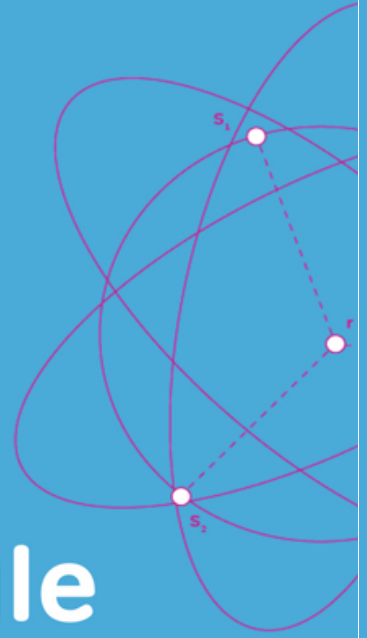


Magoosh

MCAT 3-Month Study Schedule



What's included:

- A daily study schedule designed by Magoosh's MCAT expert, to help you prepare for the exam in 13 weeks
- Free flashcards and videos, accessible 24/7
- List of essential MCAT study materials

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Introduction

Here at Magoosh, we've noticed that 3 months is the median amount of time that students have between the day they sign up with us and their projected exam date. Are you surprised? Does that sound like a short timeline? I hope the information helps you breathe easier, knowing you're in good company if you're working within similar parameters. It is far from atypical! While our [2-month](#) and [6-month](#) study schedules have been useful to a great number of students, I wanted to tailor something to meet the needs of the bulk of you, and so... here it is!

By following the schedule outlined below, you will review every major area of the MCAT in 13 weeks, at a rate of 20-30 hours per week. You will cover biology once or twice a week and most other topics on a weekly basis.

What about working ahead of schedule? The earlier topics tend to be easier than the ones you'll encounter midway through the course and beyond. I created this schedule with the assumption that you'll proceed at a steady pace, but for many of you, that might not be the best strategy. The short answer is: Yes, work ahead if you prefer! One advantage of working ahead is that you'll be exposed to a lot of practice questions earlier in your studying, which gives you that much more time to review the answers and learn test-taking techniques.

And yet, there are some potential disadvantages of working ahead of schedule. First, you might get less bang for your buck out of the practice questions if you whip through them and have nothing left to work with your last few weeks. If you save some for the weeks before the exam, you'll be drawing from a larger reservoir of information, which means you'll be able to answer the questions under timed conditions more easily, which better approximates the exam. There are a lot of workarounds to this particular problem, such as finding new questions to answer in the weeks before the exam or reviewing old ones, so I don't consider this to be a major concern.

The more consequential barrier is burnout. For those of you who've ever developed an exercise routine, especially from a sedentary baseline, you might have had the experience of giving up if you pushed too hard. Or, maybe you went full force for 3 weeks and then got a cold, and after recovering,

you couldn't seem to get back into your schedule. Well, the same thing happens to students who jump into MCAT prep too forcefully. The point is, starting slowly reduces the likelihood that an illness or vacation will derail your schedule. You can read more about this in the "Final Thoughts" section.

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 first! 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 indicate that the saying holds 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!



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 pre-med 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:

- 300 video lessons on every part of the MCAT exam
- 735+ practice questions (the equivalent of 3 practice tests!), with detailed text explanations
- 9 additional CARS passages
- Material created by MCAT experts
- 24-hour access to online materials from any internet-connected device
- Email support from experienced science and MCAT tutors
- Customizable practice sessions
- 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 flip through them a little each 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 3-5 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 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 #9 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](https://openstax.org/) 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 Friday of Week 2 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!

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. You will also take one day off, which is currently designated as Saturday.

	Sun	Mon	Tues	Weds	Thurs	Fri
1	Gather materials, start your notebook, watch Intro videos	Watch Scientific Inquiry videos, read AAMC book	Watch Scientific Inquiry videos, read AAMC book	Watch CARS videos, read AAMC book, CARS from AAMC book	Take AAMC Official Prep Sample Test	Review answers, create flashcards
2	Practice Questions: Physical Sciences	Amino Acids quiz, CARS from AAMC book	Biology, flashcards	Physics, Psychology	Organic Chemistry, read articles	General chemistry, flashcards
3	Review notes, Practice Questions: Biological Sciences	Biology, CARS from Magoosh	Sociology, review flashcards	Biology, Psychology	Physics, read articles	Organic Chemistry, review flashcards

4	Review notes, Practice Questions: Social Sciences	General Chemistry, Read articles	Biology, Psychology	Social Psychology, Physics	Take first Magoosh MCAT Exam	Review answers
5	Catch up, research, organize. Practice Questions: Physical Sciences	Biology, CARS from Magoosh	Psychology, review flashcards	Organic Chemistry, Sociology	Biology, read articles	Practice equations, review flashcards
6	Review notes, Practice Questions: Biological Sciences	General Chemistry, CARS from Magoosh	Biology, review flashcards	Physics, read articles	Psychology, review and evaluate	Biology, review flashcards
7	Review notes, Practice Questions: Social Sciences	Organic Chemistry, CARS from Magoosh	General Chemistry, review flashcards	Sociology, Biology	Take second Magoosh MCAT exam	Review answers
8	Review notes, Practice Questions:	Physics, CARS from AAMC	Biology, review flashcards	Organic Chemistry, Psychology	General Chemistry, read articles	Social Psychology, review flashcards

	Physical Sciences					
9	Review notes, Practice Questions: Biological Sciences	Biology, CARS from AAMC	Physics, review flashcards	Organic Chemistry, Psychology	Biology, read articles	Organize notes
10	Review notes, Practice Questions: Social Sciences	General Chemistry, CARS from AAMC	Biology, review flashcards	Physics, Sociology	Take third Magoosh MCAT exam	Review answers
11	Review notes, Practice Questions: Physical Sciences	Biology, CARS from AAMC	Organic Chemistry, review flashcards	General Chemistry, Psychology	Biology, read articles	Sociology, evaluate your study habits
12	Organize notes, read articles	Biology, CARS from AAMC	Physics, Social Psychology	Organic Chemistry, General Chemistry	Take official AAMC Full-Length Practice Exam	Review answers
13	Condense notes, review flashcards	Practice questions	Condense notes, arrange flashcards,	Write and reflect, review notes	Write and reflect, review notes	Rest before exam day

			review notes and flashcards	and flashcards	and flashcards	
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Part I: Gather Materials and Ease in

Week 1

Week 1, Sunday

Watch Magoosh MCAT videos.

- Preparing for the MCAT Series

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.

Choose a study schedule and be familiar with it.

Do **Cars of the Day** for 15 minutes.

Week 1, Monday

Take the first AAMC practice test. Make sure you set aside seven or more hours for the exam. You can review answers when you're done, but there will also be time to do this later in the week.

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 of the AAMC book.

Do **Cars of the Day** for 15 minutes.

Week 1, Wednesday

Watch Magoosh MCAT videos.

- Introduction to General Chemistry Series

Add to and review notes or flashcards.

Answer any 20 Chemistry Sky questions on atomics, molecules, and ions.

Do **Cars of the Day** for 15 minutes.

Week 1, Thursday

Watch Magoosh MCAT videos.

- Foundation of Psychology Series
- Research Design Series
- Statistical Reasoning Series

Add to and review notes or flashcards.

Do **Cars of the Day** for 15 minutes.

Week 1, Friday

Watch Magoosh MCAT videos.

- CARS Essentials Series

Do CARS practice.

- Complete three CARS sample passages for 40 minutes.

- Assess the questions you missed and review the answer explanations from 3 CARS passages.

Register for your exam.

Week 1, Saturday

Rest. Take one day off per week.

Part II: Review Content and Practice Techniques

Week 2

Week 2, Sunday

Watch Magoosh MCAT videos.

- Introduction to MCAT Biology Series
- Cell Membranes Series

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.

Do **Cars of the Day** for 15 minutes.

Week 2, Monday

Test yourself.

- Practice questions on Biological/Biochemical Sciences from the AAMC Question bank or Magoosh questions.
- Review answers from practice questions.

Read Chapters 8-12 in AAMC Book.

Assess your starting comprehension levels for each science discipline: high, medium, low. Write this in your notes.

Read magazine articles about current events for 30 minutes.

Do **Cars of the Day** for 15 minutes.

Week 2, Tuesday

Watch Magoosh MCAT videos.

- Lewis Structures and Bonding Series
- Reactants & Products Series

Answer 10 stoichiometry and 8 bonding questions from Chemistry Sky.

Read magazine articles about current events for 30 minutes.

Do **Cars of the Day** for 15 minutes.

Week 2, Wednesday

Watch Magoosh MCAT videos.

- Foundations of Physics Series
- Math in Physics Series

Add to and review notes or flashcards.

Do **Cars of the Day** for 15 minutes.

Week 2, Thursday

Watch Magoosh MCAT videos.

- Kinetics and Equilibrium Series

Answer 6 Kinetic questions from Chemistry Sky.

Read through your notes and research any topics you don't understand or reach out to Magoosh test prep experts,

Do **Cars of the Day** for 15 minutes.

Week 2, Friday

Test yourself.

- Practice questions on Chemical/Physical Sciences from the AAMC Question bank or Magoosh questions.
- Review answers from practice questions.

Read through your notes and research any topics you don't understand or reach out to Magoosh test prep experts,

Do **Cars of the Day** for 15 minutes.

Week 2, Saturday

Rest. Take one day off per week.

Week 3

Week 3, Sunday

Watch Magoosh MCAT videos.

- Foundations of Sociology Series
- Social Bases of Identity Series
- Social Roles and Norms Series

Read magazine articles about current events for 30 minutes.

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

Do **Cars of the Day** for 15 minutes.

Week 3, Monday

Take the first AAMC practice test. Make sure you set aside seven or more hours for the exam. You can review answers when you're done, but there will also be time to do this later in the week.

Week 3, 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.

Do **Cars of the Day** for 15 minutes.

Week 3, Wednesday

Watch Magoosh MCAT videos.

- Thermodynamics Series

Answer 7 Thermochemistry questions from Chemistry Sky.

Watch Magoosh MCAT videos.

- Gibbs Free Energy Series

Add to and review notes or flashcards.

Do **Cars of the Day** for 15 minutes.

Week 3, Thursday

Watch Magoosh MCAT videos.

- Kinematics Series
- Newtonian Dynamics Series

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

Do **Cars of the Day** for 15 minutes.

Week 3, Friday

Watch Magoosh MCAT videos.

- Memory Series
- Perception Series

Read through your notes and research any topics you don't understand or reach out to Magoosh test prep experts

Do **Cars of the Day** for 15 minutes.

Week 3, Saturday

Rest. Take one day off per week.

Week 4

Week 4, Sunday

Watch Magoosh MCAT videos.

- Gas Laws Series

Answer 7 Gases questions from Chemistry Sky.

Read magazine articles about current events for 30 minutes.

Do **Cars of the Day** for 15 minutes.

Week 4, Monday

Watch Magoosh MCAT videos.

- Messaging and Viruses Series
- DNA & RNA Series

Add to and review notes or flashcards.

Study and sketch items from the Study Guide that accompanies your lesson

Do **Cars of the Day** for 15 minutes.

Week 4, Tuesday

Watch Magoosh MCAT videos.

- Torques and Statics Series

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

Do **Cars of the Day** for 15 minutes.

Week 4, Wednesday

Watch Magoosh MCAT videos.

- Solutions Series

Answer 20 Solutions questions from Chemistry Sky.

Watch Magoosh MCAT videos.

- Acids and Bases Series

Answer 8 Acids and Bases questions from Chemistry Sky.

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

Do **Cars of the Day** for 15 minutes.

Week 4, Thursday

Watch Magoosh MCAT videos.

- Enzyme Basics Series
- Metabolism Basics Series

Add to and review notes or flashcards.

Do **Cars of the Day** for 15 minutes.

Week 4, Friday

Test yourself.

- Practice questions on Psychology/Sociology Sciences from the AAMC Question bank or Magoosh questions.
- Review answers from practice questions.

Read through your notes and research any topics you don't understand or reach out to Magoosh test prep experts,

Do **Cars of the Day** for 15 minutes.

Week 4, Saturday

Rest. Take one day off per week.

Week 5

Week 5, Sunday

Watch Magoosh MCAT videos.

- Redox and Electrochemistry Series

Answer 8 Electrochemistry questions from Chemistry Sky.

Do **Cars of the Day** for 15 minutes.

Week 5, Monday

Watch Magoosh MCAT videos.

- Energy and Work Series
- Power and Collision Series

Do **Cars of the Day** for 15 minutes.

Week 5, Tuesday

Watch Magoosh MCAT videos.

- Cellular Reproduction Series
- Embryology Series

Add to and review notes or flashcards.

Do **Cars of the Day** for 15 minutes.

Week 5, Wednesday

Watch Magoosh MCAT videos.

- Phases and Colligative Properties Series

Answer Chemistry Sky Questions: drill down in a targeted area of your choice.

Do **Cars of the Day** for 15 minutes.

Week 5, Thursday

Watch Magoosh MCAT videos.

- Foundations of Organic Chemistry Series
- Additional Stereochemistry Series
- Isomers and Alkanes Series

Add to and review notes or flashcards.

Do **Cars of the Day** for 15 minutes.

Week 5, Friday

Watch Magoosh MCAT videos.

- Brain Waves and Sleep Series
- Hypnosis and Meditation Series
- Emotions Series

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

Do **Cars of the Day** for 15 minutes.

Week 5, Saturday

Rest. Take one day off per week.

Week 6

Week 6, Sunday

Watch Magoosh MCAT videos.

- Substitutions Series
- Alkenes Series
- Alkynes and Aromatics Series
- Alcohols and Ethers Series

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

Do **Cars of the Day** for 15 minutes.

Week 6, Monday

Watch Magoosh MCAT videos.

- Temperature and Heat Series

Do **Cars of the Day** for 15 minutes.

Week 6, Tuesday

Test yourself.

- Practice CARS questions from 9 passages
- Review answers from practice questions.

Week 6, Wednesday

Watch Magoosh MCAT videos.

- Separations Series
- Spectroscopy Series

Do **Cars of the Day** for 15 minutes.

Week 6, Thursday

Watch Magoosh MCAT videos.

- Bureaucracy and Social Institutions Series
- Inequalities and Race Series
- Gender Series

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

Do **Cars of the Day** for 15 minutes.

Week 6, Friday

Read notes from weeks 1-6.

Assess yourself! Reflect on your study schedule, study habits and environment, levels of motivation and anxiety, and life balance. If you need to make changes, today's your chance to implement them!

Do **Cars of the Day** for 15 minutes.

Week 6, Saturday

Rest. Take one day off per week.

Week 7

Week 7, Sunday

Watch Magoosh MCAT videos.

- Aldehydes and Ketones Series
- Carboxylics Series
- Amines and Nitrogen Groups Series

Do **Cars of the Day** for 15 minutes.

Week 7, Monday

Watch Magoosh MCAT videos.

- Electromagnetism and Optics Series
- Electrical Charges Series

Do **Cars of the Day** for 15 minutes.

Week 7, Tuesday

Watch Magoosh MCAT videos.

- Conditioning Series
- Additional Learning Series

Do **Cars of the Day** for 15 minutes.

Week 7, Wednesday

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

Do **Cars of the Day** for 15 minutes.

Week 7, Thursday

Watch Magoosh MCAT videos.

- Organic Molecules Series

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

Do **Cars of the Day** for 15 minutes.

Week 7, Friday

Review notes, focusing on areas where you're shaky.

Study 3 topics that you need to understand better. Reach out to the Magoosh remote team if you have questions or get stuck!

Do **Cars of the Day** for 15 minutes.

Week 7, Saturday

Rest. Take one day off per week.

Week 8

Videos

Week 8, Sunday

Watch Magoosh MCAT videos.

- Biochem: Building Blocks Series
- Biochem: Enzymes Series

Spend a lot of time with these lessons! Review your General and Organic Chemistry notes to get clear on the underlying principles.

Do **Cars of the Day** for 15 minutes.

Week 8, Monday

Watch Magoosh MCAT videos.

- Biochem: Other Macros Series

Spend a lot of time with these lessons! Review your General and Organic Chemistry notes to get clear on the underlying principles.

Read magazine articles about current events for 30 minutes.

Do **Cars of the Day** for 15 minutes.

Week 8, Tuesday

Watch Magoosh MCAT videos.

- Biochem: Metabolic Pathways Series
- Separation Techniques Series

Spend a lot of time with these lessons! Review your General and Organic Chemistry notes to get clear on the underlying principles.

Do **Cars of the Day** for 15 minutes.

Week 8, Wednesday

Watch Magoosh MCAT videos.

- Magnetic Forces and Fields Series
- Circuits and Currents Series

Do **Cars of the Day** for 15 minutes.

Week 8, Thursday

Watch Magoosh MCAT videos.

- Neurons Series

Do **Cars of the Day** for 15 minutes.

Week 8, Friday

Watch Magoosh MCAT videos.

- Demography Series
- Epidemiology Series

Do **Cars of the Day** for 15 minutes.

Week 8, Saturday

Rest. Take one day off per week.

Week 9

Week 9, Sunday

Take the second AAMC practice test, if you purchased it. Otherwise, retake the first AAMC exam or take one of the Magoosh exams.

Week 9, Monday

Review. Spend today reading the explanations to the practice test you took yesterday. Read the explanations for the questions you missed and the questions you answered correctly.

Do **Cars of the Day** for 15 minutes.

Week 9, Tuesday

Watch Magoosh MCAT videos.

- The Structure of Muscles Series
- Skeletal System Series

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

Do **Cars of the Day** for 15 minutes.

Week 9, Wednesday

Watch Magoosh MCAT videos.

- Waves Series
- Sound and Pendulums Series

Do **Cars of the Day** for 15 minutes.

Week 9, Thursday

Practice diagramming or writing open-ended descriptions of 4 items you're shaky on

Do **Cars of the Day** for 15 minutes.

Week 9, Friday

Watch Magoosh MCAT videos.

- Intro to Psychiatric Conditions Series
- Additional Conditions Series

Do **Cars of the Day** for 15 minutes.

Week 9, Saturday

Rest. Take one day off per week.

Week 10

Week 10, Sunday

Watch Magoosh MCAT videos.

- Heart and Circulation Series
- Immunology and Filtration Series

Study and sketch Study Guide items

Do **Cars of the Day** for 15 minutes.

Week 10, Monday

Watch Magoosh MCAT videos.

- Radiation and Decay Series

Review notes, focusing on 1-3 areas where you're shaky.

Do **Cars of the Day** for 15 minutes.

Week 10, Tuesday

Answer 30 Chemistry questions from any 6 areas you need to practice using an online source or textbook.

Do **Cars of the Day** for 15 minutes.

Week 10, Wednesday

Watch Magoosh MCAT videos.

- Endocrine System Series

- Glands and Hormones Series

Do **Cars of the Day** for 15 minutes.

Week 10, Thursday

Watch Magoosh MCAT videos.

- Demography Series
- Epidemiology Series

Do CARS practice.

- Complete three CARS sample passages, timed.
- Assess the questions you missed and review the answer explanations from 3 CARS passages.

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

Week 10, Friday

Test yourself.

- Re-answer half the questions from AAMC Exam #1.
- Review answers from practice exam.

Week 10, Saturday

Rest. Take one day off per week.

Week 11

Week 11, Sunday

Take the third AAMC practice exam.

Week 11, Monday

Review. Look over the practice test you took yesterday. Carefully read the answer explanations.

Do **Cars of the Day** for 15 minutes.

Week 11, Tuesday

Watch Magoosh MCAT videos.

- Foundations of Digestion Series
- Intestines and Pancreas Series
- The Liver Series

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

Do **Cars of the Day** for 15 minutes.

Week 11, Wednesday

Choose any 8 of the study guides that accompany lessons. Study the ideas and practice reproducing any diagrams and equations.

Do **Cars of the Day** for 15 minutes.

Week 11, Thursday

Watch Magoosh MCAT videos.

- The Nervous System and Brain Series
- Sense Organs and NT's Series

Add to and review all Psychology flashcards.

Do **Cars of the Day** for 15 minutes.

Week 11, Friday

Watch Magoosh MCAT videos.

- Evolution and Populations Series

- Inheritance Patterns Series

Add to and review all Biology flashcards.

Do **Cars of the Day** for 15 minutes.

Week 11, Saturday

Rest. Take one day off per week.

Week 12

Week 12, Sunday

Test yourself.

- Practice questions on Bio/Biochem from the AAMC Question bank or Magoosh questions.
- Review answers from practice questions.

Review flashcards, in the subject(s) of your choice.

Do **Cars of the Day** for 15 minutes.

Week 12, Monday

Watch Magoosh MCAT videos.

- Fluids and Solids Series

Add to and review all Physics flashcards.

Do **Cars of the Day** for 15 minutes.

Week 12, Tuesday

Watch Magoosh MCAT videos.

- Social Change Series

Add to and review all Sociology flashcards.

Test yourself.

- Practice questions on Psychology/Sociology from the AAMC Question bank or Magoosh questions.
- Review answers from practice questions.

Do **Cars of the Day** for 15 minutes.

Week 12, Wednesday

Read notes from weeks 7-12.

Practice diagramming or writing open-ended descriptions of 4 items you're shaky on.

Do **Cars of the Day** for 15 minutes.

Week 12, Thursday

Take the fourth AAMC exam.

Week 12, Friday

Review answers. Review the answers you missed on yesterday's practice exam.

Do **Cars of the Day** for 15 minutes.

Week 12, Saturday

Rest. Take one day off per week.

Part III: Condense and Clarify

Week 13

Week 13, Sunday

Condense your notes. Collect all of your notes. Hopefully, they have already undergone revisions during weeks 9 and 12.

Now, I want you to whittle them down to 20 pages. Choose the 20 pages that you most want to review over the next few days. 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 few 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 notes and flashcards.

Do **Cars of the Day** for 15 minutes.

Week 13, Monday

Practice diagramming or writing open-ended descriptions of 4 items you're shaky on.

Do **Cars of the Day** for 15 minutes.

Week 13, Tuesday

Review your 20 pages of condensed notes.

Compile.

- Create a new document or section of a notebook to house the Hot Topics List(s) you're about to make!
- Create a list of 30-50 concepts you still feel shaky on.
- Combine the 30-50 "shaky" topics with 30-50 other topics you know well but that still need your attention. These are your HOT TOPICS LISTS.
- Find a storage place for the larger stack of notes that no longer need your attention (items you already mastered)

Read magazine articles about current events for 30 minutes.

Do **Cars of the Day** for 15 minutes.

Week 13, Wednesday

Review and prune. Look over your Hot Topics lists, along with the notes and flashcards. Condense notes to 6 pages and flashcards to 200.

Research topics you're unsure of.

Do **Cars of the Day** for 15 minutes.

Week 13, Thursday

Write and reflect (without materials to consult).

One final session with your Hot Topics List.

One final session with your flashcards, all subjects.

Do **Cars of the Day** for 15 minutes.

Week 13, Friday

Saturday is a common MCAT test date. Take today off and rest.

- NO CRAMMING!
- Prepare your food and beverages for the exam and set out comfortable clothes for the next day.
- Download or bookmark directions to the testing site, and make sure you have your ID and wallet in a conspicuous place where you won't forget them.
- Visualize how the day will unfold and how you'll use your breaks.
- Psych yourself up!

Do **Cars of the Day** for 15 minutes.

Week 13, Saturday

Take the exam with calm confidence. Good luck!