

## 3-MONTH MCAT STUDY SCHEDULE: CONTENT PHASE

	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</li> <li>BC Ch. 2 Nonenzymatic protein function</li> <li>1-2 CARS practice passages</li> </ul>	<ul style="list-style-type: none"> <li>B Ch. 1 Genetics and evolution</li> <li>1-2 CARS practice passages</li> </ul>	<ul style="list-style-type: none"> <li>GC Ch. 1 Atoms and periodic trends</li> <li>1-2 CARS practice passages</li> </ul>	<ul style="list-style-type: none"> <li>P Ch. 1 MCAT math</li> <li>P Ch. 2 Thermodynamics</li> <li>1-2 CARS practice passages</li> </ul>	<ul style="list-style-type: none"> <li>PS Ch. 1 Behavior and biology</li> <li>PS Ch. 2 Psychological disorders</li> <li>1-2 CARS practice passages</li> </ul>	<ul style="list-style-type: none"> <li>B Ch. 2 Cells</li> <li>GC Ch. 2 Bonds and interactions</li> <li>1-2 CARS practice passages</li> </ul>	<ul style="list-style-type: none"> <li>Flexible day</li> </ul>	
Week 2	<ul style="list-style-type: none"> <li>P Ch. 3 Kinematics</li> <li>PS Ch. 3 Consciousness, sensation, and perception</li> <li>1-2 CARS practice passages</li> </ul>	<ul style="list-style-type: none"> <li>BC Ch. 3 Enzymes</li> <li>1-2 CARS practice passages</li> </ul>	<ul style="list-style-type: none"> <li>B Ch. 3 Nervous system</li> <li>B Ch. 4 Musculoskeletal system</li> <li>1-2 CARS practice passages</li> </ul>	<ul style="list-style-type: none"> <li>GC Ch. 3 Molecules and stoichiometry</li> <li>GC Ch. 4 Thermochemistry</li> <li>1-2 CARS practice passages</li> </ul>	<ul style="list-style-type: none"> <li>P Ch. 4 Work, energy, and force</li> <li>1-2 CARS practice passages</li> </ul>	<ul style="list-style-type: none"> <li>PS Ch. 4 Language and cognition</li> <li>PS Ch. 5 Learning and memory</li> <li>1-2 CARS practice passages</li> </ul>	<ul style="list-style-type: none"> <li>Flexible day</li> </ul>	
Week 3	<ul style="list-style-type: none"> <li>BC Ch. 4 DNA</li> <li>1-2 CARS practice passages</li> </ul>	<ul style="list-style-type: none"> <li>B Ch. 5 Respiratory and cardiovascular systems</li> <li>B Ch. 6 Reproduction and development</li> <li>1-2 CARS practice passages</li> </ul>	<ul style="list-style-type: none"> <li>GC Ch. 5 Chemical equilibrium and kinetics</li> <li>P Ch. 5 Fluids</li> <li>1-2 CARS practice passages</li> </ul>	<ul style="list-style-type: none"> <li>PS Ch. 6 Emotion and stress</li> <li>PS Ch. 7 Motivation and identity</li> <li>1-2 CARS practice passages</li> </ul>	<div style="background-color: #e0f2f1; padding: 5px;"> <ul style="list-style-type: none"> <li>FULL-LENGTH exam</li> </ul> </div>		<ul style="list-style-type: none"> <li>FULL-LENGTH review</li> </ul>	<ul style="list-style-type: none"> <li>Flexible day</li> </ul>
Week 4	<ul style="list-style-type: none"> <li>BC Ch. 5 RNA</li> <li>BC Ch. 6 Carbohydrates</li> <li>1-2 CARS practice passages</li> </ul>	<ul style="list-style-type: none"> <li>B Ch. 7 Immune system</li> <li>B Ch. 8 Endocrine system</li> <li>1-2 CARS practice passages</li> </ul>	<ul style="list-style-type: none"> <li>GC Ch. 6 Acid-base chemistry</li> <li>GC Ch. 7 Solutions and gases</li> <li>1-2 CARS practice passages</li> </ul>	<ul style="list-style-type: none"> <li>P Ch. 6 Electrostatics, magnetism, and circuits</li> <li>P Ch. 7 Light and optics</li> <li>1-2 CARS practice passages</li> </ul>	<ul style="list-style-type: none"> <li>PS Ch. 8 Social psychology, interaction, and behavior</li> <li>PS Ch. 9 Social structure</li> <li>1-2 CARS practice passages</li> </ul>	<ul style="list-style-type: none"> <li>BC Ch. 6 Carbohydrates</li> <li>BC Ch. 7 Lipids and membranes</li> <li>1-2 CARS practice passages</li> </ul>	<ul style="list-style-type: none"> <li>Flexible day</li> </ul>	
Week 5	<ul style="list-style-type: none"> <li>B Ch. 9 Respiratory and cardiovascular systems</li> <li>B Ch. 10 Digestive and excretory systems</li> <li>1-2 CARS practice passages</li> </ul>	<ul style="list-style-type: none"> <li>GC Ch. 8 Redox reactions</li> <li>GC Ch. 9 Electrochemistry</li> <li>1-2 CARS practice passages</li> </ul>	<ul style="list-style-type: none"> <li>P Ch. 8 Waves and sound</li> <li>P Ch. 9 Atomic and nuclear physics</li> <li>1-2 CARS practice passages</li> </ul>	<ul style="list-style-type: none"> <li>PS Ch. 10 Social inequality and demographics</li> <li>1-2 CARS practice passages</li> </ul>	<ul style="list-style-type: none"> <li>Study all MQLs for an hour each</li> <li>1-2 CARS practice passages</li> </ul>	<div style="background-color: #e0f2f1; padding: 5px;"> <ul style="list-style-type: none"> <li>FULL-LENGTH exam</li> </ul> </div>		<ul style="list-style-type: none"> <li>Flexible day</li> </ul>
Week 6	<ul style="list-style-type: none"> <li>FULL-LENGTH review</li> </ul>	<ul style="list-style-type: none"> <li>BC Ch. 8 Carbohydrate metabolism</li> <li>BC Ch. 9 Lipid and amino acid metabolism</li> <li>1-2 CARS practice passages</li> </ul>	<ul style="list-style-type: none"> <li>OC Ch. 1 Organic chemistry basics</li> <li>OC Ch. 2 Isomers</li> <li>1-2 CARS practice passages</li> </ul>	<ul style="list-style-type: none"> <li>OC Ch. 3 Important functional groups and how they react</li> <li>OC Ch. 4 Reactions and separations</li> <li>1-2 CARS practice passages</li> </ul>	<ul style="list-style-type: none"> <li>BC Ch. 10 Experimental techniques in biochemistry</li> <li>OC Ch. 5 Spectroscopy</li> <li>1-2 CARS practice passages</li> </ul>	<ul style="list-style-type: none"> <li>Study all MQLs for an hour each</li> <li>1-2 CARS practice passages</li> </ul>	<ul style="list-style-type: none"> <li>Flexible day</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