

# UCAT Readiness Checklist

This checklist is designed to help students ensure they are **fully prepared for UCAT day**, covering everything from mindset to strategy, equipment, and wellbeing.

## 1. Know the Test Inside Out

- I understand the **four UCAT sections**:
  - Verbal Reasoning (VR)
  - Decision Making (DM)
  - Quantitative Reasoning (QR)
  - Situational Judgement (SJT)
- I know the **timing, number of questions, and score range** for each section.
- I have reviewed **UCAT question types** and strategies for each subtest.
- I know **how UCAT scores and percentiles** are calculated and how universities use them.

## 2. Practice and Strategy

- I have **completed timed practice sets** for all sections.
- I have **reviewed mistakes** and understand where I went wrong.
- I have a **question journal or error log** for recurring question types.
- I have completed **full-length UCAT mock exams** under realistic conditions.
- I have practiced **skipping hard questions** and **guessing strategically**.
- I know my **target score** and percentile for my university applications.

## 3. Planning and Time Management

- I have a **study schedule** leading up to test day (6–24 months).
- I have allocated **short, consistent practice blocks** instead of cramming.
- I have planned **revision cycles** for VR, DM, QR, and SJT.
- I have scheduled **mock exams** at least 6-10 weeks before my UCAT.
- I have balanced UCAT practice with **Year 12 study and wellbeing**.

## 4. Test-Day Preparation

- I know **my UCAT test centre location** and travel time.
- I have **all required ID and documentation** ready for test day.
- I have checked **equipment requirements** (calculator rules, if applicable).
- I have practiced **timed pacing** to finish all sections.
- I have a **strategy for mental reset and focus** during the test.

## 5. Mindset and Wellbeing

- I have practiced **stress management techniques** (breathing, focus, short breaks).
- I have planned **healthy meals and hydration** for test day.
- I get **7–8 hours of sleep** regularly, especially the week before the UCAT.
- I have a **support system** for motivation and reassurance (parents, mentors, study group).
- I have a **confidence mantra** or routine to maintain calm under pressure.

## 6. Post-Test Planning

- I know **how and when results are released**.
- I have a plan to **interpret scores** and percentiles accurately.
- I know which **universities I will apply to** based on my scores.
- I am aware of **next steps for interviews or gap year planning** if needed.

## Bonus: InMed Academy Support

- I have attended or plan to attend an **InMed UCAT Workshop** for:
  - Section-specific strategies
  - Mock exams with expert review
  - Score analysis and target-setting
  - Stress management and test-day confidence

## How to Use This Checklist

- Tick each item **weekly** as you prepare — small consistent wins add up.
- **Revisit areas where boxes remain unticked** before the UCAT.
- Use the checklist as a **guideline, not a stress source** — preparation is a process.