

# 1-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"> <li>Diagnostic Exam <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>Diagnostic review <input type="checkbox"/></li> <li>Identify "weak" chapters <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>BC Ch. 1 Proteins <input type="checkbox"/></li> <li>BC Ch. 3 Enzymes <input type="checkbox"/></li> <li>BC Ch. 8 Carbohydrate metabolism <input type="checkbox"/></li> <li>B Ch. 1 Genetics and evolution <input type="checkbox"/></li> <li>B Ch. 2 Cells <input type="checkbox"/></li> <li>3-4 CARS QPack 1 passages <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>B Ch. 8 Endocrine system <input type="checkbox"/></li> <li>B Ch. 5 Respiratory and cardiovascular systems <input type="checkbox"/></li> <li>BC Ch. 6 Carbohydrates <input type="checkbox"/></li> <li>BC Ch. 7 Lipids and membranes <input type="checkbox"/></li> <li>3-4 CARS QPack 1 passages <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>GC Ch. 1 Atoms and periodic trends <input type="checkbox"/></li> <li>GC Ch. 2 Bonds and interactions <input type="checkbox"/></li> <li>GC Ch. 3 Molecules and stoichiometry <input type="checkbox"/></li> <li>GC Ch. 6 Acid-base chemistry <input type="checkbox"/></li> <li>P Ch. 4 Work, energy, and force <input type="checkbox"/></li> <li>3-4 CARS QPack 1 passages <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> <li>P Ch. 2 Thermodynamics <input type="checkbox"/></li> <li>P Ch. 6. Electrostatics, magnetism, and circuits <input type="checkbox"/></li> <li>P Ch. 7 Light and optics <input type="checkbox"/></li> <li>3-4 CARS QPack 1 passages <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> <li>PS Ch. 3 Consciousness, sensation, and perception <input type="checkbox"/></li> <li>PS Ch. 4 Language and cognition <input type="checkbox"/></li> <li>PS Ch. 5 Learning and memory <input type="checkbox"/></li> <li>3-4 CARS QPack 1 passages <input type="checkbox"/></li> </ul>
Week 2	<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> <li>PS Ch. 8 Social psychology, interaction, and behavior <input type="checkbox"/></li> <li>PS Ch. 9 Social structure <input type="checkbox"/></li> <li>PS Ch. 10 Social inequality and demographics <input type="checkbox"/></li> <li>3-4 CARS QPack 1 passages <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>AAMC 1 <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>FULL-LENGTH review <input type="checkbox"/></li> <li>Study C/P MQL for 1 hr <input type="checkbox"/></li> <li>GC Ch. 8 Redox reactions <input type="checkbox"/></li> <li>GC Ch. 9 Electrochemistry <input type="checkbox"/></li> <li>3 CARS QPack 2 passages <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>Study 2 weak chapters <input type="checkbox"/></li> <li>Chem QPack + review <input type="checkbox"/></li> <li>Bio QPack 1+ review <input type="checkbox"/></li> <li>Study B/B MQL for 1 hr <input type="checkbox"/></li> <li>3 CARS QPack 2 passages <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>Study 2 weak chapters <input type="checkbox"/></li> <li>Bio QPack 2 + review <input type="checkbox"/></li> <li>Physics QPack + review <input type="checkbox"/></li> <li>Study P/S MQL for 1 hr <input type="checkbox"/></li> <li>3 CARS QPack 2 passages <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>Study 2 weak chapters <input type="checkbox"/></li> <li>Study all MQLs for 1.5 hrs each <input type="checkbox"/></li> <li>3 CARS QPack 2 passages <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>AAMC 2 <input type="checkbox"/></li> </ul>
Week 3	<ul style="list-style-type: none"> <li>FULL-LENGTH review <input type="checkbox"/></li> <li>Study C/P MQL for 1 hr <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>Study 1 weak chapter <input type="checkbox"/></li> <li>AAMC Section Bank + review <input type="checkbox"/></li> <li>Study B/B MQL for 1 hr <input type="checkbox"/></li> <li>3 CARS QPack 2 passages <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>AAMC 3 <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>FULL-LENGTH review <input type="checkbox"/></li> <li>Study P/S MQL for 1 hr <input type="checkbox"/></li> <li>3 CARS QPack 2 passages <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>Study 1 weak chapter <input type="checkbox"/></li> <li>AAMC Section Bank + review <input type="checkbox"/></li> <li>Study B/B MQL for 1 hr <input type="checkbox"/></li> <li>3-4 CARS practice passages <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>Study 1 weak chapter <input type="checkbox"/></li> <li>AAMC Official Guide + review <input type="checkbox"/></li> <li>Study C/P MQL for 1 hr <input type="checkbox"/></li> <li>3-4 CARS practice passages <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>AAMC 4 <input type="checkbox"/></li> <li>3-4 CARS practice passages <input type="checkbox"/></li> </ul>
Week 4	<ul style="list-style-type: none"> <li>FULL-LENGTH review <input type="checkbox"/></li> <li>Study C/P MQL for 1 hr <input type="checkbox"/></li> <li>3-4 CARS practice passages <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>AAMC Unscored <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>FULL-LENGTH review <input type="checkbox"/></li> <li>Study B/B for 1 hr <input type="checkbox"/></li> <li>3-4 CARS practice passages <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>Study all MQLs for 1.5 hrs each <input type="checkbox"/></li> <li>3-4 CARS practice passages <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>Rest day! <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>MCAT TEST 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