



MCAT 4-6 Month Study Schedule Template



Get ready to:

- Create your 4-6 month daily MCAT study schedule (15-20 hrs/wk of study time)
- Balance your prep time between content review and practice questions
- Build your confidence and get ready for test day!

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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!

With the schedule outlined below, you will balance learning MCAT content with practice questions for 4-6 months, at a rate of 15-20 hours per 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. *If you have fewer than 6 months, you can increase your daily study time or decide on a pace that will help you achieve at least 300 hours of study time total.*

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 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:

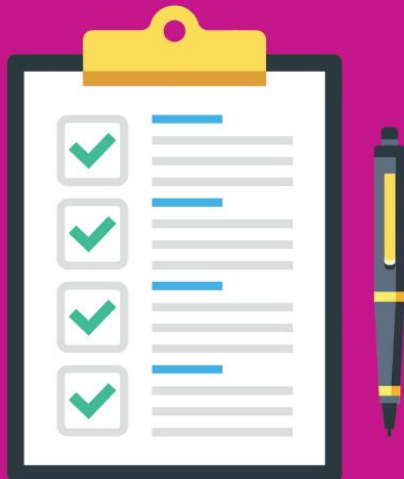
- 250+ unique lessons on all MCAT subjects
- 700+ practice questions, with video explanations after every question
- Customizable practice sessions
- Full-length timed practice tests
- Personalized statistics based on your performance
- Material created by MCAT experts

- 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

4-6 Month MCAT Study Schedule, 15-20 hours/week

Balance of Content Review and Practice

	Sun	Mon	Tues	Weds	Thurs	Fri
	PART I: (Week 1) GATHER MATERIALS, TAKE AAMC SAMPLE DIAGNOSTIC TEST, AND START LEARNING CONTENT					
1						Catch up
	PART II: (Weeks 2-6) FOCUS ON LEARNING CONTENT					
2						Catch up, research, organize
3						Catch up, research, organize
4						Catch up, research, organize

5						Catch up, research, organize
6						Catch up, research, organize
	PART III: (Weeks 7-12) BALANCE OF LEARNING CONTENT AND PRACTICE QUESTIONS					
7						Catch up, research, organize
8						Catch up, research, organize
9						Catch up, research, organize
10						Catch up, research, organize
11						Catch up, research, organize

12						Catch up, research, organize
PART IV: (Weeks 13-20) FOCUS ON PRACTICE QUESTIONS						
13						Catch up, research, organize
14						Catch up, research, organize
15						Catch up, research, organize
16						Catch up, research, organize
17						Catch up, research, organize
18						Catch up, research, organize

19						Catch up, research, organize
20				Rest	Test Day	