

# 3-MONTH MCAT STUDY SCHEDULE: CONTENT PHASE “NO CARS”

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Week 1	<ul style="list-style-type: none"> <li>BC Ch. 1 Proteins <input type="checkbox"/></li> <li>BC Ch. 2 Nonenzymatic protein function <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>B Ch. 1 Genetics and evolution <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>GC Ch. 1 Atoms and periodic trends <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>P Ch. 1 MCAT math <input type="checkbox"/></li> <li>P Ch. 2 Thermodynamics <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>PS Ch. 1 Behavior and biology <input type="checkbox"/></li> <li>PS Ch. 2 Psychological disorders <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>B Ch. 2 Cells <input type="checkbox"/></li> <li>GC Ch. 2 Bonds and interactions <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>Flexible day <input type="checkbox"/></li> </ul>	
Week 2	<ul style="list-style-type: none"> <li>P Ch. 3 Kinematics <input type="checkbox"/></li> <li>PS Ch. 7 Motivation and identity <input type="checkbox"/></li> <li>PS Ch. 3 Consciousness, sensation, and perception <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>BC Ch. 3 Enzymes <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>B Ch. 3 Nervous system <input type="checkbox"/></li> <li>B Ch. 4 Musculoskeletal system <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>GC Ch. 3 Molecules and stoichiometry <input type="checkbox"/></li> <li>GC Ch. 4 Thermochemistry <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>P Ch. 4 Work, energy, and force <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>PS Ch. 4 Language and cognition <input type="checkbox"/></li> <li>PS Ch. 5 Learning and memory <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>Flexible day <input type="checkbox"/></li> </ul>	
Week 3	<ul style="list-style-type: none"> <li>BC Ch. 4 DNA <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>B Ch. 5 Respiratory and cardiovascular systems <input type="checkbox"/></li> <li>B Ch. 6 Reproduction and development <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>GC Ch. 5 Chemical equilibrium and kinetics <input type="checkbox"/></li> <li>P Ch. 5 Fluids <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>PS Ch. 6 Emotion and stress <input type="checkbox"/></li> <li>PS Ch. 7 Motivation and identity <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>FULL-LENGTH exam <input type="checkbox"/></li> </ul>		<ul style="list-style-type: none"> <li>FULL-LENGTH review <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>Flexible day <input type="checkbox"/></li> </ul>
Week 4	<ul style="list-style-type: none"> <li>BC Ch. 5 RNA <input type="checkbox"/></li> <li>BC Ch. 6 Carbohydrates <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>B Ch. 7 Immune system <input type="checkbox"/></li> <li>B Ch. 8 Endocrine system <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>GC Ch. 6 Acid-base chemistry <input type="checkbox"/></li> <li>GC Ch. 7 Solutions and gases <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>P Ch. 6 Electrostatics, magnetism, and circuits <input type="checkbox"/></li> <li>P Ch. 7 Light and optics <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>PS Ch. 8 Social psychology, interaction, and behavior <input type="checkbox"/></li> <li>PS Ch. 9 Social structure <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>BC Ch. 6 Carbohydrates <input type="checkbox"/></li> <li>BC Ch. 7 Lipids and membranes <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>Flexible day <input type="checkbox"/></li> </ul>	
Week 5	<ul style="list-style-type: none"> <li>B Ch. 9 Respiratory and cardiovascular systems <input type="checkbox"/></li> <li>B Ch. 10 Digestive and excretory systems <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>GC Ch. 8 Redox reactions <input type="checkbox"/></li> <li>GC Ch. 9 Electrochemistry <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>P Ch. 8 Waves and sound <input type="checkbox"/></li> <li>P Ch. 9 Atomic and nuclear physics <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>PS Ch. 10 Social inequality and demographics <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>Study all MQLs for an hour each <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>FULL-LENGTH exam <input type="checkbox"/></li> </ul>		<ul style="list-style-type: none"> <li>Flexible day <input type="checkbox"/></li> </ul>
Week 6	<ul style="list-style-type: none"> <li>FULL-LENGTH review <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>BC Ch. 8 Carbohydrate metabolism <input type="checkbox"/></li> <li>BC Ch. 9 Lipid and amino acid metabolism <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>OC Ch. 1 Organic chemistry basics <input type="checkbox"/></li> <li>OC Ch. 2 Isomers <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>OC Ch. 3 Important functional groups and how they react <input type="checkbox"/></li> <li>OC Ch. 4 Reactions and separations <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>BC Ch. 10 Experimental techniques in biochemistry <input type="checkbox"/></li> <li>OC Ch. 5 Spectroscopy <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>Study all MQLs for an hour each <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>Flexible day <input type="checkbox"/></li> </ul>	

#### 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