

The logo for Magosh, featuring the word "Magosh" in a white sans-serif font with a checkmark icon integrated into the letter 'o'.

Magosh

MCAT 6-Month Study Schedule



What's included:

- 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!



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](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 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
	PART I: (Week 1) GATHER MATERIALS AND EASE IN					
1	Gather materials, start your notebook, watch Intro videos	Take AAMC Official Prep Sample Test	Review answers, create flashcards, read AAMC book	Watch Scientific Inquiry videos, choose test date	Watch Scientific Inquiry videos, read AAMC book	Catch up
	PART II: (Weeks 2-15) FOCUS ON LEARNING CONTENT					
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	Take first official AAMC exam	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	Take first Magoosh MCAT Exam	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
PART III: (Weeks 16-24) 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	Take second Magoosh MCAT Exam	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	Take third Magoosh MCAT Exam	Review answers	Chemistry, CARS from AAMC	Social Psychology, review flashcards	Practice questions	Catch up, research, organize

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	Take second official AAMC exam	Review answers	Chemistry, CARS from AAMC	Sociology, review flashcards	Organize notes, practice equations	Catch up, research, organize
PART IV: (Weeks 25-26) CONDENSE AND CLARIFY						
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, review notes and flashcards	Condense notes and flashcards, review	Review notes and flashcards, write and reflect	Review notes and flashcards, write and reflect	Rest	Exam day

Part I: Gather Materials and Ease In

Week 1

Week 1, Sunday

Watch Magoosh MCAT videos.

- Preparing for 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. Take note of any "sample test" or "practice test" days in your calendar.

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 from the official AAMC book.

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

Week 1, Wednesday

Watch Magoosh MCAT videos.

- Research Design Series
- Statistical Reasoning Series

Register for your exam.

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

Week 1, Thursday

Read chapters 8-12 from the official AAMC book.

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

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.

Week 1, Saturday

Rest. Take one day off per week.

Part II: Focus on Learning Content

Week 2

Week 2, Sunday

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 2, Monday

Watch Magoosh MCAT videos.

- Introduction to MCAT Biology Series
- Cell Membranes Series

Amino Acids.

- Read blog post on 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, Tuesday

Watch Magoosh MCAT videos.

- Foundations of Physics Series

Add to and review notes or flashcards.

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

Week 2, Wednesday

Watch Magoosh MCAT videos.

- Foundations of Psychology Series
- Memory Series

Add to and review notes or flashcards.

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

Week 2, Thursday

Test yourself.

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

Add to and review notes or flashcards.

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

Week 2, Friday

Review concepts you have studied so far.

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

Complete any missed assignments or browse out supplemental lessons.

Read magazine articles about current events for 30 minutes.

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.

- 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 3, Monday

Watch Magoosh MCAT videos.

- Messaging & Viruses Series

Add to and review notes or flashcards.

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

Week 3, Tuesday

Test yourself.

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

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

Week 3, Wednesday

Watch Magoosh MCAT videos.

- Foundations of Sociology Series

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

Week 3, Thursday

Watch Magoosh MCAT videos.

- Kinetics & 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 3, Friday

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.

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

Week 3, Saturday

Rest. Take one day off per week.

Week 4

Week 4, Sunday

Test yourself.

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

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

Week 4, Monday

Watch Magoosh MCAT videos.

- 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.

- Math in Physics Series

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

Week 4, Wednesday

Watch Magoosh MCAT videos.

- Thermodynamics Series

Answer 7 thermochemistry questions from Chemistry Sky.

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

Week 4, Thursday

Test yourself.

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

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

Week 4, Friday

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!

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.

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.

- Enzyme Basics Series

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

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

Week 5, Monday

Test yourself.

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

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

Week 5, Tuesday

Watch Magoosh MCAT videos.

- Gibbs Free Energy Series

Add to and review notes or flashcards.

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

Week 5, Wednesday

Watch Magoosh MCAT videos.

- Social Bases of Identity Series

Add to and review all Psych/Soc notes.

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

Week 5, Thursday

Test yourself.

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

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

Week 5, Friday

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.

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

Week 5, Saturday

Rest. Take one day off per week.

Week 6

Week 6, Sunday

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

Week 6, Monday

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

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

Week 6, Tuesday

Watch Magoosh MCAT videos.

- Gas Laws Series

Answer 20 questions from Chemistry Sky on Gases.

Read magazine articles about current events for 30 minutes.

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

Week 6, Wednesday

Watch Magoosh MCAT videos.

- Kinematics Series

Add to and review notes.

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

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

Week 6, Thursday

Watch Magoosh MCAT videos.

- 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 6, Friday

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.

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.

- Solutions Series

Answer 20 Chemistry Sky questions on Solutions.

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

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

Week 7, Monday

Watch Magoosh MCAT videos.

- Metabolism Basics Series

Add to and review notes or flashcards.

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

Week 7, Tuesday

Watch Magoosh MCAT videos.

- Social Roles and Norms Series

Read magazine articles about current events for 30 minutes.

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

Week 7, Wednesday

Watch Magoosh MCAT videos.

- Acids and Bases Series

Answer 8 Chemistry Sky questions on Acids and Bases

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

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

Week 7, Thursday

Test yourself.

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

- Review answers from practice questions.

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

Week 7, Friday

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.

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

Week 7, Saturday

Rest. Take one day off per week.

Week 8

Week 8, Sunday

Watch Magoosh MCAT videos.

- Cellular Reproduction Series

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

Week 8, Monday

Watch Magoosh MCAT videos.

- Redox and Electrochemistry Series

Answer 8 Chemistry Sky questions on Electrochemistry

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

Week 8, Tuesday

Watch Magoosh MCAT videos.

- Newtonian Dynamics Series

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

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

Week 8, Wednesday

Watch Magoosh MCAT videos.

- Brain Waves and Sleep Series

Read magazine articles about current events for 30 minutes.

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

Week 8, Thursday

Watch Magoosh MCAT videos.

- Phases and Colligative Properties Series

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

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

Week 8, Friday

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.

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

Week 8, Saturday

Rest. Take one day off per week.

Week 9

Week 9, Sunday

Watch Magoosh MCAT videos.

- Embryology Series

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

Week 9, Monday

Watch Magoosh MCAT videos.

- Foundations of Organic Chemistry Series

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

Week 9, Tuesday

Test yourself.

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

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

Week 9, Wednesday

Test yourself.

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

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

Week 9, Thursday

Test yourself.

- Practice CARS questions from 5 passages
- Review answers from practice questions.

Week 9, Friday

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.

Test yourself.

- Practice CARS questions from 5 passages

Week 9, Saturday

Rest. Take one day off per week.

Week 10

Week 10, Sunday

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

Week 10, Monday

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

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

Week 10, Tuesday

Watch Magoosh MCAT videos.

- Additional Stereochemistry Series
- Isomers and Alkanes Series

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

Week 10, Wednesday

Watch Magoosh MCAT videos.

- Torques and Statics Series

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

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

Week 10, Thursday

Watch Magoosh MCAT videos.

- Hypnosis & Meditation Series

Read magazine articles about current events for 30 minutes.

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

Week 10, Friday

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.

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

Week 10, Saturday

Rest. Take one day off per week.

Week 11

Week 11, Sunday

Watch Magoosh MCAT videos.

- Biochem: Building Blocks Series

Add to notes or flashcards

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

Week 11, Monday

Watch Magoosh MCAT videos.

- Substitutions Series
- Alkenes Series

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

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

Week 11, Tuesday

Watch Magoosh MCAT videos.

- Energy and Work Series

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

Week 11, Wednesday

Watch Magoosh MCAT videos.

- Bureaucracy and Social Institutions Series

Read magazine articles about current events for 30 minutes.

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

Week 11, Thursday

Watch Magoosh MCAT videos.

- 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 11, Friday

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.

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

Week 11, Saturday

Rest. Take one day off per week.

Week 12

Week 12, Sunday

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](#).

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

Week 12, Monday

Watch Magoosh MCAT videos.

- Power and Collision Series

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

Week 12, Tuesday

Watch Magoosh MCAT videos.

- Emotions Series

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

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

Week 12, Wednesday

Test yourself.

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

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

Week 12, Thursday

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 12, Friday

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.

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

Week 12, Saturday

Rest. Take one day off per week.

Week 13

Week 13, Sunday

Watch Magoosh MCAT videos.

- Biochem: Metabolic Pathways Series

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

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

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

Week 13, Monday

Watch Magoosh MCAT videos.

- Alkynes and Aromatics Series
- Alcohols and Ethers Series

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

Week 13, Tuesday

Watch Magoosh MCAT videos.

- Separation Techniques Series

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

Week 13, Wednesday

Watch Magoosh MCAT videos.

- Inequalities and Race Series

Read magazine articles about current events for 30 minutes.

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

Week 13, Thursday

Watch Magoosh MCAT videos.

- Temperature and Heat Series

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

Week 13, Friday

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.

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

Week 13, Saturday

Rest. Take one day off per week.

Week 14

Week 14, Sunday

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 14, Monday

Watch Magoosh MCAT videos.

- Neurons Series

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

Week 14, Tuesday

Test yourself.

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

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

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

Week 14, Wednesday

Watch Magoosh MCAT videos.

- Electromagnetism and Optics Series

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

Week 14, Thursday

Watch Magoosh MCAT videos.

- Conditioning Series

Read magazine articles about current events for 30 minutes.

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

Week 14, Friday

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.

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

Week 14, Saturday

Rest. Take one day off per week.

Week 15

Week 15, Sunday

Watch Magoosh MCAT videos.

- The Structure of Muscles Series

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

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

Week 15, Monday

Watch Magoosh MCAT videos.

- Separations Series
- Spectroscopy Series

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

Week 15, Tuesday

Watch Magoosh MCAT videos.

- Gender Series

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

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

Week 15, Wednesday

Watch Magoosh MCAT videos.

- Electrical Charges Series

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

Week 15, Thursday

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

Week 15, Friday

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

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

Week 15, Saturday

Rest. Take one day off per week.

Part III: Focus on Practice Questions

Week 16

Week 16, Sunday

Watch Magoosh MCAT videos.

- Skeletal System Series

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

Week 16, Monday

Using an online source or textbook, **answer** 30 Chemistry questions from any 6 areas you need to practice.

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

Week 16, Tuesday

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.

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

Week 16, Wednesday

Watch Magoosh MCAT videos.

- Magnetic Forces and Fields Series

Read magazine articles about current events for 30 minutes.

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

Week 16, Thursday

Watch Magoosh MCAT videos.

- Additional Learning Series

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

Week 16, Friday

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.

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

Week 16, Saturday

Rest. Take one day off per week.

Week 17

Week 17, Sunday

Watch Magoosh MCAT videos.

- Heart and Circulation Series

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

Week 17, Monday

Test yourself.

- Practice 5 passages on Bio/Biochem from the AAMC Question bank or Magoosh questions.
- Review answers from practice questions.

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

Week 17, Tuesday

Watch Magoosh MCAT videos.

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

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

Week 17, Wednesday

Test yourself.

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

Read magazine articles about current events for 30 minutes.

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

Week 17, Thursday

Test yourself.

- Practice questions on Psychological/Social Science from the AAMC Question bank or Magoosh questions.
- Review answers from practice questions.

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

Week 17, Friday

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.

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

Week 17, Saturday

Rest. Take one day off per week.

Week 18

Week 18, Sunday

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

Week 18, Monday

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

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

Week 18, Tuesday

Watch Magoosh MCAT videos.

- Demography Series

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

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

Week 18, Wednesday

Watch Magoosh MCAT videos.

- Circuits and Currents Series

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

Week 18, Thursday

Test yourself.

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

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

Week 18, Friday

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.

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

Week 18, Saturday

Rest. Take one day off per week.

Week 19

Week 19, Sunday

Watch Magoosh MCAT videos.

- Immunology and Filtration Series

Study and sketch Study Guide items

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

Week 19, Monday

Read chapters 4-7 of AAMC official book.

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 19, Tuesday

Watch Magoosh MCAT videos.

- Organic Molecules Series

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

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

Week 19, Wednesday

Watch Magoosh MCAT videos.

- Intro to Psychiatric Conditions Series
- Additional Conditions Series

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

Week 19, Thursday

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 19, Friday

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.

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

Week 19, Saturday

Rest. Take one day off per week.

Week 20

Week 20, Sunday

Watch Magoosh MCAT videos.

- Endocrine System Series
- Glands and Hormones Series

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

Week 20, Monday

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 20, Tuesday

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 20, Wednesday

Watch Magoosh MCAT videos.

- Waves Series

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

Week 20, Thursday

Test yourself.

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

Week 20, Friday

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.

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

Week 20, Saturday

Rest. Take one day off per week.

Week 21

Week 21, Sunday

Take the Magoosh Practice Test.

Week 21, Monday

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

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

Week 21, Tuesday

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 21, Wednesday

Watch Magoosh MCAT videos.

- Sound and Pendulums Series

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

Week 21, Thursday

Watch Magoosh MCAT videos.

- The Nervous System and Brain Series

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

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

Week 21, Friday

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.

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

Week 21, Saturday

Rest. Take one day off per week.

Week 22

Week 22, Sunday

Watch Magoosh MCAT videos.

- Epidemiology Series

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

Week 22, Monday

Watch Magoosh MCAT videos.

- Foundations of Digestion Series

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 22, Tuesday

Watch Magoosh MCAT videos.

- Intestines and Pancreas Series
- The Liver Series

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

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

Week 22, Wednesday

Watch Magoosh MCAT videos.

- Radiation and Decay Series

Review notes, focusing on areas where you're shaky

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

Week 22, Thursday

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

Read notes from week 17-22 and update flashcards and notes

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

Week 22, Friday

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.

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

Week 22, Saturday

Rest. Take one day off per week.

Week 23

Week 23, Sunday

Watch Magoosh MCAT videos.

- Sense Organs and NT's Series

Add to and review all Psychology flashcards.

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

Week 23, Monday

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 23, Tuesday

Watch Magoosh MCAT videos.

- Fluids and Solids Series

Add to and review all Physics flashcards.

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

Week 23, Wednesday

Take the second AAMC practice test. Set aside at least 7 hours to do this.

Week 23, Thursday

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

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

Week 23, Friday

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.

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

Week 23, Saturday

Rest. Take one day off per week.

Week 24

Week 24, Sunday

Take the official AAMC Practice Exam #3. Set aside at least 7 hours to do this.

Week 24, Monday

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

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

Week 24, Tuesday

Test yourself.

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

Week 24, Wednesday

Watch Magoosh MCAT videos.

- Social Change Series

Add to and review all Sociology flashcards.

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

Week 24, Thursday

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](#).

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

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

Week 24, Friday

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.

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

Week 24, Saturday

Rest. Take one day off per week.

Part IV: Condense and Clarify

Week 25

Week 25, Sunday

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.

Test yourself.

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

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

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

Week 25, Monday

Test yourself.

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

Review notes and flashcards

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

Week 25, 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 25, Wednesday

Today, you will **take the AAMC Practice Exam #4**.

Week 25, Thursday

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

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

Week 25, Friday

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.

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

Week 25, Saturday

Rest. Take one day off per week.

Week 26

Week 26, Sunday

Research topics you're unsure of.

Test yourself.

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

Review notes and flashcards.

Week 26, Monday

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. Be sure to review all the subjects.

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

Week 26, Tuesday

Write and reflect (without materials to consult)

Review notes and flashcards.

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

Week 26, Wednesday

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 26, Thursday

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.