

Magosh

MCAT 2-Month Study Schedule



What's included:

- An MCAT study schedule that reviews every major area of the test
- Free video lessons and flashcards
- Note-taking strategies you can use anytime, anywhere

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Introduction

In an ideal world, everyone could devote 20 hours per week to studying for the MCAT. 20 hours over a period of 15 weeks or more will achieve 300 hours of study time—a target time highly recommended by experts!

However, the majority of medical school applicants are juggling classes, work, families, or some combination thereof. Luckily, strategy and consistency are at least as important as the total number of hours studied. By following this 2-month MCAT study plan, you will review every major area of the MCAT in only 8 weeks at a rate of 25-30 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.

The Magoosh Team

We're a team of passionate educators in Berkeley, California. We like word games, video games, and helping students do really well on standardized exams so that they can achieve their educational dreams! :)

You can learn more about us and what we do on our [Team page](#). If you have any questions, feel free to contact us at help@magoosh.com!



Meet the Magoosh MCAT Expert

Kat Thomson has a PhD from UC San Francisco with degrees in medical sociology and health psychology. Since 2005, she has been teaching premed and nursing students across the US. Kat collaborates with other experts to create quality MCAT products, and above all, she enjoys she enjoys mentoring students. While Kat does love feline cats, she happens to be allergic to them, adding a new dimension to the concept of autoimmunity.

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 section “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 biology, psychology, 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 section “MCAT Highly Recommended Materials.”
- The schedule is designed to be followed at a rate of five hours per day, six days per week, but you can stretch it out or condense it to fit your needs.

MCAT Essential Materials

1) The [Magoosh Premium MCAT Test Prep](#) curriculum includes over 300 video lessons, 740 questions that can be taken as three 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, a higher education physics teacher, a 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 edition, 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](#). **(FREE)**

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 are only two practice tests written by the creators of the MCAT, 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 five 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 three subjects, which are underrepresented in the universe of MCAT test prep materials. **If you already have books or online programs with sample MCAT questions, you can certainly use those instead.**

5) The AAMC online [CARS practice passages](#). You will need at least 50 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 programs 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's 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 2-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!

2-Month 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

Take one full-length Magoosh practice test. Make sure you set aside seven or more hours for the exam. You can review answers when you're done, but there will also be time to do this later in the week.

[Take the practice test here using Magoosh MCAT Test Prep](#)

Week 1, Monday

Watch Magoosh MCAT videos.

- 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!



Register for the exam sometime this week.

Do CARS practice.

- Read the chapter in the Official Guide on Critical Analysis and Reasoning.
- 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, Tuesday

Watch Magoosh MCAT videos.

- Physics: Watch all videos in the "Physics: Introduction" section

A Magoosh expert will see you now.



Click here to watch our Physics lesson!



- Chemistry: Atomic Structure through Lewis Structures

Review concepts from the previous day.

Practice the same set of flashcards for 15 minutes.

Week 1, Wednesday

Watch Magoosh MCAT videos.

- Organic Chemistry: Isomers Part I through Stereoisomers
- 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!



Read magazine articles about current events for 30 minutes.

Review concepts from the previous day.

Review flashcards for 15 minutes, focusing on the Biology concepts from Monday.

Week 1, Thursday

Watch Magoosh MCAT videos.

- Physics: Watch all lessons in the “Physics: Kinematics” section
- Chemistry: Bonding through Stoichiometry Problems

A Magoosh expert will see you now.



Click here to watch our Chemistry lesson!



Read magazine articles about current events for 30 minutes.

Review flashcards for 15 minutes, focusing on the Physics concepts from Week 1.

Week 1, Friday

Watch Magoosh MCAT videos.

- Biology: Watch these series: Messaging & Viruses; DNA Series; RNA Series
- Data-Based and Statistical Reasoning: Mean and Median through Precision vs. Accuracy

Review concepts from the previous day.

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.

Review flashcards for 15 minutes, focusing on the Chemistry concepts from Week 1.

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

Watch Magoosh MCAT videos.

- Physics: Force and the Three Laws through Inclines
- Chemistry: Reaction Classifications through Gen Chem 1 Passage Sample Questions

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

Do CARS practice.

- If you have access to more CARS questions, 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 the Organic Chemistry concepts from Week 1.

Week 2, Monday

Watch Magoosh MCAT videos.

- Biology: Enzyme Basics Series and Metabolism Series
- Organic Chemistry: Racemates vs. Meso Compounds through Isomer Problems

Practice questions from the AAMC Question bank or Magoosh questions.

Review flashcards for 15 minutes, focusing on the Psychology and Social Psychology concepts from Week 1.

Week 2, Tuesday

Watch Magoosh MCAT videos.

- Chemistry: Thermochemistry through Entropy
- Psychology: Memory Series

Read magazine articles about current events for 30 minutes.

Review concepts from the previous day.

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

Week 2, Wednesday

Watch Magoosh MCAT videos.

- CARS: Watch all lessons in the “Verbal Reasoning 2” section
- Biology: Watch Cellular Reproduction Series

Read magazine articles about current events for 30 minutes.

Review concepts from the previous day.

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

Week 2, Thursday

Watch Magoosh MCAT videos.

- Data-Based and Statistical Reasoning: Watch all remaining videos in this section
- Sociology: How to Study Sociology for the MCAT and Foundations of Sociology Series

A Magoosh expert will see you now.



Click here to watch our Sociology lesson!



Review concepts from the previous day.

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.

Practice questions from the AAMC Question bank or Magoosh questions.

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

Week 2, Friday

Take a second full-length Magoosh practice test. At this point, you might be taking a test that contains questions you have already come across, but it is still good practice. Make sure you set aside seven and a half hours to take the test. The computer marks and tags the questions you missed. You can review the answers immediately after completing the test, but there is also time to review the answers next week.

[Take the practice test here using Magoosh MCAT Test Prep](#)

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.


Week 3

Week 3, Sunday


Watch Magoosh MCAT videos.

- Chemistry: Gibbs Free Energy through Kinetic Molecular Theory
- Physics: First and Third Laws through Statics

A Magoosh expert will see you now.



Click here to watch our Physics lesson!



- CARS: Watch all lessons in “Verbal Reasoning 3” section

Review concepts from the previous day.

Do CARS practice.

- If you have access to more CARS questions, 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.

Practice questions from the AAMC Question bank or Magoosh questions.

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

Week 3, Monday

Watch Magoosh MCAT videos.

- Organic Chemistry: Intro to Alkanes through Substitution Summary
- Biology: Embryology Series and Biology Passage 1 Sample Questions
- Psychology: Perception Series

Review concepts from the previous day.

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: Intro to Alkenes through Eliminations
- Biochemistry: Amino Acids, Peptides, Proteins through Nucleic Structure and Function
- Social Psychology: Status Series

Read magazine articles about current events for 30 minutes.

Review concepts from the previous day.

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

Week 3, Wednesday

Watch Magoosh MCAT videos.

- Chemistry: Solutions through Aqueous Solubility
- Biochemistry: Lipids through Glycolysis & Pentose Phosphate

Read magazine articles about current events for 30 minutes.

Review concepts from the previous day.

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

Week 3, Thursday

Watch Magoosh MCAT videos.

- Psychology: Sleep & Consciousness Series

A Magoosh expert will see you now.



Click here to watch our Psychology lesson!



- Physics: Review what you've learned in weeks 1-3, focusing on weak areas

Review concepts from the previous day.

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.

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

Read magazine articles about current events for 30 minutes.

Review concepts from the entire week. 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. Complete any exercises you missed earlier in the week. If you are caught up, use this time to answer practice questions.

Week 3, 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.

Week 4

Week 4, Sunday

Watch Magoosh MCAT videos.

- Chemistry: pH Calculations through Diprotic Acids
- Physics: Energy and Velocity through Introduction to Electromagnetic Waves

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 concepts from the previous day.

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

Review flashcards for 15 minutes, on all topics.

Week 4, Monday

Watch Magoosh MCAT videos.

- Organic Chemistry: Alkynes through Alcohol Reactions

A Magoosh expert will see you now.



Click here to watch our Chemistry lesson!



- Biochem: Citric Acid Cycle Regulation through Separations & Purifications

Review concepts from the previous day.

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

Week 4, Tuesday

Watch Magoosh MCAT videos.

- Organic Chemistry: Ethers through O-Chem 1 Passage Sample Questions
- Biology: Neurons Series
- Physics: Optics through Physics 1 Passage Sample Questions

Read magazine articles about current events for 30 minutes.

Review concepts from the previous day.

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

Week 4, Wednesday

Watch Magoosh MCAT videos.

- Chemistry: Review what you've learned through weeks 1-4, focusing on weak areas.
- Biology: Muscles Series

Read magazine articles about current events for 30 minutes.

Review concepts from the previous day.

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

Week 4, Thursday

Watch Magoosh MCAT videos.

- Psychology: Emotions Series
- Sociology: Gender and Intersectionality 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.

Review concepts from the previous day.

Practice questions from the AAMC Question bank or Magoosh questions.

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

Week 4, Friday

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, 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.

Week 5

Week 5, Sunday

Watch Magoosh MCAT videos.

- Chemistry: Redox Reactions through Reduction Potential
- Physics: Electrostatics through Induced Magnetic Fields

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. Skim the explanations to the questions you missed in last week's practice exam.

Review flashcards for 15 minutes, on all topics.

Week 5, Monday

Watch Magoosh MCAT videos.

- Organic Chemistry: Separations through IR Spectrums
- Biology: Bones, Muscles, Movement Series
- Psychology: Mental Health & Disabilities Series

Review concepts from the previous day.

Practice questions from the AAMC Question bank or Magoosh questions.

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

Week 5, Tuesday

Watch Magoosh MCAT videos.

- Biology: Circulatory Series
- Physics: Circuits and Ohm's Law through Alternating Current

Read magazine articles about current events for 30 minutes.

Review concepts from the previous day.


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

Week 5, Wednesday


Watch Magoosh MCAT videos.

- Organic Chemistry: NMR Spectroscopy through Aldehyde and Ketone Reactions 2

A Magoosh expert will see you now.




Click here to watch our Organic Chemistry lesson!




- Biology: Other Systems Series, Endocrine Series

A Magoosh expert will see you now.



Click here to watch our Biology 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 concepts from Sunday through Tuesday of this week.

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

Week 5, Thursday

Watch Magoosh MCAT videos.

- Psychology: Conditioning Series
- Biology: Review what you learned in weeks 1-5, 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.

Review concepts from the previous day.

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

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

Week 5, Friday

Today is the day to assess and 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 last Friday. 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 notes from weeks 1-5. Create a list of the 30-50 concepts you feel least confident about.
- Next, find a storage place for the larger stack of notes you took during Weeks 1-5. You will review these again during Week 8.

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 5, 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.

Week 6

Week 6, Sunday

Watch Magoosh MCAT videos.

- Chemistry: Thermodynamics through Gen Chem 2 Passage Sample Questions
- Physics: Waves through Harmonic Motion Summary

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

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.

Practice questions from the AAMC Question bank or Magoosh questions for 45 minutes. If you have been through all your practice questions more than three times for each set, spend this time reviewing terms from your Hot Topics lists.

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

Week 6, Monday

Watch Magoosh MCAT videos.

- Organic Chemistry: Carboxylic Acids through Carboxylic Acid Reactions
- Biology: Glands Series and Biology Sample Practice Questions

Review. Look over the 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.

Practice questions from the AAMC Question bank or Magoosh questions for 45 minutes. If you have been through all your practice questions more than three times for each set, spend this time reviewing terms from your Hot Topics lists.

Review flashcards for 15 minutes, focusing on the "sort of know" pile.

Week 6, Tuesday

Watch Magoosh MCAT videos.

- Biology: Watch either all of the Digestion Series, or the first half of Digestion Series Version B
- Physics: Photoelectric Effect through Physics 2 Sample Practice Questions

Read magazine articles about current events for 30 minutes.

Review. Look over the 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.

Review flashcards for 15 minutes, focusing on the "don't know" pile.

Week 6, Wednesday

Watch Magoosh MCAT videos.

- Organic Chemistry: Carboxylic Acid Derivatives through Anhydrides
- Psychology: Learning Series

Read magazine articles about current events for 30 minutes.

Review. Look over the 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.

Review flashcards for 15 minutes, focusing on the "don't know" pile.

Week 6, Thursday

Watch Magoosh MCAT videos.

- Organic Chemistry: Review what you've learned in weeks 1-6, focusing on weak areas
- Sociology: 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 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.

Practice questions from the AAMC Question bank or Magoosh questions for 45 minutes. If you have been through all your practice questions more than three times for each set, spend this time reviewing terms from your Hot Topics lists.

Review flashcards for 15 minutes, focusing on the "know" and "sort of know" piles.

Week 6, Friday

Take the third full-length Magoosh practice test. At this point, you might be taking a test that contains questions you have already come across, but it is still good practice. Make sure you set aside seven and a half hours to take the test.

[Take the practice test here using Magoosh MCAT Test Prep](#)

Week 6, 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.

Week 7

Week 7, Sunday

Watch Magoosh MCAT videos.

- Chemistry: Phases through Gen Chem 3 Passage Sample Questions
- Physics: Fluids and Solids through Elastic Moduli

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. Look over the practice test you took Friday. Carefully read the answer explanations. If you were shaky on some concepts, add them to your Hot Topics list.

Week 7, Monday

Watch Magoosh MCAT videos.

- Organic Chemistry: Amines through Proteins
- Biology: Review Digestion Series from last week, or finish watching Digestion Series Version B
- Psychology: Brain & Spine Series

Review. Look over the 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.

Practice questions from the AAMC Question bank or Magoosh questions for 45 minutes. If you have been through all your practice questions more than three times for each set, spend this time reviewing terms from your Hot Topics lists.

Review flashcards for 15 minutes, focusing on the "don't know" pile.

Week 7, Tuesday

Watch Magoosh MCAT videos.

- Biology: Inheritance Series and Biology 3 Passage Sample Questions
- Organic Chemistry: Carbohydrate Nomenclature through O-Chem 2 Passage Sample Questions
- Sociology: Epidemiology Series

Review. Look over the 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.

Review flashcards for 15 minutes, focusing on the pile(s) of your choice.

Week 7, Wednesday

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

Read magazine articles about current events for 30 minutes.

Compile and review. Today, you will begin a new Hot Topics List.

- Hold onto your originals, but create a new document or section of your notebook and title it: *Hot Topics Weeks 6 & 7*.
- Review your notes from Week 6 and create a list of the three to six topics you feel least confident about.

Week 7, Thursday

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.

Review. Look over the notes you took this week (Sunday through today). Add three to six topics to your new Hot Topics List.

Review flashcards for 15 minutes, focusing on the "sort of know" pile.

Week 7, Friday

Take the first or second AAMC practice test one more time.

Week 7, 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.

Week 8

Week 8, Sunday

Review.

- Look over the practice test you took Friday. Carefully read the answer explanations. If you were shaky on some concepts, add them to one of your Hot Topics lists.
- 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.

Reduce your stacks of flashcards to 100 items, selecting only the cards you are weak on. Put the rest away. From now on, your Hot Topics lists will serve as the major method of review.

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 8, Monday

Compile and review. Go back to the original set of notes you took during weeks 1-5. Everything you see should either be something you know well, or it should be on a Hot Topics list. If this is not the case, add it to one of your lists.

Read magazine articles about current events for 30 minutes.

Week 8, Tuesday

Research. I want you to spend all of your study time today organizing your Hot Topics Lists along with the notes you have taken on the items (weeks 1-8). By the end of the day, all items on your lists should have accompanying notes.

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, quizzing yourself from the deck of 100 cards you created Sunday.

Week 8, Wednesday

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 8, Thursday

Review your whittled-down Hot Topics pages. Practice writing open-ended explanations to each of these, and let your mind discover associations between these topics and other MCAT content. See what connections you can make across subject areas.

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

Practice questions from the AAMC Question bank or Magoosh questions for 45 minutes. If you have been through all your practice questions more than three times for each set, spend this time reviewing terms from your Hot Topics lists.

Week 8, 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 8, Saturday

Go easy on the coffee, and good luck!