

Magosh

MCAT 1-Month Study Schedule



What's included:

- A study schedule that covers every major area of the MCAT in just 4 weeks
- Study tips and practice resources
- Free video lessons and flashcards, accessible 24/7

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Introduction

You might have found yourself in a situation where you only have a month to study with the big day looming large. You're not alone! The majority of medical school applicants are juggling classes, work, families, or some combination there. You would be surprised to know how many of these busy students are still able to increase their scores significantly in only a month! (Trust us, we hear from these delighted students.) That's because strategy and consistency are at least as important as the total number of hours studied. By following the MCAT prep plan that is listed below, you will review every major area of the MCAT in only 4 weeks at a rate of about 30-40 hours per week.

If you're ready to start crafting your schedule then go for it! But in order to begin your studying, you'll want to collect essential and recommended materials.

Magoosh's MCAT Product

Magoosh is an [online MCAT prep course](#) that offers:

- 250+ unique lessons on all MCAT subjects
- 700+ practice questions, with video explanations after every question
- Material created by MCAT experts
- 24-hour access to online materials from any internet-connected device
- Email support from experienced MCAT tutors
- Customizable practice sessions
- Full-length timed practice tests
- Personalized statistics based on your performance

Try our [free 7-day trial!](#)

How to Follow This Study Schedule

- Before moving forward, make sure you have the essential materials listed under the header “MCAT Essential Materials.”
- Each week, you will see a list of Magoosh videos to watch. There is time set aside each day for watching them, and the rest of the day you will be reviewing subject areas. For instance, on Week 1, Day 2, you will study physics, chemistry, biology, and practice “Critical Analysis and Reasoning Skills” passages. There is also time at the end of most days to answer sample questions and/or quiz yourself with flashcards.
- To study concepts in more detail, you will probably want to consult scientific textbooks or online sources. Suggestions are listed under the header “MCAT Highly Recommended Materials.”
- The schedule is designed to be followed at a rate of 5-8 hours per day, 6 days per week, but you can stretch it out or condense it to fit your needs.
- Here’s a handy table of contents if you want to go to a specific week:
 - [Week 1](#)
 - [Week 2](#)
 - [Week 3](#)
 - [Week 4](#)

MCAT Essential Materials

1) The [Magoosh Premium MCAT Test Prep](#) curriculum includes over 300 video lessons, 740 questions that can be taken as 3 tests, and unlimited email assistance from MCAT tutors. The lessons are taught by a diverse team of experts, including two physicians, a medical sociology professor, higher education physics teacher, current medical student, and a CARS expert.

2) The [Official Guide to the MCAT Exam, \(5th edition\)](#), published by the Association of American Medical Colleges, is available in electronic and print formats. It is very important that you purchase the 5th, because the MCAT exam was reconstructed in 2015.

3) Magoosh's webapp flashcards are specifically designed for the new MCAT! Our [free bundle](#) contains 237 flashcards. This is a great starting place to assess your knowledge and improve your scientific vocabulary. The flashcards can be accessed online and as an app on your [iPhone](#) or [Android](#).

4) The AAMC [practice test](#). The practice test is a crucial tool, and our study plan suggests you take it within the first week. Not only will it give you with a scaled score, it also provides an assessment of your strengths and weaknesses, both in terms of content and question type.

5) Bookmark at least 5 established online newspapers, news magazines, or sources that contain sophisticated coverage on current events. You can also read paper versions to give your eyes a break from looking at a screen. Recommendations include: [The New Yorker](#), [The Atlantic](#), [The New York Times Magazine](#), [The American Interest](#), [The Toronto Star](#) and [Foreign Affairs](#).

6) One or more large notebooks or electronic documents divided by content area (biology, chemistry, physics, organic chemistry, sociology, psychology, and CARS). You need a consistent place to store notes that allows you to quickly draw diagrams and write equations. Unless you have a computer or tablet with a high-quality stylus, a paper notebook is essential.

MCAT Highly Recommended Materials

1) AAMC [second practice test](#). Since there isn't a lot of content written by the creators of the MCAT (but more all the time!), I recommend purchasing this in addition to the practice test listed in the "essential materials" section. Just like the first practice test, you can take this 5 times to make sure you are able to correct mistakes from earlier run-throughs.

2) Barron's MCAT [flash cards](#). Make sure to order versions dated 2015 or later. This is a great resource for more in-depth explanations of major concepts. It is one of the few sources that lists and describes each of the major and minor topics on the AAMC's need-to-know list. The cards provide detailed descriptions of concepts along with formulas and diagrams, but if you come across concepts you haven't encountered in the past, you will also want to supplement your review with outside studying.

- 3) AAMC Online practice questions for [biology](#), [chemistry](#), and [physics](#). These are reasonably priced and written by the test makers. If you already have books or online programs with sample MCAT questions, you can certainly use those instead.
- 4) AAMC MCAT [section bank for biochemistry, psychology, and sociology](#). Students who have taken the MCAT since it was revised in 2015 have complained that many of the MCAT practice tests and prep books don't reflect the increased focus on biochemistry and the social sciences. The writers of the actual MCAT developed an online bank of 300 practice questions for these 3 subjects, which are underrepresented in the universe of [MCAT test](#) prep materials. If you already have books or online program with sample MCAT questions, you can certainly use those instead.
- 5) The AAMC online [CARS practice passages](#). You will need several practice passages, and this online bundle is reasonably priced and contains 120 passages. Make sure to read the social science and humanities passages and ignore the natural science passages, because they no longer appear on the actual exam. If you already have books or online program with sample MCAT questions, you can certainly use those instead.
- 6) Browse the Magoosh MCAT blog for tips and resources on [MCAT Biology & Biochem](#), [MCAT CARS](#), [MCAT Chemistry](#), and [MCAT Psych & Sociology](#).
- 7) If you haven't already visited The [Student Doctor Network](#), it's definitely a site to bookmark. This nonprofit organization started in the mid 1990s, and their forum has threads written by pre-health students, medical students, physicians, osteopaths, dentists, and other healthcare professionals. There are thousands of threads on the MCAT. (FREE)
- 8) Supplementary texts: The site [OpenStax](#) has free online textbooks and resources for college and AP courses. One of the great things about this website is that content is peer-reviewed by educators and continuously updated, so information tends to be up to date. The following online textbooks are useful for MCAT studying: Biology 2e, Chemistry: Atoms First, Microbiology, Anatomy and Physiology, Psychology, Sociology, and Introductory Statistics. For instance, you might want to read more about the [Bohr Model](#) or the [Periodic Table](#).

9) Magoosh's free [Study Timer app for iPhone/iPad](#) for timing yourself on exam sections and keeping yourself on pace. Currently only available in iTunes.

Final Thoughts

If you are considering following through with this one month MCAT study plan, don't allow the time constraints to get the best of you. Focus on developing a sustainable rhythm and overcoming the temptations to procrastinate or cram. Best of luck to you!

4 Week MCAT Study Schedule

Week 1

Week 1, Sunday

Watch Magoosh MCAT videos.

- MCAT Intro

Need more info about the MCAT? Our expert is in.



Click here to watch our intro lesson!



- MCAT Study Schedule
- Biology: How to Study Biology for the MCAT (both lessons) and Cells & Membranes Series
- Psychology: How to Study Psychology for the MCAT and Developmental Series

A Magoosh expert will see you now.



Click here to watch our Psychology lesson!



Make sure to **register** for the exam sometime this week.

CARS

- Read the chapter in the Official Guide on Critical Analysis and Reasoning in the AAMC Guide.
- Answer questions for two sample passages, untimed.
- Review explanations for each question, even those that you answered correctly.

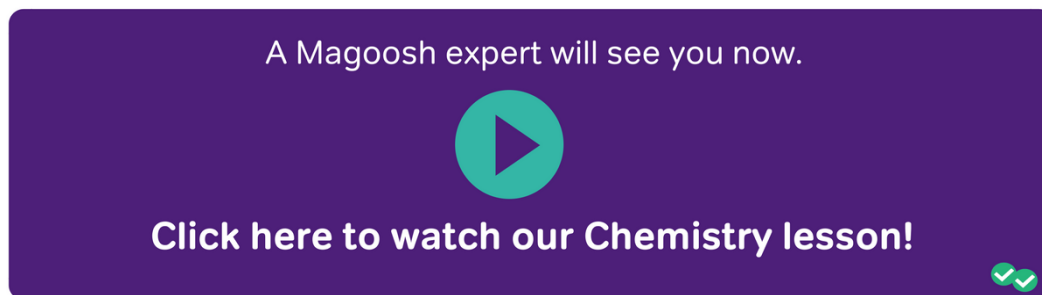
Flashcards

- Choose 20 cards from each major subject area. You can choose randomly from each section or grab the first 20 in the order they're presented. If you don't yet have a detailed deck, you can use the Magoosh Flashcards for general coverage.
- Spend 15 minutes flipping through your deck.

Week 1, Monday

Watch Magoosh MCAT videos.

- Physics: Watch all videos in the "Physics: Introduction" section and the "Physics: Kinematics" section
- Chemistry: Atomic Structure through Stoichiometry Problems



- Biology: Watch these series: Messaging & Viruses; DNA Series; RNA Series

Review concepts from the previous day.

Practice the same set of flashcards for 15 minutes.

Test yourself.

- Practice questions from the AAMC Question bank or Magoosh questions for 45 minutes.

Week 1, Tuesday

Watch Magoosh MCAT videos.

- Organic Chemistry: Isomers Part I through Isomer Problems
- Sociology Psychology: Socialization and Identity Series
- CARS: Watch all lessons in the "Verbal Reasoning 1" section

A Magoosh expert will see you now.



Click here to watch our CARS lesson!



Do CARS practice.

- Complete three sample passages, untimed.
- Use the remaining time to assess the questions you missed. Make sure passages are from the post-2015 MCAT.

Week 1, Wednesday

Watch Magoosh MCAT videos.

- Watch any Data-Based Statistical Reasoning videos containing concepts you need to review
- Physics: Force and the Three Laws through Inclines
- Chemistry: Reaction Classifications through Chem 1 Passage Sample Questions

Test yourself.

- Practice questions from the AAMC Question bank or Magoosh questions.

Week 1, Thursday

Watch Magoosh MCAT videos.

- Psychology: Memory Series; Perception Series; Sleep & Consciousness Series
- Organic Chemistry: Intro to Alkanes through Eliminations

Read magazine articles about current events for 30 minutes.


Review notes and update flashcards.

Week 1, Friday


Watch Magoosh MCAT videos.

- Biology: Watch these series: Enzyme Basics Series; Metabolism Series; Cellular Reproduction Series; Embryology Series; watch Biology Passage 1 Sample Questions
- Sociology: How to Study Sociology for the MCAT and these series: Foundations of Sociology Series; Gender and Intersectionality Series; Demography Series

A Magoosh expert will see you now.



Click here to watch our Sociology lesson!



Do CARS practice.

- Complete four sample passages in 40 minutes. Use the remaining 20 minutes to assess the questions you missed. Make sure passages are from the post-2015 MCAT.

Review flashcards for 15 minutes, focusing on Organic Chemistry and Physics concepts.

Week 1, Saturday

Most weeks, I want you to take one day off per week. But this first week, I recommend you **take the AAMC practice test** on Saturday. Make sure you set aside seven and a half hours to take the test. The computer marks and tags the questions you missed. You will review the answers next week.

Week 2

Week 2, Sunday

Review. Skim the questions you missed on your practice exam last week. You will have time to look into this in more detail later in the week.

Week 2, Monday

Watch Magoosh MCAT videos.

- Biochemistry: Watch the first half of the Biochemistry lessons
- Chemistry: Gibbs Free Energy through Aqueous Solubility

Test yourself.

- Practice questions from the AAMC Question bank or Magoosh questions.


Review flashcards for 15 minutes, focusing on Psychology and Social Psychology concepts.

Week 2, Tuesday


Watch Magoosh MCAT videos.

- Physics: First and Third Laws through Statics; review what you've learned in Week 1, focusing on weak areas

A Magoosh expert will see you now.



Click here to watch our Physics lesson!



- Biochemistry: Finish the Biochemistry lessons
- Biology: Cellular Reproduction Series

Test yourself.

- Practice questions from the AAMC Question bank or Magoosh questions.

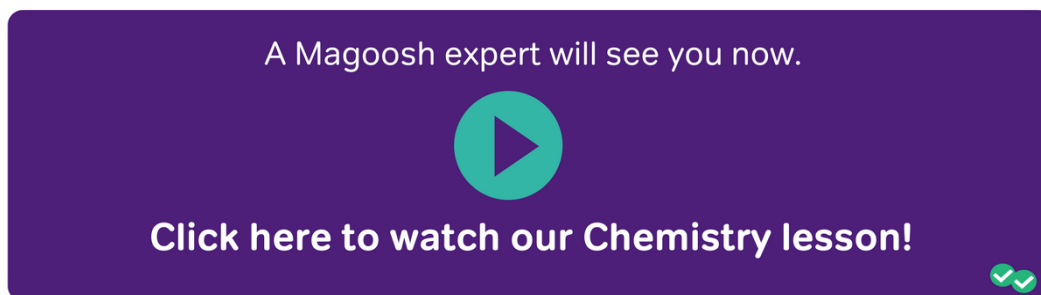
Do CARS practice.

- Complete four sample passages in 40 minutes. Use the remaining 20 minutes to assess the questions you missed. Make sure passages are from the post-2015 MCAT.

Week 2, Wednesday

Watch Magoosh MCAT videos.

- Organic Chemistry: Alkynes through O-Chem 1 Passage Sample Questions



- Chemistry: pH Calculations through Reduction Potential; review what you've learned through Weeks 1-2, focusing on weak areas.

Do CARS practice.

- Complete four sample passages in 40 minutes. Use the remaining 20 minutes to assess the questions you missed. Make sure passages are from the post-2015 MCAT.

Read magazine articles about current events for 30 minutes.

Review concepts from the past week, including the practice test.

Review flashcards for 15 minutes, in the subject(s) of your choice.

Week 2, Thursday

Watch Magoosh MCAT videos.

- Physics: Energy Velocity through Induced Magnetic Fields
- Psychology: Watch these series: Emotions Series; Mental Health & Disabilities Series

- Social Psychology: Status Series

Test yourself.

- Practice questions from the AAMC Question bank or Magoosh questions.

Week 2, Friday

Watch Magoosh MCAT videos.

- Biology: Watch these series: Neurons Series; Muscles Series; Bones, Muscles, Movement Series
- CARS: Watch all lessons in “Verbal Reasoning 3” section

Read magazine articles about current events for 30 minutes.

Review concepts from the previous weeks.

Review notes and update flashcards.

Week 2, Saturday

Take one day off per week.

- If you can't pull yourself away from the test, review flashcards. You can also use this day to read upbeat MCAT blogs or research medical schools you might want to attend.
- Catch up on anything you missed during the past week. If you're caught up, you can review your notes or jump ahead.

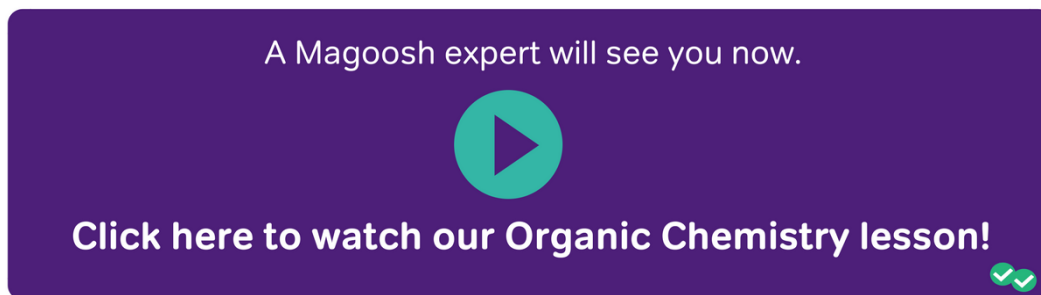
Week 3

Week 3, Sunday

Watch Magoosh MCAT videos.

- Organic Chemistry: Separations through Carboxylic Acid Reactions

A Magoosh expert will see you now.



Click here to watch our Organic Chemistry lesson!

- Chemistry: Thermodynamics through Gen Chem 2 Passage Sample Questions; Phases through Gen Chem 3 Passage Sample Questions

Do CARS practice.

- Complete four sample passages in 40 minutes. Use the remaining 20 minutes to assess the questions you missed. Make sure passages are from the post-2015 MCAT.

Week 3, Monday

Watch Magoosh MCAT videos.

- Biology: Watch these series: Circulatory Series; Other Systems Series; Endocrine Series; review what you've learned through Weeks 1-3, focusing on weak areas.
- Physics: Waves through Harmonic Motion Summary

Test yourself.

- Practice questions from the AAMC Question bank or Magoosh questions.

Review flashcards for 15 minutes, in the subject(s) of your choice.

Week 3, Tuesday

Watch Magoosh MCAT videos.

- Organic Chemistry: Carboxylic Acid Derivatives through Anhydrides; review what you've learned through Weeks 1-3, focusing on weak areas.
- Psychology: Watch these series: Conditioning Series; Learning Series

Do CARS practice.

- Complete four sample passages in 40 minutes.
- Use the remaining 20 minutes to assess the questions you missed. Make sure passages are from the post-2015 MCAT.

Read magazine articles about current events for 30 minutes.

Review flashcards for 15 minutes, in the subject(s) of your choice.

Review concepts from your studies thus far. Complete any exercises you skipped over. If you are caught up, use this time to answer practice questions. You can also use this time to work on anything that will help you with the mechanics of the test: registration, applying for fee assistance, or learning stress reduction techniques.

Week 3, Wednesday

Watch Magoosh MCAT videos.

- Biology: Glands Series and Biology Sample Practice Questions; watch either all of the Digestion Series, or the first half of Digestion Series Version B

Do CARS practice.

- Complete four sample passages in 40 minutes. Use the remaining 20 minutes to assess the questions you missed. Make sure passages are from the post-2015 MCAT.

Read magazine articles about current events for 30 minutes.

Review concepts from the previous weeks.

Review notes and update flashcards.

Week 3, Thursday

Watch Magoosh MCAT videos.

- Physics: Photoelectric Effect through Elastic Moduli

Test yourself.

- Practice questions from the AAMC Question bank or Magoosh questions.

Review flashcards for 15 minutes, in the subject(s) of your choice.

Week 3, Friday

Watch Magoosh MCAT videos.

- Organic Chemistry: Amines through O-Chem 2 Passage Sample Questions
- Biology: Review Digestion Series from Wednesday, or finish watching Digestion Series Version B; watch Inheritance Series and Biology 3 Passage Sample Questions
- Psychology: Brain & Spine Series
- Sociology: Epidemiology Series

Do CARS practice.

- Complete four sample passages in 40 minutes. Use the remaining 20 minutes to assess the questions you missed. Make sure passages are from the post-2015 MCAT.

Test yourself.

- Practice questions from the AAMC Question bank or Magoosh questions. If you have been through all your practice questions more than three times for each set, spend this time reviewing terms from your notes.

Read magazine articles about current events for 30 minutes.

Review flashcards for 15 minutes, in the subject(s) of your choice.

Week 3, Saturday

Take the second AAMC practice test, if you purchased it. Otherwise, retake the first AAMC exam or take one of the Magoosh exams.

Week 4

Week 4, Sunday

Today is the day to create your first set of Hot Topic Lists!

Read magazine articles about current events for 30 minutes.

Review. Spend today reading the explanations to the practice test you took. Read the explanations for the questions you missed and the questions you answered correctly. On a separate document, create a list of the topics you had difficulty with.

Compile.

- Look through your all your notes so far. Create a list of the 30-50 concepts (big area topics, not small details) you feel least confident about.
- Next, find a storage place for the larger stack of notes you took during Weeks 1-3. You will review these again during Week 4.

Gather the lists you created from the “Review” and “Compile” steps. These are your **HOT TOPICS LISTS**. As the test gets closer, you will devote more time to reviewing these topics.

Week 4, Monday

Review.

- Physics: Review your notes and message our Magoosh Tutors if anything is unclear
- Chemistry: Review your notes and message our Magoosh Tutors if anything is unclear
- Psychology: Review your notes and message our Magoosh Tutors if anything is unclear

Test yourself.

- Practice questions from the AAMC Question bank or Magoosh questions.

Week 4, Tuesday

Review.

- Organic Chemistry: Review your notes and message our Magoosh Tutors if anything is unclear
- Biology: Review your notes and message our Magoosh Tutors if anything is unclear
- Sociology: Review your notes and message our Magoosh Tutors if anything is unclear

Do CARS practice.

- Complete four sample passages in 40 minutes. Use the remaining 20 minutes to assess the questions you missed. Make sure passages are from the post-2015 MCAT.

Read magazine articles about current events for 30 minutes.

Review concepts from the previous weeks.

Review flashcards for 15 minutes, in the subject(s) of your choice.

Review. Look over your Hot Topic lists. Choose three topics to research and review in greater detail accessing external sources (textbooks, Wikipedia) if it's helpful to do so.

Week 4, Wednesday

Watch any video lessons you haven't yet viewed and/or watch lessons you viewed in the past but wish to revisit.

Test yourself.

- Practice questions from the AAMC Question bank or Magoosh questions.

Review your Hot Topics lists. Practice writing open-ended descriptions of several items on your list, and let your mind discover associations between these topics and other MCAT content. See what connections you can make across subject areas.

Divide your flashcards into piles: A) know, B) sort of know, C) don't know.

Week 4, Thursday

Review and prune. Look over your Hot Topics lists, along with the notes. Prune these lists down to two sheets of paper (both sides) that contain the content you still need to commit to memory.

Review flashcards for 15 minutes, quizzing yourself from the deck of 100 cards you created Sunday.

Do CARS practice.

- Complete four sample passages in 40 minutes. Use the remaining 20 minutes to assess the questions you missed. Make sure passages are from the post-2015 MCAT.

Week 4, Friday

Saturday is a common MCAT test date. Take today off and rest.

- Prepare your food and beverages for the exam and set out comfortable clothes for the next day.
- Download or bookmark directions to the testing site, and make sure you have your ID and wallet in a conspicuous place where you won't forget them.
- Visualize how the day will unfold and how you'll use your breaks.
- Psych yourself up!

Week 4, Saturday

Go easy on the coffee, and good luck!