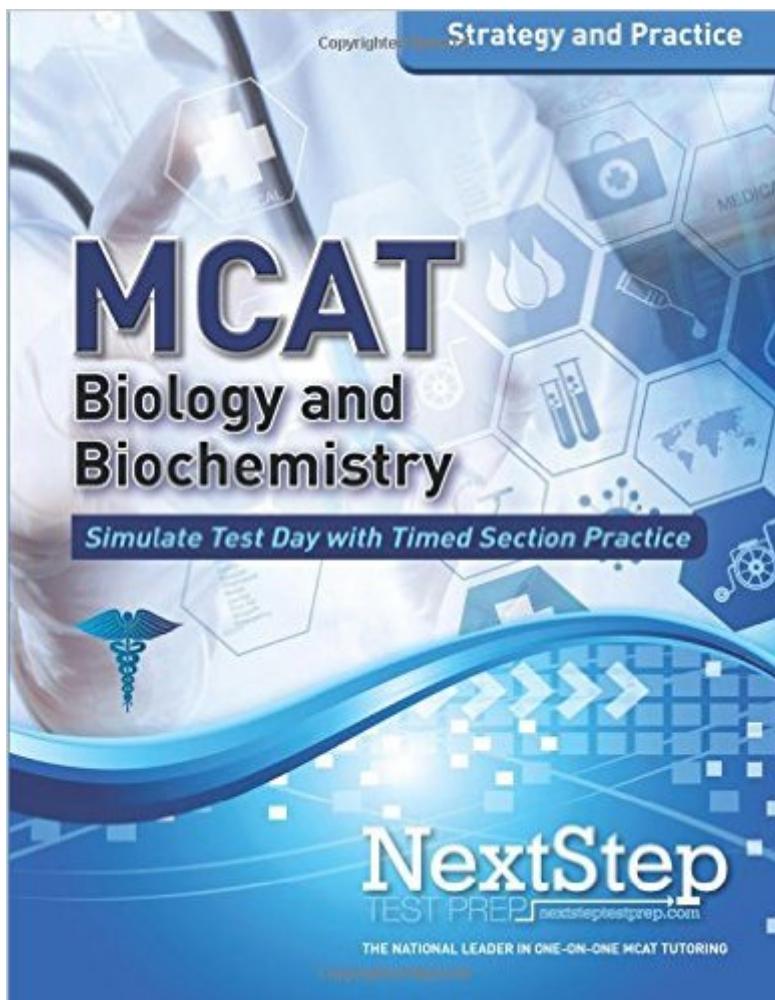


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# MCAT Biology And Biochemistry: Strategy And Practice



## **Synopsis**

Revised for 2016! All of Next Step's books have gotten a full review and update. More Free Stuff! We are now offering a free full-length exam in addition to the free diagnostic test described below. See the book insert for instructions on how to register for this free additional full length exam. Get the most realistic practice available for the MCAT's Biological and Biochemical Foundations of Living Systems Section. Next Step's Strategy and Practice books give you a focused review of several different approaches to MCAT problems, and then offer the single most important resource an MCAT student needs: full timed section practice. Test your skills by completing practice sections and then build upon them with the most thorough explanations available in any MCAT prep book. Unlike most other books (that simply give you an answer key and maybe a short description of the right answer), all of Next Step's Strategy and Practice books show you how to do a thorough breakdown of the passage itself and then follow that up with a careful analysis of the question and every answer choice. Those who purchase a Next Step book also get free access to our online MCAT diagnostic test. See the URL at the front of the book for instructions on how to register. Finally, you can always check for free updates and free upgrades to our books here:

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## **Customer Reviews**

Very helpful book; it is mainly focused on MCAT techniques and practice, unlike other MCAT books

that focus mainly on reviewing material. I have Kaplan and books as well, and think Next Step is way more relevant to the new MCAT.

I used the book for timed practice. The passages are quite detailed and dense compared to the real MCAT. If you are doing this without previous practice from AAMC materials you will get the sense that you are failing big time with how difficult it is mainly because of how dense it is. I think this is a double edged sword. I appreciated that I had to learn quick reading skills and really had to be conscious of time. However, one can get discouraged by it, so it's important to not see your results as a concrete reflection of how you will do, but rather use this book for improving reading skills and pacing.

Just got mine this week and I love it already. Love the techniques listed in the beginning. Even better they give you tons of examples to look at. So not only do you get practice, but they take you through how you should have read each passage, figure, table, down to the last detail. I really feel better about the new biochem now (gotta get a content book). The study guide seems like a good idea, so I'm gonna be trying that out. I would definitely recommend for the new MCAT. UPDATE: Have been using the study guide, and it takes some getting used to. It does help to train recall though. Too much of the Biochem I go based off hunches or recognition, and the self-study exercises purge me of that pretty quick. PROS: Lots of passage practice, several reading strategies are presented and modeled for you. The explanations are all in depth too so you are never left wondering "why was I wrong?" 4 full sections of practice. CONS: The passages are sooooo dense. I think they did that on purpose to really make you work at it but I would want them to be streamlined to reflect the more subtle nuances of the new MCAT. I would want more timing recommendations. now that the Qs appear one at a time on the MCAT, that seriously crimps my idea of skipping around efficiently.

I'm so frustrated with the number of errors and typos in the Next Step books. It's not limited to just a few. There are errors on almost every other page. I don't know how this went through a publishing company without anyone checking it over.

One of the most important parts of studying for the MCAT is actually doing practice passages. These passages accurately and efficiently present passages in a manner very similar to the AAMC MCAT test writers. When you work through these passages you are not just testing your basic

science knowledge like in some prep books, but you are also work on real MCAT test taking skills and use reading comprehension to solve questions. This is a must buy for any serious MCAT user. What separates this book from other similar ones really is the attention to detail and ability to simulate real MCAT-like passages and questions.

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