THE 1-MONTH MCAT STUDY SCHEDULE

WEEK NUMBER	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	BC: 1. Amino Acids, Peptides, and Proteins, B: 1. The Cell, OC: 1. Nomenclature, GC: 1. Atomic Structure, P: 1. Kinematics and Dynamics, CARS	BS: 1. Biology and Behavior, BC: 2. Enzymes, B: 2. Reproduction, OC: 2. Isomers, GC: 2. The Periodic Table, CARS	P: 2. Work and Energy, BS: 2. Sensation and Perception, BC: 3. Nonenzymatic Protein Function and Protein Analysis, B: 3. Embryogenesis and Development, OC: 3. Bonding, CARS	GC: 3. Bonding and Chemical Interactions, P: 3. Thermodynamics, BS: 3. Learning and Memory, BC: 4. Carbohydrate Structure and Function, B: 4. The Nervous System, CARS	OC: 4. Analyzing Organic Reactions, GC: 4. Compounds and Stoichiometry, P: 4. Fluids, BS: 4. Cognition, Consciousness, and Language, BC: 5. Lipid Structure and Function, CARS	B: 5. The Endocrine System, OC: 5. Alcohols, GC: 5. Chemical Kinetics, P: 5. Electrostatics and Magnetism, BS: 5. Motiavtion, Emotion, and Stress, CARS	Other Practice Full Length, review
2	BC: 6. DNA and Biotechnology, B: 6. The Respiratory System, OC: 6. Aldehydes and Ketones I: Electrophilicity and Oxidation-Reduction, GC: 6. Equilibrium, review tough BC, B topics, make flashcards, CARS	P: 6. Circuits, BS: 6. Identity and Personality, BC: 7. RNA and the Genetic Code, B: 7. The Cardiovascular System, review tough OC, GC topics, make flashcards, CARS	OC: 7. Aldehydes and Ketones II: Enolates, GC: 7. Thermochemistry, P: 7. Waves and Sound, BS: 7. Psychological Disorders, review tough P, BS topics, make flashcards, CARS	BC: 8. Biological Membranes, B: 8. The Immune System, OC: 8. Carboxylic Acids, GC: 8. The Gas Phase, P: 8. Light and Optics, BS: 8. Social Processes, Attitudes, and Behavior, CARS	BC: 9. Carbohydrate Metabolism I: Glycolysis, Glycogen, Gluconeogenesis, and the Pentose Phosphate Pathway, B: 9. The Digestive System, OC: 9. Carboxylic Acid Derivatives, GC: 9. Solutions, P: 9. Atomic and Nuclear Phenomena, BS: 9. Social Interaction, CARS	BC: 10. Carbohydrate Metabolism II: Aerobic Respiration, B: 10. Homeostasis, OC: 10. Nitrogen- and Phosphorus-Containing Compounds, GC: 10. Acids and Bases, P: 10. Mathematics (can skip), BS: 10. Social Thinking, CARS	AAMC Full Length #1, review
3	BC: 11. Lipid and Amino Acid Metabolism, B: 11. The Musculoskeletal System, OC: 11. Spectroscopy, GC: 11. Oxidation-Reduction Reactions, solidify old and new BC and B content, CARS	P: 11. Reasoning About the Design and Execution of Research (can skip), BS: 11. Social Structure and Demographics, BC: 12. Bioenergetics and Regulation of Metabolsim, B: 12. Genetics and Evolution, solidify old and new OC and GC content, CARS	OC: 12. Separations and Purifications, GC: 12. Electrochemistry, P: 12. Data-Based and Statistical Reasoning (can skip), BS: 12. Social Stratification, solidify old and new P and BS content, CARS	AAMC Full Length #2, review	Deep review of all content, really get into hard concepts/frequently missed topics	10 CARS passages (AAMC), B/BC section bank, review frequently missed B/BC questions/topics	AAMC Full Length #3, review
4	10 CARS passages (AAMC), OC/GC/P section bank, review frequently missed OC/GC/P questions/topics	AAMC Full Length #4, review	10 CARS passages (AAMC), BS section bank, review frequently missed BS questions/topics	AAMC Sample Test, review	10 CARS passages (AAMC), review your toughest topics, as well as other high-yield ones, do whatever you feel weakest on	Rest Day: pack everything, solidify some flashcards or your hardest topics, but try to take it easy	TEST DAY