

THE 3-MONTH MCAT STUDY SCHEDULE

WEEK NUMBER	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	BC: 1. Amino Acids, Peptides, and Proteins, OC: 1. Nomenclature, CARS	B: 1. The Cell, P: 1. Kinematics and Dynamics, CARS	GC: 1. Atomic Structure, BS: 1. Biology and Behavior, CARS	BC: 2. Enzymes, OC: 2. Isomers, CARS	B: 2. Reproduction, P: 2. Work and Energy, CARS	GC: 2. The Periodic Table, BS: 2. Sensation and Perception, CARS	Free Day: do a little review of content from the week
2	BC: 3. Nonenzymatic Protein Function and Protein Analysis, OC: 3. Bonding, CARS	B: 3. Embryogenesis and Development, P: 3. Thermodynamics, CARS	GC: 3. Bonding and Chemical Interactions, BS: 3. Learning and Memory, CARS	BC: 4. Carbohydrate Structure and Function, OC: 4. Analyzing Organic Reactions, CARS	B: 4. The Nervous System, P: 4. Fluids, CARS	GC: 4. Compounds and Stoichiometry, BS: 4. Cognition, Consciousness, and Language, CARS	Free Day: do a little review of content from the week
3	BC: 5. Lipid Structure and Function, OC: 5. Alcohols, CARS	B: 5. The Endocrine System, P: 5. Electrostatics and Magnetism, CARS	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, CARS	B: 6. The Respiratory System, P: 6. Circuits, CARS	GC: 6. Equilibrium, BS: 6. Identity and Personality, CARS	Practice Full Length
4	Review Full Length	BC: 7. RNA and the Genetic Code, review tough BC concepts, make relevant BC flashcards, CARS	OC: 7. Aldehydes and Ketones II: Enolates, GC: 7. Thermochemistry, review tough chemistry topics, make relevant chemistry flashcards, CARS	B: 7. The Cardiovascular System, review tough B concepts, make relevant flashcards, CARS	P: 7. Waves and Sound, review tough P concepts, make relevant flashcards, CARS	BS: 7. Psychological Disorders, review tough BS concepts, make relevant flashcards, CARS	Free Day: could do some flashcards, catch up, light review, etc.
5	BC: 8. Biological Membranes, OC: 8. Carboxylic Acids, CARS	B: 8. The Immune System, P: 8. Light and Optics, CARS	GC: 8. The Gas Phase, BS: 8. Social Processes, Attitudes, and Behavior, CARS	BC: 9. Carbohydrate Metabolism I: Glycolysis, Glycogen, Gluconeogenesis, and the Pentose Phosphate Pathway, OC: 9. Carboxylic Acid Derivatives, CARS	B: 9. The Digestive System, P: 9. Atomic and Nuclear Phenomena, CARS	GC: 9. Solutions, BS: 9. Social Interaction, CARS	Practice Full Length
6	Review Full Length	BC: 10. Carbohydrate Metabolism II: Aerobic Respiration, review tough BC topics, make flashcards, CARS	B: 10. Homeostasis, review tough B questions, make flashcards, CARS	OC: 10. Nitrogen- and Phosphorus-Containing Compounds, GC: 10. Acids and Bases, review tough chemistry topics, make flashcards, CARS	P: 10. Mathematics (can skip), review tough P concepts, make relevant flashcards, CARS	BS: 10. Social Thinking, review tough BS concepts, make relevant flashcards, CARS	Free Day: could do some flashcards, catch up, light review, etc.

WEEK NUMBER	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7	BC: 11. Lipid and Amino Acid Metabolism, study BC concepts, CARS	B: 11. The Musculoskeletal System, study B concepts, CARS	OC: 11. Spectroscopy, study OC concepts, CARS	GC: 11. Oxidation-Reduction Reactions, study GC concepts, CARS	P: 11. Reasoning About the Design and Execution of Research (can skip), study P concepts, CARS	BS: 11. Social Structure and Demographics, study BS concepts, CARS	AAMC Full Length #1
8	Review Full Length	BC: 12. Bioenergetics and Regulation of Metabolism, study frequently missed BC topics, CARS	B: 12. Genetics and Evolution, study frequently missed B topics, CARS	OC: 12. Separations and Purifications, GC: 12. Electrochemistry, study frequently missed chem topics, CARS	P: 12. Data-Based and Statistical Reasoning (can skip), study frequently missed P topics, CARS	BS: 12. Social Stratification, study frequently missed BS topics, CARS	AAMC Full Length #2
9	Review Full Length	Deep content review of B/BC topics that are confusing/common/frequently missed	Deep content review of Chem/Phys topics that are confusing/common/frequently missed	Deep content review of BS topics that are confusing/common/frequently missed	10 CARS passages with extensive review of answers and reasoning (from AAMC CARS QPack)	Easier Day: hit the flashcards, work on solidifying concepts	AAMC Full Length #3
10	Review Full Length	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)	Review recently/frequently missed concepts	10 CARS passages with extensive review of answers and reasoning (from AAMC CARS QPack)	AAMC Full Length #4
11	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 recently/frequently missed concepts	10 CARS passages with extensive review of answers and reasoning (from AAMC CARS QPack)	AAMC Sample Test
12	Review Full Length	10 CARS passages with extensive review of answers and reasoning (from AAMC CARS QPack)	Your Choice: do timed practice of your hardest section, or spend extra time solidifying some concepts, etc.	Do a quick review of as many high-yield topics as you can (don't forget what you learned before!)	Review your hardest concepts that commonly come up	Rest Day: pack everything, do flashcard review (at the most)	TEST DAY