

2-MONTH MCAT STUDY SCHEDULE

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	<ul style="list-style-type: none"> Diagnostic exam Test Review 	<ul style="list-style-type: none"> BC Ch. 1 Proteins BC Ch. 2 Nonenzymatic protein function BC Ch. 3 Enzymes 1-2 CARS practice passages 	<ul style="list-style-type: none"> B Ch. 1 Genetics and evolution B Ch. 2 Cells B Ch. 3 Nervous system 1-2 CARS practice passages 	<ul style="list-style-type: none"> GC Ch. 1 Atoms and periodic trends GC Ch. 2 Bonds and interactions OC Ch. 1 Organic chemistry basics 1-2 CARS practice passages 	<ul style="list-style-type: none"> P Ch. 1 MCAT math P Ch. 2 Thermodynamics GC Ch. 3 Molecules and stoichiometry 1-2 CARS practice passages 	<ul style="list-style-type: none"> PS Ch. 1 Behavior and biology PS Ch. 2 Psychological disorders PS Ch. 3 Consciousness, sensation, and perception 1-2 CARS practice passages 	<ul style="list-style-type: none"> Flexible day
Week 2	<ul style="list-style-type: none"> BC Ch. 4 DNA BC Ch. 5 RNA BC Ch. 6 Carbohydrates 1-2 CARS practice passages 	<ul style="list-style-type: none"> B Ch. 4 Musculoskeletal system B Ch. 5 Respiratory and cardiovascular systems B Ch. 6 Reproduction and development 1-2 CARS practice passages 	<ul style="list-style-type: none"> GC Ch. 4 Thermochemistry GC Ch. 5 Chemical equilibrium and kinetics GC Ch. 6 Acid-base chemistry 1-2 CARS practice passages 	<ul style="list-style-type: none"> P Ch. 3 Kinematics P Ch. 4 Work, energy, and force OC Ch. 2 Isomers 1-2 CARS practice passages 	<ul style="list-style-type: none"> AAMC 1 	<ul style="list-style-type: none"> FULL-LENGTH review 	<ul style="list-style-type: none"> PS Ch. 4 Language and cognition
Week 3	<ul style="list-style-type: none"> PS Ch. 5 Learning and memory PS Ch. 6 Emotion and stress 1 hr studying each MQL 1-2 CARS practice passages 	<ul style="list-style-type: none"> BC Ch. 7 Lipids and membranes BC Ch. 8 Carbohydrate metabolism BC Ch. 9 Lipid and amino acid metabolism 1-2 CARS practice passages 	<ul style="list-style-type: none"> B Ch. 7 Immune system B Ch. 8 Endocrine system B Ch. 9 Respiratory and cardiovascular systems 1-2 CARS practice passages 	<ul style="list-style-type: none"> GC Ch. 7 Solutions and gases GC Ch. 8 Redox reactions GC Ch. 9 Electrochemistry 1-2 CARS practice passages 	<ul style="list-style-type: none"> P Ch. 5 Fluids P Ch. 6 Electrostatics, magnetism, and circuits OC Ch. 3 Important functional groups and how they react OC Ch. 4 Reactions and separations 	<ul style="list-style-type: none"> PS Ch. 7 Motivation and identity PS Ch. 8 Social psychology, interaction, and behavior PS Ch. 9 Social structure PS Ch. 10 Social inequality and demographics 	<ul style="list-style-type: none"> Flexible day
Week 4	<ul style="list-style-type: none"> BC Ch. 10 Experimental techniques in biochemistry Review content from the week 	<ul style="list-style-type: none"> B Ch. 10 Digestive and excretory systems OC Ch. 5 Spectroscopy Review content from the week 	<ul style="list-style-type: none"> P Ch. 7 Light and optics P Ch. 8 Waves and sound P Ch. 9 Atomic and nuclear physics 	<ul style="list-style-type: none"> Study all MQLs for 1.5 hrs each 	<ul style="list-style-type: none"> FULL-LENGTH exam 	<ul style="list-style-type: none"> FULL-LENGTH review 	<ul style="list-style-type: none"> Flexible day
Week 5	<ul style="list-style-type: none"> Chem QPack + review Review weak Chemistry chapter Study C/P MQL for one hour 3-4 CARS practice passages 	<ul style="list-style-type: none"> Bio QPack 1 + review Review weak Bio chapter Study P/S MQL for one hour 3-4 CARS practice passages 	<ul style="list-style-type: none"> Bio QPack 2 + review Review weak Bio chapter Study B/B MQL for one hour 3-4 CARS practice passages 	<ul style="list-style-type: none"> Phys QPack + review Review weak Bio chapter Study C/P MQL for one hour 3-4 CARS practice passages 	<ul style="list-style-type: none"> AAMC 2 	<ul style="list-style-type: none"> FULL-LENGTH review 	<ul style="list-style-type: none"> Flexible day
Week 6	<ul style="list-style-type: none"> C/P section bank + review Review weak Chem chapter Study C/P MQL for one hour 3-4 CARS practice passages 	<ul style="list-style-type: none"> B/B section bank + review Review weak Biochem chapter Study P/S MQL for one hour 3-4 CARS practice passages 	<ul style="list-style-type: none"> P/S section bank first half + review Review weak P/S chapter Study C/P MQL for one hour 3-4 CARS practice passages 	<ul style="list-style-type: none"> Study all MQLs for 1.5 hrs each 	<ul style="list-style-type: none"> AAMC 3 	<ul style="list-style-type: none"> FULL-LENGTH review 	<ul style="list-style-type: none"> Flexible day
Week 7	<ul style="list-style-type: none"> C/P official guide + review Review weak B/B chapter Study C/P MQL for one hour 3-4 CARS practice passages 	<ul style="list-style-type: none"> CARS official guide + review Review weak C/P chapter Study B/B MQL for one hour 3-4 CARS practice passages 	<ul style="list-style-type: none"> B/B official guide + review Review weak P/S chapter Study P/S MQL for one hour 3-4 CARS practice passages 	<ul style="list-style-type: none"> P/S official guide + review Study all MQLs for 1.5 hrs each 3-4 CARS practice passages 	<ul style="list-style-type: none"> AAMC 4 	<ul style="list-style-type: none"> FULL-LENGTH review 	<ul style="list-style-type: none"> Flexible day
Week 8	<ul style="list-style-type: none"> Study all MQLs for 1.5 hrs each Review amino acids 	<ul style="list-style-type: none"> AAMC unscored 	<ul style="list-style-type: none"> FULL-LENGTH review 	<ul style="list-style-type: none"> Study all MQLs for 1.5 hrs each Review amino acids 	<ul style="list-style-type: none"> Rest day! 	<ul style="list-style-type: none"> MCAT test day!!! 	

Items to include:

- Class/work
- Tests at school
- Personal/flexible days

- Content (book chapters)
- Practice questions
- CARS daily practice
- Full-length practice

B = Biology
BC = Biochemistry
GC = General Chemistry
OC = Organic Chemistry
P = Physics
PS = Psychology/Sociology

C/P = Chemistry/Physics
CARS = Critical Analysis and Reasoning Skills
B/B = Biology/Biochemistry
P/S = Psychology/Sociology
MQL = Missed Questions Log
QPack, section bank, official guide = AAMC practice resources