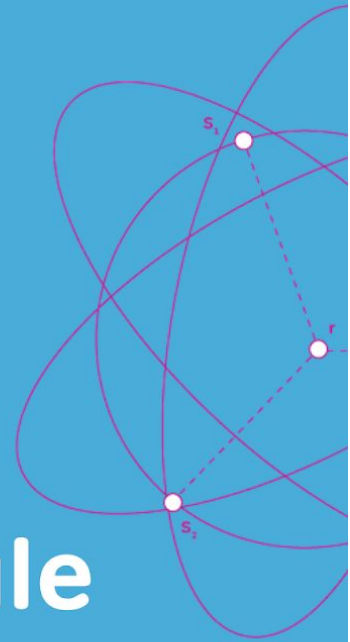




MCAT 2-3 Month Study Schedule Template



Get ready to:

- Create your 2-3 month daily MCAT study schedule (30 hrs/wk of study time)
- Focus your prep time on doing practice questions and tests
- Build your confidence and get ready for your test day!

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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 focus on drilling practice questions and taking practice tests for 10 weeks, at a rate of ~30 hours per week. *If you have fewer than 10 weeks, you can increase your daily study time or decide on a pace that will help you achieve 300 hours of study time total.*

What about working ahead of schedule? 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 premed and nursing students across the US. Kat collaborates with other experts to create quality MCAT products, and above all, she enjoys mentoring students. While Kat does love cats, she happens to be allergic to them, adding a new dimension to the concept of autoimmunity. Follow Kat on Instagram at [@MagooshMCAT](#) to get her top MCAT tips and advice!

Magoosh's MCAT Product

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

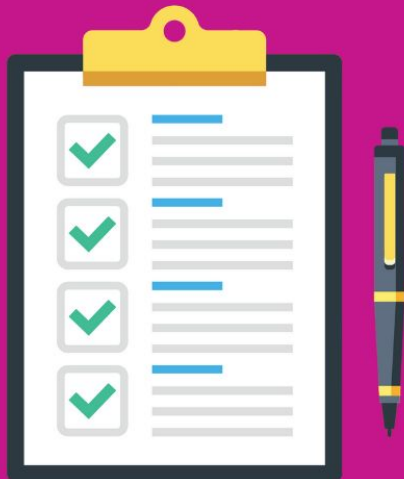
- 250+ unique lessons on all MCAT subjects
- 700+ practice questions, with video explanations after every question
- Customizable practice sessions
- Full-length timed practice tests
- Personalized statistics based on your performance
- Material created by MCAT experts

- 24-hour access to online materials from any internet-connected device
- Email support from experienced MCAT tutors

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

How to Create Your MCAT Study Schedule

1. Download and print (or save) our handy [Complete List of MCAT Topics](#).
2. Plan out what topics you'll be studying on each day (for the section called "Focus on Learning Content") and which practice questions you'll do (for the section called "Focus on Practice Questions").
3. Make sure you leave time for rest days, as well as time to study up on what happens on test day.
4. Let's get started!



Complete List of MCAT Topics
Compiled directly from AAMC

2-3 Month MCAT Study Schedule, 30 hours/week

Focused on Practice Questions

	Sun	Mon	Tues	Weds	Thurs	Fri
	PART I: (Weeks 1-2) GATHER MATERIALS, TAKE AAMC SAMPLE DIAGNOSTIC TEST, AND FOCUS ON LEARNING CONTENT					
1						Catch up
2						Catch up, research, organize
	PART II: (Weeks 3-10) FOCUS ON PRACTICE QUESTIONS					
3						Catch up, research, organize
4						Catch up, research, organize

5						Catch up, research, organize
6						Catch up, research, organize
7						Catch up, research, organize
8						Catch up, research, organize
9						Catch up, research, organize
10				Rest	Test Day	