

My UKCAT 2016 Preparation Plan

We suggest you start preparing for your UKCAT at least 4 weeks before your test date, although you may want to take a different approach that suits you. Our highest scoring candidates report they spend around 20-30 hours preparing for the UKCAT. It is better to build up your preparation so you get the best out of the resources in the [Candidate Preparation Toolkit](#). The tips are drawn from our survey of candidates last year; you may also find them useful.

	Step	Preparation activities	<input checked="" type="checkbox"/>
4 weeks to go	① Start your preparation by reading the UKCAT Official Guide 2016 .		<input type="checkbox"/>
	② Use the Tour Tutorial to familiarise yourself with the computer based format of the test.		<input type="checkbox"/>
	③ Use the Question Tutorial to work through example questions from each subtest and understand the strategies on how to approach and answer questions.		<input type="checkbox"/>
	④ Download the Mobile App for some introductory items. It's also a great resource for practising on the go. If you don't have a smart phone, the items are also in the Official Guide.		<input type="checkbox"/>
	tip Challenge yourself by reading newspapers or articles to improve your critical reasoning skills and ability to draw conclusions which will help with Verbal Reasoning. Remember though, this subtest is not a test of knowledge. You may like to practice skim/speed reading.		<input type="checkbox"/>
3 weeks to go	⑤ Use the Subtest Question Bank to familiarise yourself with the format and style of item types from all 5 sections of the test.		<input type="checkbox"/>
	⑥ Try Practice Test A and then review your responses and the answer rationales.		<input type="checkbox"/>
	tip Brush up your maths skills as this will impact on the Quantitative Reasoning section in particular. You may need to work out percentages, averages, ratios and fractions so remind yourself how to do some of these calculations. Practice your mental arithmetic too.		<input type="checkbox"/>
	tip Practice using the onscreen calculator for Quantitative Reasoning.		<input type="checkbox"/>
2 weeks to go	⑦ Sit Practice Test B and then review your responses and the answer rationales. It is a good idea to try the timed version so you can start to gauge your pace through each subtest. Every year there are a number of candidates who do not answer every question so working on your timing is very important.		<input type="checkbox"/>
	tip Browse some of the sections of the General Medical Council's "Good Medical Practice" to inform your responses in the Situational Judgement Test.		<input type="checkbox"/>
	tip Consider creating a mnemonic to help you remember some of the key things to look for in Abstract Reasoning (e.g. shape, number, position, symmetry, reflection).		<input type="checkbox"/>
1 week to go	⑧ Take Practice Test C under timed conditions, as if you were sitting the actual test. Review your responses and the answer rationales.		<input type="checkbox"/>
	⑨ Make sure you know where your test centre is (print off a map). Make sure you have the correct ID to take with you; otherwise you will be turned away!		<input type="checkbox"/>
	⑩ Watch our Videos on what to expect at the test centre.		<input type="checkbox"/>
	tip Get a good night's sleep the night before your test.		<input type="checkbox"/>