

Magosh

MCAT 6-Month Study Schedule



What's included:

- A daily MCAT study schedule (to help you get a 528 in 528 hours!)
- List of essential MCAT study materials
- Links to free flashcards and videos

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Introduction

There are countless theories on how to study for the MCAT. Some experts recommend devoting 300 hours, others say 250 or 400. Some say you should focus on one or two subjects at a time, and others say you should visit all the subjects each week. The one thing that most everyone agrees on is that spacing your study time across several weeks or months is best. For instance, it is better to study 20 hours a week for 4 months, rather than 40 hours per week for 2 months. If you are beginning your studies with six or more months between now and your test date, you're among the fortunate and forward-thinking few!

By following the schedule outlined below, you will review every major area of the MCAT in 26 weeks at a rate of 15-25 hours per week. You will cover biology every week and most other topics at a pace of every other week. And here's something cool: If you study 20 hours a week and tack on an extra 8 hours at some point, your total study time will be 528 hours! As in, a perfect score, get it? That is a lot of studying. But if you're reading this 6 months before the exam, you are in a great position to log an impressive number of hours and attain an amazing score.

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! 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 show that the saying is 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 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 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 review your flashcards a little every 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 2-4 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 through 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 #7 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](https://openstax.org/) 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 Week 3, Day 3 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! Let me know if you log 528 hours—and DEFINITELY let me know if you score 528!

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. One day each week (Friday, in this case), you will review the week's content and organize your study materials and strategies. You will also take one day off, which is currently designated as Saturday.

	Sun	Mon	Tues	Weds	Thurs	Fri
	PART I: (Week 1) GATHER MATERIALS AND EASE IN					
1	Gather materials, start your notebook, watch Intro videos	Take AAMC Sample Diagnostic Test	Review answers, create flashcards, read AAMC book	Watch Scientific Inquiry videos, choose test date	Watch Scientific Inquiry videos, read AAMC book	Catch up
	PART II: (Weeks 2-15) FOCUS ON LEARNING CONTENT					
2	Read AAMC book, watch CARS videos	Amino Acids quiz	Biology, browse Magoosh blogs	Physics, review flashcards	Psychology, browse Magoosh blogs	Read, review, complete exercises

3	Biology, CARS from AAMC book	Organic Chemistry	General Chemistry, read articles	Sociology, review flashcards	Review notes	Catch up, research, organize
4	Practice Questions: Physical Sciences	Biology, CARS from AAMC book	Physics, read articles	Psychology, review flashcards	Biological Sciences practice questions	Catch up, research, organize
5	Biology, CARS from Magoosh	Organic Chemistry, review flashcards	General Chemistry, read articles	Sociology, review flashcards	Social Sciences practice questions	Catch up, research, organize
6	Take first official AAMC exam	Review answers	Biology, review flashcards	Physics, review flashcards	Psychology, read articles	Catch up, research, organize
7	Biology, review flashcards	Organic Chemistry, CARS from Magoosh	General Chemistry, review flashcards	Social Psychology, read articles	Physical Sciences practice questions	Catch up, research, organize
8	Biology	Biology, CARS from Magoosh	Physics, review flashcards	Psychology, read articles	Create flashcards, practice equations	Catch up, research, organize
9	Biology, review flashcards	Organic Chemistry, Psychology	CARS from Magoosh	Social Psychology, read articles	Biological Sciences practice questions	Catch up, research, organize

10	Take first Magoosh MCAT Exam	Review answers	Biology	Physics, review flashcards	General Chemistry, read articles	Catch up, research, organize
11	Biology	Organic Chemistry, review flashcards	General Chemistry	Sociology, read articles	General Chemistry, review flashcards	Catch up, research, organize
12	Organize notes, practice equations	Biology, CARS from AAMC	Physics, review flashcards	Psychology, read articles	Social Sciences practice questions	Catch up, research, organize
13	Biology, review flashcards	Organic Chemistry	General Chemistry, review flashcards	Sociology, read articles	Revisit AAMC Sample Test	Catch up, research, organize
14	Finish AAMC Sample Test, practice equations	Physics, CARS from AAMC	Biology, review flashcards	Psychology, read articles	Physical Sciences practice questions	Catch up, research, organize
15	Biology, review flashcards	Organic Chemistry	General Chemistry	Social Psychology, read articles	Revisit first Magoosh MCAT Exam	Catch up, research, organize
PART III: (Weeks 16-24)						

	FOCUS ON PRACTICE QUESTIONS					
16	Finish first Magoosh MCAT Exam, practice equations	Biology, CARS from AAMC	Organize notes, practice equations, review flashcards	Physics, read articles	Biological Sciences practice questions	Catch up, research, organize
17	Psychology, review flashcards	Biology	Organic Chemistry	Organic Chemistry, read articles	Social Sciences practice questions	Catch up, research, organize
18	Take second Magoosh MCAT Exam	Review answers	Chemistry, CARS from AAMC	Sociology, review flashcards	Physical Sciences practice questions	Catch up, research, organize
19	Read AAMC book, learn about test day	Biology, CARS from AAMC	Practice questions	Organic Chemistry, review flashcards	Revisit first official AAMC Exam	Catch up, research, organize
20	Finish first AAMC Exam, practice equations	Psychology, CARS from AAMC	Biology, review flashcards	Physics	Revisit second Magoosh MCAT Exam	Catch up, research, organize
21	Take third Magoosh	Review answers	Chemistry, CARS from AAMC	Social Psychology,	Practice questions	Catch up, research, organize

	MCAT Exam			review flashcards		
22	Sociology	Biology, CARS from AAMC	Biology, review flashcards	Physics	Practice questions	Catch up, research, organize
23	Psychology, review flashcards	Biology, CARS from AAMC	Physics	Revisit third Magoosh MCAT Exam	Finish third Magoosh MCAT Exam, practice equations	Catch up, research, organize
24	Take second official AAMC exam	Review answers	Chemistry, CARS from AAMC	Sociology, review flashcards	Organize notes, practice equations	Catch up, research, organize
PART IV: (Weeks 25-26) CONDENSE AND CLARIFY						
25	Condense notes, review flashcards	Practice questions, review notes and flashcards	Practice questions, review notes and flashcards	Revisit second official AAMC exam	Finish second AAMC Exam, practice equations, review notes & flashcards	Catch up, research, organize
26	Timed CARS,	Condense notes and flashcards,	Review notes and flashcards,	Review notes and flashcards,	Rest	Exam day

	review notes and flashcards	review	write and reflect	write and reflect		
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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*
- *SCIENTIFIC INQUIRY AND REASONING: 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.

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



Click here to watch our intro lesson!



Watch both lessons on how to study Biology for the MCAT.

Week 1, Monday

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, Tuesday

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.

Read chapters 1-3 from the official AAMC book. (Optional: Read chapters 4-7. I have set time aside for you to read these chapters later in this schedule.)

Week 1, Wednesday

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

Review the AAMC website and **choose** a tentative target test date. If you feel committed to this date, you can register. If not, set a reminder for yourself to revisit the issue a month from now.

Week 1, Thursday

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

Read chapters 8-12 from the official AAMC book.

Week 1, Friday

Catch up on anything you skimmed over earlier in the week, such as reading the answer explanations from the sample test.

Week 1, Saturday

Rest. Take one day off per week.

Part II: Focus on Learning Content

Week 2

Videos

Make sure you watch the following:

- *BIOLOGY: Cells & Membranes Series*
- *PHYSICS: All lessons in the “Physics: Introduction” section*
- *PSYCHOLOGY: Developmental Series*
- *CARS: All lessons*

Week 2, Sunday

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

Watch CARS lessons.

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.

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

Browse Magoosh blogs for additional information on content and MCAT techniques.

Week 2, Wednesday


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

[Trigonometry](#)


Logarithms

Scientific notation

A Magoosh expert will see you now.



Click here to watch our Physics lesson!



Review your flashcards for 45 minutes.

Week 2, Thursday

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

A Magoosh expert will see you now.



Click here to watch our Psychology lesson!



Browse Magoosh blogs for additional information on content and MCAT techniques.

Week 2, Friday

Read magazine articles about current events for 30 minutes.

Review the concepts you studied this 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.

Week 2, Saturday

Rest. Take one day off per week.

Week 3

Videos

Make sure you watch the following:

- *BIOLOGY: Messaging & Viruses Series*
- *ORGANIC CHEMISTRY: Isomers Part I through Identifying Stereoisomers*
- *GENERAL CHEMISTRY: Atomic Structure through the Periodic Table*
- *SOCIOLOGY: How to Study Sociology for the MCAT; Foundations of Sociology Series*

Week 3, Sunday

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

The size of viruses relative to bacteria and eukaryotic cells

Virus life cycle

Transfer of genetic material by viruses

Retrovirus life cycle

Prions and viroids

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

Week 3, Monday

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

- Liquid-liquid extraction**
- Extraction of weak acids and bases**
- Spectroscopy and emission spectrum**

Week 3, Tuesday

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)**
- Electron configuration**
- Orbital fill order**
- Electron affinity**
- Electronegativity**

Read magazine articles about current events for 30 minutes.

Week 3, Wednesday

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**

A Magoosh expert will see you now.



Click here to watch our Sociology lesson!



Review your flashcards for 45 minutes, in the subject(s) of your choice.

Week 3, Thursday

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 3, Friday

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.

Week 3, Saturday

Rest. Take one day off per week.

Week 4

Videos

Make sure you watch the following:

- *BIOLOGY: DNA Series*
- *PHYSICS: All lessons in the “Physics: Kinematics” section*
- *PSYCHOLOGY: Memory Series*

Week 4, Sunday

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 4, 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

A Magoosh expert will see you now.



Click here to watch a lesson from our DNA Series!



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

Week 4, Tuesday

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 4, Wednesday

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

Review your flashcards for 45 minutes, in the subject(s) of your choice.

Week 4, Thursday

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 4, Friday

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.

Week 4, Saturday

Rest. Take one day off per week.

Week 5

Videos

Make sure you watch the following:

- *BIOLOGY: RNA Series*
- *ORGANIC CHEMISTRY: Conformational Isomers through Carbon Order*
- *GENERAL CHEMISTRY: Lewis Structures through Geometry and VSEPR Theory*
- *SOCIOLOGY: Gender and Intersectionality Series*

Week 5, Sunday

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

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 5, Monday

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

Racemic mixtures

Conformational isomers

Cycloalkanes

Halogenation

Review your flashcards for 45 minutes, in the subject(s) of your choice.

Week 5, Tuesday

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

Ionic bonding

Covalent bonding

The mole

Lewis Formula

VSEPR theory

A Magoosh expert will see you now.



Click here to watch our Chemistry lesson!



Read magazine articles about current events for 30 minutes.

Week 5, Wednesday

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

Feminist theory

Sex vs. gender (you can watch the first demography lesson on this)

Gender discrimination in education

Gender differences in health outcomes

Gender segregation

Review your flashcards for 45 minutes, in the subject(s) of your choice.

Week 5, Thursday

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 5, Friday

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.

Week 5, Saturday

Rest. Take one day off per week.

Week 6

Videos

Make sure you watch the following:

- *BIOLOGY: Enzymes Basics Series*
- *PHYSICS: First half of the “Physics: Newtonian Dynamics” section (stop after Inclines)*
- *PSYCHOLOGY: Perception Series; Sleep & Consciousness Series*

Week 6, Sunday

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

Week 6, Monday

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

Week 6, 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

Week 6, Wednesday

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

Newton’s 3 laws

Free-body diagrams

Review your flashcards for 45 minutes, in the subject(s) of your choice.

Week 6, Thursday

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

Read magazine articles about current events for 30 minutes.

Week 6, Friday

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.

Week 6, Saturday

Rest. Take one day off per week.

Week 7

Videos

Make sure you watch the following:

- *BIOLOGY: Metabolism Series*
- *ORGANIC CHEMISTRY: Alkane Properties through Substitution Summary*

- *GENERAL CHEMISTRY: Stoichiometry through Gen Chem 1 Passage Questions*
- *SOCIAL PSYCHOLOGY: Socialization and Identity Series*

Week 7, Sunday

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

Krebs Cycle in detail

Pentose phosphate pathway (PPP)

Oxidative phosphorylation

Review your flashcards for 45 minutes, in the subject(s) of your choice.

Week 7, Monday

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

Isomer problems

Intro to alkanes

Carbon order

Alkane properties and reactions

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:

Stoichiometry

Theoretical and actual yield

Limiting reactant/reagent

Kinetics

Reaction theory

Rate laws

Arrhenius equation

Review your flashcards for 45 minutes, in the subject(s) of your choice.

Week 7, 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

Read magazine articles about current events for 30 minutes.

Week 7, Thursday

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

Week 7, Friday

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.

Week 7, Saturday

Rest. Take one day off per week.

Week 8

Videos

Make sure you watch the following:

- *BIOLOGY: Cellular Reproduction Series*
- *PHYSICS: Second half of the “Physics: Newtonian Dynamics” section*
- *PSYCHOLOGY: Emotions Series*

Week 8, Sunday

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

Week 8, Monday

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

Male and female reproductive anatomy

Sertoli cells and inhibin secretion

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 8, Tuesday

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

Torque and lever arms

Center of mass

Friction and coefficient of friction

Static and kinetic friction

A Magoosh expert will see you now.



Click here to watch our Physics lesson!



Review your flashcards for 45 minutes, in the subject(s) of your choice.

Week 8, Wednesday

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

Read magazine articles about current events for 30 minutes.

Week 8, Thursday

Hormones and Neurotransmitters. Create sets of flashcards to help you learn the important [hormones](#) and [neurotransmitters](#).

Practice solving equations by searching for chemistry and physics online quizzes and worksheets. For example, look [here](#), [here](#), and [here](#).

Week 8, Friday

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.

Week 8, Saturday

Rest. Take one day off per week.

Week 9

Videos

Make sure you watch the following:

- *BIOLOGY: Embryology Series; Biology 1 Passage Sample Questions*
- *ORGANIC CHEMISTRY: Intro to Alkenes through Aromatics*
- *PSYCHOLOGY: Mental Health & Disabilities Series*

- *SOCIAL PSYCHOLOGY: Status Series*

Week 9, Sunday

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

Review your flashcards for 45 minutes, in the subject(s) of your choice.

Week 9, Monday

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

Substitutions

Alkenes

Alkene synthesis and reactions

Vicinal and geminal reactions

Eliminations

A Magoosh expert will see you now.



Click here to watch our Organic Chemistry lesson!



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

Mood Disorders

Personality Disorders

Schizophrenia
Bipolar Disorder
Suicidality
Post-Traumatic Stress Disorder

Week 9, Tuesday

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 9, Wednesday

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

Read magazine articles about current events for 30 minutes.

Week 9, Thursday

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

Week 9, Friday

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.

Week 9, Saturday

Rest. Take one day off per week.

Week 10

Videos

Make sure you watch the following:

- *BIOLOGY: Biochemistry Part A, through lipids*
- *PHYSICS: Energy and Velocity through Thermodynamics*
- *GENERAL CHEMISTRY: Thermochemistry and Heat through Enthalpy*

Week 10, Sunday

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

Week 10, Monday

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

Week 10, 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

Week 10, 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

Review your flashcards for 45 minutes, in the subject(s) of your choice.

Week 10, Thursday

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

Read magazine articles about current events for 30 minutes.

Week 10, Friday

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.

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: Biochemistry, Part B*
- *ORGANIC CHEMISTRY: Alcohols through O-Chem 1 Passage Sample Questions*
- *GENERAL CHEMISTRY: Entropy through Equilibrium*
- *SOCIOLOGY: Demography Series; Epidemiology Series*

Week 11, Sunday

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

Gibbs free energy

Catalysts and equilibrium constant

ATP → ADP

Glycolysis

Gluconeogenesis

Week 11, 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

Review your flashcards for 45 minutes, in the subject(s) of your choice.

Week 11, Tuesday

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

Entropy

Spontaneity

Equilibrium constant and reaction quotient

Week 11, Wednesday

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

A Magoosh expert will see you now.



Click here to watch our Sociology lesson!



Read magazine articles about current events for 30 minutes.

Week 11, Thursday

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

Product and reactant-favored reactions

Predicting spontaneity

Review your flashcards for 45 minutes, in the subject(s) of your choice.

Week 11, Friday

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.

Week 11, Saturday

Rest. Take one day off per week.

Week 12

Videos

Make sure you watch the following:

- *BIOLOGY: Neurons Series*
- *PHYSICS: Intro to Electromagnetic Waves through Physics 1 Passage Sample Questions*
- *PSYCHOLOGY: Conditioning Series*

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](#).

Week 12, Monday

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

CARS from [AAMC Question Pack](#). Answer questions from 3-4 passages and read explanations carefully. Beginning next week, you will begin practicing CARS under timed conditions.

Week 12, Tuesday

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

Review your flashcards for 45 minutes, in the subject(s) of your choice.

Week 12, Wednesday

Psychology. Watch the videos. This set of lessons is very comprehensive, so you shouldn't need additional sources if you take careful notes.

Read magazine articles about current events for 30 minutes.

Week 12, Thursday

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

Week 12, Friday

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.

Week 12, Saturday

Rest. Take one day off per week.

Week 13

Videos

Make sure you watch the following:

- *BIOLOGY: Muscles Series*
- *ORGANIC CHEMISTRY: Separations Part 1 through CNMR*
- *GENERAL CHEMISTRY: Ideal Gases; Kinetic Molecular Theory*
- *SOCIOLOGY: Culture and Institutions Series*

Week 13, Sunday

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, in the subject(s) of your choice.

Week 13, Monday

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

Week 13, Tuesday

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

Review your flashcards for 45 minutes, in the subject(s) of your choice.

Week 13, 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

Read magazine articles about current events for 30 minutes.

Week 13, Thursday

Today, you will **revisit the AAMC sample test** you took during Week 1. Answer at least 50% of the questions from each section. Evaluate your results. Are you improving? Are there particular subjects you're learning more quickly or thoroughly? Do you need to spend more time on organic chemistry? Physics? Social science vocabulary?

Week 13, Friday

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.

Week 13, Saturday

Rest. Take one day off per week.

Week 14

Videos

Make sure you watch the following:

- *BIOLOGY: Autonomic Nervous System*
- *PHYSICS: Electrostatics through Induced Magnetic Fields*
- *PSYCHOLOGY: Learning Series*

Week 14, Sunday

Finish answering any of the questions from Thursday's AAMC sample test. Read the question explanations. If you have time remaining, practice solving equations by searching for chemistry and physics online quizzes and worksheets. For example, look [here](#), [here](#), and [here](#).

Week 14, Monday

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

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 14, Tuesday

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

Enteric nervous system

Different ways the body maintains homeostasis

Peristalsis

The brain and breathing (eupnea, hyperpnea)

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

Review your flashcards for 45 minutes, in the subject(s) of your choice.

Week 14, Wednesday

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

Read magazine articles about current events for 30 minutes.

Week 14, Thursday

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

Week 14, Friday

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.

Week 14, Saturday

Rest. Take one day off per week.

Week 15

Videos

Make sure you watch the following:

- *BIOLOGY: Bones, Muscles, Movements Series*
- *ORGANIC CHEMISTRY: Aldehydes and Ketones through Aldehyde and Ketone Reactions 2*
- *GENERAL CHEMISTRY: Solutions through Aqueous Solubility*
- *SOCIAL PSYCHOLOGY: Social Norms & Attributions Series*

Week 15, Sunday

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

Skeletal structure and function

Bone structure (calcium, protein, cellular composition)

Cartilage and ligaments: structure and function

Bone marrow

Troponin and tropomyosin

Review your flashcards for 45 minutes, in the subject(s) of your choice.

Week 15, Monday

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, deprotonation, aldol condensation)

Haloform reaction

A Magoosh expert will see you now.



Click here to watch our Organic Chemistry lesson!



Week 15, Tuesday

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

Solutions, dilutions

Calculating solubility

Common ion effect

Selective precipitation

Aqueous solubility

Week 15, Wednesday

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

Social norms

Deviance, sanctions

Crowd behavior

Attributions

Stereotypes, prejudice, discrimination

Read magazine articles about current events for 30 minutes.

Week 15, Thursday

Today, you will **revisit the Magoosh Practice Exam #1** you took in Week 10. Answer at least 50% of the questions from each section. Evaluate your results. Are you improving? Are there particular subjects you're learning more quickly or thoroughly? Do you need to spend more time on organic chemistry? Physics? Social science vocabulary?

Week 15, Friday

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.

Week 15, Saturday

Rest. Take one day off per week.

Part III: Focus on Practice Questions

Week 16

Videos

Make sure you watch the following:

- *BIOLOGY: Circulatory Series*
- *PHYSICS: Circuits and Ohm's Law through Alternating Current*

Week 16, Sunday

Finish answering any of the questions from Thursday's exam review. Read question explanations. If you have time remaining, practice solving equations by searching for chemistry and physics online quizzes and worksheets. For example, look [here](#), [here](#), and [here](#).

Week 16, Monday

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

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 16, Tuesday

Read through your notes from weeks 12-16. 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](#).

Review your flashcards for 90 minutes, in the subject(s) of your choice.

Week 16, Wednesday

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

Current and wires

Magnetism

Circuits and Ohm's law

Resistance

Kirchhoff's laws

Resistors

Capacitors

Read magazine articles about current events for 30 minutes.

Week 16, Thursday

Answer Biological Sciences practice questions. You get 10 “starts” with your online question bank. Use your eighth “start” to answer questions 67-100 of the biological sciences portion. Review answers and use them to update your flashcards.

Week 16, Friday

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.

Week 16, Saturday

Rest. Take one day off per week.

Week 17

Videos

Make sure you watch the following:

- *PSYCHOLOGY: Cognition Series*
- *BIOLOGY: Immunology through Liver*
- *ORGANIC CHEMISTRY: Carboxylic Acids through Other Nitrogen Groups*

Week 17, Sunday

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

Review your flashcards for 90 minutes, in the subject(s) of your choice.

Week 17, Monday

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

Week 17, Tuesday

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

Carboxylic acid reactions

Carboxylic acid derivatives

Stereoisomers

Naming and preparing amides

Acyl halides

Anhydrides

Week 17, Wednesday

Organic Chemistry (YES, TWO DAYS IN A ROW!). Watch the videos and make sure to review these concepts:

Holofrom and enolate ion reactions

Nucleophilic addition

Amines

Amine synthesis and reactions

Hoffmann Arrangement

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 17, Thursday

Answer Social Sciences practice questions. You get 10 “starts” with your online question bank. Use your ninth “start” to answer questions 67-100 of the social sciences portion. Review answers and use them to update your flashcards.

Week 17, Friday

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.

Week 17, Saturday

Rest. Take one day off per week.

Week 18

Videos

Make sure you watch the following:

- *GENERAL CHEMISTRY: pH Calculations through Diprotic Acids*
- *SOCIOLOGY: Inequalities Series*

Week 18, Sunday

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

Week 18, Monday

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

Week 18, Tuesday

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

pH Calculations

Acids and bases

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 18, Wednesday

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

Inequalities

Poverty

Racism, sexism, classism

Relative deprivation

Gentrification

Review your flashcards for 90 minutes, in the subject(s) of your choice.

Week 18, Thursday

Answer Physical Sciences practice questions. You get 10 “starts” with your online question bank. Use your final “start” to answer questions 76-100 of the physical sciences portion. Review answers and use them to update your flashcards.

Important note: At this point, if you’ve been following the schedule, you have used up all 10 “starts” from the official AAMC questions bank. To continue answering questions, I highly recommend purchasing the additional packs of Chem, Bio, and Physics, which will provide you with 450 more practice questions for \$45. If this is not an option for you, you can pull your remaining practice questions from one of these places:

- Re-answer practice questions from any of the full-length exams you have taken, either through the AAMC or Magoosh.

- Look through the official AAMC book and answer practice questions (there aren't many, but they are official).
- Search online for free practice questions. [Khan Academy](#) has several passages and discrete questions.

Week 18, Friday

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.

Week 18, Saturday

Rest. Take one day off per week.

Week 19

Videos

Make sure you watch the following:

- *BIOLOGY: Endocrine Series*
- *ORGANIC CHEMISTRY: Amino Acids through O-Chem 2 Passage Sample Questions. This is the last week for organic chemistry content, so that you have a full 7 weeks to review all concepts.*

Week 19, Sunday

Learn about test day! Read chapters 4-7 of AAMC official book. This section explains details about test dates and scores.

Week 19, Monday

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

Neuroendocrinology

Major types of hormones: names, locations, products

Cellular mechanisms of hormone action

Regulation of hormones by second messengers

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 19, Tuesday

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 19, 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)

Review your flashcards for 90 minutes, in the subject(s) of your choice.

Week 19, Thursday

Today, you will **revisit the official AAMC practice exam** you took in Week 6. Answer at least 50% of the questions from each section. Evaluate your results. Are you improving? Are there particular subjects you're learning more quickly or thoroughly? Do you need to spend more time on organic chemistry? Physics? Social science vocabulary?

Week 19, Friday

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.

Week 19, Saturday

Rest. Take one day off per week.

Week 20

Videos

Make sure you watch the following:

- *PSYCHOLOGY: Language Series*
- *BIOLOGY: Glands Series through Biology 2 Passage Sample Questions*
- *PHYSICS: Waves through Harmonic Motion Summary*

Week 20, Sunday

Finish answering any of the questions from Thursday’s official AAMC practice exam. Read the question explanations. If you have time remaining, practice solving equations by searching for chemistry and physics online quizzes and worksheets. For examples, look [here](#), [here](#), and [here](#).

Week 20, Monday

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

- Theories of language development**
- Language development in childhood**
- Brain areas that control language and speech**
- Structure of the ear**
- Cochlear implants**

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 20, Tuesday

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

- Thyroid, parathyroid and measures of functioning**
- Pituitary gland**
- Testes, ovaries**
- Hypothalamus**
- Pineal body**

Review your flashcards for 90 minutes, in the subject(s) of your choice.

Week 20, Wednesday

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

Alternating current

Waves

Sound

Doppler effect

Springs

Pendulums

Week 20, Thursday

Today, you will **revisit the Magoosh Exam #2** you took in Week 18. Answer at least 50% of the questions from each section. Evaluate your results. Are you improving? Are there particular subjects you're learning more quickly or thoroughly? Do you need to spend more time on organic chemistry? Physics? Social science vocabulary?

Week 20, Friday

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.

Week 20, Saturday

Rest. Take one day off per week.

Week 21

Videos

Make sure you watch the following:

- *GENERAL CHEMISTRY: Redox Reactions through Gen Chem 2 Passage Sample Questions*
- *SOCIAL PSYCHOLOGY: Attraction Series*

Week 21, Sunday

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

Week 21, Monday

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

Week 21, Tuesday

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

Galvanic cells

Electrolytic cells

Cell comparison

Cell potential

Voltaic cells

Reduction potential

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 21, Wednesday

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

Social support

Attachment

Attraction

Mating behavior and mate choice

Altruism

Review your flashcards for 90 minutes, in the subject(s) of your choice.

Week 21, Thursday

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 sample or 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 21, Friday

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.

Week 21, Saturday

Rest. Take one day off per week.

Week 22

Videos

Make sure you watch the following:

- *SOCIOLOGY: Sociology of Health and Medicine Series*
- *BIOLOGY: Digestion Series*
- *PHYSICS: Photoelectric Effect through Physics 2 Sample Practice Questions*

Week 22, Sunday

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

Biomedical vs. social models of bodies and health

The sick role and physician role

Inequalities in health, access to health, and life expectancy

Inequalities among healthcare providers and medical staff

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

Theories on addictions

Week 22, Monday

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

Major organs & functions of digestive system

Gastric juices, saliva

Bacterial flora

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 22, Tuesday

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

Digestive enzyme production

Blood glucose regulation (pancreas, liver)

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

Review your flashcards for 90 minutes, in the subject(s) of your choice.

Week 22, Wednesday

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

Photoelectric effect

Radiation

Nuclear reactions

Radioactive decay

Week 22, Thursday

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 22, Friday

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.

Week 22, Saturday

Rest. Take one day off per week.

Week 23

Videos

Make sure you watch the following:

- *PSYCHOLOGY: Brain & Spine Series*
- *BIOLOGY: Inheritance Series*
- *PHYSICS: Entire "Physics 3" section (Fluids and Solids to Elastic Moduli)*

Week 23, Sunday

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

Structures of the brain

Disorders of the spine

Neurotransmitters

Review your flashcards for 120 minutes. Be sure to review all the subjects.

Week 23, 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 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 23, Tuesday

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

Fluids

Solids

Hydrostatics

Hydrodynamics

Elastic moduli

Week 23, Wednesday

Today, you will **revisit the Magoosh Exam #3** you took in Week 21. Answer at least 50% of the questions from each section. Evaluate your results. Are you improving? Are there particular subjects you’re learning more quickly or thoroughly? Do you need to spend more time on organic chemistry? Physics? Social science vocabulary?

Week 23, Thursday

Finish answering any of the questions from yesterday’s Magoosh Exam #3. Read the question explanations. If you have time remaining, practice solving equations by searching for chemistry and physics online quizzes and worksheets. For example, look [here](#), [here](#), and [here](#).

Week 23, Friday

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.

Week 23, Saturday

Rest. Take one day off per week.

Week 24

Videos

Make sure you watch the following:

- *GENERAL CHEMISTRY: Phases through General Chem 3 Passage Sample Questions*
- *SOCIOLOGY: Social Change Series*

Week 24, Sunday

Official AAMC Practice Exam #2. Take the second 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 24, Monday

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

Week 24, Tuesday

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

Thermodynamics

Phases

Colligative properties

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 24, Wednesday

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

Review your flashcards for 90 minutes. Be sure to review all the subjects.

Week 24, Thursday

Read through your notes from weeks 17-24. 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 24, Friday

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.

Week 24, Saturday

Rest. Take one day off per week.

Part IV: Condense and Clarify

Week 25

Week 25, Sunday

Condense your notes. Collect all of your notes. Hopefully, they have already undergone revisions during weeks 8, 16, and 24.

Now, I want you to whittle them down to 20 pages. Choose the 20 pages that you most want to review over the next two weeks. 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 12 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 sample all the subjects.

Week 25, 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.

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

Week 25, Tuesday

Answer practice questions. Spend 2-4 hours answering any practice questions you have access to. See above for recommendations.

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

Week 25, Wednesday

Today, you will **revisit the AAMC Practice Exam #2** you took last week. Answer at least 50% of the questions from each section. Evaluate your results. Are you improving? Are there particular subjects you're learning more quickly or thoroughly? Do you need to spend more time on organic chemistry? Physics? Social science vocabulary?

Week 25, Thursday

Finish answering any of the questions from yesterday. Read question explanations. If you have time remaining, practice solving equations by searching for chemistry and physics online quizzes and worksheets. For examples, look [here](#), [here](#), and [here](#).

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

Week 25, Friday

Catch up, research, and organize. Use this day to catch up on anything 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.

Week 25, Saturday

Rest. Take one day off per week.

Week 26

Week 26, 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.

CARS. Take a timed CARS section (9 passages). You might need to use passages you have already seen, but it will still give you practice with the timing.

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

Week 26, Monday

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.

Review your flashcards for 90 minutes. Be sure to review all the subjects.

Week 26, Tuesday

Review your notes and flashcards for 45 minutes.

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.

Week 26, Wednesday

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

Write and reflect for 90 minutes, just like yesterday.

Week 26, Thursday

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 26, Friday

Take the exam with calm confidence. Good luck!