



University of Rochester

Gwen M. Greene Center for
Career Education & Connections

Overview of the MCAT

The MCAT is a 7.5-hour exam that is composed of four sections:

- 1) Biological and Biochemical Foundations of Living Systems (59 questions)
- 2) Chemical and Physical Foundations of Living Systems (59 questions)
- 3) Psychological, Social, and Biological Foundations of Behavior (59 questions)
- 4) Critical Analysis and Reasoning Skills (53 questions)

While testing, you will be asked questions that prompt you to combine your scientific knowledge from multiple disciplines with your scientific inquiry and reasoning skills, [according to the AAMC](#).

MCAT Section	Length	Total Time
Test-day certification	4 minutes	4 minutes
Tutorial (optional)	10 minutes	14 minutes
Chemical and Physical Foundations of Biological Sciences	95 minutes	1 hour and 49 minutes
Break (optional)	10 minutes	1 hour and 59 minutes
Critical Analysis and Reasoning Skills	90 minutes	3 hours and 29 minutes
Mid-exam break (optional)	30 minutes	3 hours and 59 minutes
Biological and Biochemical Foundations of Living Systems	95 minutes	5 hours and 34 minutes
Break (optional)	10 minutes	5 hours and 44 minutes
Psychological, Social, and Biological Foundations of Behavior	95 minutes	7 hours and 19 minutes
Void question	3 minutes	7 hours and 22 minutes
End-of-day survey (optional)	5 minutes	7 hours and 27 minutes

(chart from <https://www.shemmassianconsulting.com/blog/how-long-is-the-mcat>)

MCAT Dates: The MCAT is offered multiple times per month between January and September each calendar year. Dates for the following calendar year are posted each October. [MCAT Dates for 2026](#).

You will receive your scores 30-35 days after your exam.

Study Resources

Content Review

- Kaplan Books
- Princeton Review Books
- [Khan Academy in partnership with AAMC](#).
- [AAMC low-cost study materials](#).
- [Blueprint](#) (free for 14 days).
- [Altius](#) (free for 30 days).



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- [MCAT Bootcamp](#) (provides free trial + some limited free resources).

We know some of the books can be expensive. Consider requesting copies from other libraries through [Interlibrary Loan \(ILL\)](#) or speaking to upperclassmen who have used these books before.

Practice Exams

- [AAMC](#): Offers 1 free scored exam and 1 free unscored exam
- [Kaplan](#): Offers 1 free exam and 30 days free.
- [The Princeton Review](#): Offers 1 free exam.
- [Blueprint](#): Offers 1 free exam. Does require you to sign up, but provides 14 days free.
- [Altius](#): Offers 1 free exam. Does require you to sign up, but provides 30 days free.
- [MedSchoolCoach](#): Offers a half exam free.
- [Examrackers](#): Offers a half exam free.

Practice Questions

- [Kaplan MCAT Question of the Day](#)
- [Varsity Tutors Question of the Day](#)
- [Blueprint Question of the Day](#)
- [MCAT Bootcamp Question of the Day](#)
- [Anki Decks: Options](#)

General Tips

Top MCAT Study Tips:

- 1) Make a study schedule. Be consistent with it, and be sure to plan out your study blocks, but it's also okay to be flexible too.
- 2) Don't *only* study for the MCAT – you don't want to burn out! Most applicants study for 3-6 months to prevent burnout too.
- 3) Use practice questions and practice exams from a variety of resources to best understand what you will see on the real exam.
- 4) Space out practice exams over time.
- 5) Talk to upperclassmen or recent alumni! Ask them how they studied or are studying, what resources are helpful, how they balanced studying with school or work, and what the actual exam day was like.
- 6) [Be sure to check out the AAMC](#). They have information on the exam, free study resources, and tips from past applicants before you test.
- 7) Check out The Princeton Review for free [MCAT prep webinars](#).



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Overview of the DAT

The DAT is a 5-hour and 15-minute exam that consists of four sections:

- 1) Natural sciences (100 questions total: 40 Biology, 30 General Chemistry, 30 Organic Chemistry)
- 2) Perceptual ability (90 questions)
- 3) Reading comprehension (50 questions)
- 4) Quantitative reasoning (40 questions)

DAT ADMINISTRATION SCHEDULE

Tutorial (optional)	15 minutes
Survey of the Natural Sciences	90 minutes
Perceptual Ability Test	60 minutes
Scheduled Break (optional)	30 minutes
Reading Comprehension Test	60 minutes
Quantitative Reasoning Test	45 minutes
Post Test Survey (optional)	15 minutes
Total Time	5 hours 15 minutes

(chart from: DAT Candidate Guide, <https://www.ada.org/education/testing/exams/dental-admission-test-dat>)

DAT Dates: The DAT is offered year-round, with dates depending on testing centers near you. You must apply for a DENTPIN when [requesting a test date here](#).

You will receive your scores 3-4 weeks after your exam.

Study Resources

Content Review

- Kaplan Books
- DAT Destroyer Books + [Free DAT Destroyer Resources](#)
- The Princeton Review Books
- Mometrix Test Prep Books
- [DAT Bootcamp](#) (provides free trial + some limited free resources; contact company for a discount if you have the DAT Fee Waiver)



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Practice Exams

- [Kaplan](#): Offers 1 free exam.
- [The Princeton Review](#): Offers 1 free exam.
- [Mometrix](#): Offers 1 free exam.

Practice Questions

- [Kaplan Question of the Day](#).
- [DAT Bootcamp Question of the Day](#).
- [Varsity Tutors DAT Perceptual Ability Question of the Day](#).

General Tips

Top DAT Study Tips:

- 1) Make a study schedule. Be consistent with it, and be sure to plan out your study blocks, but it's also okay to be flexible too.
- 2) Don't *only* study for the DAT – you don't want to burn out! Most applicants study for 3-6 months to prevent burnout too.
- 3) Use practice questions and practice exams from a variety of resources to best understand what you will see on the real exam.
- 4) Space out practice exams over time.
- 5) Talk to upperclassmen or recent alumni! Ask them how they studied or are studying, what resources are helpful, how they balanced studying with school or work, and what the actual exam day was like.



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Overview of the GRE

The GRE is a 2-hour test composed of 3 topics and 5 sections:

- 1) Analytical Writing (One Section)
- 2) Verbal Reasoning (Two Sections, 27 total questions)
- 3) Quantitative Reasoning (Two Sections: 27 total questions)

You will always take the Analytical Writing section first, while the other four sections may appear in any order after.

Measure	Number of Questions	Allotted Time
Analytical Writing (One section)	One "Analyze an Issue" task	30 minutes
Verbal Reasoning (Two sections)	Section 1: 12 questions	Section 1: 18 minutes
	Section 2: 15 questions	Section 2: 23 minutes
Quantitative Reasoning (Two sections)	Section 1: 12 questions	Section 1: 21 minutes
	Section 2: 15 questions	Section 2: 26 minutes

(chart from: <https://www.ets.org/gre/test-takers/general-test/prepare/test-structure.html>)

GRE Dates: The GRE is offered year-round, with dates varying. [Check possible dates here.](#)

You will receive your scores 8-10 days after your exam.

Study Resources

Content Review

- Kaplan Books
- [Powerprep Books from ETS](#)
- [Khan Academy Instructional Videos](#) for Quantitative Reasoning (free)
- The Princeton Review Books
- [Mometrix Books](#)
- [Manhattan Review GRE Prep](#) (some are free)
- Official GRE Testing Books from ETS



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Practice Exams

- [The Princeton Review](#): Offers 1 free exam and free test prep sessions.
- [Manhattan Review](#): Offers 1 free exam
- [Kaplan](#): Offers 1 free exam.
- [Magoosh](#): Offers 1 free exam.

Practice Questions

- [Varsity Tutors GRE Question of the Day](#).
- [ETS GRE Question of the Day](#).
- [Manhattan Review Free Practice Questions](#) and Flashcards.
- [Kaplan GRE Question of the Day](#).
- [Magoosh GRE Question of the Day](#).

General Tips

Top GRE Study Tips:

- 1) Use practice questions and practice exams to better understand the real exam and build your endurance.
- 2) Practice the writing section to understand the style needed for the exam.
- 3) Make a study schedule. Be consistent with it, and be sure to plan out your study blocks, but it's also okay to be flexible too.
- 4) Don't *only* study for the GRE – you don't want to burn out!
- 5) Space out practice exams over time.
- 6) Talk to upperclassmen or recent alumni! Ask them how they studied or are studying, what resources are helpful, how they balanced studying with school or work, and what the actual exam day was like.