

Magosh

MCAT 2-Month Study Schedule



What's included:

- An MCAT study schedule that reviews every major area of the test
- Free video lessons and flashcards
- Note-taking strategies you can use anytime, anywhere

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Introduction

In an ideal world, everyone could devote 20 hours per week to studying for the MCAT. 20 hours over a period of 15 weeks or more will achieve 300 hours of study time—a target time highly recommended by experts!

However, the majority of medical school applicants are juggling classes, work, families, or some combination thereof. Luckily, strategy and consistency are at least as important as the total number of hours studied. By following this 2-month MCAT study plan, you will review every major area of the MCAT in only 8 weeks at a rate of 25-30 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.

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 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 biology, psychology, 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 section “MCAT Highly Recommended Materials.”
- The schedule is designed to be followed at a rate of five hours per day, six days per week, but you can stretch it out or condense it to fit your needs.

MCAT Essential Materials

1) The [Magoosh Premium MCAT Test Prep](#) curriculum includes over 300 video lessons, 740 questions that can be taken as three 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, a higher education physics teacher, a 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 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 [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 are only two practice tests written by the creators of the MCAT, 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 five 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 three subjects, which are underrepresented in the universe of MCAT test prep materials. **If you already have books or online programs with sample MCAT questions, you can certainly use those instead.**

5) The AAMC online [CARS practice passages](#). You will need at least 50 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 programs 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's Model](#) or the [Periodic Table](#).

Final Thoughts

If you are considering following through with this 2-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!

2-Month MCAT Study Schedule

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.

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

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

Watch Magoosh MCAT videos.

- Lewis Structure and Bonding Series

Answer 10 stoichiometry and * bonding questions from Chemistry Sky.

Read magazine articles about current events for 30 minutes.

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

Week 1, Thursday

Watch Magoosh MCAT videos.

- Introduction to MCAT Biology Series
- Cell Membranes Series

Read blog posts on Amino Acids. Make flashcards, lists, or diagram on it.

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

Week 1, Friday

Watch Magoosh MCAT videos.

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

- Statistical Reasoning Series

Review flashcards or add to and review notes.

Register for your exam.

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

Week 1, Saturday

Take a break!

Week 2

Week 2, Sunday

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.

Watch Magoosh MCAT videos.

- Reactants and Products Series
- Kinetics and Equilibrium Series

Answer 6 Kinetic questions from Chemistry Sky.

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

Week 2, Monday

Watch Magoosh MCAT videos.

- Thermodynamics Series

Answer 7 Thermochemistry questions from Chemistry Sky.

Watch Magoosh MCAT videos.

- Gibbs Free Energy 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 2, Tuesday

Watch Magoosh MCAT videos.

- Gas Laws Series

Answer 20 Gases questions from Chemistry Sky.

Watch Magoosh MCAT videos.

- Messaging and Viruses Series
- DNA & RNA Series

Review flashcards or add to and review notes.

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

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

Review flashcards for 60 minutes.

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

Week 2, Thursday

Watch Magoosh MCAT videos.

- Kinematics Series
- Foundations of Sociology 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 2, Friday

Watch Magoosh MCAT videos.

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

Test yourself.

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

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 2, Saturday

Take a break!

Week 3

Week 3, Sunday

Watch Magoosh MCAT videos.

- Newtonian Dynamics Series
- Torques and Statics Series
- Brain Waves and Sleep Series
- Hypnosis and Meditation Series

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

Read magazine articles about current events for 30 minutes.

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

Week 3, Monday

Watch Magoosh MCAT videos.

- Energy and Work Series
- Power and Collision Series
- Bureaucracy and Social Institutions

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

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

Week 3, Tuesday

Watch Magoosh MCAT videos.

- Enzyme Basics Series
- Solution 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 3, Wednesday

Watch Magoosh MCAT videos.

- Redox and Electrochemistry Series

Answer 8 Electrochemistry questions from Chemistry Sky.

Watch Magoosh MCAT videos.

- Phases and Colligative Properties Series

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

Watch Magoosh MCAT videos.

- Emotions Series

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

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

Week 3, Thursday

Watch Magoosh MCAT videos.

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

Review flashcards or add to and review notes.

Test yourself.

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

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

Week 3, Friday

Watch Magoosh MCAT videos.

- Metabolism Basics Series
- Inequalities and Race Series
- Gender Series

Review flashcards or add to and review notes.

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

Week 3, 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.

Week 4

Week 4, Sunday

Watch Magoosh MCAT videos.

- Temperature and Heat Series
- Conditioning Series
- Additional Learning Series

Review flashcards or add to and review notes.

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

Week 4, Monday

Watch Magoosh MCAT videos.

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

Review flashcards or add to and review notes.

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

Week 4, Tuesday

Watch Magoosh MCAT videos.

- Separations Series
- Spectroscopy Series
- Intro to Psychiatric Conditions Series
- Additional Conditions Series

Review flashcards or add to and review notes.

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

Week 4, Wednesday

Watch Magoosh MCAT videos.

- Aldehydes and Ketones Series
- Carboxylics Series
- Amines and Nitrogen Groups Series
- Cellular Reproduction Series
- Embryology Series

Review flashcards or add to and review notes.

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

Week 4, Thursday

Watch Magoosh MCAT videos.

- Organic Molecules Series

Test yourself.

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

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

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

Week 4, Friday

Read notes from Week 1-4.

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 4, Saturday

Take a break!

Week 5

Week 5, 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.

Watch Magoosh MCAT videos.

- Electrical Charges Series

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

Week 5, Monday

Watch Magoosh MCAT videos.

- 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.

Watch Magoosh MCAT videos.

- The Nervous System and Brain Series

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

Week 5, Tuesday

Watch Magoosh MCAT videos.

- Magnetic Forces and Fields Series
- Separation Techniques Series

- Neurons Series

Review flashcards or add to and review notes.

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

Week 5, Wednesday

Watch Magoosh MCAT videos.

- The Structure of Muscles Series
- Skeletal System Series
- Heart and Circulation Series
- Demography Series
- Epidemiology Series

Review flashcards or add to and review notes.

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

Week 5, Thursday

Take the first AAMC practice test. 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 tomorrow.

Week 5, Friday

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 5, 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.

Week 6

Week 6, 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 6, 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 6, Tuesday

Watch Magoosh MCAT videos.

- Immunology and Filtration Series
- Endocrine System Series
- Glands and Hormones Series
- Circuits and Currents Series

Review flashcards or add to and review notes.

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

Week 6, Wednesday

Watch Magoosh MCAT videos.

- Waves Series
- Sound and Pendulums Series
- 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 6, Thursday

Watch Magoosh MCAT videos.

- Sense Organs and NT's 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 6, Friday

Test yourself.

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

Week 6, Saturday

Take a break!

Week 7

Week 7, Sunday

Take the third full-length Magoosh practice test. At this point, you might be taking a test that contains questions you have already come across, but it is still good practice. Make sure you set aside seven and a half hours to take the test.

Week 7, Monday

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

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

Week 7, Tuesday

Watch Magoosh MCAT videos.

- Radiation and Decay Series
- Fluids and Solids Series

Test yourself.

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

Review flashcards or add to and review notes.

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

Week 7, Wednesday

Watch Magoosh MCAT videos.

- Evolution and Populations Series
- Inheritance Patterns Series

Test yourself.

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

Review flashcards or add to and review notes.

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

Week 7, Thursday

Watch Magoosh MCAT videos.

- Social Change Series

Test yourself.

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

Review flashcards or add to and review notes.

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

Week 7, Friday

Compile and review. Go back to the original set of notes you took during weeks 5-7. Practice diagramming or writing open-ended descriptions of 4 items you're shaky on.

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

Week 7, 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.

Week 8

Week 8, Sunday

Take the fourth AAMC practice test.

Week 8, Monday

Review.

- Look over the practice test you took Friday. Carefully read the answer explanations and evaluate results from the practice exam.

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

Week 8, Tuesday

Condense notes to 20 pages.

Review notes and flashcards.

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

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

Week 8, Wednesday

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 8, Thursday

Write and reflect (without materials to consult).

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.

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 8, Friday

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

- 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 8, Saturday

Go easy on the coffee, and good luck!