

MCAT Mnemonics Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

- 1. What is the mnemonic for remembering the order of electron orbitals?**
 - A. Simple Planetary Degrees**
 - B. Some People Don't Forget Good Hunting**
 - C. Susan Plays Darts, Football, Golf, Hunts, and Inspects Kitchens**
 - D. Significant Patterns of Distinct Forms**
- 2. Which method is associated with the acronym "EXPERIMENT" in research?**
 - A. Survey**
 - B. Metacognition**
 - C. Observation**
 - D. Validation**
- 3. Which personality trait in the OCEAN model refers to a person's ability to experience and express their emotions?**
 - A. Conscientiousness**
 - B. Extraversion**
 - C. Neuroticism**
 - D. Agreeableness**
- 4. What does the mnemonic "F.A.C.E." help to remember in music?**
 - A. The notes in the spaces of the treble clef**
 - B. The notes in the lines of the treble clef**
 - C. The types of musical scales**
 - D. The different musical instruments**
- 5. Which acronym is useful for remembering factors affecting enzyme activity?**
 - A. TPC**
 - B. ACT**
 - C. NEP**
 - D. CAT**

- 6. What does "CATS" represent in the cardiovascular system?**
- A. Cardiac, Arteries, Tissue, System**
 - B. Cells, Aortas, Tissues, Systems**
 - C. Circulation, Anatomy, Thrombus, Structure**
 - D. Cardiovascular, Aneurysm, Tightness, Spleen**
- 7. Which enzyme is an allosteric regulator in glycolysis?**
- A. Phosphofructokinase**
 - B. Aldolase**
 - C. Hexokinase**
 - D. Pyruvate Kinase**
- 8. How many electrons does Carbon need for stability as indicated in the HONC mnemonic?**
- A. 1**
 - B. 2**
 - C. 3**
 - D. 4**
- 9. What mnemonic is utilized for the five stages of grief?**
- A. SAPP C**
 - B. DABDA**
 - C. HAT PACT**
 - D. Kings Play Cards On Fat Green Stools**
- 10. What aspect of behavior does "Support" refer to in the "HABITS" mnemonic?**
- A. Encouragement from peers**
 - B. Self-perception**
 - C. Resource availability**
 - D. External motivation**

Answers

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1. C
2. A
3. C
4. A
5. A
6. A
7. A
8. D
9. B
10. A

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Explanations

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1. What is the mnemonic for remembering the order of electron orbitals?

A. Simple Planetary Degrees

B. Some People Don't Forget Good Hunting

C. Susan Plays Darts, Football, Golf, Hunts, and Inspects Kitchens

D. Significant Patterns of Distinct Forms

The correct mnemonic for remembering the order of electron orbitals is encapsulated in the phrase "Susan Plays Darts, Football, Golf, Hunts, and Inspects Kitchens." This mnemonic effectively represents the sequence of orbitals that electrons fill, which includes s, p, d, f, g, and then potentially higher orbitals. - ****s**** - corresponds to 'Susan' - ****p**** - corresponds to 'Plays' - ****d**** - corresponds to 'Darts' - ****f**** - corresponds to 'Football' - ****g**** - corresponds to 'Golf' - ****h**** - corresponds to 'Hunts' - ****i**** - corresponds to 'Inspects' - ****k**** - corresponds to 'Kitchens' Using this mnemonic helps students recall not just the types of orbitals available but also their order in terms of energy levels when arranging electrons in an atom according to the Aufbau principle. These orbitals are filled in increasing energy from 1s up to higher energy levels, such as 7s, 6p, and so on. The other options, while catchy, do not accurately represent the specific sequence of orbital filling. "Simple Planetary Degrees," for example, does not correlate directly with

2. Which method is associated with the acronym "EXPERIMENT" in research?

A. Survey

B. Metacognition

C. Observation

D. Validation

The acronym "EXPERIMENT" is strongly associated with the method of research that allows for systematic testing of hypotheses through direct manipulation of variables and observation of outcomes. This approach is fundamentally different from the other methods listed, as it involves controlled conditions where researchers can evaluate cause-and-effect relationships. In the context of experiments, researchers can create various conditions to compare results, providing a clear framework for interpreting data. This contrasts with surveys, which gather information through self-reported data from participants, often about their thoughts, behaviors, or demographics, but do not allow for the direct manipulation of variables. Metacognition focuses on awareness and understanding of one's own thought processes, rather than a research method involving variable manipulation. Observation refers to simply watching subjects or phenomena without intervening or manipulating any conditions. Validation pertains to assessing the credibility and reliability of research methods rather than being a research method itself. Therefore, the method closely aligned with the acronym "EXPERIMENT" emphasizes the structured and scientific approach of manipulating variables to obtain empirical data, making it quintessential to experimental research design.

3. Which personality trait in the OCEAN model refers to a person's ability to experience and express their emotions?

A. Conscientiousness

B. Extraversion

C. Neuroticism

D. Agreeableness

In the OCEAN model of personality, neuroticism refers to a person's tendency to experience negative emotions such as anxiety, depression, and emotional instability. Individuals who score high in neuroticism are more likely to have difficulty in regulating their emotions, which can lead to heightened sensitivity to stress and adverse emotional experiences. This trait is linked with the ability to express emotions but often in a more troubled or volatile manner. In contrast, the other traits describe different aspects of personality. Conscientiousness relates to self-discipline and reliability; extraversion pertains to sociability and the tendency to seek out social interaction; and agreeableness involves the propensity for kindness and cooperation. Thus, neuroticism specifically addresses the realm of emotional experience and expression, making it the most relevant trait in this context.

4. What does the mnemonic "F.A.C.E." help to remember in music?

A. The notes in the spaces of the treble clef

B. The notes in the lines of the treble clef

C. The types of musical scales

D. The different musical instruments

The mnemonic "F.A.C.E." helps musicians remember the notes that appear in the spaces of the treble clef staff. In the treble clef, the spaces from bottom to top correspond to the notes F, A, C, and E. This mnemonic is particularly useful for beginners learning to read music, as it offers an easy way to recall the specific notes that occupy those spaces without needing to memorize them individually. The other options do not accurately relate to the mnemonic "F.A.C.E." For instance, the lines of the treble clef staff are represented by a different mnemonic, which is "E.G.B.D.F." These other choices pertain to different elements of music theory that do not align with the specific notes found in the spaces of the treble clef. Thus, recognizing that "F.A.C.E." pertains specifically to the spaces solidifies its utility in understanding music notation.

5. Which acronym is useful for remembering factors affecting enzyme activity?

- A. TPC**
- B. ACT**
- C. NEP**
- D. CAT**

The acronym TPC stands for Temperature, pH, and Concentration, which are key factors that affect enzyme activity. Temperature impacts the kinetic energy of molecules; as temperature increases, enzyme activity generally increases until the enzyme denatures at high temperatures. pH levels influence the ionization state of the enzyme and its substrates, affecting the enzyme's shape and function. Concentration refers to the amount of substrate or enzyme present; typically, higher concentrations lead to increased activity until a saturation point is reached. Using the acronym TPC can help recall these important factors and understand how they can enhance or inhibit enzyme activity in biochemical processes.

6. What does "CATS" represent in the cardiovascular system?

- A. Cardiac, Arteries, Tissue, System**
- B. Cells, Aortas, Tissues, Systems**
- C. Circulation, Anatomy, Thrombus, Structure**
- D. Cardiovascular, Aneurysm, Tightness, Spleen**

The acronym "CATS" in the context of the cardiovascular system stands for "Cardiac, Arteries, Tissue, System." This accurately reflects key components related to the cardiovascular system. "Cardiac" refers to anything associated with the heart, which is central to the cardiovascular system as it pumps blood throughout the body. "Arteries" are critical blood vessels that carry oxygenated blood away from the heart to various tissues, playing a vital role in the circulatory process. "Tissue" emphasizes the importance of different types of tissues, such as myocardial tissue in the heart, as well as various tissues supplied by the arteries. Finally, "System" encapsulates the entire cardiovascular network, including the heart, blood vessels, and various tissues interacting to maintain circulation and homeostasis. Understanding these components is crucial for grasping cardiovascular physiology, as each plays an integral role in the overall function and health of the circulatory system. The other options do not accurately represent these interconnected aspects of the cardiovascular system.

7. Which enzyme is an allosteric regulator in glycolysis?

A. Phosphofructokinase

B. Aldolase

C. Hexokinase

D. Pyruvate Kinase

Phosphofructokinase (PFK) serves as a critical allosteric regulator in glycolysis, primarily due to its role in controlling the flow of glucose through this metabolic pathway. PFK is the enzyme that catalyzes the conversion of fructose-6-phosphate to fructose-1,6-bisphosphate, and it is recognized as a major point of regulation. As an allosteric enzyme, its activity is modulated by the concentrations of various metabolites. For instance, high levels of ATP (indicative of sufficient energy) inhibit PFK, while high levels of AMP and fructose-2,6-bisphosphate (indicative of low energy) activate it. This allosteric regulation allows the cell to respond to its energy status and ensures that glycolysis is only activated when necessary, maintaining overall metabolic balance. In contrast, the other enzymes listed—aldolase, hexokinase, and pyruvate kinase—do not exhibit the same level of allosteric regulation within glycolysis. Aldolase is involved in the splitting of fructose-1,6-bisphosphate but is not known for allosteric regulation. Hexokinase catalyzes the phosphorylation of glucose

8. How many electrons does Carbon need for stability as indicated in the HONC mnemonic?

A. 1

B. 2

C. 3

D. 4

The HONC mnemonic is a helpful tool in organic chemistry that outlines the number of bonds typically formed by the four most common elements in biological molecules: Hydrogen (H), Oxygen (O), Nitrogen (N), and Carbon (C). According to the mnemonic, Carbon (C) is represented by the letter "C" which signifies that it tends to form four bonds. Carbon has four valence electrons and needs to gain four additional electrons to achieve a stable electron configuration, similar to that of noble gases. Thus, with four covalent bonds, Carbon can share electrons with other atoms, effectively filling its outer electron shell and achieving a stable octet configuration. This is fundamental for carbon's role in forming complex organic molecules, as it allows for a diverse array of chemical structures and reactivity patterns. Each bond represents Carbon sharing its four electrons, confirming that it indeed needs four electrons to achieve stability in various compounds. This places Carbon at the center of organic chemistry, enabling the formation of long chains and complex molecules that are essential to life.

9. What mnemonic is utilized for the five stages of grief?

A. SAPP C

B. DABDA

C. HAT PACT

D. Kings Play Cards On Fat Green Stools

The correct answer is based on the widely recognized mnemonic "DABDA," which stands for the five stages of grief as identified by Elisabeth Kübler-Ross. These stages are: Denial, Anger, Bargaining, Depression, and Acceptance. Using "DABDA" as a memory aid allows individuals to easily recall the sequence of the stages involved in the grieving process. This mnemonic is effective because it provides a simple and easy structure that helps in understanding the emotional journey that many experience when facing loss. In contrast, the other options provided do not accurately correspond to the stages of grief as defined in psychological theory and would not serve as effective mnemonics for this concept.

10. What aspect of behavior does "Support" refer to in the "HABITS" mnemonic?

A. Encouragement from peers

B. Self-perception

C. Resource availability

D. External motivation

In the context of the "HABITS" mnemonic, "Support" specifically refers to encouragement from peers. This aligns with the concept that social influences play a crucial role in shaping behavior and reinforcing habits. Positive reinforcement from peers can create an environment where individuals feel motivated and validated in their actions, which can significantly impact their ability and willingness to adopt or maintain certain habits. Peer support can manifest in various ways, such as friends encouraging someone to pursue healthier lifestyles or participate in group activities that promote the desired behavior. This encouragement fosters a sense of community and accountability, which are important for long-term habit formation. While self-perception, resource availability, and external motivation are all important factors that can influence behavior and habits, they are not the primary focus of "Support" in this mnemonic. Instead, it emphasizes the interpersonal aspect that can lead to more effective habit cultivation through social connections and encouragement.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://mcatmnemonics.examzify.com>

We wish you the very best on your exam journey. You've got this!