

3-MONTH MCAT STUDY SCHEDULE: PRACTICE PHASE

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1		<ul style="list-style-type: none"> Chem QPack first half + review Review weak Chemistry chapter Study C/P MQL for one hour 3-4 CARS practice passages <input type="checkbox"/>	<ul style="list-style-type: none"> Chem QPack second half + review Review weak Chemistry chapter Study B/B MQL for one hour 3-4 CARS practice passages <input type="checkbox"/>	<ul style="list-style-type: none"> Bio QPack first half + review Review weak Bio chapter Study P/S MQL for one hour 3-4 CARS practice passages <input type="checkbox"/>	<ul style="list-style-type: none"> Bio QPack second half + review Review weak Bio chapter 3-4 CARS practice passages <input type="checkbox"/>	<ul style="list-style-type: none"> AAMC 1 <input type="checkbox"/>	<ul style="list-style-type: none"> Flexible day <input type="checkbox"/>
Week 2	<ul style="list-style-type: none"> FULL-LENGTH review <input type="checkbox"/>	<ul style="list-style-type: none"> Bio QPack 2 first half + review Review weak Bio chapter Study C/P MQL for one hour 3-4 CARS practice passages <input type="checkbox"/>	<ul style="list-style-type: none"> Bio QPack 2 second half + review Review weak Bio chapter Study B/B MQL for one hour 3-4 CARS practice passages <input type="checkbox"/>	<ul style="list-style-type: none"> Physics QPack 2 first half + review Review weak Physics chapter Study P/S MQL for one hour 3-4 CARS practice passages <input type="checkbox"/>	<ul style="list-style-type: none"> Physics QPack 2 second half + review Review weak Physics chapter 3-4 CARS practice passages <input type="checkbox"/>	<ul style="list-style-type: none"> AAMC 2 <input type="checkbox"/>	<ul style="list-style-type: none"> Flexible day <input type="checkbox"/>
Week 3	<ul style="list-style-type: none"> FULL-LENGTH review <input type="checkbox"/>	<ul style="list-style-type: none"> C/P section bank first half + review Review weak Chem chapter Study C/P MQL for one hour 3-4 CARS practice passages <input type="checkbox"/>	<ul style="list-style-type: none"> C/P section bank second half + review Review weak Chem chapter Study B/B MQL for one hour 3-4 CARS practice passages <input type="checkbox"/>	<ul style="list-style-type: none"> B/B section bank first half + review Review weak Biochem chapter Study P/S MQL for one hour 3-4 CARS practice passages <input type="checkbox"/>	<ul style="list-style-type: none"> B/B section bank second half + review Review weak Biochem chapter 3-4 CARS practice passages <input type="checkbox"/>	<ul style="list-style-type: none"> AAMC 3 <input type="checkbox"/>	<ul style="list-style-type: none"> Flexible day <input type="checkbox"/>
Week 4	<ul style="list-style-type: none"> FULL-LENGTH review <input type="checkbox"/>	<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 <input type="checkbox"/>	<ul style="list-style-type: none"> P/S section bank second half + review Review weak P/S chapter Study B/B MQL for one hour 3-4 CARS practice passages <input type="checkbox"/>	<ul style="list-style-type: none"> Study all MQLs for an hour each Study P/S MQL for one hour 3-4 CARS practice passages <input type="checkbox"/>	<ul style="list-style-type: none"> Study all MQLs for an hour each 3-4 CARS practice passages <input type="checkbox"/>	<ul style="list-style-type: none"> AAMC 4 <input type="checkbox"/>	<ul style="list-style-type: none"> Flexible day <input type="checkbox"/>
Week 5	<ul style="list-style-type: none"> FULL-LENGTH review <input type="checkbox"/>	<ul style="list-style-type: none"> C/P official guide + review Study C/P MQL for one hour 3-4 CARS practice passages <input type="checkbox"/>	<ul style="list-style-type: none"> CARS official guide + review Study B/B MQL for one hour 3-4 CARS practice passages <input type="checkbox"/>	<ul style="list-style-type: none"> B/B official guide + review Study P/S MQL for one hour 3-4 CARS practice passages <input type="checkbox"/>	<ul style="list-style-type: none"> P/S official guide + review Study all MQLs for an hour each 3-4 CARS practice passages <input type="checkbox"/>	<ul style="list-style-type: none"> AAMC unscored <input type="checkbox"/>	<ul style="list-style-type: none"> Flexible day <input type="checkbox"/>
Week 6	<ul style="list-style-type: none"> FULL-LENGTH review <input type="checkbox"/>	<ul style="list-style-type: none"> Review a weak C/P chapter Review amino acids Study C/P MQL for one hour 3-4 CARS practice passages <input type="checkbox"/>	<ul style="list-style-type: none"> Review a weak B/B chapter Review a strong B/B chapter Study B/B MQL for one hour 3-4 CARS practice passages <input type="checkbox"/>	<ul style="list-style-type: none"> Review a weak P/S chapter Review a strong P/S chapter Study P/S MQL for one hour 3-4 CARS practice passages <input type="checkbox"/>	<ul style="list-style-type: none"> Rest day! <input type="checkbox"/>	<ul style="list-style-type: none"> MCAT test day!!! <input type="checkbox"/>	

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