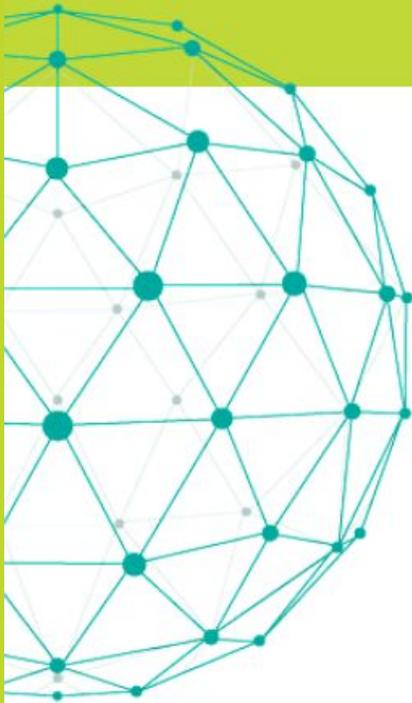
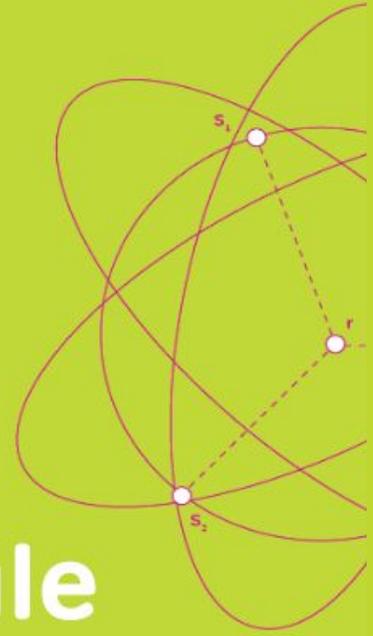


Magosh

MCAT 1-Month Study Schedule



What's included:

- A study schedule that covers every major area of the MCAT in just 4 weeks
- Study tips and practice resources
- Free video lessons and flashcards, accessible 24/7

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Introduction

You might have found yourself in a situation where you only have a month to study with the big day looming large. You're not alone! The majority of medical school applicants are juggling classes, work, families, or some combination there. You would be surprised to know how many of these busy students are still able to increase their scores significantly in only a month! (Trust us, we hear from these delighted students.) That's because strategy and consistency are at least as important as the total number of hours studied. By following the MCAT prep plan that is listed below, you will review every major area of the MCAT in only 4 weeks at a rate of about 30-40 hours per week.

If you're ready to start crafting your schedule then go for it! But in order to begin your studying, you'll want to collect essential and recommended materials.

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 header “MCAT Essential Materials.”
- Each week, you will see a list of Magoosh videos to watch. There is time set aside each day for watching them, and the rest of the day you will be reviewing subject areas. For instance, on Week 1, Day 2, you will study physics, chemistry, biology, and practice “Critical Analysis and Reasoning Skills” passages. There is also time at the end of most days to answer sample questions and/or quiz yourself with flashcards.
- To study concepts in more detail, you will probably want to consult scientific textbooks or online sources. Suggestions are listed under the header “MCAT Highly Recommended Materials.”
- The schedule is designed to be followed at a rate of 5-8 hours per day, 6 days per week, but you can stretch it out or condense it to fit your needs.
- Here’s a handy table of contents if you want to go to a specific week:
 - [Week 1](#)
 - [Week 2](#)
 - [Week 3](#)
 - [Week 4](#)

MCAT Essential Materials

1) The [Magoosh Premium MCAT Test Prep](#) curriculum includes over 300 video lessons, 740 questions that can be taken as 3 tests, and unlimited email assistance from MCAT tutors. The lessons are taught by a diverse team of experts, including two physicians, a medical sociology professor, higher education physics teacher, current medical student, and a CARS expert.

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, 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](#).

4) The AAMC [practice test](#). The practice test is a crucial tool, and our study plan suggests you take it within the first week. Not only will it give you with a scaled score, it also provides an assessment of your strengths and weaknesses, both in terms of content and question type.

5) 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](#).

6) 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.

MCAT Highly Recommended Materials

1) AAMC [second practice test](#). Since there isn't a lot of content written by the creators of the MCAT (but more all the time!), I recommend purchasing this in addition to the practice test listed in the "essential materials" section. Just like the first practice test, you can take this 5 times to make sure you are able to correct mistakes from earlier run-throughs.

2) [MilesDown MCAT Anki deck](#). This expansive, highly-regarded deck has supported thousands of premeds in their content review. It currently consists of over 2800 cards and contains images, most of which are colorful and easy to decipher. Signing up for an [Anki account](#) is very easy to do.

- 3) AAMC Online practice questions for [biology](#), [chemistry](#), and [physics](#). These are reasonably priced and written by the test makers. If you already have books or online programs with sample MCAT questions, you can certainly use those instead.
- 4) AAMC MCAT [section bank for biochemistry, psychology, and sociology](#). 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 for these 3 subjects, which are underrepresented in the universe of [MCAT test](#) prep materials. If you already have books or online program with sample MCAT questions, you can certainly use those instead.
- 5) The AAMC online [CARS practice passages](#). You will need several practice passages, and this online bundle is reasonably priced and contains 120 passages. Make sure to read the social science and humanities passages and ignore the natural science passages, because they no longer appear on the actual exam. If you already have books or online program with sample MCAT questions, you can certainly use those instead.
- 6) Browse the Magoosh MCAT blog for tips and resources on [MCAT Biology & Biochem](#), [MCAT CARS](#), [MCAT Chemistry](#), and [MCAT Psych & Sociology](#).
- 7) 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)
- 8) Supplementary texts: The site [OpenStax](#) has free online textbooks and resources for college and AP courses. One of the great things about this website is that content is peer-reviewed by educators and continuously updated, so information tends to be up to date. The following online textbooks are useful for MCAT studying: Biology 2e, Chemistry: Atoms First, Microbiology, Anatomy and Physiology, Psychology, Sociology, and Introductory Statistics. For instance, you might want to read more about the [Bohr Model](#) or the [Periodic Table](#).

Final Thoughts

If you are considering following through with this one month MCAT study plan, don't allow the time constraints to get the best of you. Focus on developing a sustainable rhythm and overcoming the temptations to procrastinate or cram. Best of luck to you!

4 Week MCAT Study Schedule

Week 1

Week 1, Sunday

Watch Magoosh MCAT videos.

- Preparing for the MCAT Series
- Introduction to MCAT Biology Series
- Cells Membranes Series
- Messaging and Viruses 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.

Make sure to **register** for the exam sometime this week.

Read the chapter on Critical Analysis and Reasoning in the Official AAMC Guide.

Flashcards

- Choose 20 cards from each major subject area. You can choose randomly from each section or grab the first 20 in the order they're presented. If you don't yet have a detailed deck, you can use the Magoosh Flashcards for general coverage.
- Spend 15 minutes flipping through your deck.

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

Week 1, Monday

Watch Magoosh MCAT videos.

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

Review concepts from the previous day.

Review flashcards.

Test yourself.

- Practice questions on Psychology/Sociology for 40 minutes.
- Review your answers from practice questions.

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

Week 1, Tuesday

Watch Magoosh MCAT videos.

- CARS Essentials Series

Do CARS practice.

- Complete three sample passages.
- Review answer explanations from the 3 CARS passages.

Watch Magoosh MCAT videos.

- DNA & RNA Series
- Enzyme Basics Series
- Metabolism Basics Series

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

Week 1, Wednesday

Watch Magoosh MCAT videos.

- Introduction to General Chemistry Series
- Lewis Structures and Bonding Series
- Reactants and Products Series
- Kinetics & Equilibrium Series

Test yourself.

- Practice 5 questions on Chemistry/Physics for 40 minutes.
- Review your answers from practice questions.

Watch Magoosh MCAT videos.

- Perception Series
- Brain Waves and Sleep Series

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

Week 1, Thursday

Watch Magoosh MCAT videos.

- Foundations of Physics Series
- Math in Physics Series
- Kinematics Series
- Newtonian Dynamics Series
- Hypnosis & Meditation Series
- Emotions Series

Read magazine articles about current events for 30 minutes.

Review notes and update flashcards.

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

Week 1, Friday

Watch Magoosh MCAT videos.

- Foundations of Sociology Series
- Social Bases of Identity Series
- Thermodynamics Series
- Gibbs Free Energy Series
- Gas Laws Series
- Solutions Series

Review flashcards for 15 minutes.

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

Week 1, Saturday

Most weeks, I want you to take one day off per week. But this first week, I recommend you **take the AAMC practice test** on Saturday. Make sure you set aside seven and a half hours to take the test. The computer marks and tags the questions you missed. You will review the answers next week.

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

Week 2

Week 2, Sunday

Review the questions you missed on your AAMC practice exam last week.

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

Catch up on any assignments you missed last week or review flashcards.

Week 2, Monday

Watch Magoosh MCAT videos.

- Cellular Reproduction Series
- Embryology Series
- Acids and Bases Series
- Redox and Electrochemistry Series
- Phases and Colligative Series

Test yourself.

- Practice questions 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 2, Tuesday

Watch Magoosh MCAT videos.

- Foundations of Organic Chemistry Series
- Additional Stereochemistry Series
- Isomers and Alkanes Series
- Social Roles and Norms Series
- Bureaucracy and Social Institution Series

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 2, Wednesday

Watch Magoosh MCAT videos.

- Torques and Statics Series
- Energy and Work Series

- Substitutions Series
- Alkenes Series
- Alkynes and Aromatics Series

Test yourself.

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

Read magazine articles about current events for 30 minutes.

Review concepts from the past week.

Review flashcards for 15 minutes, in the subject(s) of your choice.

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

Week 2, Thursday

Watch Magoosh MCAT videos.

- Biochem: Building Blocks Series
- Biochem: Enzyme Series
- Biochem: Other Macros Series
- 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.

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

Week 2, Friday

Watch Magoosh MCAT videos.

- Separation Techniques Series

- Neurons Series
- The Structure of Muscles Series
- Skeletal System Series
- Heart and Circulation Series
- Immunology and Filtration Series

Read magazine articles about current events for 30 minutes.

Review 2 shaky concepts from the past 7 days.

Review flashcards for 30 minutes

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

Week 2, Saturday

Take one day off per week.

- If you can't pull yourself away from the test, review flashcards. You can also use this day to read upbeat MCAT blogs or research medical schools you might want to attend.
- Catch up on anything you missed during the past week. If you're caught up, you can review your notes or jump ahead.

Week 3

Week 3, Sunday

Watch Magoosh MCAT videos.

- Alcohols and Ethers Series
- Separations Series
- Spectroscopy Series
- Conditioning Series
- Additional Learning Series

Review 2 shaky concepts from the past 7 days.

Review flashcards for 30 minutes.

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

Week 3, Monday

Watch Magoosh MCAT videos.

- Endocrine System Series
- Glands and Hormones Series
- Inequalities and Race Series
- Gender Series
- Demography Series

Test yourself.

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

Review flashcards for 15 minutes, in the subject(s) of your choice.

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

Week 3, Tuesday

Watch Magoosh MCAT videos.

- Power and Collision Series
- Temperature and Heat Series
- Electromagnetism and Optics Series
- Aldehydes and Ketones Series
- Carboxylics Series

Read magazine articles about current events for 30 minutes.

Review flashcards for 15 minutes, in the subject(s) of your choice.

Look through your notes and **review** 2 shaky concepts. Study these in detail, drawing your own diagrams if necessary.

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

Week 3, Wednesday

Watch Magoosh MCAT videos.

- Electrical Charges Series
- Magnetic Forces and Fields Series
- Intro to Psychiatric Condition Series
- The Nervous System and Brain Series
- Sense Organs and NT's Series

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 3, Thursday

Watch Magoosh MCAT videos.

- Circuits and Currents Series
- Waves Series
- Sound and Pendulums Series
- Radiation and Decay Series
- Fluids and Solids Series

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

Week 3, Friday

Watch Magoosh MCAT videos.

- Amines and Nitrogen Group Series
- Organic Molecules Series
- Epidemiology Series
- Social Change Series

Test yourself.

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

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

Week 3, Saturday

Watch Magoosh MCAT videos.

- Foundations of Digestion Series
- Intestines and Pancreas Series
- The Liver Series
- Evolution and Populations Series
- Inheritance Patterns Series

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

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

Week 4

Week 4, Sunday

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

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

Week 4, Monday

Review results from the second AAMC practice test.

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 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 4, Tuesday

Test yourself.

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

Review flashcards for 15 minutes, in the subject(s) of your choice.

Review. Look over your Hot Topic lists. Choose three topics to research and review in greater detail accessing external sources (textbooks, Wikipedia) if it's helpful to do so.

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

Week 4, Wednesday

Test yourself.

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

Watch lessons you haven't viewed or revisit lessons you already viewed or revisit lessons you already viewed.

Review your Hot Topics lists. Practice diagramming or writing open-ended descriptions of 4 items on your Hot Topics list.

Divide your flashcards into piles: A) know, B) sort of know, C) don't know.

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

Week 4, Thursday

Test yourself.

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

Review your Hot Topics lists.

Review flashcards, focusing on sort-of-know and don't-know piles.

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

Week 4, Friday

Review

- One final session with your Hot Topics List
- One final session with your Flash Cards

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.

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