

Magosh

# MCAT 6-Month Study Schedule



## What's included:

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- A daily MCAT study schedule (to help you get a 528 in 528 hours!)
- List of essential MCAT study materials
- Links to free flashcards and videos

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## Introduction

There are countless theories on how to study for the MCAT. Some experts recommend devoting 300 hours, others say 250 or 400. Some say you should focus on one or two subjects at a time, and others say you should visit all the subjects each week. The one thing that most everyone agrees on is that spacing your study time across several weeks or months is best. For instance, it is better to study 20 hours a week for 4 months, rather than 40 hours per week for 2 months. If you are beginning your studies with six or more months between now and your test date, you're among the fortunate and forward-thinking few!

By following the schedule outlined below, you will review every major area of the MCAT in 26 weeks at a rate of 15-25 hours per week. You will cover biology every week and most other topics at a pace of every other week. And here's something cool: If you study 20 hours a week and tack on an extra 8 hours at some point, your total study time will be 528 hours! As in, a perfect score, get it? That is a lot of studying. But if you're reading this 6 months before the exam, you are in a great position to log an impressive number of hours and attain an amazing score.

Are you ready to start crafting your schedule? I hope you're excited to get started, but definitely take the time to read over the list of materials! Don't skip the important step of setting up a notebook for tracking your study time, study environment, and insights about your own productivity. Nobody knows exactly who is responsible for the quote, "What gets measured, gets done," but hundreds of behavioral modification studies show that the saying is true. If you want to be super productive, track and monitor everything!

## The Magoosh Team

We're a team of passionate educators in Berkeley, California. We like word games, video games, and helping students do really well on standardized exams so that they can achieve their educational dreams! :)

You can learn more about us and what we do on our [Team page](#). If you have any questions, feel free to contact us at [help@magoosh.com](mailto:help@magoosh.com)!



## Meet the Magoosh MCAT Expert

Kat Thomson has a PhD from UC San Francisco with degrees in medical sociology and health psychology. Since 2005, she has been teaching premed and nursing students across the US. Kat collaborates with other experts to create quality MCAT products, and above all, she enjoys she enjoys mentoring students. While Kat does love feline cats, she happens to be allergic to them, adding a new dimension to the concept of autoimmunity.

## Magoosh's MCAT Product

Magoosh is an [online MCAT prep course](#) that offers:

- 250+ unique lessons on all MCAT subjects
- 700+ practice questions, with video explanations after every question
- Material created by MCAT experts
- 24-hour access to online materials from any internet-connected device
- Email support from experienced MCAT tutors
- Customizable practice sessions
- Full-length timed practice tests
- Personalized statistics based on your performance

Try our [free 7-day trial!](#)

## How to Follow This Study Schedule

- Before moving forward, make sure you have the essential materials listed under the section “MCAT Essential Materials.”
- Each week, you will see a list of Magoosh videos to watch. There is time set aside throughout the week to watch them, but some people prefer to watch all of them early in the week and then review concepts more closely on subsequent days. I indicated specific days for reviewing your flashcards, but you might choose to review your flashcards a little every day, which is completely fine.
- To study the finer points of concepts, you will want to consult scientific textbooks or online sources. Keep in mind that the MCAT covers material from 10 semester-long college courses. That’s the equivalent of 450 hours of lecture time! Our course contains about 350 lessons, but they are in the neighborhood of 10 minutes long, not an hour. Think of the lessons as overviews, and then take the time to learn more about concepts you never learned in school or that you haven’t seen in a long time. Suggestions for sources are listed under the section “MCAT Highly Recommended Materials.”
- The schedule is designed to be followed at a rate of 2-4 hours per day, 6 days per week. On practice exam days, you will be devoting 7 hours per day.
- If you want to work ahead of the schedule, I recommend focusing on organic chemistry, because it can be slow going and requires a lot of memorization. Other people like to frontload the social sciences, because success in this area is so dependent on memorizing vocabulary, and it’s nice to have access to all the terms early in the game.

### MCAT Essential Materials

Pretty much all MCAT test prep companies, including us, recommend purchasing official materials from the test makers themselves, the AAMC. I have flagged some of their products as essential materials

and others as suggestions. **You can follow this schedule without purchasing materials beyond the Magoosh course and a notebook**, but it means you will need to recycle through some of the 700+ practice questions and take fewer practice exams. To follow this schedule precisely, plan on investing an additional \$150-\$250, unless you have friends who can lend you copies of materials.

If you're on a tight budget, make use of [Khan Academy](#) for practice questions, and see if your academic career center or library has any of the materials listed below. Also, keep in mind that the \$150-\$250 estimate doesn't include the cost for registering for the exam. You might want to check out our blog post about [registration fees and the Fee Assistance Program](#).

1) The [Magoosh Premium MCAT Test Prep](#) curriculum includes over 330 video lessons, the equivalent of 3 full-length practice tests, and an additional CARS section, for a total of **743 sample questions** and unlimited email assistance from MCAT tutors. The lessons are taught by a diverse team of experts. I teach many of the social science and introductory biology lessons, and there are physicians, science teachers, and a CARS expert who cover other areas.

2) The [Official Guide to the MCAT Exam, \(5th edition\)](#), published by the Association of American Medical Colleges, is available in electronic and print formats. It is very important that you purchase the 5th edition, because the MCAT exam was reconstructed in 2015.

3) Magoosh's webapp flashcards are specifically designed for the new MCAT! Our [free bundle](#) contains 237 flashcards. This is a great starting place to assess your knowledge and improve your scientific vocabulary. The flashcards can be accessed online and as an app on your iPhone or Android. **(FREE)**

4) The AAMC MCAT Official Prep Sample Test. This can be accessed by logging in to the [MCAT Official Prep Hub](#) (you'll need to create an account if you don't already have one). You will be taking this the first week of the study schedule. It provides an assessment of your strengths and weaknesses, both in terms of content and question type.

5) One [AAMC practice test](#). I recommend buying [both of them](#), but at the very least you should purchase one. The practice test is a crucial tool, and our study plan suggests you take it early on in your studies and again towards the end. It provides a scaled score. If you're considering purchasing



both full-length exams and all the official practice questions, you will save money if you [get the entire AAMC bundle](#).

6) The AAMC MCAT [section bank for the physical, biological, and social sciences](#). Students who have taken the MCAT since it was revised in 2015 have complained that many of the MCAT practice tests and prep books don't reflect the increased focus on biochemistry and the social sciences. The writers of the actual MCAT developed an online bank of 300 practice questions specifically designed for the new MCAT, which are underrepresented in the universe of MCAT test prep materials. **If you already have books or an online program with sample MCAT questions, you can certainly use those instead.**

7) Both AAMC online CARS practice passage bundles ([Volume 1](#) and [Volume 2](#)). You will need at least 50 practice passages, and these online bundles are reasonably priced and contain 18 passages each. The Magoosh course contains practice CARS passages, and you will have 5 from the official AAMC book. **If you already have books or an online program with sample CARS questions, you can certainly use those instead.**

8) Bookmark at least 5 established online newspapers, news magazines, or sources that contain sophisticated coverage on current events. You can also read paper versions to give your eyes a break from looking at a screen. Recommendations include: [The New Yorker](#), [The Atlantic](#), [The New York Times Magazine](#), [The American Interest](#), [The Toronto Star](#), and [Foreign Affairs](#).

9) One or more large notebooks or electronic documents divided by content area ([biology](#), [chemistry](#), [physics](#), [organic chemistry](#), [sociology](#), [psychology](#), and [CARS](#)). You need a consistent place to store notes that allows you to quickly draw diagrams and write equations. Unless you have a computer or tablet with a high-quality stylus, a paper notebook is essential.

10) A notebook or electronic document or spreadsheet for logging your study hours. You can combine this with the notebook mentioned in #7 or purchase a separate notebook, which I recommend. Keep track of the date, the time of day, the topic or subjects you studied, and the total number of hours you logged that day. Also, make a note about anything you noticed regarding your productivity on that day. Were you comfortable? How was the lighting? Were you tired or distracted? By tracking the number of hours you study, you will be more motivated to add to the total count. Also, you will be able to

quickly assess trends in your studying, such as a reduction in number of hours studied, which will alert you to revamp your program.

11) Lots of blank index cards!

## MCAT Highly Recommended Materials

1) If you're considering purchasing both full-length exams and all the official practice questions, you will save money if you [get the entire AAMC bundle](#).

2) If you don't opt for the bundle, consider purchasing the AAMC [second practice test](#) à la carte. Since there are only two practice tests written by the creators of the MCAT, I recommend it in addition to the sample test and practice exam listed in the "MCAT Essential Materials" section. Just like the first practice test, you can access the exam 5 times. This allows you to review and reassess weaknesses from earlier run-throughs.

3) If you don't purchase the bundle, consider purchasing the AAMC Online practice questions for [biology](#), [chemistry](#), and/or [physics](#) à la carte. These are reasonably priced and written by the test makers. **If you already have books or an online program with sample MCAT questions, you can certainly use those instead.**

4) Browse [our MCAT blog](#) for tips and resources of all varieties.

5) If you haven't already visited The [Student Doctor Network](#), it's definitely a site to bookmark. This nonprofit organization started in the mid 1990s, and their forum has threads written by pre-health students, medical students, physicians, osteopaths, dentists, and other healthcare professionals. There are thousands of threads on the MCAT. **(FREE)**

6) Barron's MCAT [flash cards](#). Make sure to order versions dated 2015 or later. This is a great resource for mid-level depth of major concepts. The cards provide descriptions of concepts along with formulas and diagrams, and they're well organized. However, they're not the best source if you are learning something from scratch.

7) Supplementary texts: The site [OpenStax](#) has free online textbooks and resources for college and AP courses. One of the great things about this website is that content is peer-reviewed by educators and continuously updated, so information tends to be up to date. The following online textbooks are useful for MCAT studying: Biology 2e, Chemistry: Atoms First, Microbiology, Anatomy and Physiology, Psychology, Sociology, and Introductory Statistics. For instance, on Week 3, Day 3 of your schedule, you might want to read more about the [Bohr's Model](#) or the [Periodic Table](#). **(FREE)**

## Final Thoughts

It might seem counterintuitive, but I really encourage you to ease in slowly and take on less than you can handle on any given day. This is a behavioral modification strategy. You want to commit to less than you're capable of achieving. Why? By doing so, you take advantage of "paradoxical intervention," more commonly known of as "reverse psychology." Stopping your MCAT studying earlier in the day than you want to ignites a type of agitation that actually makes you *more* likely to revisit the material the next day, and with more gusto. This will also prevent the crash-and-burn phenomenon that so many of us experience if we launch into a project with too much force. To read about the "less is more" approach, I highly recommend Stephen Guise's book [Mini Habits](#). I really like his philosophy and appreciate the book's extensive citations.

The point is, you have plenty of time to prepare, but only if you stay in motion. Focus on developing a sustainable rhythm and overcoming the temptations to procrastinate or cram. Best of luck to you! Let me know if you log 528 hours—and DEFINITELY let me know if you score 528!

## Weekly Rhythm

This schedule is set up on a Sunday to Friday schedule, with Saturdays off. Some people prefer to take Fridays or Sundays off, so adjust it to suit your needs and preferences. The first day of the week (Sunday, in this case) is the most time intensive, because these are the days you'll be taking practice tests, which take 7 hours to complete. One day each week (Friday, in this case), you will review the week's content and organize your study materials and strategies. You will also take one day off, which is currently designated as Saturday.

	Sun	Mon	Tues	Weds	Thurs	Fri
	<b>PART I: (Week 1)</b> <b>GATHER MATERIALS AND EASE IN</b>					
1	Gather materials, start your notebook, watch Intro videos	<b>Take AAMC Official Prep Sample Test</b>	Review answers, create flashcards, read AAMC book	Watch Scientific Inquiry videos, choose test date	Watch Scientific Inquiry videos, read AAMC book	Catch up
	<b>PART II: (Weeks 2-15)</b> <b>FOCUS ON LEARNING CONTENT</b>					
2	Read AAMC book, watch CARS videos	Amino Acids quiz	Biology, browse Magoosh blogs	Physics, review flashcards	Psychology, browse Magoosh blogs	Read, review, complete exercises

3	Biology, CARS from AAMC book	Organic Chemistry	General Chemistry, read articles	Sociology, review flashcards	Review notes	Catch up, research, organize
4	Practice Questions: Physical Sciences	Biology, CARS from AAMC book	Physics, read articles	Psychology, review flashcards	Biological Sciences practice questions	Catch up, research, organize
5	Biology, CARS from Magoosh	Organic Chemistry, review flashcards	General Chemistry, read articles	Sociology, review flashcards	Social Sciences practice questions	Catch up, research, organize
6	<b>Take first official AAMC exam</b>	Review answers	Biology, review flashcards	Physics, review flashcards	Psychology, read articles	Catch up, research, organize
7	Biology, review flashcards	Organic Chemistry, CARS from Magoosh	General Chemistry, review flashcards	Social Psychology, read articles	Physical Sciences practice questions	Catch up, research, organize
8	Biology	Biology, CARS from Magoosh	Physics, review flashcards	Psychology, read articles	Create flashcards, practice equations	Catch up, research, organize
9	Biology, review flashcards	Organic Chemistry, Psychology	CARS from Magoosh	Social Psychology, read articles	Biological Sciences practice questions	Catch up, research, organize

10	<b>Take first Magoosh MCAT Exam</b>	Review answers	Biology	Physics, review flashcards	General Chemistry, read articles	Catch up, research, organize
11	Biology	Organic Chemistry, review flashcards	General Chemistry	Sociology, read articles	General Chemistry, review flashcards	Catch up, research, organize
12	Organize notes, practice equations	Biology, CARS from AAMC	Physics, review flashcards	Psychology, read articles	Social Sciences practice questions	Catch up, research, organize
13	Biology, review flashcards	Organic Chemistry	General Chemistry, review flashcards	Sociology, read articles	Revisit AAMC Sample Test	Catch up, research, organize
14	Finish AAMC Sample Test, practice equations	Physics, CARS from AAMC	Biology, review flashcards	Psychology, read articles	Physical Sciences practice questions	Catch up, research, organize
15	Biology, review flashcards	Organic Chemistry	General Chemistry	Social Psychology, read articles	Revisit first Magoosh MCAT Exam	Catch up, research, organize
<b>PART III: (Weeks 16-24)</b>						

	FOCUS ON PRACTICE QUESTIONS					
16	Finish first Magoosh MCAT Exam, practice equations	Biology, CARS from AAMC	Organize notes, practice equations, review flashcards	Physics, read articles	Biological Sciences practice questions	Catch up, research, organize
17	Psychology, review flashcards	Biology	Organic Chemistry	Organic Chemistry, read articles	Social Sciences practice questions	Catch up, research, organize
18	<b>Take second Magoosh MCAT Exam</b>	Review answers	Chemistry, CARS from AAMC	Sociology, review flashcards	Physical Sciences practice questions	Catch up, research, organize
19	Read AAMC book, learn about test day	Biology, CARS from AAMC	Practice questions	Organic Chemistry, review flashcards	Revisit first official AAMC Exam	Catch up, research, organize
20	Finish first AAMC Exam, practice equations	Psychology, CARS from AAMC	Biology, review flashcards	Physics	Revisit second Magoosh MCAT Exam	Catch up, research, organize
21	<b>Take third Magoosh</b>	Review answers	Chemistry, CARS from AAMC	Social Psychology,	Practice questions	Catch up, research, organize

	<b>MCAT Exam</b>			review flashcards		
22	Sociology	Biology, CARS from AAMC	Biology, review flashcards	Physics	Practice questions	Catch up, research, organize
23	Psychology, review flashcards	Biology, CARS from AAMC	Physics	Revisit third Magoosh MCAT Exam	Finish third Magoosh MCAT Exam, practice equations	Catch up, research, organize
24	<b>Take second official AAMC exam</b>	Review answers	Chemistry, CARS from AAMC	Sociology, review flashcards	Organize notes, practice equations	Catch up, research, organize
<b>PART IV: (Weeks 25-26)</b> <b>CONDENSE AND CLARIFY</b>						
25	Condense notes, review flashcards	Practice questions, review notes and flashcards	Practice questions, review notes and flashcards	Revisit second official AAMC exam	Finish second AAMC Exam, practice equations, review notes & flashcards	Catch up, research, organize
26	Timed CARS,	Condense notes and flashcards,	Review notes and flashcards,	Review notes and flashcards,	Rest	<b>Exam day</b>



	review notes and flashcards	review	write and reflect	write and reflect		
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# Part I: Gather Materials and Ease In

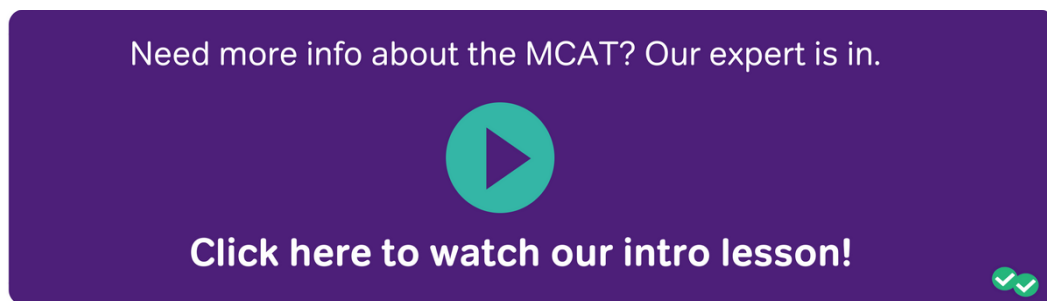
## Week 1

### Week 1, Sunday

**Gather** and order materials, set up your notebook(s), and designate a place for logging your study time. Keep track of the date, the time of day, the topic or subjects, and the total number of hours you logged that day. By tracking the number of hours you study, you will be more motivated to add to the total count. Also, you will be able to quickly assess trends in your studying, such as a reduction in number of hours studied, which will alert you to revamp your program.

#### Watch Magoosh MCAT videos.

- MCAT Intro



- MCAT Study Schedule
- Biology: How to Study Biology for the MCAT (both lessons)
- Psychology: How to Study Psychology for the MCAT

### Week 1, Monday

**Take the MCAT Official Prep sample test.** This is NOT the same thing as the AAMC practice exam. It is designed to reveal your strengths and weaknesses, and you will not get a scaled score. It's your choice as to whether you take it under timed or untimed conditions.

### Week 1, Tuesday

**Review** answers you missed on the sample test. Read the answer explanations, and skim the answer explanations for the questions you answered correctly. Begin creating flashcards on concepts you missed that lend themselves to memorization. If you feel overwhelmed, begin by creating flashcards on topics you missed from the discrete questions and then make your way back to the passage-based questions.

**Read** chapters 1-3 from the official AAMC book.

### Week 1, Wednesday

**Watch Magoosh MCAT videos.**

- Scientific Inquiry: All videos in the “Scientific Principles & Research Design” section

### Week 1, Thursday

**Watch Magoosh MCAT videos.**

- Scientific Inquiry: Mean and Median through z-scores

**Choose** a tentative target test date. If you feel committed to this date, you can register. If not, set a reminder for yourself to revisit the issue a month from now.

### Week 1, Friday

**Watch Magoosh MCAT videos.**

- Scientific Inquiry: Precision vs. Accuracy through Regression Analysis

**Read** chapters 8-12 from the official AAMC book.

### Week 1, Saturday

**Catch** up on anything you skimmed over earlier in the week, such as reading the answer explanations from the sample test.



## Part II: Focus on Learning Content

### Week 2

Week 2, Sunday

**Rest** Take a break!

Week 2, Monday

**Read** the first half of chapter 13 from the official AAMC book (pages 311-322).

**Watch Magoosh MCAT videos.**

- CARS: Watch all lessons in the “Verbal Reasoning 1” section

Week 2, Tuesday

**Amino Acids.** Set up at least two systems to quiz yourself (flashcards, lists, diagrams, games, etc.). [See this blog on amino acids](#) to learn what aspects of amino acids you need to memorize.

Week 2, Wednesday

**Watch Magoosh MCAT videos.**

- Biology: Cells & Membranes Series

**Biology.** Make sure you understand:

**Flagellar propulsion and mechanism**

**Bacteria reproduction by fission**

**Antibiotic resistance**

**Chemotaxis**

**Browse** Magoosh blogs for additional information on content and MCAT techniques.

Week 2, Thursday

**Watch Magoosh MCAT videos.**

- Physics: Watch all lessons in the “Physics: Introduction” section

**Review** your flashcards for 45 minutes.

## Week 2, Friday

**Watch Magoosh MCAT videos.**

- Psychology: Developmental Series

**Psychology.** In addition to watching this week’s videos, make sure you understand:

[Theories of human development](#)

**Developmental changes in adolescence**

**Piaget’s stages of cognitive development**

[Theories of personality](#)

**Biomedical vs. biosocial approaches to behavior**

**Browse** Magoosh blogs for additional information on content and MCAT techniques.

## Week 2, Saturday

**Answer Chemistry Study Questions** drill down in a targeted area of your choice.

**Read** magazine articles about current events for 30 minutes.

**Review** the concepts you studied this week. Use this time to work on anything that will help you with the mechanics of the test: registration, applying for fee assistance, or learning stress reduction techniques.

**Complete** any exercises you missed earlier in the week.

## Week 3

### Week 3, Sunday

**Rest.** Take one day off per week.

## Week 3, Monday

**CARS.** Answer the practice questions from two AAMC passages, found on pages 323-339. For now, do this without time restrictions.

**Watch Magoosh MCAT videos.**

- Biology: Messaging & Viruses Series

**Biology.** In addition to watching this week's videos, make sure you understand:

**The size of viruses relative to bacteria and eukaryotic cells**

**Virus life cycle**

**Transfer of genetic material by viruses**

**Retrovirus life cycle**

**Prions and viroids**

**CARS.** Answer the practice questions from two AAMC passages, found on pages 323-339. For now, do this without time restrictions.

## Week 3, Tuesday

**Watch Magoosh MCAT videos.**

- Organic Chemistry: isomers Part I through Identifying Stereoisomers

**Organic Chemistry.** In addition to watching this week's videos, understand:

**Liquid-liquid extraction**

**Extraction of weak acids and bases**

**Spectroscopy and emission spectrum**

**Test yourself.** Practice solving questions.

## Week 3, Wednesday

**Watch Magoosh MCAT videos.**

- General Chemistry: Atomic Measurements through Periodic Table and Trends

**General Chemistry.** In addition to watching this week's videos, make sure you understand:

**Structure of an atom and orbital shapes**

**Organization of the periodic table**

**Bohr's Model (quantum, planetary)**

**Electron configuration**

**Orbital fill order**

**Electron affinity**

**Electronegativity**

**Read** magazine articles about current events for 30 minutes.

### Week 3, Thursday

**Watch Magoosh MCAT videos.**

- Sociology: How to study sociology for the MCAT; Foundations of Sociology Series

**Sociology.** In addition to watching this week's videos, make sure you understand:

**Social Constructionism**

**Symbolic Interactionism**

**Conflict Theory**

**Functionalism**

**Social Exchange Theory**

**Rational Choice Theory**

**Review** your flashcards for 45 minutes, in the subject(s) of your choice.

### Week 3, Friday

**Review and evaluate.** Read through your notes. Research and rewrite anything that is confusing. Make sure your flashcards reflect the concepts. Evaluate your time log and look for



patterns regarding your productivity. Are there certain days, times, or locations that are working or not working for you? Adjust your study times and environments as needed. Register for the exam, if you haven't yet done so.

## Week 3, Saturday

**Catch up, research, and organize.** Use this day to catch up on any exercises you didn't finish earlier in the week. Research MCAT study techniques, and visit MCAT forums and blogs. Add to your flashcards and arrange them by topic, then by the degree to which you've mastered each one (good, fair, or poor). If you have access to additional practice questions (beyond the official AAMC practice questions), you can also use this day to answer questions.

## Week 4

### Week 4, Sunday

**Rest.** Take one day off per week.

### Week 4, Monday

**Answer Chemical/Physical Sciences practice questions.** You get 10 "starts" with your online question bank. Use your first "start" to answer the first 25 questions of the physical sciences portion. If question 25 lands in the middle of a passage, complete the passage. Review answers and use them to update your flashcards.

### Week 4, Tuesday

**Watch Magoosh MCAT videos.**

- Biology: DNA Series

**Biology.** In addition to watching this week's videos, make sure you understand:

**Structure of DNA**

**Basics of telomeres and centromeres**

**Semiconservative replication**

**Replication enzyme**

**CARS.** Answer the practice questions from three AAMC passages, found on pages 341-368. For now, do this without time restrictions.

## Week 4, Wednesday

**Watch Magoosh MCAT videos.**

- Physics: All lessons in the “Physics: Kinematics” section

**Physics.** In addition to watching this week’s videos, make sure you understand:

**Distance, rate, time**

**Displacement**

**Translational movement**

**Graphic addition**

**Acceleration, velocity**

**Calculating velocity**

**Read** magazine articles about current events for 30 minutes.

## Week 4, Thursday

**Watch Magoosh MCAT videos.**

- Psychology: Memory Series

**Psychology.** This week’s psychology videos are very thorough. The only topic you might want to review in more detail is **Neural plasticity**.

**Review** your flashcards for 45 minutes, in the subject(s) of your choice.

## Week 4, Friday

**Answer Biological/Biochemical Sciences practice questions.** You get 10 “starts” with your online question bank. Use your second “start” to answer the first 33 questions of the biological

sciences portion. If question 33 lands in the middle of a passage, complete the passage. Review answers and use them to update your flashcards.

## Week 4, Saturday

**Answer Chemistry Study Questions** drill down in a targeted area of your choice.

**Catch up, research, and organize.** Use this day to catch up on any exercises you didn't finish earlier in the week. Research MCAT study techniques, and visit MCAT forums and blogs. Add to your flashcards and arrange them by topic, then by the degree to which you've mastered each one (good, fair, or poor). If you have access to additional practice questions (beyond the official AAMC practice questions), you can also use this day to answer questions.

Evaluate your time log and look for patterns regarding your productivity. Are there certain days, times, or locations that are working or not working for you? Adjust your study times and environments as needed.

## Week 5

### Week 5, Sunday

**Rest.** Take one day off per week.

### Week 5, Monday

**Watch Magoosh MCAT videos.**

- Biology: RNA Series

**Biology.** In addition to watching this week's videos, make sure you understand:

**3 steps of transcription in detail (location of binding, types of bonds)**

**3 steps of translation in detail**

**Introns, exons, codons**

**Function of ribosomes**

**Positive and negative feedback in genes**

## cDNA and PCR

**CARS.** In Magoosh, answer the CARS questions from the first 2 passages. Do this without time restrictions and review answers carefully. You may work ahead, but be aware that this will eventually “eat into” the passages that are tied to the Magoosh practice exams. Some students are okay with this, while others want their practice exams to contain questions they haven’t yet encountered.

### Week 5, Tuesday

#### Watch Magoosh MCAT videos.

- Organic Chemistry: Conformational Isomers through Carbon Order

**Organic Chemistry.** Watch the videos and make sure to review these concepts:

**Racemic mixtures**

**Conformational isomers**

**Cycloalkanes**

**Halogenation**

**Review** your flashcards for 45 minutes, in the subject(s) of your choice.

### Week 5, Wednesday

#### Watch Magoosh MCAT videos.

- General Chemistry: Lewis Structures through Geometry and VSEPR Theory

**General Chemistry.** Make sure to review these concepts:

**Ionic bonding**

**Covalent bonding**

**The mole**

**Lewis Formula**

**VSEPR theory**

**Read** magazine articles about current events for 30 minutes.

## Week 5, Thursday

**Watch Magoosh MCAT videos.**

- Sociology: Gender and Intersectionality Series

**Sociology.** Make sure to review these concepts:

**Feminist theory**

**Sex vs. gender (you can watch the first demography lesson on this)**

**Gender discrimination in education**

**Gender differences in health outcomes**

**Gender segregation**

**Review** your flashcards for 45 minutes, in the subject(s) of your choice.

## Week 5, Friday

**Answer Psychological/Social Sciences practice questions.** You get 10 “starts” with your online question bank. Use your third “start” to answer the first 33 questions of the social sciences portion. If question 33 lands in the middle of a passage, complete the passage. Review answers and use them to update your flashcards.

## Week 5, Saturday

**Catch up, research, and organize.** Use this day to catch up on any exercises you didn’t finish earlier in the week. Research MCAT study techniques, and visit MCAT forums and blogs. Add to your flashcards and arrange them by topic, then by the degree to which you’ve mastered each one (good, fair, or poor). If you have access to additional practice questions (beyond the official AAMC practice questions), you can also use this day to answer questions.

Evaluate your time log and look for patterns regarding your productivity. Are there certain days, times, or locations that are working or not working for you? Adjust your study times and environments as needed.

## Week 6

### Week 6, Sunday

**Rest.** Take one day off per week.

### Week 6, Monday

**Official AAMC Practice Exam #1.** Take the first AAMC exam under timed conditions. Set aside at least 7 hours to do this.

### Week 6, Tuesday

**Review answers.** Review the answers you missed on yesterday's practice exam. Use this information to add to and update your flashcards.

### Week 6, Wednesday

**Watch Magoosh MCAT videos.**

- Biology: Enzyme Basics Series

**Biology.** Make sure to review these concepts:

**Endergonic and exergonic reactions**

**Catabolism and anabolism**

**Enzymes and cofactors**

**Factors that influence enzyme stability**

### Week 6, Thursday

**Watch Magoosh MCAT videos.**

- Physics: Force and the Three Laws through Inclines

**Physics.** Watch the videos and make sure to review these concepts:

**Newton's 3 laws**

**Free-body diagrams**

**Review** your flashcards for 45 minutes, in the subject(s) of your choice.

## Week 6, Friday

**Watch Magoosh MCAT videos.**

- Psychology: All lessons from these series: Perception Series; Sleep & Consciousness Series

**Read** magazine articles about current events for 30 minutes.

## Week 6, Saturday

**Catch up, research, and organize.** Use this day to catch up on any exercises you didn't finish earlier in the week. Research MCAT study techniques, and visit MCAT forums and blogs. Add to your flashcards and arrange them by topic, then by the degree to which you've mastered each one (good, fair, or poor). If you have access to additional practice questions (beyond the official AAMC practice questions), you can also use this day to answer questions.

Evaluate your time log and look for patterns regarding your productivity. Are there certain days, times, or locations that are working or not working for you? Adjust your study times and environments as needed.

## Week 7

### Week 7, Sunday

**Rest.** Take one day off per week.

### Week 7, Monday

**Watch Magoosh MCAT videos.**

- Biology: Metabolism Series

**Review** your flashcards for 45 minutes, in the subject(s) of your choice.

## Week 7, Tuesday

### Watch Magoosh MCAT videos.

- Organic Chemistry: Substitutions through Substitution Summary

**Organic Chemistry.** Make sure to review these concepts:

**Isomer problems**

**Carbon order**

**Alkane properties and reactions**

**CARS.** In Magoosh, answer the CARS questions from passages 3 and 4. Do this without time restrictions and review answers carefully. You may work ahead, but be aware that this will eventually “eat into” the passages that are tied to the Magoosh practice exams. Some students are okay with this, while others want their practice exams to contain questions they haven’t yet encountered.

## Week 7, Wednesday

### Watch Magoosh MCAT videos.

- General Chemistry: Stoichiometry through Gen Chem 1 Passage Questions

**General Chemistry.** Make sure to review these concepts:

**Stoichiometry**

**Theoretical and actual yield**

**Limiting reactant/reagent**

**Kinetics**

**Reaction theory**

**Rate laws**

**Arrhenius equation**

**Review** your flashcards for 45 minutes, in the subject(s) of your choice.



## Week 7, Thursday

### **Watch Magoosh MCAT videos.**

- Social Psychology: Socialization and Identity Series

**Social Psychology.** Watch the videos and make sure to review these concepts:

**Agents of socialization**

**Reference groups**

**Self-concept, self-identity, social identity**

**Self-esteem, self-efficacy, locus of control**

**Identity formation, looking-glass self**

**Individuation**

**Read** magazine articles about current events for 30 minutes.

## Week 7, Friday

**Answer Chemical/Physical Sciences practice questions.** You get 10 “starts” with your online question bank. Use your fourth “start” to answer questions 26-50 of the physical sciences portion. If question 50 lands in the middle of a passage, complete the passage. Review answers and use them to update your flashcards.

## Week 7, Saturday

**Catch up, research, and organize.** Use this day to catch up on any exercises you didn’t finish earlier in the week. Research MCAT study techniques, and visit MCAT forums and blogs. Add to your flashcards and arrange them by topic, then by the degree to which you’ve mastered each one (good, fair, or poor). If you have access to additional practice questions (beyond the official AAMC practice questions), you can also use this day to answer questions.

Evaluate your time log and look for patterns regarding your productivity. Are there certain days, times, or locations that are working or not working for you? Adjust your study times and environments as needed.

## Week 8

### Week 8, Sunday

**Rest.** Take one day off per week.

### Week 8, Monday

**Watch Magoosh MCAT videos.**

- Biology: Cellular Reproduction Series

**Biology.** Make sure to review these concepts:

**Mendel's principles**

**Meiosis (haploids, 2 divisions)**

**Mitosis (replicated chromosomes, cytokinesis)**

**Cell cycle**

**Male and female reproductive anatomy**

**Sertoli cells and inhibin secretion**

**Sperm formation**

**Ovarian function, ovulation**

### Week 8, Tuesday

**CARS.** In Magoosh, answer the CARS questions from 9 passages. Do this without time restrictions and review answers carefully. You may work ahead, but be aware that this will eventually “eat into” the passages that are tied to the Magoosh practice exams. Some students are okay with this, while others want their practice exams to contain questions they haven't yet encountered.

**Research** three topics you need to understand better. Reach out to the Magoosh remote team if you have questions or get stuck!

### Week 8, Wednesday

**Watch Magoosh MCAT videos.**

- Physics: Newton, Torques, and Statics through Statics

**Physics.** Watch the videos and make sure to review these concepts:

- Torque and lever arms**
- Center of mass**
- Friction and coefficient of friction**
- Static and kinetic friction**

**Review** your flashcards for 45 minutes, in the subject(s) of your choice.

## Week 8, Thursday

**Watch Magoosh MCAT videos.**

- Psychology: Emotions Series

**Psychology.** Watch the videos and make sure to review these concepts:

- Components of emotion (cognitive, physiological, behavioral)**
- James-Lange, Cannon-Bard, Schachter-Singer**
- The limbic system and emotion**
- Universal emotions**
- Emotion and autonomic nervous system**

**Read** magazine articles about current events for 30 minutes.

## Week 8, Friday

**Hormones and Neurotransmitters.** Create sets of flashcards to help you learn the important [hormones](#) and [neurotransmitters](#).

**Practice solving equations** by searching for chemistry and physics online quizzes and worksheets. For example, look [here](#), [here](#), and [here](#).

## Week 8, Saturday

**Catch up, research, and organize.** Use this day to catch up on any exercises you didn't finish earlier in the week. Research MCAT study techniques, and visit MCAT forums and blogs. Add to your flashcards and arrange them by topic, then by the degree to which you've mastered each one (good, fair, or poor). If you have access to additional practice questions (beyond the official AAMC practice questions), you can also use this day to answer questions.

Evaluate your time log and look for patterns regarding your productivity. Are there certain days, times, or locations that are working or not working for you? Adjust your study times and environments as needed.

## Week 9

### Week 9, Sunday

**Rest.** Take one day off per week.

### Week 9, Monday

**Watch Magoosh MCAT videos.**

- Biology: Embryology Series; Biology 1 Passage Sample Questions

**Biology.** Make sure to review these concepts:

**Zygote, implantation, hCG**

**Umbilical cord**

**Structure and function of placenta**

**Neural development of fetus**

**Hormones involved in pregnancy and delivery**

**Review** your flashcards for 45 minutes, in the subject(s) of your choice.

### Week 9, Tuesday

**Watch Magoosh MCAT videos.**

- Organic Chemistry: Intro to Alkenes through Aromatics

**Organic Chemistry.** Make sure to review these concepts:

**Substitutions**

**Alkenes**

**Alkene synthesis and reactions**

**Vicinal and geminal reactions**

**Eliminations**

**Watch Magoosh MCAT videos.**

- Psychology: Mental Health 7 Disabilities Series

## Week 9, Wednesday

**CARS.** In Magoosh, answer the CARS questions from 3 passages. Do this without time restrictions and review answers carefully. You may work ahead, but be aware that this will eventually “eat into” the passages that are tied to the Magoosh practice exams. Some students are okay with this, while others want their practice exams to contain questions they haven’t yet encountered.

## Week 9, Thursday

**Watch Magoosh MCAT videos.**

- Social Psychology: Status Series

**Social Psychology.** Watch the videos and make sure to review these concepts:

**Conformity and obedience**

**Achieved and ascribed status**

**Groups: primary, secondary, in-group, out-group**

**Impression management**

**Dramaturgy**

**Power and prestige**

**Read** magazine articles about current events for 30 minutes.

## Week 9, Friday

**Answer Biological/Biochemical Sciences practice questions.** You get 10 “starts” with your online question bank. Use your fifth “start” to answer questions 34-66 of the biological sciences portion. If question 66 lands in the middle of a passage, complete the passage. Review answers and use them to update your flashcards.

## Week 9, Saturday

**Catch up, research, and organize.** Use this day to catch up on any exercises you didn’t finish earlier in the week. Research MCAT study techniques, and visit MCAT forums and blogs. Add to your flashcards and arrange them by topic, then by the degree to which you’ve mastered each one (good, fair, or poor). If you have access to additional practice questions (beyond the official AAMC practice questions), you can also use this day to answer questions.

Evaluate your time log and look for patterns regarding your productivity. Are there certain days, times, or locations that are working or not working for you? Adjust your study times and environments as needed.

## Week 10

### Week 10, Sunday

**Rest.** Take one day off per week.

### Week 10, Monday

**Magoosh Practice Exam #1.** Take the first Magoosh exam under timed conditions. Set aside at least 7 hours to do this.

### Week 10, Tuesday

**Review answers.** Review the answers you missed on yesterday’s practice exam. Use this information to add to and update your flashcards.

## Week 10, Wednesday

### Watch Magoosh MCAT videos.

- Biology: Amino Acids, Peptides, Proteins through Lipids: Structure & Metabolism of Fatty Acids

**Biology.** Watch the videos and make sure to review these concepts:

**Enzyme catalysis**

**Michaelis-Menten constant**

**Enzyme cooperativity and inhibition**

**Structure of nucleotides**

**Nucleotide base pairing**

**Differences between ribonucleic acids and DNA**

## Week 10, Thursday

### Watch Magoosh MCAT videos.

- Physics: Energy 1 through Thermodynamics

**Physics.** Make sure to review these concepts:

**Temperature**

**Heat and calories**

**Thermodynamics**

**Work, measured in joules (formula: Work and Force)**

**Work kinetic energy theorem**

**Conduction, convection, radiation**

**Review** your flashcards for 45 minutes, in the subject(s) of your choice.

## Week 10, Friday

### Watch Magoosh MCAT videos.

- General Chemistry: Thermochemistry and Heat through Enthalpy

**General Chemistry.** Watch the videos and make sure to review these concepts:

**State function**

**Equations for energy loss and gain**

**Enthalpy**

**Breaking and forming of chemical bonds and energy**

**Read** magazine articles about current events for 30 minutes.

## Week 10, Saturday

**Catch up, research, and organize.** Use this day to catch up on any exercises you didn't finish earlier in the week. Research MCAT study techniques, and visit MCAT forums and blogs. Add to your flashcards and arrange them by topic, then by the degree to which you've mastered each one (good, fair, or poor). If you have access to additional practice questions (beyond the official AAMC practice questions), you can also use this day to answer questions.

Evaluate your time log and look for patterns regarding your productivity. Are there certain days, times, or locations that are working or not working for you? Adjust your study times and environments as needed.

## Week 11

### Week 11, Sunday

**Rest.** Take one day off per week.

### Week 11, Monday

**Watch Magoosh MCAT videos.**

- Biology: Bioenergetics through Biosignaling; Paper Chromatography and TLC through Southern Blot

**Biology.** Make sure to review these concepts:

**Gibbs free energy**



## Catalysts and equilibrium constant

Week 11, Tuesday

**Watch Magoosh MCAT videos.**

- Organic Chemistry: Alcohols through O-Chem 1 Passage Sample Questions

**Organic Chemistry.** Make sure to review these concepts:

**Alcohols**

**Alcohol synthesis and reactions**

**Bimolecular nucleophilic substitutions**

**Unimolecular nucleophilic substitutions**

**Ethers**

**Ether synthesis and reactions**

**Preparation of epoxides**

**Review** your flashcards for 45 minutes, in the subject(s) of your choice.

Week 11, Wednesday

**Watch Magoosh MCAT videos.**

- General Chemistry: Entropy through Equilibrium

**General Chemistry.** Make sure to review these concepts:

**Entropy**

**Spontaneity**

**Equilibrium constant and reaction quotient**

Week 11, Thursday

**Watch Magoosh MCAT videos.**

- Sociology: All lessons in these series: Demography Series; Epidemiology Series

**Sociology.** Make sure to review these concepts:

**Demographic categories**  
**Age cohorts**  
**Demographic shifts, transition, and changes**  
**Malthusian theory**  
**Population pyramids**  
**Fertility, mortality**

**Read** magazine articles about current events for 30 minutes.

## Week 11, Friday

**General Chemistry.** Make sure to review these concepts:

**Product and reactant-favored reactions**  
**Predicting spontaneity**

**Review** your flashcards for 45 minutes, in the subject(s) of your choice.

## Week 11, Saturday

**Catch up, research, and organize.** Use this day to catch up on any exercises you didn't finish earlier in the week. Research MCAT study techniques, and visit MCAT forums and blogs. Add to your flashcards and arrange them by topic, then by the degree to which you've mastered each one (good, fair, or poor). If you have access to additional practice questions (beyond the official AAMC practice questions), you can also use this day to answer questions.

Evaluate your time log and look for patterns regarding your productivity. Are there certain days, times, or locations that are working or not working for you? Adjust your study times and environments as needed.

## Week 12

### Week 12, Sunday

**Rest.** Take one day off per week.

## Week 12, Monday

**Read through your notes from weeks 1-11.** Underline content you need to research in more detail, and locate sources (textbooks, online publications, or websites) that provide in-depth explanations of these concepts. Also, practice solving equations by searching for chemistry and physics online quizzes and worksheets. For example, look [here](#), [here](#), and [here](#).

## Week 12, Tuesday

**Watch Magoosh MCAT videos.**

- Biology: Intro to Cells of the Nervous System through Speed of Impulse and Synapses

**Biology.** Make sure to review these concepts:

**Organization of vertebrate nervous system**

**Neuron action potential**

**Glial cells**

**Spinal cord and reflexes**

**G protein-coupled receptors**

## Week 12, Wednesday

**Watch Magoosh MCAT videos.**

- Physics: Intro to Electromagnetic Waves through Physics 1 Passage Sample Questions

**Physics.** Make sure to review these concepts:

**Photon energy**

**Color absorption, visual spectrum, infrared**

**Optics, angle of incidence, and reflection**

**Refractive index, Snell's law**

**The human eye**

**Review** your flashcards for 45 minutes, in the subject(s) of your choice.

## Week 12, Thursday

### **Watch Magoosh MCAT videos.**

- Psychology: Conditioning Series

**Read** magazine articles about current events for 30 minutes.

## Week 12, Friday

**Answer psychological/Social Sciences practice questions.** You get 10 “starts” with your online question bank. Use your sixth “start” to answer questions 34-66 of the social sciences portion. If question 66 lands in the middle of a passage, complete the passage. Review answers and use them to update your flashcards.

## Week 12, Saturday

**Catch up, research, and organize.** Use this day to catch up on any exercises you didn’t finish earlier in the week. Research MCAT study techniques, and visit MCAT forums and blogs. Add to your flashcards and arrange them by topic, then by the degree to which you’ve mastered each one (good, fair, or poor). If you have access to additional practice questions (beyond the official AAMC practice questions), you can also use this day to answer questions.

Evaluate your time log and look for patterns regarding your productivity. Are there certain days, times, or locations that are working or not working for you? Adjust your study times and environments as needed.

## Week 13

### Week 13, Sunday

**Rest.** Take one day off per week.

### Week 13, Monday

### **Watch Magoosh MCAT videos.**

- Biology: Muscles Series

**Biology.** Make sure to review these concepts:

**Muscle system and functions**

**Muscle classification**

**Thermoregulation (shivering)**

**T-tubule system, contractile, apparatus, sarcoplasmic reticulum**

**Cardiac muscles**

**Neuromuscular junctions**

**Muscle contraction, role of calcium**

**Review** your flashcards for 45 minutes, in the subject(s) of your choice.

Week 13, Tuesday

**Watch Magoosh MCAT videos.**

- Organic Chemistry: Separations Part 1 through CNMR

**Organic Chemistry.** Make sure to review these concepts:

**Typical NMR Shifts**

**Proton NMR spectra**

**Splitting patterns of absorption signals**

**HNMR**

**CNMR**

Week 13, Wednesday

**Watch Magoosh MCAT videos.**

- General Chemistry: Ideal Gases through Kinetic Molecular Theory

**General Chemistry.** Make sure to review these concepts:

**Ideal gas law**

**Boyle's law**

**Avogadro's law**

**Kinetic molecular theory of gases**

**Boltzmann's constant**

**Dalton's law**

**Review** your flashcards for 45 minutes, in the subject(s) of your choice.

## Week 13, Thursday

**Watch Magoosh MCAT videos.**

- Sociology: Culture and Institutions Series

**Sociology.** Make sure to review these concepts:

**Elements of culture**

**Social institutions (education, religion, government, family)**

**Forms of kinship**

**Culture lag and culture shock**

**Assimilation and multiculturalism and ethnocentrism**

**Mass media and population culture**

**Transmission, diffusion, and evolution of culture**

**Read** magazine articles about current events for 30 minutes.

## Week 13, Friday

Today, you will **revisit the AAMC sample test** you took during Week 1. Answer at least 50% of the questions from each section. Evaluate your results. Are you improving? Are there particular subjects you're learning more quickly or thoroughly? Do you need to spend more time on organic chemistry? Physics? Social science vocabulary?

## Week 13, Saturday

**Catch up, research, and organize.** Use this day to catch up on any exercises you didn't finish earlier in the week. Research MCAT study techniques, and visit MCAT forums and blogs. Add to your flashcards and arrange them by topic, then by the degree to which you've mastered

each one (good, fair, or poor). If you have access to additional practice questions (beyond the official AAMC practice questions), you can also use this day to answer questions.

Evaluate your time log and look for patterns regarding your productivity. Are there certain days, times, or locations that are working or not working for you? Adjust your study times and environments as needed.

## Week 14

### Week 14, Sunday

**Rest.** Take one day off per week.

### Week 14, Monday

**Finish answering any of the questions from Thursday's AAMC sample test.** Read the question explanations. If you have time remaining, practice solving equations by searching for chemistry and physics online quizzes and worksheets. For example, look [here](#), [here](#), and [here](#).

### Week 14, Tuesday

**Watch Magoosh MCAT videos.**

- Physics: Electrostatics through Induced Magnetic Fields

**Physics.** Make sure to review these concepts:

**Lorentz force**

**Electrostatics**

**Coulomb's law**

**Paramagnetism and diamagnetism**

**Dielectrics**

**Motion of charged particles in magnetic field**

**CARS from [AAMC Question Pack](#).** Answer questions from 4 passages under timed conditions. This works best if you use both a timer and a stopwatch. Set your timer for 40 minutes. Each time you begin a new passage, reset your stopwatch. Spend 3-4 minutes reading the passage and 6-7 minutes answering the accompanying questions, for a total of 9-11 minutes on each passage. Once you become skilled at distinguishing “easy” passages from “hard” ones, you can give yourself 8 minutes for easy passages and 12 minutes for difficult ones.

### Week 14, Wednesday

**Watch Magoosh MCAT videos.**



- Biology: Neurotransmitters and the Synapse through Autonomic Nervous System

**Biology.** Make sure to review these concepts:

**Enteric nervous system**

**Different ways the body maintains homeostasis**

**Peristalsis**

**The brain and breathing (eupnea, hyperpnea)**

**Roles of medulla and respiratory groups (VRG, DRG, PRG) on breathing**

**Review** your flashcards for 45 minutes, in the subject(s) of your choice.

## Week 14, Thursday

**Watch Magoosh MCAT videos.**

- Psychology: Learning Series

**Psychology.** Make sure to review these concepts:

**Brain regions involved in problem solving and creativity**

**Brain functions and dyslexia dyscalculia, dysgraphia**

**Temporal lobe function and Autism spectrum**

**Read** magazine articles about current events for 30 minutes.

## Week 14, Friday

**Answer Chemical/Physical Sciences practice questions.** You get 10 “starts” with your online question bank. Use your seventh “start” to answer questions 51-75 of the physical sciences portion. If question 75 lands in the middle of a passage, complete the passage. Review answers and use them to update your flashcards.

**Chemistry Study Questions:** drill down in a targeted area of your choice.

## Week 14, Saturday

**Catch up, research, and organize.** Use this day to catch up on any exercises you didn't finish earlier in the week. Research MCAT study techniques, and visit MCAT forums and blogs. Add to your flashcards and arrange them by topic, then by the degree to which you've mastered each one (good, fair, or poor). If you have access to additional practice questions (beyond the official AAMC practice questions), you can also use this day to answer questions.

Evaluate your time log and look for patterns regarding your productivity. Are there certain days, times, or locations that are working or not working for you? Adjust your study times and environments as needed.

## Week 15

### Week 15, Sunday

**Rest.** Take one day off per week.

### Week 15, Monday

**Watch Magoosh MCAT videos.**

- Biology: Bones, Muscles, Movement Series

**Biology.** Make sure to review these concepts:

**Skeletal structure and function**

**Bone structure (calcium, protein, cellular composition)**

**Cartilage and ligaments: structure and function**

**Bone marrow**

**Troponin and tropomyosin**

**Review** your flashcards for 45 minutes, in the subject(s) of your choice.

### Week 15, Tuesday

**Watch Magoosh MCAT videos.**

- Organic Chemistry: Aldehydes and Ketones through Aldehyde and Ketone Reactions 2

**Organic Chemistry.** Make sure to review these concepts:

**Naming and preparing aldehydes**

**Naming and preparing ketones (methods for preparation; transformations)**

**Nucleophilic additions**

**Enolate ion reactions (tautomers, deprotonation, aldol condensation)**

**Haloform reaction**

Week 15, Wednesday

**Watch Magoosh MCAT videos.**

- General Chemistry: Solutions through Aqueous Solubility

**General Chemistry.** Make sure to review these concepts:

**Solutions, dilutions**

**Calculating solubility**

**Common ion effect**

**Selective precipitation**

**Aqueous solubility**

Week 15, Thursday

**Watch Magoosh MCAT videos.**

- Social Psychology: Social Norms & Attributions Series

**Social Psychology.** Make sure to review these concepts:

**Social norms**

**Deviance, sanctions**

**Crowd behavior**

**Attributions**

**Stereotypes, prejudice, discrimination**

**Read** magazine articles about current events for 30 minutes.

## Week 15, Friday

**Magoosh Practice Exam #2.** Take the second Magoosh exam under timed conditions. Set aside at least 7 hours to do this.

## Week 15, Saturday

**Review answers.** Review the answers you missed on yesterday's practice exam. Use this information to add to and update your flashcards.

# Part III: Focus on Practice Questions

## Week 16

### Week 16, Sunday

**Catch up, research, and organize.** Use this day to catch up on any exercises you didn't finish earlier in the week. Research MCAT study techniques, and visit MCAT forums and blogs. Add to your flashcards and arrange them by topic, then by the degree to which you've mastered each one (good, fair, or poor). If you have access to additional practice questions (beyond the official AAMC practice questions), you can also use this day to answer questions.

### Week 16, Monday

**Rest.** Take one day off per week.

### Week 16, Tuesday

**Watch Magoosh MCAT videos.**

- Biology: Circulatory Series

**Biology.** Make sure to review these concepts:

**Lungs, gas exchange (Henry's law)**

**Systolic and diastolic pressure**

## Capillary beds and function

### Plasma

### Blood cells, clotting mechanisms

### Hemoglobin, hematocrit

### Structure and function of lymphatic system

## Week 16, Wednesday

**Read through your notes from weeks 12-16.** Underline content you need to research in more detail, and locate sources (textbooks, online publications, or websites) that provide in-depth explanations of these concepts. Also, practice solving equations by searching for chemistry and physics online quizzes and worksheets. For example, look [here](#), [here](#), and [here](#).

**Review** your flashcards for 90 minutes, in the subject(s) of your choice.

## Week 16, Thursday

**Watch Magoosh MCAT videos.**

- Physics: Circuits and Ohm's Law through Alternating Current

**Physics.** Make sure to review these concepts:

### Current and wires

### Magnetism

### Circuits and Ohm's law

### Resistance

### Kirchhoff's laws

### Resistors

### Capacitors

**Read** magazine articles about current events for 30 minutes.

## Week 16, Friday

**Answer Biological/Biochemical Sciences practice questions.** You get 10 “starts” with your online question bank. Use your eighth “start” to answer questions 67-100 of the biological sciences portion. Review answers and use them to update your flashcards.

## Week 16, Saturday

**Catch up, research, and organize.** Use this day to catch up on any exercises you didn’t finish earlier in the week. Research MCAT study techniques, and visit MCAT forums and blogs. Add to your flashcards and arrange them by topic, then by the degree to which you’ve mastered each one (good, fair, or poor). If you have access to additional practice questions (beyond the official AAMC practice questions), you can also use this day to answer questions.

## Week 17

### Week 17, Sunday

**Rest.** Take one day off per week.

### Week 17, Monday

**CARS.** Take a timed CARS section (9 passages). You might need to use passages you have already seen, but it will still give you practice with the timing.

### Week 17, Tuesday

**Watch Magoosh MCAT videos.**

- Biology: Immunology through Liver

**Biology.** Make sure to review these concepts:

**Structure and function of lymphatic system and lymphocytes**

**Immune system cells (adaptive and innate)**

**Antigens, antibodies**

**Clonal selection**

**Kidney, urine formation**

**Liver’s role in glucose regulation and detoxification**

## Week 17, Wednesday

### Watch Magoosh MCAT videos.

- Organic Chemistry: Carboxylic Acids through Anhydrides

**Organic Chemistry.** Make sure to review these concepts:

**Carboxylic acid reactions**

**Carboxylic acid derivatives**

**Stereoisomers**

**Naming and preparing amides**

**Acyl halides**

**Anhydrides**

## Week 17, Thursday

### Watch Magoosh MCAT videos.

- Organic Chemistry: Amines through Other Nitrogen Groups

**Organic Chemistry (YES, TWO DAYS IN A ROW!).** Make sure to review these concepts:

**Holofrom and enolate ion reactions**

**Nucleophilic addition**

**Amines**

**Amine synthesis and reactions**

**Hoffmann Arrangement**

**Read** magazine articles about current events for 30 minutes. This is your last designated session for reading current events, although you can continue if you wish.

## Week 17, Friday

**Answer Psychological/Social Sciences practice questions.** You get 10 “starts” with your online question bank. Use your ninth “start” to answer questions 67-100 of the social sciences portion. Review answers and use them to update your flashcards.

## Week 17, Saturday

**Chemistry Study Questions:** drill down in a targeted area of your choice.

**Catch up, research, and organize.** Use this day to catch up on any exercises you didn't finish earlier in the week. Research MCAT study techniques, and visit MCAT forums and blogs. Add to your flashcards and arrange them by topic, then by the degree to which you've mastered each one (good, fair, or poor). If you have access to additional practice questions (beyond the official AAMC practice questions), you can also use this day to answer questions.

## Week 18

### Week 18, Sunday

**Rest.** Take one day off per week.

### Week 18, Monday

**Magoosh Practice Exam #3.** Take the third Magoosh exam under timed conditions. Set aside at least 7 hours to do this.

### Week 18, Tuesday

**Review answers.** Review the answers you missed on yesterday's practice exam. Use this information to add to and update your flashcards.

### Week 18, Wednesday

**Watch Magoosh MCAT videos.**

- General Chemistry: pH Calculations through Diprotic Acids

**General Chemistry.** Make sure to review these concepts:

**pH Calculations**

**Acids and bases**



**Neutralization reactions**

**Titrations**

**Diprotic acids**

**CARS from [AAMC Question Pack](#).** Answer questions from 4 passages under timed conditions. This works best if you use both a timer and a stopwatch. Set your timer for 40 minutes. Each time you begin a new passage, reset your stopwatch. Spend 3-4 minutes reading the passage and 6-7 minutes answering the accompanying questions, for a total of 9-11 minutes on each passage. Once you become skilled at distinguishing “easy” passages from “hard” ones, you can give yourself 8 minutes for easy passages and 12 minutes for difficult ones.

## Week 18, Thursday

**Watch Magoosh MCAT videos.**

- Sociology: Marx and Socioeconomics through Race and Ethnicity

**Sociology.** Make sure to review these concepts:

**Inequalities**

**Poverty**

**Racism, sexism, classism**

**Relative deprivation**

**Gentrification**

**Review** your flashcards for 90 minutes, in the subject(s) of your choice.

## Week 18, Friday

**Answer Chemical/Physical Sciences practice questions.** You get 10 “starts” with your online question bank. Use your final “start” to answer questions 76-100 of the physical sciences portion. Review answers and use them to update your flashcards.

**Important note:** At this point, if you’ve been following the schedule, you have used up all 10 “starts” from the official AAMC questions bank. To continue answering questions, I highly

recommend purchasing the additional packs of Chem, Bio, and Physics, which will provide you with 450 more practice questions for \$45. If this is not an option for you, you can pull your remaining practice questions from one of these places:

- Re-answer practice questions from any of the full-length exams you have taken, either through the AAMC or Magoosh.
- Look through the official AAMC book and answer practice questions (there aren't many, but they are official).
- Search online for free practice questions. [Khan Academy](#) has several passages and discrete questions.

## Week 18, Saturday

**Catch up, research, and organize.** Use this day to catch up on any exercises you didn't finish earlier in the week. Research MCAT study techniques, and visit MCAT forums and blogs. Add to your flashcards and arrange them by topic, then by the degree to which you've mastered each one (good, fair, or poor). If you have access to additional practice questions (beyond the official AAMC practice questions), you can also use this day to answer questions.

## Week 19

### Week 19, Sunday

**Rest.** Take one day off per week.

### Week 19, Monday

**Learn about test day! Read** chapters 4-7 of AAMC official book. This section explains details about test dates and scores.

### Week 19, Tuesday

**Watch Magoosh MCAT videos.**

- Biology: Endocrine Series

**Biology.** Make sure to review these concepts:

## Neuroendocrinology

**Major types of hormones: names, locations, products**

**Cellular mechanisms of hormone action**

**Regulation of hormones by second messengers**

**CARS from [AAMC Question Pack](#).** Answer questions from 4 passages under timed conditions.

This works best if you use both a timer and a stopwatch. Set your timer for 40 minutes. Each time you begin a new passage, reset your stopwatch. Spend 3-4 minutes reading the passage and 6-7 minutes answering the accompanying questions, for a total of 9-11 minutes on each passage. Once you become skilled at distinguishing “easy” passages from “hard” ones, you can give yourself 8 minutes for easy passages and 12 minutes for difficult ones.

## Week 19, Wednesday

**Choose 8 lessons to rewatch.** Make sure you understand the concepts thoroughly. Contact Student help if you get stuck.

## Week 19, Thursday

**Watch Magoosh MCAT videos.**

- Organic Chemistry: Amino Acids through O-Chem 2 Passage Sample Questions

**Organic Chemistry.** Make sure to review these concepts:

**Peptides (synthesis, bonds, disulfide linkages)**

**Proteins (structural differences between fibrous & globular proteins)**

**Electrophoresis**

**Column chromatography**

**Carbohydrate homeostasis (allosteric enzyme control, glycolysis)**

**Fats (short chain FAs, saturated and unsaturated FA structure)**

**Monoglyceride, diglyceride, and triglyceride structure)**

**Review** your flashcards for 90 minutes, in the subject(s) of your choice.

## Week 19, Friday

Today, you will **revisit the official AAMC practice exam** you took in Week 6. Answer at least 50% of the questions from each section. Evaluate your results. Are you improving? Are there particular subjects you're learning more quickly or thoroughly? Do you need to spend more time on organic chemistry? Physics? Social science vocabulary?

## Week 19, Saturday

**Catch up, research, and organize.** Use this day to catch up on any exercises you didn't finish earlier in the week. Research MCAT study techniques, and visit MCAT forums and blogs. Add to your flashcards and arrange them by topic, then by the degree to which you've mastered each one (good, fair, or poor). If you have access to additional practice questions (beyond the official AAMC practice questions), you can also use this day to answer questions.

## Week 20

### Week 20, Sunday

**Rest.** Take one day off per week.

### Week 20, Monday

**Finish answering any of the questions from Friday's official AAMC practice exam.** Read the question explanations. If you have time remaining, practice solving equations by searching for chemistry and physics online quizzes and worksheets. For examples, look [here](#), [here](#), and [here](#).

### Week 20, Tuesday

**CARS.** Take a timed CARS section (9 passages). You might need to use passages you have already seen, but it will still give you practice with the timing.

**Chemistry Study Questions:** drill down in a targeted area of your choice.

### Week 20, Wednesday

**Watch Magoosh MCAT videos.**

- Biology: Glands Series through Biology 2 Passage Sample Questions

**Biology.** Make sure to review these concepts:

**Thyroid, parathyroid and measures of functioning**

**Pituitary gland**

**Testes, ovaries**

**Hypothalamus**

**Pineal body**

**Review** your flashcards for 90 minutes, in the subject(s) of your choice.

Week 20, Thursday

**Watch Magoosh MCAT videos.**

- Physics: Waves through Closed Pipe Waves

**Physics.** Make sure to review these concepts:

**Alternating current**

**Waves**

Week 20, Friday

**Watch Magoosh MCAT videos.**

- Physics: Sound Characteristics through Harmonic Motion Summary

**Physics.** Make sure to review these concepts:

**Sound**

**Doppler effect**

**Springs**

**Pendulums**

Week 20, Saturday

**Catch up, research, and organize.** Use this day to catch up on any exercises you didn't finish earlier in the week. Research MCAT study techniques, and visit MCAT forums and blogs. Add to your flashcards and arrange them by topic, then by the degree to which you've mastered each one (good, fair, or poor). If you have access to additional practice questions (beyond the official AAMC practice questions), you can also use this day to answer questions.

## Week 21

### Week 21, Sunday

**Rest.** Take one day off per week.

### Week 21, Monday

Today, you will **revisit the Magoosh Exam #2** you took in Week 15. Answer at least 50% of the questions from each section. Evaluate your results. Are you improving? Are there particular subjects you're learning more quickly or thoroughly? Do you need to spend more time on organic chemistry? Physics? Social science vocabulary?

### Week 21, Tuesday

**Review answers.** Review the answers you missed on yesterday's practice exam. Use this information to add to and update your flashcards.

### Week 21, Wednesday

**Watch Magoosh MCAT videos.**

- General Chemistry: Redox Reactions through Gen Chem 2 Passage Sample Questions

**General Chemistry.** Make sure to review these concepts:

**Galvanic cells**

**Electrolytic cells**

**Cell comparison**

**Cell potential**

**Voltaic cells**

## Reduction potential

**CARS from [AAMC Question Pack](#).** Answer questions from 4 passages under timed conditions. This works best if you use both a timer and a stopwatch. Set your timer for 40 minutes. Each time you begin a new passage, reset your stopwatch. Spend 3-4 minutes reading the passage and 6-7 minutes answering the accompanying questions, for a total of 9-11 minutes on each passage. Once you become skilled at distinguishing “easy” passages from “hard” ones, you can give yourself 8 minutes for easy passages and 12 minutes for difficult ones.

## Week 21, Thursday

**Watch Magoosh MCAT videos.**

- Social Psychology: Attributions/Attraction Series

**Social Psychology.** Make sure to review these concepts:

**Social support**

**Attachment**

**Attraction**

**Mating behavior and mate choice**

**Altruism**

**Review** your flashcards for 90 minutes, in the subject(s) of your choice.

## Week 21, Friday

**Choose 8 lessons to rewatch.** Make sure you understand the concepts thoroughly. Contact Student help if you get stuck.

## Week 21, Saturday

**Catch up, research, and organize.** Use this day to catch up on any exercises you didn't finish earlier in the week. Research MCAT study techniques, and visit MCAT forums and blogs. Add to your flashcards and arrange them by topic, then by the degree to which you've mastered

each one (good, fair, or poor). If you have access to additional practice questions (beyond the official AAMC practice questions), you can also use this day to answer questions.

## Week 22

### Week 22, Sunday

**Rest.** Take one day off per week.

### Week 22, Monday

**Watch Magoosh MCAT videos.**

- Sociology: Health and Medicine

**Sociology.** Make sure to review these concepts:

**Biomedical vs. social models of bodies and health**

**The sick role and physician role**

**Inequalities in health, access to health, and life expectancy**

**Inequalities among healthcare providers and medical staff**

### Week 22, Tuesday

**Watch Magoosh MCAT videos.**

- Biology: Intro to Digestion through The Stomach

**Biology.** Make sure to review these concepts:

**Major organs & functions of digestive system**

**Gastric juices, saliva**

**Bacterial flora**

**CARS from [AAMC Question Pack](#).** Answer questions from 4 passages under timed conditions.

This works best if you use both a timer and a stopwatch. Set your timer for 40 minutes. Each time you begin a new passage, reset your stopwatch. Spend 3-4 minutes reading the passage and 6-7 minutes answering the accompanying questions, for a total of 9-11 minutes on each



passage. Once you become skilled at distinguishing “easy” passages from “hard” ones, you can give yourself 8 minutes for easy passages and 12 minutes for difficult ones.

## Week 22, Wednesday

**Watch Magoosh MCAT videos.**

- Biology: Diabetes through Liver III: Carb & Amino Acid Metabolism

**Biology.** Make sure to review these concepts:

**Digestive enzyme production**

**Blood glucose regulation (pancreas, liver)**

**Hormones affecting appetite (insulin, leptin, ghrelin, cortisol)**

**Review** your flashcards for 90 minutes, in the subject(s) of your choice.

## Week 22, Thursday

**Watch Magoosh MCAT videos.**

- Physics: Photoelectric Effect through Physics 2 Sample Practice Questions

**Physics.** Make sure to review these concepts:

**Photoelectric effect**

**Radiation**

**Nuclear reactions**

**Radioactive decay**

## Week 22, Friday

**Choose 8 lessons to rewatch.** Make sure you understand the concepts thoroughly. Contact Student help if you get stuck.

## Week 22, Saturday

**Catch up, research, and organize.** Use this day to catch up on any exercises you didn't finish earlier in the week. Research MCAT study techniques, and visit MCAT forums and blogs. Add to your flashcards and arrange them by topic, then by the degree to which you've mastered each one (good, fair, or poor). If you have access to additional practice questions (beyond the official AAMC practice questions), you can also use this day to answer questions.

## Week 23

### Week 23, Sunday

**Rest.** Take one day off per week.

### Week 23, Monday

**Watch Magoosh MCAT videos.**

- Psychology: Brain & Spine Series

**Psychology.** Make sure to review these concepts:

**Structures of the brain**

**Disorders of the spine**

**Neurotransmitters**

**Review** your flashcards for 120 minutes. Be sure to review all the subjects.

### Week 23, Tuesday

**Watch Magoosh MCAT videos.**

- Biology: Inheritance Series; Biology 3 Passage Sample Questions

**Biology.** Make sure to review these concepts:

**Synapsis**

**Hardy-Weinberg Principle**

**Testcross**

**Gene mapping**

**Speciation**  
**Natural selection**

## Week 23, Wednesday

**Watch Magoosh MCAT videos.**

- Physics: All lessons in the “Physics 3” section

**Physics.** Make sure to review these concepts:

**Fluids**

**Solids**

**Hydrostatics**

**Hydrodynamics**

**Elastic moduli**

## Week 23, Thursday

Today, you will **revisit the Magoosh Exam #3** you took in Week 18. Answer at least 50% of the questions from each section. Evaluate your results. Are you improving? Are there particular subjects you’re learning more quickly or thoroughly? Do you need to spend more time on organic chemistry? Physics? Social science vocabulary?

## Week 23, Friday

**Review answers.** Review the answers you missed on yesterday’s practice exam. Use this information to add to and update your flashcards.

## Week 23, Saturday

**Catch up, research, and organize.** Use this day to catch up on any exercises you didn’t finish earlier in the week. Research MCAT study techniques, and visit MCAT forums and blogs. Add to your flashcards and arrange them by topic, then by the degree to which you’ve mastered each one (good, fair, or poor). If you have access to additional practice questions (beyond the official AAMC practice questions), you can also use this day to answer questions.

## Week 24

### Week 24, Sunday

**Rest.** Take one day off per week.

### Week 24, Monday

**Official AAMC Practice Exam #2.** Take the second AAMC exam under timed conditions. Set aside at least 7 hours to do this. At this point, your generated score is likely to be an indicator of how you will score on the actual exam. However, many students experience a notable discrepancy between the practice exam and the actual MCAT. From this point on, devote at least half of your time to studying your weakest areas.

### Week 24, Tuesday

**Review answers.** Review the answers you missed on yesterday's practice exam. Use this information to add to and update your flashcards.

### Week 24, Wednesday

**Watch Magoosh MCAT videos.**

- General Chemistry: All lessons in the "General Chemistry 3" section

**Chemistry.** Make sure to review these concepts:

**Thermodynamics**

**Phases**

**Colligative properties**

**CARS.** Take a timed CARS section (9 passages). You might need to use passages you have already seen, but it will still give you practice with the timing.

### Week 24, Thursday

**Watch Magoosh MCAT videos.**

- Sociology: Social Change Series

**Sociology.** Make sure to review these concepts:

**Social movements, strategies, and tactics**

**Globalization**

**Civil unrest**

**Urbanization and suburbanization**

**Postmodernism**

**Environmental health**

**Review** your flashcards for 90 minutes. Be sure to review all the subjects.

## Week 24, Friday

**Read through your notes from weeks 17-24.** Underline content you need to research in more detail and locate sources (textbooks, online publications, or websites) that provide in-depth explanations of these concepts. Also, practice solving equations by searching for chemistry and physics online quizzes and worksheets. For example, look [here](#), [here](#), and [here](#).

## Week 24, Saturday

**Catch up, research, and organize.** Use this day to catch up on any exercises you didn't finish earlier in the week. Research MCAT study techniques, and visit MCAT forums and blogs. Add to your flashcards and arrange them by topic, then by the degree to which you've mastered each one (good, fair, or poor). If you have access to additional practice questions (beyond the official AAMC practice questions), you can also use this day to answer questions.



## Part IV: Condense and Clarify

### Week 25

#### Week 25, Sunday

**Rest.** Take one day off per week.

#### Week 25, Monday

**Condense your notes.** Collect all of your notes. Hopefully, they have already undergone revisions during weeks 8, 16, and 24.

Now, I want you to whittle them down to 20 pages. Choose the 20 pages that you most want to review over the next two weeks. You might need to rewrite, combine, and condense topics so you can fit more information on these pages.

Once you've done this, put the rest of your notes out of reach and out of sight. You can go back to them if you really need to look something up, but your goal for the next 12 days is narrowing and sharpening your focus so that you can study serenely. If you're drowning in papers, you'll feel overwhelmed, and your cognitive and emotional functioning will be compromised.

**Review** your flashcards for 20 minutes. Be sure to sample all the subjects.

#### Week 25, Tuesday

**Answer practice questions.** Spend 2-4 hours answering any practice questions you have access to. My recommendations include:

- The AAMC Chem, Bio, and Physics question bundles, which provide 450 questions for \$45.
- Re-answer practice questions from any of the full-length exams you have taken through the AAMC or Magoosh.
- Look through the official AAMC book and answer practice questions.

- Check out MCAT prep books from your school or community library.
- Search online for free practice questions. [Khan Academy](#) has several passages and discrete questions.

**Review** your notes and flashcards for 45 minutes. Be sure to review all the subjects.

## Week 25, Wednesday

**Answer practice questions.** Spend 2-4 hours answering any practice questions you have access to. See above for recommendations.

**Review** your notes and flashcards for 45 minutes. Be sure to review all the subjects.

## Week 25, Thursday

Today, you will **revisit the AAMC Practice Exam #2** you took last week. Answer at least 50% of the questions from each section. Evaluate your results. Are you improving? Are there particular subjects you're learning more quickly or thoroughly? Do you need to spend more time on organic chemistry? Physics? Social science vocabulary?

## Week 25, Friday

**Finish answering any of the questions from yesterday.** Read question explanations. If you have time remaining, practice solving equations by searching for chemistry and physics online quizzes and worksheets. For examples, look [here](#), [here](#), and [here](#).

## Week 25, Saturday

**Review answers.** Review the answers you missed on yesterday's practice exam. Use this information to add to and update your flashcards.

**Review** your notes and flashcards for 45 minutes. Be sure to review all the subjects.



## Week 26

### Week 26, Sunday

**Rest.** Take one day off per week.

### Week 26, Monday

**Stay clear.** You are less than a week from test day. From here on out, make sure to sleep and eat on a regular schedule, avoid alcohol, and moderate your caffeine and sugar intake.

**Research** topics you're unsure of.

**CARS.** Take a timed CARS section (9 passages). You might need to use passages you have already seen, but it will still give you practice with the timing.

**Review** your notes and flashcards for 45 minutes. Be sure to review all the subjects.

### Week 26, Tuesday

**Condense your notes.** Today, I want you to take your 20 pages of notes and condense them to 6 pages. I also want you to reduce your flashcards to approximately 200.

**Review** your flashcards for 90 minutes. Be sure to review all the subjects.

### Week 26, Wednesday

**Write and reflect for 90 minutes.** You shouldn't have many materials to consult at this point because I told you to put them all away, so spend some time drawing diagrams, and writing about connections between concepts. Randomly draw two or three flashcards at a time, and think of ways those topics could potentially appear together within a passage.

**Review** your notes and flashcards for 45 minutes.

### Week 26, Thursday

**Write and reflect for 90 minutes, just like yesterday.**

**Review** your notes and flashcards for 45 minutes. Be sure to review all the subjects.

## Week 26, Friday

**Rest.** I recommend not studying at all, if possible. By choosing [not to study today](#), you are giving your subconscious the message that you are confident and prepared, and this assessment can contribute to a self-fulfilling prophecy on test day.

If you feel too nervous to take the day off, limit yourself to reviewing one page of notes, front and back. Do not use your flashcards or look through MCAT books unless you really need to. You can draw freehand diagrams or write about concepts, but don't "input" information.