

**The GMAT is an admission test for Master and MBA programmes. Mindful GMAT is GMAT partner of the University of Amsterdam and organises GMAT preparation courses at the UvA. Our course focusses on the theory and strategy to score at least 600 on the GMAT. This document gives an overview of the GMAT basics: feel free to contact us or check [mindfulgmat.org](http://mindfulgmat.org) for more detailed GMAT information.**

The GMAT is a computer test of 3.5 hours and consists of four parts:

### 1. Analytical Writing Assessment

You need to write an essay about the analysis of an argument. You get 30 minutes to do this. The scoring scale runs from 0 – 6.

### 2. Integrated Reasoning

You need to answer 12 questions about tables and graphs within 30 minutes. It tests your data interpretation skills. Your score runs from 1 – 8.

### 3. Quantitative Section

You need to answer 37 multiple choice questions within 75 minutes. This part tests your ability to solving quantitative problems and abstract analytical reasoning. The scoring scale runs from 0 – 60.

This section consists of two question types: Problem Solving and Data Sufficiency, which is a question type based on mathematical theory. Two example questions are:

- > What is the largest prime factor of  $4^{17} - 2^{28}$ ? [ Answer: “7” ]
- > Suppose  $AB + CD = AAA$ , where AB and CD are two-digit numbers and AAA is a three-digit number. A, B, C and D are distinct positive integers. In the addition problem above, what is the value of C? [ Answer: “9” ]

### 4. Verbal Section

You need to answer 41 multiple choice questions within 75 minutes. The scoring scale again runs from 0 – 60. This section contains three question types:

- > Sentence Correction – test on grammar and meaning of words
- > Critical Reasoning – test on logic reasoning and understanding of relations
- > Reading Comprehension – test on critical reading

## SCORES, PREPARATION, COURSES & BOOKS

**Scores:** Your scores on the Quantitative Section and the Verbal Section of the GMAT are converted into a total GMAT score of 200 – 800. You also receive a so-called percentile score, which is the percentage of test takers that score lower than you.

**Preparation:** Performing well on the GMAT requires a serious preparation. Many test takers take the GMAT too lightly, while the test requires a continuous focus of 3.5 hours. The major challenge is to deal with the time pressure: you can train yourself on this by systematically studying strategic short-cuts for each type of question.



**Courses:** [Mindful GMAT](#) offers preparation courses at the University of Amsterdam. The course focuses on the theory and strategy (short-cuts) to improve your GMAT score.

**Books:** There are many different books to study for your GMAT. The books that we find most clear and structured are the Manhattan GMAT Guides. In addition, you need to practice lots of past questions from the Official GMAT Review. See [here](#) for more info.

## USEFUL PRACTICAL DETAILS

<b>Registration</b>	You need to register for the GMAT at <a href="http://www.mba.com">www.mba.com</a> .
<b>Locations</b>	In the Netherlands, the GMAT takes place in Amsterdam ( <i>Global Knowledge</i> , Q-Port Building, Kingsfordweg 43 - near train station Sloterdijk) and Utrecht ( <i>Global Knowledge</i> , Iepenhoeve 5).
<b>Costs</b>	The GMAT costs \$297.50. Rescheduling the test is possible until 7 days before the scheduled test date against a fee of \$59.50.
<b>Dates</b>	You can take the GMAT every day from Monday – Friday in both test centers in Amsterdam and Utrecht, at least twice a day.
<b>Duration</b>	The GMAT takes 3.5 hours in total.
<b>Scores</b>	You receive your unofficial GMAT scores on the test day. Two weeks later, your scores become official.
<b>Validity</b>	Your GMAT score is valid for 5 years from the test date.

## 5 TIPS FROM OUR EXPERIENCE

<b>Time frame</b>	Register for the GMAT at least a month in advance. Popular dates and times fill up quickly during busy periods.
<b>Planning</b>	It is important to spend sufficient time on preparing for the GMAT: a good starting point is a minimum of 6 weeks, but a longer time frame is preferred. Top scorers generally prepare for a few months.
<b>Three steps</b>	The optimal GMAT preparation plan consists of three intertwined steps. First, you need to study and master the theory. Second, it is important to make many exercises from books and to train yourself on strategic tricks and short-cuts. Third, practicing lots of online tests is necessary to become comfortable with the time pressure and “look-and-feel” of the GMAT.
<b>Food and drinks</b>	Bring some food and drinks for the optional breaks between the different sections; this allows for revitalization and helps you to stay concentrated. Also make sure you get a good night sleep before your test. You need to be able to stay focused for 3.5 hours.
<b>Resources</b>	Our website <a href="http://mindfulgmat.org">mindfulgmat.org</a> contains more detailed information about the different sections of the GMAT, how you can best use your GMAT books, and where to start with your GMAT preparation.