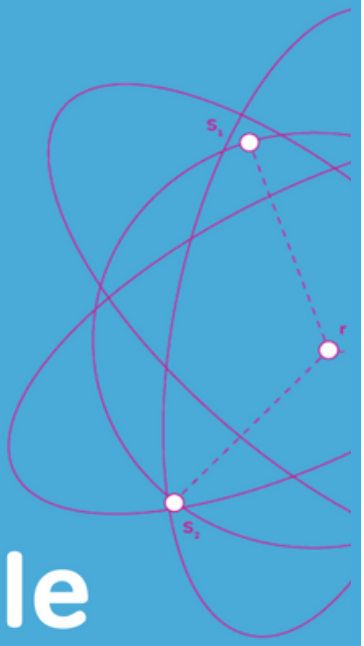
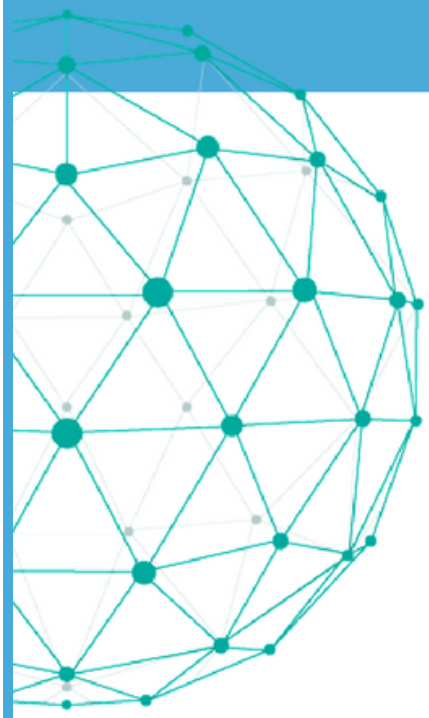
Magoosh

MCAT 3-Month Study Schedule





What's included:

- A daily study schedule designed by Magoosh's MCAT expert, to help you prepare for the exam in 13 weeks
- Free flashcards and videos, accessible 24/7
- List of essential MCAT study materials

Table of Contents

Introduction

Here at Magoosh, we've noticed that 3 months is the median amount of time that students have between the day they sign up with us and their projected exam date. Are you surprised? Does that sound like a short timeline? I hope the information helps you breathe easier, knowing you're in good company if you're working within similar parameters. It is far from atypical! While our 2-month and 6-month study schedules have been useful to a great number of students, I wanted to tailor something to meet the needs of the bulk of you, and so... here it is!

By following the schedule outlined below, you will review every major area of the MCAT in 13 weeks, at a rate of 20-30 hours per week. You will cover biology once or twice a week and most other topics on a weekly basis.

What about working ahead of schedule? The earlier topics tend to be easier than the ones you'll encounter midway through the course and beyond. I created this schedule with the assumption that you'll proceed at a steady pace, but for many of you, that might not be the best strategy. The short answer is: Yes, work ahead if you prefer! One advantage of working ahead is that you'll be exposed to a lot of practice questions earlier in your studying, which gives you that much more time to review the answers and learn test-taking techniques.

And yet, there are some potential disadvantages of working ahead of schedule. First, you might get less bang for your buck out of the practice questions if you whip through them and have nothing left to work with your last few weeks. If you save some for the weeks before the exam, you'll be drawing from a larger reservoir of information, which means you'll be able to answer the questions under timed conditions more easily, which better approximates the exam. There are a lot of workarounds to this particular problem, such as finding new questions to answer in the weeks before the exam or reviewing old ones, so I don't consider this to be a major concern.

The more consequential barrier is burnout. For those of you who've ever developed an exercise routine, especially from a sedentary baseline, you might have had the experience of giving up if you pushed too hard. Or, maybe you went full force for 3 weeks and then got a cold, and after recovering,

you couldn't seem to get back into your schedule. Well, the same thing happens to students who jump into MCAT prep too forcefully. The point is, starting slowly reduces the likelihood that an illness or vacation will derail your schedule. You can read more about this in the "Final Thoughts" section.

Are you ready to start crafting your schedule? I hope you're excited to get started, but definitely take the time to read over the list of materials first! Don't skip the important step of setting up a notebook for tracking your study time, study environment, and insights about your own productivity. Nobody knows exactly who is responsible for the quote, "What gets measured, gets done," but hundreds of behavioral modification studies indicate that the saying holds true. If you want to be super productive, track and monitor everything!

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 pre-med 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:

- 300 video lessons on every part of the MCAT exam
- 735+ practice questions (the equivalent of 3 practice tests!), with detailed text explanations
- 9 additional CARS passages
- Material created by MCAT experts
- 24-hour access to online materials from any internet-connected device
- Email support from experienced science and MCAT tutors
- Customizable practice sessions
- 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 throughout the week to watch them, but some people prefer to watch all of them early in the week and then review concepts more closely on subsequent days. I indicated specific days for reviewing your flashcards, but you might choose to flip through them a little each day, which is completely fine.

- To study the finer points of concepts, you will want to consult scientific textbooks or online sources. Keep in mind that the MCAT covers material from 10 semester-long college courses. That's the equivalent of 450 hours of lecture time! Our course contains about 350 lessons, but they are in the neighborhood of 10 minutes long, not an hour. Think of the lessons as overviews, and then take the time to learn more about concepts you never learned in school or that you haven't seen in a long time. Suggestions for sources are listed under the section "MCAT Highly Recommended Materials."

- The schedule is designed to be followed at a rate of 3-5 hours per day, 6 days per week. On practice exam days, you will be devoting 7 hours per day.

- **If you want to work ahead of the schedule,** I recommend focusing on organic chemistry, because it can be slow going and requires a lot of memorization. Other people like to frontload the social sciences, because success in this area is so dependent on memorizing vocabulary, and it's nice to have access to all the terms early in the game.

MCAT Essential Materials

Pretty much all MCAT test prep companies, including us, recommend purchasing official materials from the test makers themselves, the AAMC. I have flagged some of their products as essential materials and others as suggestions. **You can follow this schedule without purchasing materials beyond the**

Magoosh course and a notebook, but it means you will need to recycle some of the 700+ practice questions and take fewer practice exams. To follow this schedule precisely, plan on investing an additional $150-$250, unless you have friends who can lend you copies of materials.

If you're on a tight budget, make use of Khan Academy for practice questions, and see if your academic career center or library has any of the materials listed below. Also, keep in mind that the $150-$250 estimate doesn't include the cost for registering for the exam. You might want to check out our blog post about registration fees and the Fee Assistance Program.

1) The Magoosh Premium MCAT Test Prep curriculum includes over 330 video lessons, the equivalent of 3 full-length practice tests, and an additional CARS section, for a total of **743 sample questions** and unlimited email assistance from MCAT tutors. The lessons are taught by a diverse team of experts. I teach many of the social science and introductory biology lessons, and there are physicians, science teachers, and a CARS expert who cover other areas.

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 sample diagnostic test. You will be taking this the first week of the study schedule. You can access it immediately from the AAMC with a valid credit card. It provides an assessment of your strengths and weaknesses, both in terms of content and question type.

5) One AAMC practice test. I recommend buying both of them, but at the very least you should purchase one. The practice test is a crucial tool, and our study plan suggests you take it early on in your studies and again towards the end. It provides a scaled score. If you're considering purchasing both full-length exams and all the official practice questions, you will save money if you get the entire AAMC bundle.

6) The AAMC MCAT section bank for the physical, biological, and social sciences. 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 specifically designed for the new MCAT, which are underrepresented in the universe of MCAT test prep materials. **If you already have books or an online program with sample MCAT questions, you can certainly use those instead.**

7) Both AAMC online CARS practice passage bundles (Volume 1 and Volume 2). You will need at least 50 practice passages, and these online bundles are reasonably priced and contain 18 passages each. The Magoosh course contains practice CARS passages, and you will have 5 from the official AAMC book. **If you already have books or an online program with sample CARS questions, you can certainly use those instead.**

8) 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.

9) 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.

10) A notebook or electronic document or spreadsheet for logging your study hours. You can combine this with the notebook mentioned in #9 or purchase a separate notebook, which I recommend. Keep track of the date, the time of day, the topic or subjects you studied, and the total number of hours you logged that day. Also, make a note about anything you noticed regarding your productivity on that day. Were you comfortable? How was the lighting? Were you tired or distracted? By tracking the number of hours you study, you will be more motivated to add to the total count. Also, you will be able to quickly assess trends in your studying, such as a reduction in number of hours studied, which will alert you to revamp your program.

11) Lots of blank index cards!

MCAT Highly Recommended Materials

1) If you're considering purchasing both full-length exams and all the official practice questions, you will save money if you get the entire AAMC bundle.

2) If you don't opt for the bundle, consider purchasing the AAMC second practice test à la carte. Since there are only two practice tests written by the creators of the MCAT, I recommend it in addition to the sample test and practice exam listed in the "MCAT Essential Materials" section. Just like the first practice test, you can access the exam 5 times. This allows you to review and reassess weaknesses from earlier run-throughs.

3) If you don't purchase the bundle, consider purchasing the AAMC Online practice questions for biology, chemistry, and/or physics à la carte. These are reasonably priced and written by the test makers. **If you already have books or an online program with sample MCAT questions, you can certainly use those instead.**

4) Browse our MCAT blog for tips and resources of all varieties.

5) 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)**

6) Barron's MCAT flash cards. Make sure to order versions dated 2015 or later. This is a great resource for mid-level depth of major concepts. The cards provide descriptions of concepts along with formulas and diagrams, and they're well organized. However, they're not the best source if you are learning something from scratch.

7) 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, on Friday of Week 2 of your schedule, you might want to read more about the Bohr's Model or the Periodic Table. **(FREE)**

Final Thoughts

It might seem counterintuitive, but I really encourage you to ease in slowly and take on less than you can handle on any given day. This is a behavioral modification strategy. You want to commit to less than you're capable of achieving. Why? By doing so, you take advantage of "paradoxical intervention," more commonly known of as "reverse psychology." Stopping your MCAT studying earlier in the day than you want to ignites a type of agitation that actually makes you *more* likely to revisit the material the next day, and with more gusto. This will also prevent the crash-and-burn phenomenon that so many of us experience if we launch into a project with too much force. To read about the "less is more" approach, I highly recommend Stephen Guise's book *Mini Habits*. I really like his philosophy and appreciate the book's extensive citations.

The point is, you have plenty of time to prepare, but only if you stay in motion. Focus on developing a sustainable rhythm and overcoming the temptations to procrastinate or cram. Best of luck to you!

Weekly Rhythm

This schedule is set up on a Sunday to Friday schedule, with Saturdays off. Some people prefer to take Fridays or Sundays off, so adjust it to suit your needs and preferences. The first day of the week (Sunday, in this case) is the most time intensive, because these are the days you'll be taking practice tests, which take 7 hours to complete. You will also take one day off, which is currently designated as Saturday.

	Sun	**Mon**	**Tues**	**Weds**	**Thurs**	**Fri**
1	Gather materials, start your notebook, watch Intro videos	Watch Scientific Inquiry videos, read AAMC book	Watch Scientific Inquiry videos, read AAMC book	Watch CARS videos, read AAMC book, CARS from AAMC book	**Take AAMC Sample Diagnostic Test**	Review answers, create flashcards
2	Practice Questions: Physical Sciences	Amino Acids quiz, CARS from AAMC book	Biology, flashcards	Physics, Psychology	Organic Chemistry, read articles	General chemistry, flashcards
3	Review notes, Practice Questions: Biological Sciences	Biology, CARS from Magoosh	Sociology, review flashcards	Biology, Psychology	Physics, read articles	Organic Chemistry, review flashcards

4	Review notes, Practice Questions: Social Sciences	General Chemistry, Read articles	Biology, Psychology	Social Psychology, Physics	**Take first Magoosh MCAT Exam**	Review answers
5	Catch up, research, organize. Practice Questions: Physical Sciences	Biology, CARS from Magoosh	Psychology, review flashcards	Organic Chemistry, Sociology	Biology, read articles	Practice equations, review flashcards
6	Review notes, Practice Questions: Biological Sciences	General Chemistry, CARS from Magoosh	Biology, review flashcards	Physics, read articles	Psychology, review and evaluate	Biology, review flashcards
7	Review notes, Practice Questions: Social Sciences	Organic Chemistry, CARS from Magoosh	General Chemistry, review flashcards	Sociology, Biology	**Take second Magoosh MCAT exam**	Review answers
8	Review notes, Practice Questions:	Physics, CARS from AAMC	Biology, review flashcards	Organic Chemistry, Psychology	General Chemistry, read articles	Social Psychology, review flashcards

	Physical Sciences					
9	Review notes, Practice Questions: Biological Sciences	Biology, CARS from AAMC	Physics, review flashcards	Organic Chemistry, Psychology	Biology, read articles	Organize notes
10	Review notes, Practice Questions: Social Sciences	General Chemistry, CARS from AAMC	Biology, review flashcards	Physics, Sociology	**Take third Magoosh MCAT exam**	Review answers
11	Review notes, Practice Questions: Physical Sciences	Biology, CARS from AAMC	Organic Chemistry, review flashcards	General Chemistry, Psychology	Biology, read articles	Sociology, evaluate your study habits
12	Organize notes, read articles	Biology, CARS from AAMC	Physics, Social Psychology	Organic Chemistry, General Chemistry	**Take official AAMC Full-Length Practice Exam**	Review answers
13	Condense notes, review flashcards	Practice questions	Condense notes, arrange flashcards,	Write and reflect, review notes	Write and reflect, review notes	Rest before exam day

			review notes and flashcards	and flashcards	and flashcards	

Part I: Gather Materials and Ease in

Week 1

Videos

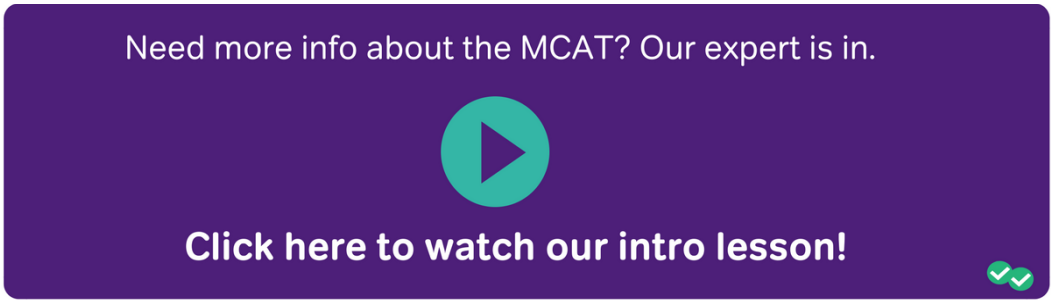
Make sure you watch the following:

- *MCAT Intro, MCAT Study Schedule*
- *How to Study Biology for the MCAT (both lessons)*
- *How to Study Psychology for the MCAT*
- *How to Study Sociology for the MCAT*
- *SCIENTIFIC INQUIRY AND REASONING: All lessons*
- *CARS: All lessons*

Week 1, Sunday

Gather and order materials, set up your notebook(s), and designate a place for logging your study time. Keep track of the date, the time of day, the topic or subjects, and the total number of hours you logged that day. By tracking the number of hours you study, you will be more motivated to add to the total count. Also, you will be able to quickly assess trends in your studying, such as a reduction in number of hours studied, which will alert you to revamp your program.

Watch the MCAT Intro and MCAT Study Schedule. If you would like, you can watch other videos in the Introduction section.



Watch How to Study Biology, How to Study Psychology, and How to Study Sociology.

Week 1, Monday

Watch the first half of the videos in the Scientific Inquiry section.

Read chapters 1-3 from the official AAMC book. (Optional: Read chapters 4-7.)

Week 1, Tuesday

Watch the second half of the videos in the Scientific Inquiry section.

Read chapters 8-12 from the official AAMC book.

Week 1, Wednesday

Watch the CARS lessons.

Read the first half of chapter 13 from the official AAMC book (pages 311-322).

CARS. Answer the practice questions from two AAMC passages, found on pages 323-339. For now, do this without time restrictions.

Week 1, Thursday

Take the official MCAT sample diagnostic test. This is NOT the same thing as the AAMC practice exam. It is designed to reveal your strengths and weaknesses, and you will not get a scaled score. It's your choice as to whether you take it under timed or untimed conditions.

Week 1, Friday

Review answers you missed on the sample test. Read the answer explanations, and skim the answer explanations for the questions you answered correctly. Begin creating flashcards on

concepts you missed that lend themselves to memorization. If you feel overwhelmed, begin by creating flashcards on topics you missed from the discrete questions and then make your way back to the passage-based questions.

Week 1, Saturday

Rest. Take one day off per week.

Part II: Review Content and Practice Techniques

Week 2

Videos

Make sure you watch the following:

- *BIOLOGY: Cells & Membranes Series; Messaging & Viruses Series*
- *PHYSICS: All lessons in the "Physics: Introduction" section*
- *PSYCHOLOGY: Developmental Series*
- *ORGANIC CHEMISTRY: Isomers Part I through Identifying Stereoisomers*
- *GENERAL CHEMISTRY: Atomic Structure through VSEPR Theory*

Week 2, Sunday

Review notes from previous week.

Answer Physical Sciences practice questions. You get 10 "starts" with your online question bank. Use your first "start" to answer the first 25 questions of the physical sciences portion. If question 25 lands in the middle of a passage, complete the passage. Review answers and use them to update your flashcards.

Week 2, Monday

Amino Acids. Set up at least two systems to quiz yourself (flashcards, lists, diagrams, games, etc.). See this blog on amino acids to learn what aspects of amino acids you need to memorize.

CARS. Answer the practice questions from three AAMC passages, found on pages 341-368. For now, do this without time restrictions.

Week 2, Tuesday

Biology. In addition to watching this week's videos, make sure you understand:

Flagellar propulsion and mechanism

Bacteria reproduction by fission

Antibiotic resistance

Chemotaxis

Virus life cycle

Transfer of genetic material by viruses

Prions and viroids

Hormones and Neurotransmitters. Create sets of flashcards to help you learn the important hormones and neurotransmitters.

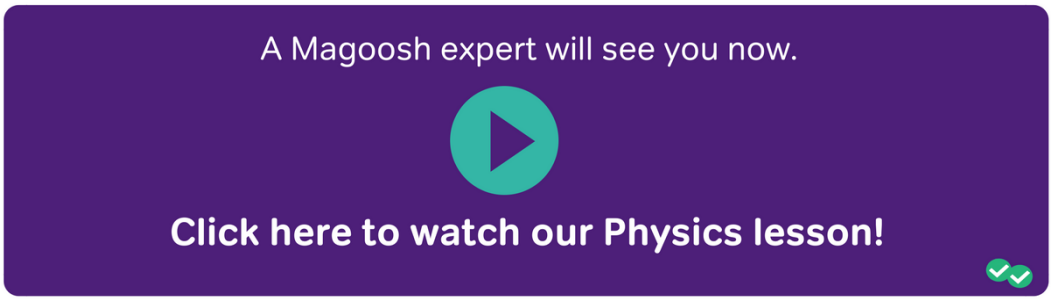
Week 2, Wednesday

Physics. In addition to watching this week's videos, make sure you understand:

Trigonometry

Logarithms

Scientific Notation



Psychology. In addition to watching this week's videos, make sure you understand:

Theories of human development

Developmental changes in adolescence

Piaget's stages of cognitive development

Theories of personality

Biomedical vs. biosocial approaches to behavior

Week 2, Thursday

Organic Chemistry. In addition to watching this week's videos, understand:

Liquid-liquid extraction

Extraction of weak acids and bases

Spectroscopy and emission spectrum

Read magazine articles about current events for 30 minutes.

Week 2, Friday

General Chemistry. In addition to watching this week's videos, make sure you understand:

Structure of an atom and orbital shapes

Organization of the periodic table

Bohr's Model (quantum, planetary)

Orbital fill order

Electron affinity

Electronegativity

Ionic and Covalent bonding

The mole

Lewis Formula

VSEPR theory

Review your flashcards for about 45 minutes.

Week 2, Saturday

Rest. Take one day off per week.

Week 3

Videos

Make sure you watch the following:

- *BIOLOGY: DNA Series; RNA Series*
- *SOCIOLOGY: Foundations of Sociology Series; Gender and Intersectionality Series*
- *PSYCHOLOGY: Memory Series*
- *PHYSICS: All lessons in the "Physics: Kinematics" section*
- *ORGANIC CHEMISTRY: Conformational Isomers through Substitution Summary*

Week 3, Sunday

Review notes from previous week.

Answer Biological Sciences practice questions. You get 10 "starts" with your online question bank. Use your second "start" to answer the first 33 questions of the biological sciences portion. If question 33 lands in the middle of a passage, complete the passage. Review answers and use them to update your flashcards.

Week 3, Monday

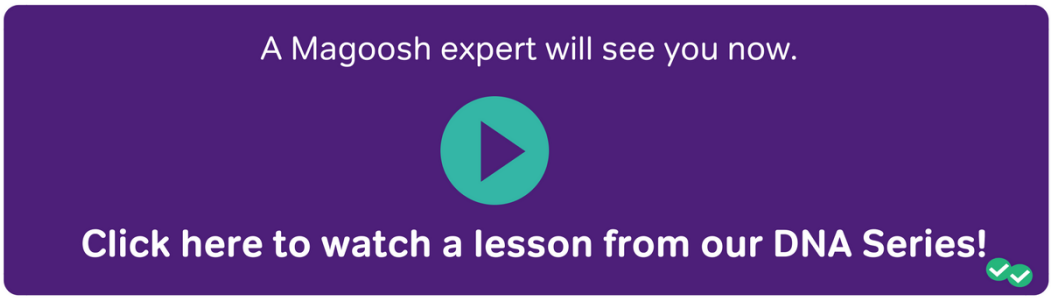
Biology. In addition to watching this week's videos, make sure you understand:

Structure of DNA

Basics of telomeres and centromeres

Semiconservative replication

Replication enzymes



CARS. In Magoosh, answer the CARS questions from the first 2 passages. Do this without time restrictions and review answers carefully. You may work ahead, but be aware that this will eventually "eat into" the passages that are tied to the Magoosh practice exams. Some students are okay with this, while others want their practice exams to contain questions they haven't yet encountered.

Week 3, Tuesday

Sociology. In addition to watching this week's videos, make sure you understand:

Social Constructionism

Symbolic Interactionism

Conflict Theory

Functionalism

Social Exchange Theory

Rational Choice Theory

Feminist theory

Gender discrimination in education

Gender segregation

Review your flashcards for 45 minutes.

Week 3, Wednesday

Biology. In addition to watching this week's videos, make sure you understand:

3 steps of transcription in detail (location of binding, types of bonds)

3 steps of translation in detail

Introns, exons, codons

Function of ribosomes

Positive and negative feedback in genes

cDNA and PCR

Psychology. This week's psychology videos are very thorough. The only topic you might want to review in more detail is **Neural plasticity**.

Week 3, Thursday

Physics. In addition to watching this week's videos, make sure you understand:

Distance, rate, time

Displacement

Translational movement

Graphic addition

Acceleration, velocity

Calculating velocity

Read magazine articles about current events for 30 minutes.

Week 3, Friday

Organic Chemistry. Watch the videos and make sure to review these concepts:

Racemic mixtures

Conformational isomers

Cycloalkanes

Halogenation

Isomer problems

Carbon order

Alkane properties and reactions

Review your flashcards for 45 minutes.

Week 3, Saturday

Rest. Take one day off per week.

Week 4

Videos

Make sure you watch the following:

- *GENERAL CHEMISTRY: Stoichiometry through Gen Chem 1 Passage Sample Questions*
- *BIOLOGY: Enzymes Basics through Metabolism Series*
- *PSYCHOLOGY: Perception Series; Sleep and Consciousness Series*
- *SOCIAL PSYCHOLOGY: Socialization and Identity Series*
- *PHYSICS: All lessons in the "Physics: Newtonian Dynamics" section*

Week 4, Sunday

Review notes from previous week.

Answer Social Sciences practice questions. You get 10 "starts" with your online question bank. Use your third "start" to answer the first 33 questions of the social sciences portion. If question 33 lands in the middle of a passage, complete the passage. Review answers and use them to update your flashcards.

Week 4, Monday

General Chemistry. Watch the videos and make sure to review these concepts:

Stoichiometry

Theoretical and actual yield

Limiting reactant/reagent

Kinetics

Reaction theory

Read magazine articles about current events for 30 minutes.

Week 4, Tuesday

Biology. Watch the videos and make sure to review these concepts:

Endergonic and exergonic reactions

Catabolism and anabolism

Enzymes and cofactors

Factors that influence enzyme stability

Krebs Cycle in detail

Pentose phosphate pathway (PPP)

Oxidative phosphorylation

Psychology. Watch the videos and make sure to review these concepts:

Sensory pathways

Top-down and bottom-up processing

Stages of sleep

Brain waves

Drugs and consciousness

Week 4, Wednesday

Social Psychology. Watch the videos and make sure to review these concepts:

Agents of socialization

Reference groups

Self-concept, self-identity, social identity

Self-esteem, self-efficacy, locus of control

Identity formation, looking-glass self

Individuation

Physics. Watch the videos and make sure to review these concepts:

Newton's 3 laws

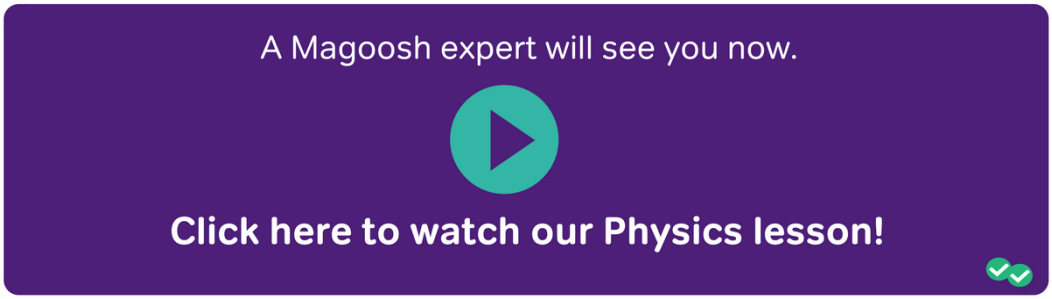
Free-body diagrams

Torque and lever arms

Center of mass

Friction and coefficient of friction

Static and kinetic friction



Week 4, Thursday

Magoosh Practice Exam #1. Take the first Magoosh exam under timed conditions. Set aside at least 7 hours to do this.

Week 4, Friday

Review answers. Review the answers you missed on yesterday's practice exam. Use this information to add to and update your flashcards.

Practice solving equations by searching for chemistry and physics online quizzes and worksheets. For example, look here, here, and here.

Week 4, Saturday

Rest. Take one day off per week.

Week 5

Videos

Make sure you watch the following:

- *BIOLOGY: Cellular Reproduction Series; Embryology Series; Biology 1 Passage Sample Questions*
- *PSYCHOLOGY: Emotions Series*
- *ORGANIC CHEMISTRY: Intro to Alkenes through Aromatics*
- *SOCIOLOGY: Demography Series; Epidemiology Series*

Week 5, Sunday

Catch up, research, and organize. Use this day to catch up on any exercises you didn't finish earlier in the week. Research MCAT study techniques, and visit MCAT forums and blogs. Add to your flashcards and arrange them by topic, then by the degree to which you've mastered each one (good, fair, or poor). If you have access to additional practice questions (beyond the official AAMC practice questions), you can also use this day to answer questions.

Evaluate your time log and look for patterns regarding your productivity. Are there certain days, times, or locations that are working or not working for you? Adjust your study times and environments as needed.

Answer Physical Sciences practice questions. You get 10 "starts" with your online question bank. Use your fourth "start" to answer questions 26-50. If question 50 lands in the middle of a passage, complete the passage. Review answers and use them to update your flashcards.

Week 5, Monday

Biology. Watch the videos and make sure to review these concepts:

Mendel's principles

DNA and Recombination

Meiosis (haploids, 2 divisions)

Mitosis (replicated chromosomes, cytokinesis)

Cell cycle

Male and female reproductive anatomy

Sperm formation

Ovarian function, ovulation

CARS. In Magoosh, answer the CARS questions from passages 5 and 6. Do this without time restrictions and review answers carefully. You may work ahead, but be aware that this will eventually "eat into" the passages that are tied to the Magoosh practice exams. Some students are okay with this, while others want their practice exams to contain questions they haven't yet encountered.

Week 5, Tuesday

Psychology. Watch the videos and make sure to review these concepts:

Components of emotion (cognitive, physiological, behavioral)

James-Lange, Cannon-Bard, Schachter-Singer

The limbic system and emotion

Universal emotions

Emotion and autonomic nervous system

Review your flashcards for 45 minutes.

Week 5, Wednesday

Organic Chemistry. Watch the videos and make sure to review these concepts:

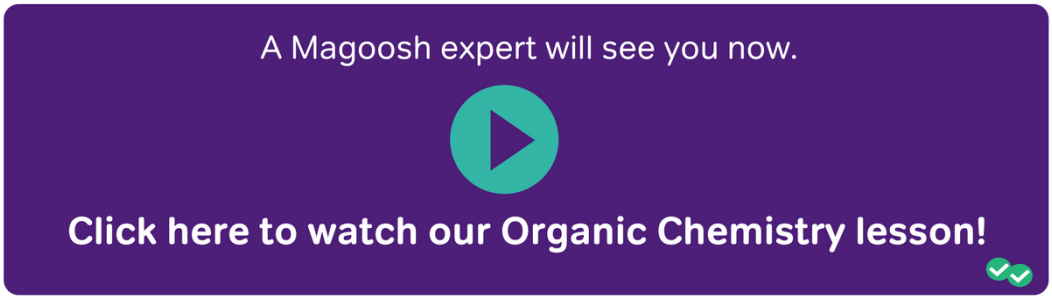
Substitutions

Alkenes

Alkene synthesis and reactions

Vicinal and geminal reactions

Eliminations



Sociology. Watch the videos and make sure to review these concepts:

Demographic categories

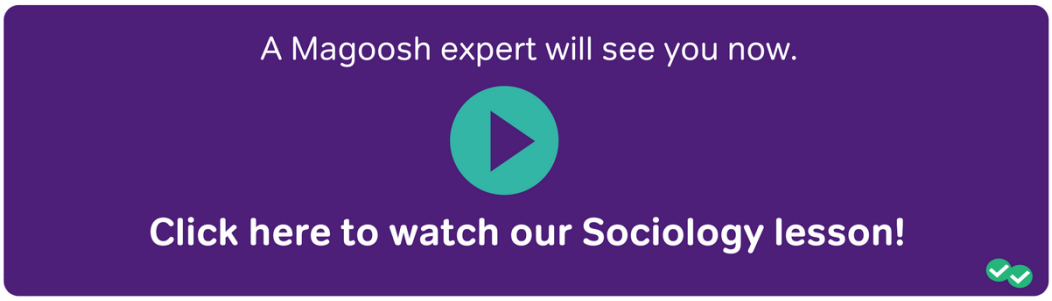
Age cohorts

Demographic shifts, transition, and changes

Malthusian theory

Population pyramids

Fertility, mortality



Week 5, Thursday

Biology. Watch the videos and make sure to review these concepts:

Zygote, implantation, hCG

Umbilical cord

Structure and function of placenta

Neural development of fetus

Hormones involved in pregnancy and delivery

Read magazine articles about current events for 30 minutes.

Week 5, Friday

Practice solving equations by searching for chemistry and physics online quizzes and worksheets. For example, look here, here, and here.

Review your flashcards for 45 minutes.

Week 5, Saturday

Rest. Take one day off per week.

Week 6

Videos

Make sure you watch the following:

- *GENERAL CHEMISTRY: Thermochemistry and Heat through Enthalpy*
- *BIOLOGY: Biochemistry, Parts A and B*
- *PHYSICS: Energy and Velocity through Thermodynamics*
- *PSYCHOLOGY: Mental Health & Disabilities Series; Conditioning Series*

Week 6, Sunday

Review notes from previous week.

Answer Biological Sciences practice questions. You get 10 "starts" with your online question bank. Use your fifth "start" to answer questions 34-66. If question 66 lands in the middle of a passage, complete the passage. Review answers and use them to update your flashcards.

Week 6, Monday

General Chemistry. Watch the videos and make sure to review these concepts:

State function

Equations for energy loss and gain

Enthalpy

Breaking and forming of chemical bonds and energy

CARS. In Magoosh, answer the CARS questions from passages 7, 8, and 9. Do this without time restrictions and review answers carefully. You may work ahead, but be aware that this will eventually "eat into" the passages that are tied to the Magoosh practice exams. Some students are okay with this, while others want their practice exams to contain questions they haven't yet encountered.

Week 6, Tuesday

Biology. Watch the videos and make sure to review these concepts:

Enzyme catalysis

Michaelis-Menten constant

Enzyme cooperativity and inhibition

Structure of nucleotides

Nucleotide base pairing

Differences between ribonucleic acids and DNA

Review your flashcards for 45 minutes.

Week 6, Wednesday

Physics. Watch the videos and make sure to review these concepts:

Temperature

Heat and calories

Thermodynamics

Work, measured in joules (formula: Work and Force)

Work kinetic energy theorem

Conduction, convection, radiation

Read magazine articles about current events for 30 minutes.

Week 6, Thursday

Psychology. Watch the videos and make sure to review these concepts:

Mood Disorders

Personality Disorders

Schizophrenia

Bipolar Disorder

Suicidality

Post-Traumatic Stress Disorder

Review and evaluate. Read through your notes. Research and rewrite anything that is confusing. Make sure your flashcards reflect the concepts. Evaluate your time log and look for patterns regarding your productivity. Are there certain days, times, or locations that are working or not working for you? Adjust your study times and environments as needed. Register for the exam, if you haven't yet done so.

Week 6, Friday

Biology. Watch the videos and make sure to review these concepts:

Gibbs free energy

Catalysts and equilibrium constant

ATP → ADP

Glycolysis

Gluconeogenesis

Review your flashcards for 45 minutes.

Week 6, Saturday

Rest. Take one day off per week.

Week 7

Videos

Make sure you watch the following:

- *ORGANIC CHEMISTRY: Alcohols through O-Chem 1 Passage Sample Questions*
- *GENERAL CHEMISTRY: Entropy through Equilibrium*
- *SOCIOLOGY: Culture and Institutions Series*
- *BIOLOGY: Neurons Series*

Week 7, Sunday

Review notes from previous week.

Answer Social Sciences practice questions. You get 10 "starts" with your online question bank. Use your sixth "start" to answer questions 34-66. If question 66 lands in the middle of a passage, complete the passage. Review answers and use them to update your flashcards.

Week 7, Monday

Organic Chemistry. Watch the videos and make sure to review these concepts:

Alcohols

Alcohol synthesis and reactions

Bimolecular nucleophilic substitutions

Unimolecular nucleophilic substitutions

Ethers

Ether synthesis and reactions

Preparation of epoxides

CARS. In Magoosh, answer the CARS questions from passages 3 and 4. Do this without time restrictions and review answers carefully. You may work ahead, but be aware that this will eventually "eat into" the passages that are tied to the Magoosh practice exams. Some students are okay with this, while others want their practice exams to contain questions they haven't yet encountered.

Week 7, Tuesday

General Chemistry. Watch the videos and make sure to review these concepts:

Entropy

Spontaneity

Equilibrium constant and reaction quotient

Product and reactant-favored reactions

Predicting spontaneity

Review your flashcards for 45 minutes.

Week 7, Wednesday

Sociology. Watch the videos and make sure to review these concepts:

Elements of culture

Social institutions (education, religion, government, family)

Forms of kinship

Culture lag and culture shock

Assimilation and multiculturalism and ethnocentrism

Mass media and population culture

Transmission, diffusion, and evolution of culture

Biology. Watch the videos and make sure to review these concepts:

Organization of vertebrate nervous system

Neuron action potential

Glial cells

Spinal cord and reflexes

G protein-coupled receptors

Week 7, Thursday

Magoosh Practice Exam #2. Take the second Magoosh exam under timed conditions. Set aside at least 7 hours to do this.

Week 7, Friday

Review answers. Review the answers you missed on yesterday's practice exam. Use this information to add to and update your flashcards.

Week 7, Saturday

Rest. Take one day off per week.

Week 8

Videos

Make sure you watch the following:

- *PHYSICS: Intro to Electromagnetic Waves through Physics 1 Passage Sample Questions*
- *BIOLOGY: Muscles Series*
- *ORGANIC CHEMISTRY: Separations Part 1 through CNMR*
- *PSYCHOLOGY: Learning Series*
- *GENERAL CHEMISTRY: Ideal Gases through Kinetic Molecular Theory*
- *SOCIAL PSYCHOLOGY: Status Series*

Week 8, Sunday

Review notes from previous week.

Answer Physical Sciences practice questions. You get 10 "starts" with your online question bank. Use your seventh "start" to answer questions 51-75. If question 75 lands in the middle of a passage, complete the passage. Review answers and use them to update your flashcards.

Week 8, Monday

Physics. Watch the videos and make sure to review these concepts:

Photon energy

Color absorption, visual spectrum, infrared

Optics, angle of incidence, and reflection

Refractive index, Snell's law

The human eye

CARS from AAMC Question Pack. Answer questions from 4 passages under timed conditions. This works best if you use both a timer and a stopwatch. Set your timer for 40 minutes. Each time you begin a new passage, reset your stopwatch. Spend 3-4 minutes reading the passage and 6-7 minutes answering the accompanying questions, for a total of 9-11 minutes on each passage. Once you become skilled at distinguishing "easy" passages from "hard" ones, you can give yourself 8 minutes for easy passages and 12 minutes for difficult ones.

Week 8, Tuesday

Biology. Watch the videos and make sure to review these concepts:

Muscle system and functions

Muscle classification

Thermoregulation (shivering)

T-tubule system, contractile, apparatus, sarcoplasmic reticulum

Cardiac muscles

Neuromuscular junctions

Muscle contraction, role of calcium

Review your flashcards for 45 minutes.

Week 8, Wednesday

Organic Chemistry. Watch the videos and make sure to review these concepts:

Typical NMR Shifts

Proton NMR spectra

Splitting patterns of absorption signals

HNMR

CNMR

Psychology. Watch the videos and make sure to review these concepts:

Brain regions involved in problem solving and creativity

Brain functions and dyslexia dyscalculia, dysgraphia

Temporal lobe function and Autism spectrum

Week 8, Thursday

General Chemistry. Watch the videos and make sure to review these concepts:

Ideal gas law

Boyle's law

Avogadro's law

Kinetic molecular theory of gases

Boltzmann's constant

Dalton's law

Read magazine articles about current events for 30 minutes.

Week 8, Friday

Social Psychology. Watch the videos and make sure to review these concepts:

Conformity and obedience

Achieved and ascribed status

Groups: primary, secondary, in-group, out-group

Impression management

Dramaturgy

Power and prestige

Review your flashcards for 45 minutes.

Week 8, Saturday

Rest. Take one day off per week.

Week 9

Videos

Make sure you watch the following:

- *BIOLOGY: Autonomic Nervous System; Bones, Muscles, Movements Series; Circulatory Series*
- *PHYSICS: Electrostatics through Induced Magnetic Fields*
- *ORGANIC CHEMISTRY: Aldehydes and Ketones through Aldehyde and Ketone Reactions 2*
- *PSYCHOLOGY: Cognition Series*

Week 9, Sunday

Review notes from the previous week.

Answer Biological Sciences practice questions. You get 10 "starts" with your online question bank. Use your eighth "start" to answer questions 67-100. Review answers and use them to update your flashcards.

Week 9, Monday

Biology. Watch the videos and make sure to review these concepts:

Enteric nervous system

Peristalsis

The brain and breathing (eupnea, hyperpnea)

Roles of medulla and respiratory groups (VRG, DRG, PRG) on breathing

Skeletal structure and function

Cartilage and ligaments: structure and function

Bone marrow

Troponin and tropomyosin

CARS from AAMC Question Pack. Answer questions from 4 passages under timed conditions. This works best if you use both a timer and a stopwatch. Set your timer for 40 minutes. Each time you begin a new passage, reset your stopwatch. Spend 3-4 minutes reading the passage

and 6-7 minutes answering the accompanying questions, for a total of 9-11 minutes on each passage. Once you become skilled at distinguishing “easy” passages from “hard” ones, you can give yourself 8 minutes for easy passage and 12 minutes for difficult ones.

Week 9, Tuesday

Physics. Watch the videos and make sure to review these concepts:

Lorentz force

Electrostatics

Coulomb’s law

Paramagnetism and diamagnetism

Dielectrics

Motion of charged particles in magnetic field

Review your flashcards for 45 minutes.

Week 9, Wednesday

Organic Chemistry. Watch the videos and make sure to review these concepts:

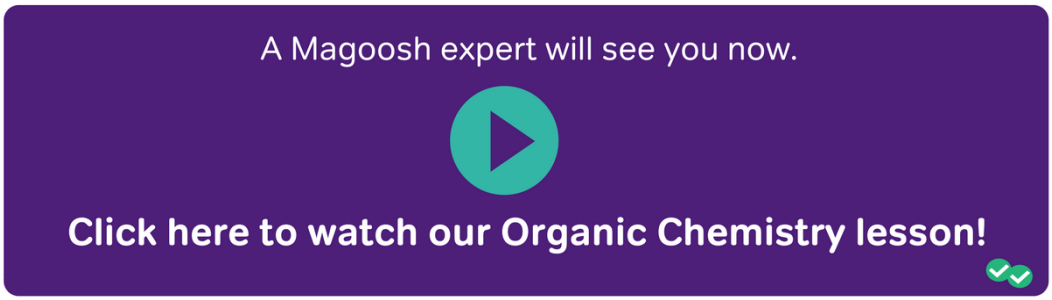
Naming and preparing aldehydes

Naming and preparing ketones (methods for preparation; transformations)

Nucleophilic additions

Enolate ion reactions (tautomers, depronation, aldol condensation)

Haloform reaction



Psychology. Watch the videos and make sure to review these concepts:

Heuristics

Selective and divided attention

Information-processing model

Influence of heredity and environment on cognitive development

Theories of intelligence

Week 9, Thursday

Biology. Watch the videos and make sure to review these concepts:

Lungs, gas exchange (Henry's law)

Systolic and diastolic pressure

Capillary beds and function

Plasma

Blood cells, clotting mechanisms

Hemoglobin, hematocrit

Structure and function of lymphatic system

Read magazine articles about current events for 30 minutes.

Week 9, Friday

Read through your notes from weeks 1-9. Underline content you need to research in more detail, and locate sources (textbooks, online publications, or websites) that provide in-depth explanations of these concepts. Also, practice solving equations by searching for chemistry and physics online quizzes and worksheets. For example, look here, here, and here.

Week 9, Saturday

Rest. Take one day off per week.

Week 10

Videos

Make sure you watch the following:

- *GENERAL CHEMISTRY: Solutions through Diprotic Acids*
- *BIOLOGY: Immunology through Endocrine Series*
- *PHYSICS: Circuits and Ohm's Law through Harmonic Motion Summary*
- *SOCIOLOGY: Inequalities Series; Sociology of Health and Medicine Series*

Week 10, Sunday

Review notes from the previous week.

Answer Social Sciences practice questions. You get 10 "starts" with your online question bank. Use your ninth "start" to answer questions 67-100. Review answers and use them to update your flashcards.

Week 10, Monday

General Chemistry. Watch the videos and make sure to review these concepts:

Solutions, dilutions (be able to calculate solubility)

Common ion effect

Selective precipitation

Aqueous solubility

Acids, bases, pH Calculations

Neutralization reactions

Titrations

Diprotic acids

CARS from AAMC Question Pack. Answer questions from 4 passages under timed conditions. This works best if you use both a timer and a stopwatch. Set your timer for 40 minutes. Each time you begin a new passage, reset your stopwatch. Spend 3-4 minutes reading the passage and 6-7 minutes answering the accompanying questions, for a total of 9-11 minutes on each passage. Once you become skilled at distinguishing "easy" passages from "hard" ones, you can give yourself 8 minutes for easy passages and 12 minutes for difficult ones.

Week 10, Tuesday

Biology. Watch the videos and make sure to review these concepts:

Structure and function of lymphatic system and lymphocytes

Immune system cells (adaptive and innate)

Antigens, antibodies

Clonal selection

Kidney, urine formation

Liver's role in glucose regulation and detoxification

Neuroendocrinology

Cellular mechanisms of hormone action

Regulation of hormones by second messengers

Review your flashcards for 45 minutes.

Week 10, Wednesday

Physics. Watch the videos and make sure to review these concepts:

Current and wires

Magnetism

Circuits and Ohm's law

Kirchhoff's laws

Resistors and Capacitors

Doppler effect

Springs

Pendulums

Sociology. Watch the videos and make sure to review these concepts:

Poverty

Racism, sexism, classism

Relative deprivation

Gentrification

Biomedical vs. social models of bodies and health

The sick role and physician role

Inequalities in health, access to health, and life expectancy

Eating disorders (binge eating disorder, anorexia, bulimia, EDNOS)

Week 10, Thursday

Magoosh Practice Exam #3. Take the third Magoosh exam under timed conditions. Set aside at least 7 hours to do this.

Week 10, Friday

Review answers. Review the answers you missed on yesterday's practice exam. Use this information to add to and update your flashcards.

Week 10, Saturday

Rest. Take one day off per week.

Week 11

Videos

This is an intense week! Make sure you watch the following:

- *BIOLOGY: Digestion Series through Biology 3 Passage Sample Questions*
- *ORGANIC CHEMISTRY: Carboxylic Acids through Other Nitrogen Groups*
- *GENERAL CHEMISTRY: Redox Reactions through Gen Chem 2 Passage Sample Questions*
- *PSYCHOLOGY: Language Series; Brain & Spine Series*
- *SOCIOLOGY: Social Change Series*

Week 11, Sunday

Review notes from the previous week.

Answer Physical Sciences practice questions. You get 10 "starts" with your online question bank. Use your final "start" to answer questions 76-100. Review answers and use them to update your flashcards.

Week 11, Monday

Biology. Watch the videos and make sure to review these concepts:

Major organs & functions of digestive system

Gastric juices, saliva

Bacterial flora

Digestive enzyme production

Blood glucose regulation (pancreas, liver)

Hormones affecting appetite (insulin, leptin, ghrelin, cortisol)

CARS from AAMC Question Pack. Answer questions from 4 passages under timed conditions. This works best if you use both a timer and a stopwatch. Set your timer for 40 minutes. Each time you begin a new passage, reset your stopwatch. Spend 3-4 minutes reading the passage and 6-7 minutes answering the accompanying questions, for a total of 9-11 minutes on each passage. Once you become skilled at distinguishing "easy" passages from "hard" ones, you can give yourself 8 minutes for easy passages and 12 minutes for difficult ones.

Week 11, Tuesday

Organic Chemistry. Watch the videos and make sure to review these concepts:

Carboxylic acid reactions and derivatives

Stereoisomers

Naming and preparing amides

Acyl halides

Anhydrides

Holoform and enolate ion reactions

Amine synthesis and reactions

Hoffmann Arrangement

Review your flashcards for 45 minutes.

Week 11, Wednesday

General Chemistry. Watch the videos and make sure to review these concepts:

Galvanic cells

Electrolytic cells

Cell comparison

Cell potential

Voltaic cells

Reduction potential

Psychology. Watch the videos and make sure to review these concepts:

Theories of language development in childhood

Brain areas that control language and speech

Structure of the ear

Cochlear implants

Disorders of the spine

Neurotransmitters

Week 11, Thursday

Biology. Watch the videos and make sure to review these concepts:

Thyroid, parathyroid and measures of functioning

Pituitary gland

Testes, ovaries

Hypothalamus

Pineal body

Read magazine articles about current events for 30 minutes.

Week 11, Friday

Sociology. Watch the videos and make sure to review these concepts:

Social movements, strategies, and tactics

Globalization

Civil unrest

Urbanization and suburbanization

Postmodernism

Environmental health

Evaluate your time log and look for patterns regarding your productivity. Are there certain days, times, or locations that are working or not working for you? Adjust your study times and environments as needed.

Week 11, Saturday

Rest. Take one day off per week.

Week 12

Videos

Make sure you watch the following:

- *BIOLOGY: Inheritance Series*
- *PHYSICS: Photoelectric Effect through Elastic Moduli*
- *SOCIAL PSYCHOLOGY: Social Norms & Attributions: Attraction Series*
- *ORGANIC CHEMISTRY: Amino Acids through O-Chem 2 Passage Sample Questions*
- *GENERAL CHEMISTRY: Phases through General Chem 3 Passage Sample Questions*

Week 12, Sunday

Read through your notes from weeks 1-11. Underline content you need to research in more detail, and locate sources (textbooks, online publications, or websites) that provide in-depth explanations of these concepts. Also, practice solving equations by searching for chemistry and physics online quizzes and worksheets. For example, look here, here, and here.

Read magazine articles about current events for 30 minutes. This is your last designated session for reading current events, although you can continue if you wish.

Week 12, Monday

Biology. Watch the videos and make sure to review these concepts:

Synapsis

Hardy-Weinberg Principle

Testcross

Gene mapping

Speciation

Natural selection

CARS from AAMC Question Pack. Answer questions from 3-4 passages and read explanations carefully.

Week 12, Tuesday

Physics. Watch the videos and make sure to review these concepts:

Photoelectric effect

Radiation

Nuclear reactions

Radioactive decay

Hydrostatics and Hydrodynamics

Elastic moduli

Social Psychology. Watch the videos and make sure to review these concepts:

Social norms and deviance

Crowd behavior

Stereotypes, prejudice, discrimination

Social support and altruism

Attachment and attraction

Mating behavior and mate choice

Week 12, Wednesday

Organic Chemistry. Watch the videos and make sure to review these concepts:

Peptides (synthesis, bonds, disulfide linkages)

Proteins (structural differences between fibrous & globular proteins)

Electrophoresis

Column chromatography

Carbohydrate homeostasis (allosteric enzyme control, glycolysis)

Fats (short chain FAs, saturated and unsaturated FA structure)

Monoglyceride, diglyceride, and triglyceride structure)

General Chemistry. Watch the videos and make sure to review these concepts:

Thermodynamics

Phases

Colligative properties

Week 12, Thursday

Official AAMC Practice Exam #1. Take the first AAMC exam under timed conditions. Set aside at least 7 hours to do this. At this point, your generated score is likely to be an indicator of how you will score on the actual exam. However, many students experience a notable discrepancy between the practice exam and the actual MCAT. From this point on, devote at least half of your time to studying your weakest areas.

Week 12, Friday

Review answers. Review the answers you missed on yesterday's practice exam. Use this information to add to and update your flashcards, and then check out these tips on how to spend the day before your MCAT.

Week 12, Saturday

Rest. Take one day off per week.

Part III: Condense and Clarify

Week 13

Week 13, Sunday

Stay clear. You are less than a week from test day. From here on out, make sure to sleep and eat on a regular schedule, avoid alcohol, and moderate your caffeine and sugar intake.

Condense your notes. Collect all of your notes. Hopefully, they have already undergone revisions during weeks 9 and 12.

Now, I want you to whittle them down to 20 pages. Choose the 20 pages that you most want to review over the next few days. You might need to rewrite, combine, and condense topics so you can fit more information on these pages.

Once you've done this, put the rest of your notes out of reach and out of sight. You can go back to them if you really need to look something up, but your goal for the next few days is narrowing and sharpening your focus so that you can study serenely. If you're drowning in papers, you'll feel overwhelmed, and your cognitive and emotional functioning will be compromised.

Review your flashcards for 20 minutes. Be sure to review all the subjects.

Week 13, Monday

Answer practice questions. Spend 2-4 hours answering any practice questions you have access to. My recommendations include:

- The AAMC Chem, Bio, and Physics question bundles, which provide 450 questions for $45.
- Re-answer practice questions from any of the full-length exams you have taken through the AAMC or Magoosh.
- Look through the official AAMC book and answer practice questions.
- Check out MCAT prep books from your school or community library.

- Search online for free practice questions. Khan Academy has several passages and discrete questions.

Week 13, Tuesday

Condense your notes. Today, I want you to take your 20 pages of notes and condense them to 6 pages. I also want you to reduce your flashcards to approximately 200.

Arrange flashcards by topic, then by the degree to which you've mastered each one (good, fair, or poor).

Review your notes and flashcards for 45 minutes. Be sure to review all the subjects.

Week 13, Wednesday

Write and reflect for 90 minutes. You shouldn't have many materials to consult at this point because I told you to put them all away, so spend some time drawing diagrams, and writing about connections between concepts. Randomly draw two or three flashcards at a time, and think of ways those topics could potentially appear together within a passage.

Review your 6 pages of notes.

Review your "fair and poor" flashcards for 90 minutes.

Week 13, Thursday

Write and reflect for 90 minutes, just like yesterday.

Review your 6 pages of notes.

Review your "poor" flashcards for 90 minutes.

Week 13, Friday

Rest. I recommend not studying at all, if possible. By choosing not to study today, you are giving your subconscious the message that you are confident and prepared, and this assessment can contribute to a self-fulfilling prophecy on test day.

If you feel too nervous to take the day off, limit yourself to reviewing one page of notes, front and back. Do not use your flashcards or look through MCAT books unless you really need to. You can draw freehand diagrams or write about concepts, but don't "input" information.

Week 13, Saturday

Take the exam with calm confidence. Good luck!