

THE 2-MONTH MCAT STUDY SCHEDULE

WEEK NUMBER	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	BC: 1. Amino Acids, Peptides, and Proteins, OC: 1. Nomenclature, B: 1. The Cel, CARS	P: 1. Kinematics and Dynamics, GC: 1. Atomic Structure, BS: 1. Biology and Behavior, CARS	BC: 2. Enzymes, OC: 2. Isomers, B: 2. Reproduction, CARS	P: 2. Work and Energy, GC: 2. The Periodic Table, BS: 2. Sensation and Perception, CARS	BC: 3. Nonenzymatic Protein Function and Protein Analysis, OC: 3. Bonding, B: 3. Embryogenesis and Development, CARS	P: 3. Thermodynamics, GC: 3. Bonding and Chemical Interactions, BS: 3. Learning and Memory, CARS	Review: go over hard content from the week, make some flashcards, take a break
2	BC: 4. Carbohydrate Structure and Function, OC: 4. Analyzing Organic Reactions, B: 4. The Nervous System, CARS	P: 4. Fluids, GC: 4. Compounds and Stoichiometry, BS: 4. Cognition, Consciousness, and Language, CARS	BC: 5. Lipid Structure and Function, OC: 5. Alcohols, B: 5. The Endocrine System, CARS	P: 5. Electrostatics and Magnetism, GC: 5. Chemical Kinetics, BS: 5. Motivation, Emotion, and Stress, CARS	BC: 6. DNA and Biotechnology, OC: 6. Aldehydes and Ketones I: Electrophilicity and Oxidation-Reduction, B: 6. The Respiratory System, CARS	P: 6. Circuits, GC: 6. Equilibrium, BS: 6. Identity and Personality, CARS	Other Practice Full Length
3	Review full length, BC: 7. RNA and the Genetic Code, OC: 7. Aldehydes and Ketones II: Enolates, CARS	B: 7. The Cardiovascular System, P: 7. Waves and Sound, review BC topics, make flashcards, CARS	GC: 7. Thermochemistry, BS: 7. Psychological Disorders, review OC and GC topics, make flashcards, CARS	BC: 8. Biological Membranes, OC: 8. Carboxylic Acids, review B topics, make flashcards, CARS	B: 8. The Immune System, P: 8. Light and Optics, review P topics, make flashcards, CARS	GC: 8. The Gas Phase, BS: 8. Social Processes, Attitudes, and Behavior, review BS topics, make flashcards, CARS	AAMC Full Length #1
4	Review full length, OC: 9. Carboxylic Acid Derivatives, CARS	BC: 9. Carbohydrate Metabolism I: Glycolysis, Glycogen, Gluconeogenesis, and the Pentose Phosphate Pathway, B: 9. The Digestive System, CARS	GC: 9. Solutions, P: 9. Atomic and Nuclear Phenomena, BS: 9. Social Interaction, CARS	BC: 10. Carbohydrate Metabolism II: Aerobic Respiration, OC: 10. Nitrogen- and Phosphorus-Containing Compounds, B: 10. Homeostasis, CARS	GC: 10. Acids and Bases, P: 10. Mathematics (can skip), BS: 10. Social Thinking, CARS	BC: 11. Lipid and Amino Acid Metabolism, OC: 11. Spectroscopy, general content review of tough/missed stuff, CARS	AAMC Full Length #2

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5	Review full length, B: 11. The Musculoskeletal System, CARS	GC: 11. Oxidation-Reduction Reactions, P: 11. Reasoning About the Design and Execution of Research (can skip), BS: 11. Social Structure and Demographics, CARS	BC: 12. Bioenergetics and Regulation of Metabolism, OC: 12. Separations and Purifications, B: 12. Genetics and Evolution, CARS	GC: 12. Electrochemistry , P: 12. Data-Based and Statistical Reasoning (can skip), BS: 12. Social Stratification, CARS	Study BC, B, and OC topics, CARS	Study P, GC, and BS topics, CARS	AAMC Full Length #3
6	Review full length, review frequently missed topics	10 CARS passages (AAMC), work through frequently missed topics	Deep content review of B/BC topics	Deep content review of OC/GC/P topics	Deep content review of BS topics	15 CARS passages (AAMC)	AAMC Full Length #4
7	Review full length, study flashcards and your hardest topics	Bio/Biochem practice (AAMC B/BC Section Bank Part 1)	Chem/Phys practice (AAMC C/P Section Bank Part 1)	Psych/Soc practice (AAMC BS Section Bank Part 1)	15 CARS passages (AAMC)	Review missed concepts, timed practice of your hardest section	AAMC Sample Test
8	Review full length	Bio/Biochem practice (AAMC B/BC Section Bank Part 2)	Chem/Phys practice (AAMC C/P Section Bank Part 2)	Psych/Soc practice (AAMC BS Section Bank Part 2)	Review high-yield and difficult topics, whatever else you choose	Rest Day: light flashcard or concept review at the most	TEST DAY