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Retaking aamc practice tests reddit

There's not many posts about how inflated your scores will be when retaking the AAMC FLs so I thought I'd make one for all you retakers.First Take: (studied 5 weeks)AAMC Sample: (63/85/75/69) December 2017; was the very first FL I tookAAMC FL 1: 507 (127/128/129/124) December 2017AAMC FL 2: 506 (126/126/127/127) January 2018AAMC FL 3: 511 (130/128/127/126) January 2018Real Deal: 506 (129/126/127/124) January 2018Retakes: (studied 4 weeks)AAMC Sample: (83/85/88/95) May 2018AAMC FL 1: 517 (129/128/131/129) May 2018AAMC FL 2: 516 (130/125/131/130) May 2018 (kinda fucked up my timing in this CARS section)AAMC FL 3: 521 (130/132/130/129) May 2018Real Deal: 512 (129/126/129/128) June 2018As you probably noticed, my test scores were exactly 10 points higher for each retake than the first time I took it except for the real deal. Out of all the practice tests, there were very few questions where I remembered the exact answer but I do feel like there was some subliminal memory guiding my answers and where I should look in the passage for certain questions. Overall I felt like every test was harder the 2nd time I took it; I'm not sure why, maybe I felt like I shouldn't be missing any question since I've seen it all before, idk One thing to note when you are scoring high in the subsections, there is a much smaller spread of questions you have to get right to get that next point. So the difference between a 131 & a 129 can come down to 4 questions. If you've taken the same test before you're more likely to get those questions right but on the real deal, it may just come down to luck/ finesse. Essentially, if you are scoring very high on your practice FL retakes (129+ in subsections), you can probably expect a score drop of ~4 - 8 points from your average score. If you're scoring a little lower on your retakes (below 128 on the subsections) your retake scores will probably be more reflective of what you will get on the real deal. Obviously there will be exceptions to this but I believe most retakers can use this as a rough estimate. Moreover, it also depends a lot on your test and how it is scaled.AdviceContent ReviewFor my retake I did heavy content review using the Kaplan 7 book set because I really slacked on it last time and it hurt me. I would recommend being very meticulous about each topic and making sure you really understand everything. Especially if it is a topic that you missed on AAMC practice material; research tf out of it until you have a solid understanding.Make Review sheets!! This tip is very helpful; if your weak area is endocrine system, then put a chart with all the hormones, what gland releases them, and their function on your review sheet. I made them for chem/phys & Bio/biochem and looked through them as much as possible. If you find that you've forgotten something, take a few minutes to re-memorize it. If I find my review sheets I'll upload them and edit a link into this post.For Psych/Soc, I went through the 100 page doc once thoroughly then reviewed kaplan quicksheets. I also heavily reviewed the topics I missed on practice tests by referring to KA videos or the 300 pg doc. I also used Premed95's Anki deck very inconsistently but it was helpful nonetheless.PracticeI would recommend taking a few 3rd party practice tests to iron out the silly mistakes before you start on AAMC Material. I was limited on time so I was only able to fit in the AAMC tests, which I started 10 days out from my exam.I tried UWORLD a couple days before my exam and thought it was pretty decent but I would recommend doing it very early because the questions are very content oriented and not representative of the actual exam. Despite that, this is still a good resource because the explanations are amazing. I would fit this in somewhere between content review & practice.Do CARS practice EVERYDAY. I slacked on this and it bit me in the ass. I would recommend using KA to practice timing then go onto AAMC material. This is something you should start from Day 1, try to do at least 14 passages a week which works out to 2 per day.When reviewing practice FLs, write down what you got wrong, why you got it wrong, and how you should approach it next time. Review this document before you take your next test so you are aware of the mistakes you make consistently and can actively avoid them. (For me, I noticed I always fucked the shit out of dimensional analysis during chem/phys so I focused on making sure I always had the right units and numbers which made a huge difference for me.)Most Importantly: This test is all about your mindset! When you walk into the room don't take your foot off of the pedal, you need to make sure you are actively reading everything and actively avoiding all the mistakes you wrote down in your document. Do not zone out. Do not fuck up your timing. The first time around I messed up my timing really bad during CARS and that had me trippin for the rest of the test. This time, I just gave my best effort for each section and then cleared my mind during the breaks so I could focus on what was next. During my bio section I had a mini heart attack because of how hard it was but I took a small breather and just continued to take the test to the best of my ability.This subreddit was extremely helpful for me so I thought I'd give back to it. Hopefully some of you found this post useful. TL;DR - Retaking AAMC FLs 1.5 years after I took them the first time, and wondering how accurate the scores I'm getting are.I took the MCAT 1.5 years ago and wasn't too happy with my score, so I'm going to retake it again in January 2022. During my first prep, I took all the AAMC FLs, and since those are the gold standard, decided to retake them again this time around. I just finished the AAMC Sample, and got a 522 (130/131/130/131). I definitely remembered some of the passages/questions, especially in the CARS section, so I know it's at least somewhat inflated. I was wondering how much of this score could be attributed to this being the second time I'm seeing the exam? However, the last time I took the AAMC FLs I got 512/510/521/522/521, so my score isn't too far off from my last performances. Thanks in advance! I am making this post for all of those diligent MCAT takers who studied really hard for the first exam using all of the AAMC material only to have received your scores back and realize you have to take it again. If you are worried about reusing your AAMC material, hopefully my story can help you feel more confident!After studying for 4.5 months, I took my first MCAT in May 2019. My AAMC FLs before my May exam were 512, 509, 512 respectively. Cars was dragging me down (consistent 124). I was hoping I could improve cars within the days before my test and bolster my score up to 514 or 515. Unfortunately, crazy test day circumstances (tornado warning caused us to evacuate for a couple hours, got locked out of a section with unanswered questions, 30 min break automatically skipped) got the best of me. Got the results in June and it was a 509. This is a good score, but I knew with all the preparations I did that I could do better. I buckled up and studied for 3 more weeks to test on July 19th.I retook the AAMC FLs before my July exam and they were 521, 521, 518. Of course, I wasn't sure about the validity as I had taken them and thoroughly reviewed them a few months prior. However, I only remembered a few questions so I thought the retakes were still good practice.I got my second score back in August and it was a 518 (130/128/129/131)! Only a couple points less than my FL retake average. TRUST your FL scores, even if you're retaking them 3 months later. They are a good predictor of the content you will see on the real exam, so drilling it into your brain more than once is phenomenal. IT IS POSSIBLE TO IMPROVE CARS. practice practice practice! I never though I would break 126 and I ended up scoring a 128 on the real exam. NEVER feel discouraged about having to retake this exam! the MCAT is a beast but you can get the score you want with persistence. Hi everyone! Last May I studied for the mcat and ended up not taking the exam, but I had already taken AAMC Sample, FL 1, FL 2, all the q packs and all the SBs while studying before deciding to not take the test due to not being ready. I have been re-studying to take it this month on 3/29 and am having a tough time gauging where I am due to already having taken the aamc stuff and am worried about validity while retaking these FL's and such. I took the aamc sample a few days ago and got around ~77% correct (translates to a 509 from the conversion in side bar) and averaged ~505 on 3 NS exams I took last month. Only resources I have left that I haven't taken before are aamc FL 3 and the OG. Was planning on taking FL 1 and 2 again first (one a week) and then taking FL 3 one week out from test date, but now wondering if FL 3 will be the only true predictor of my score and I should take it a little sooner? Basically wondering how valid my retake AAMC FL scores are/will be! Shooting for 510-512 range and don't know if I can trust the 509 on the aamc sample since I took it once before last May.

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