

MCAT Psychology and Sociology Review: An In-Depth Guide to Excelling on the Psychological, Social, and Biological Foundations of Behavior Section

The Medical College Admission Test (MCAT) is a standardized exam required for admission to medical school in the United States. The MCAT assesses various academic skills and knowledge, including the Psychological, Social, and Biological Foundations of Behavior (PSBB) section. This section covers essential concepts from psychology and sociology, testing examinees' understanding of human behavior and social processes.

Preparing for the PSBB section requires a comprehensive review of the relevant material. This article provides an in-depth guide to help you excel on the PSBB section of the MCAT, focusing on key topics, study strategies, and resources.

Key Topics Covered in the PSBB Section

****Psychology**

- **Biological Bases of Behavior:** Neural organization, neurotransmitters, hormones, genetics
- **Cognitive Psychology:** Attention, memory, language, problem-solving, decision-making
- **Motivational and Emotional Psychology:** Motivation, drives, needs, emotion

- **Developmental Psychology:** Cognitive, social, emotional development from infancy to adulthood
- **Personality Psychology:** Personality traits, theories, assessment
- **Abnormal Psychology:** Mental disorders, causes, treatments

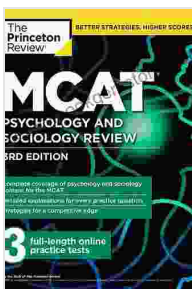
**Sociology

- **Social Structure and Stratification:** Social classes, inequality, social mobility
- **Socialization and Culture:** Socialization processes, cultural values, norms
- **Social Interaction:** Groups, leadership, social conflict
- **Social Institutions:** Family, education, religion, healthcare
- **Social Deviance and Control:** Types of deviance, social control mechanisms

Study Strategies for the PSBB Section

1. Understand the Foundations

Establish a solid foundation in the core concepts of psychology and sociology. Review textbooks, class notes, and online resources to grasp the fundamental principles.



MCAT Psychology and Sociology Review: New for MCAT 2024 (Graduate School Test Preparation)

by Dr Ray Makar

★★★★☆ 4.2 out of 5

Language : English

File size : 32325 KB

Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 354 pages



2. Practice Active Recall

Use active recall techniques to test your memory and consolidate knowledge. Regularly quiz yourself on key concepts, definitions, and theories.

3. Use Visual Aids

Create mind maps, diagrams, and flashcards to visualize complex concepts. Visual representations enhance understanding and retention.

4. Seek Clarification

Don't hesitate to ask for help when encountering challenging topics. Consult professors, tutors, or classmates for clarification and guidance.

5. Timed Practice

Simulate the actual test experience by taking timed practice exams. Practice managing your time effectively and identifying areas for improvement.

6. Analyze Question Types

Become familiar with the different types of questions that may appear on the PSBB section. Practice answering multiple-choice, passage-based, and

free-response questions.

Resources for MCAT PSBB Review

1. Official MCAT Study Materials

- The AAMC MCAT Official Prep Guide
- The AAMC MCAT Section Bank
- The AAMC MCAT Practice Tests

2. Commercial Resources

- Kaplan MCAT Prep
- Princeton Review MCAT Prep
- Next Step Test Prep

3. Online Platforms

- Khan Academy MCAT
- UWorld MCAT
- Blueprint MCAT

4. Books

- The Psychology and Sociology Review for the MCAT by Princeton Review
- The MCAT Compass: Psychology and Sociology by Kaplan
- MCAT Psychology and Sociology: The Ultimate Guide by Examkrackers

Tips for the Day of the Exam

1. Manage Stress

Stay calm and composed on the day of the exam. Use relaxation techniques such as deep breathing or meditation to ease anxiety.

2. Time Management

Strategically allocate your time for each question type. Rapidly answer easy questions and spend more time on challenging ones.

3. Guess Wisely

When unsure about an answer, eliminate as many incorrect choices as possible before making an educated guess.

4. Read Carefully

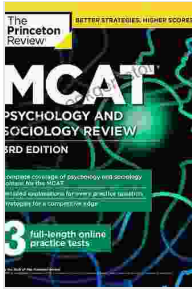
Read instructions and questions thoroughly to avoid misinterpretations.

5. Review and Check

Use the remaining time to review your answers and address any uncertainties.

Excelling on the PSBB section of the MCAT requires a comprehensive understanding of psychology and sociology, effective study strategies, and access to quality resources. By following the tips and guidelines outlined in this article, you can confidently prepare for and succeed in this crucial section of the medical school admission exam

**MCAT Psychology and Sociology Review: New for
MCAT 2024 (Graduate School Test Preparation)**



by Dr Ray Makar

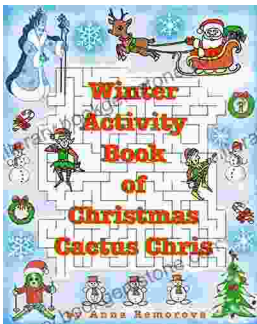
★★★★☆ 4.2 out of 5

Language : English
File size : 32325 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 354 pages



Ceoe Test Practice Questions Exam Review For The Certification Examinations For

The Ceoe exam is a certification exam for the Certified Energy Optimization Engineer (Ceoe) credential. The Ceoe credential is offered by the Association of Energy...



Spot the Difference Mazes, Math Mazes, Word Puzzles, and Find the Shadow Matching: A Journey of Cognitive Development

Puzzle-solving activities have become integral to education and entertainment, captivating individuals of all ages. Among the numerous puzzle types, Spot the...