



The Altius MCAT System

Classroom Instruction

Interactive Group Sessions

Students attend thirty-two different interactive classroom sessions. Each session features proctored, timed, real AAMC practice questions that reinforce concepts, illustrate important MCAT strategies, and introduce new topics in the framework of actual AAMC test items. Under the guidance of their tutor, students take turns leading the group in a careful review and analysis of each question. Students learn from both their tutor's insight and that of their fellow students (Review #5)

Weekly Student Review Sessions

Each week, students meet together in small groups to review that week's material, work thru practice problems, and share insights. These sessions are facilitated and organized by Altius Tutors, but are led and taught by the students themselves (Review #6)

Program Design Notes

This carefully-orchestrated approach to MCAT preparation was designed to maximize the use of proven scientific principles of memory and learning.

Two brief examples include:

Spaced Repetition: Researchers agree that repetition spaced at regular intervals is the key to long-term memory storage. Notice that each principle is first presented in the lessons, then reviewed a minimum of nine additional times throughout the program. Each exposure utilizes a different type of learning environment.

Semantic Memory: Research indicates that students learn best when information is presented in an interactive environment that ties their new knowledge to an experience or event. The one-on-one tutoring, interactive group sessions and Student Review Sessions all take advantage of various aspects of this principle.

Private Tutoring & Independent Study

Independent Study – Lesson Prep

Student studies and prepares the assigned lesson outline (1st exposure)

Private Tutoring Session

Tutor and student review the entire lesson together, clarifying difficult concepts and emphasizing important topics. Tutor drills student to ensure concept mastery (Review #1)

Independent Study – Lesson Review

Student reviews lesson materials again within 24 hours (Review #2)

Practice Problems

Student completes a battery of MCAT questions testing ALL topics covered in the associated lesson (Review #3)

Weekly Notecard Review

Student reviews all notecards—from both current and previous lessons—until fully mastered (Review #4)

Full-Length Proctored Exams

Student attends live proctored tests, featuring previously administered MCAT exams (Review #8)

Final Preparations Checklist

Student completes an intensive month-long final preparations program featuring a complete review of all topics, 1-on-1 analysis of their weaknesses and 13 timed, full-length practice exams (Review #9)

Superb MCAT Score

The intensity, difficulty, and scientific design of the Altius program always results in higher MCAT scores.

Review & Follow-Up

Notecards

Students create a notecard for each principle learned, or question missed, during tutoring sessions, group sessions, practice problems and proctored exams. Notecard creation and review is continuously monitored and facilitated by their tutor (Review #7)

Follow-Up

Students track their own progress and report that progress to their tutor by completing a weekly Student Accountability Tracking Sheet. This form allows students, tutors and Altius management to quickly understand a student's progress and where he or she needs to improve to reach stated goals. The important criteria and objectives outlined on this page are continuously monitored so that every Altius student remains on track.