

THE 4-MONTH MCAT STUDY SCHEDULE

WEEK NUMBER	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	BC: 1. Amino Acids, Peptides, and Proteins	B: 1.1. The Cell (1.1-1.3), CARS	B: 1.2. The Cell (1.4-1.5), CARS	OC: 1. Nomenclature, CARS	GC: 1.1. Atomic Structure (1.1-1.3), CARS	GC: 1.2. Atomic Structure (1.4), CARS	P: 1. Kinematics and Dynamics
2	BS: 1. Biology and Behavior, CARS	BC: 2. Enzymes, CARS	B: 2. Reproduction, CARS	OC: 2. Isomers, CARS	GC: 2. The Periodic Table, CARS	P: 2. Work and Energy, CARS	BS: 2. Sensation and Perception, CARS
3	BC: 3. Nonenzymatic Protein Function and Protein Analysis, CARS	B: 3. Embryogenesis and Development, CARS	OC: 3. Bonding, CARS	GC: 3.1. Bonding and Chemical Interactions (3.1-3.2), CARS	GC: 3.2. Bonding and Chemical Interactions (3.3-3.4), CARS	P: 3.1. Thermodynamics (3.1-3.2), CARS	P: 3.2. Thermodynamics (3.3-3.4), CARS
4	BS: 3. Learning and Memory, CARS	BC: 4.1. Carbohydrate Structure and Function (4.1-4.2), CARS	BC: 4.2. Carbohydrate Structure and Function (4.3-4.4), CARS	OC: 4.1. Analyzing Organic Reactions (4.1-4.2), CARS	OC: 4.2. Analyzing Organic Reactions (4.3-4.5), CARS	B: 4.1. The Nervous System (4.1-4.2), CARS	B: 4.2. The Nervous System (4.3), CARS
5	Other Practice Exam	Review Practice Exam	GC: 4. Compounds and Stoichiometry, P: 4. Fluids, review BC concepts and make flashcards, CARS	BS: 4. Cognition, Consciousness, and Language, BC: 5. Lipid Structure and Function, review B concepts and make flashcards, CARS	B: 5. The Endocrine System, OC: 5. Alcohols, review OC/GC concepts and make flashcards, CARS	GC: 5. Chemical Kinetics, P: 5. Electrostatics and Magnetism, review P concepts and make flashcards, CARS	BS: 5. Motivation, Emotion, and Stress, review BS concepts and make flashcards, CARS
6	BC: 6. DNA and Biotechnology, study some past content, CARS	B: 6. The Respiratory System, CARS	OC: 6. Aldehydes and Ketones I: Electrophilicity and Oxidation-Reduction, CARS	GC: 6. Equilibrium, CARS	P: 6. Circuits, CARS	BS: 6. Identity and Personality, CARS	BC: 7. RNA and the Genetic Code, OC: 7. Aldehydes and Ketones II: Enolates, CARS
7	B: 7. The Cardiovascular System, new content review, CARS	GC: 7. Thermochemistry, CARS	P: 7. Waves and Sound, CARS	BS: 7. Psychological Disorders, CARS	BC: 8. Biological Membranes, CARS	B: 8. The Immune System, CARS	OC: 8. Carboxylic Acids, review new content, CARS
8	GC: 8. The Gas Phase, CARS	P: 8.1. Light and Optics (8.1-8.2), CARS	P: 8.2. Light and Optics (8.3-8.4), CARS	BS: 8.1. Social Processes, Attitudes, and Behavior (8.1), CARS	BS: 8.2. Social Processes, Attitudes, and Behavior (8.2-8.3), CARS	review new content, make new flashcards, etc.	AAMC Full Length #1

WEEK NUMBER	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9	Review Full Length	BC: 9.1. Carbohydrate Metabolism I: Glycolysis, Glycogen, Gluconeogenesis, and the Pentose Phosphate Pathway (9.1-9.4), CARS	BC: 9.2. Carbohydrate Metabolism I: Glycolysis, Glycogen, Gluconeogenesis, and the Pentose Phosphate Pathway (9.5-9.7), CARS	B: 9.1. The Digestive System (9.1-9.2), CARS	B: 9.2. The Digestive System (9.3-9.4), CARS	OC: 9. Carboxylic Acid Derivatives, CARS	GC: 9. Solutions, P: 9. Atomic and Nuclear Phenomena, CARS
10	BS: 9. Social Interaction, review new content, flashcards, CARS	BC: 10. Carbohydrate Metabolism II: Aerobic Respiration, CARS	B: 10. Homeostasis, CARS	OC: 10. Nitrogen- and Phosphorus-Containing Compounds, CARS	GC: 10. Acids and Bases, CARS	P: 10. Mathematics (can skip), CARS	AAMC Full Length #2
11	Review Full Length	BS: 10. Social Thinking, CARS	BC: 11.1. Lipid and Amino Acid Metabolism (11.1-11.4), review BC, CARS	BC: 11.2. Lipid and Amino Acid Metabolism (11.5-11.7), review BC, CARS	B: 11.1. The Musculoskeletal System (11.1), review B, CARS	B: 11.2. The Musculoskeletal System (11.2), review B, CARS	OC: 11. Spectroscopy, review OC, CARS
12	GC: 11.1. Oxidation-Reduction Reactions (11.1), review GC, CARS	GC: 11.2. Oxidation-Reduction Reactions (11.2), review GC, CARS	P: 11.1. Reasoning About the Design and Execution of Research (11.1-11.2, can skip), review P, CARS	P: 11.2. Reasoning About the Design and Execution of Research (11.3-11.5, can skip), review P, CARS	BS: 11.1. Social Structure and Demographics (11.1-11.2), review BS, CARS	BS: 11.2. Social Structure and Demographics (11.3), review BS, CARS	BC: 12.1. Bioenergetics and Regulation of Metabolism (12.1-12.4), CARS
13	BC: 12.2. Bioenergetics and Regulation of Metabolism (12.5-12.7), CARS	B: 12.1. Genetics and Evolution (12.1-12.2), CARS	B: 12.2. Genetics and Evolution (12.3-12.4), CARS	OC: 12.1. Separations and Purifications (12.1-12.2), CARS	OC: 12.2. Separations and Purifications (12.3), CARS	GC: 12.1. Electrochemistry (12.1), CARS	GC: 12.2. Electrochemistry (12.2-12.3), CARS
14	P: 12.1. Data-Based and Statistical Reasoning (12.1-12.4, can skip), CARS	P: 12.2. Data-Based and Statistical Reasoning (12.5-12.7, can skip), CARS	BS: 12.1. Social Stratification (12.1), CARS	BS: 12.2. Social Stratification (12.2), CARS	AAMC Full Length #3, review full length	deep content review of B/BC topics and commonly missed	deep content review of chem/phys topics and commonly missed
15	deep content review of psych/soc topics and commonly missed	20 CARS passages with extensive review (from AAMC)	AAMC Full Length #4, review full length	Bio/Biochem practice (AAMC B/BC Section Bank Part 1), review high-yield concepts (including previously mastered)	Chem/Phys practice (AAMC C/P Section Bank Part 1), review high-yield concepts (including previously mastered)	Psych/Soc practice (AAMC BS Section Bank Part 1), review high-yield concepts (including previously mastered)	20 CARS passages with extensive review (from AAMC)
16	AAMC Sample Test, review full length	Bio/Biochem practice (AAMC B/BC Section Bank Part 2), review tough concepts	Chem/Phys practice (AAMC C/P Section Bank Part 2), review tough concepts	Psych/Soc practice (AAMC BS Section Bank Part 1), review tough concepts	Choose your own: practice your worst section, study toughest concepts, etc.	Rest Day: very light review at most	TEST DAY