a cool hundred grand at the least, only to find yourself here: facing an intense examination that will determine whether you make it into med school or get locked out. When you find yourself here, you have invested so much in your future that the thought of allow the MCAT to set you back is nauseating. This is where the successful part from the losers. Which side will you end up on?

If you are going to end up on the side of the successful heading to med school, you have to take MCAT prep seriously. You will have to take advantage of all available resources, including MCAT prep courses, books and video programs. Let's take a look at each option and see how they can fit into your personal strategy of cramming for what may be the biggest examination of your life.

MCAT Prep Toronto: Study Books

Purchasing a prep book is the most affordable and simplest way to cram for the MCAT. Everything you need to pass the exam is laid out in black and white, along with test exams and other resources to help test your progress as the exam gets closer.

Some students rely upon MCAT prep books alone, but that is never smart. Going through a book takes a lot of time and your chances of completely remembering every little detail to increase your chances of passing the test are minimal. Books may be a good resource to help you prepare, but it cannot be the only resource you use to prepare.

MCAT Prep Toronto: Study Videos

MCAT study videos make great companions to prep books. They are easier on the eyes, since you aren't reading every little detail. Rather than reading everything, you hear it out loud and visual stimulation may improve your ability to remember certain details. Yet, just like the books, you cannot rely upon videos as your only avenue of cramming for the big exam.

MCAT Prep Toronto: Private Prep Courses

Whether you invest in prep books and videos or not, you have to at least consider investing in a good prep course. The best courses are offered through independent services and offer everything you need to cram for the exam in the most efficient manner. Most courses give you books and videos that can be used to study outside of classes, but they also give you more extensive studies that will drastically improve your chances of making it into med school with all the other successful students.

Let's be completely honest here. Private prep courses are the most expensive MCAT prep resources available. They take more time and effort as well. Yet, they also deliver enhanced results and give you a much higher chance of passing the exam.

When deciding between all of these prep resources, it is best to combine all three for maximum possible results. Read the books when you have a bit of time. Watch videos before you go to bed or first thing in the morning. Then stack on a good MCAT prep course so you have a real teacher and real strategies that will help you through the exam.

Besides studying for the technical knowledge needed to pass the exam, consider finding strategies to mentally prepare for the stress of the exam as well. This is something you can learn through a good prep course.

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