

MCAT

1 - MONTH STUDY PLAN



The calendar assumes you have already completed one pass of a review book set.

3 Assessments MAXIMUM should be used prior to test day. Review questions promptly after practice test.

We recommend to do 40-100 QBank Questions per day in Timed or Timed Tutor mode (1 block = 30 Qs, 1 Qbank block = 30 Qs). After completing a practice exam block, review all correct questions. Prioritize questions and review in the morning.

"Targeted" Question review should focus on the topic of the day. "Random" Block should include all topics learned to that point, except CARS.

We recommend students make their own flashcards and review them often daily if possible. If using pre-made cards, make sure to edit and personalize them to your needs.

WEEK 1

AM
PM

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----|---|--|--|--|--|--|--|
| | AAMC BASELINE | BIOLOGY | CRGD | BIOCHEMISTRY | GENCHEM | CRGD | BIOLOGY |
| AM | <ul style="list-style-type: none"> Take Assessment | <ul style="list-style-type: none"> Early AM: 0.5-1 x Targeted block (tutor mode) + review and flashcard creation Late AM: 0.5 x CARS block (26-27 questions) | | | | | <ul style="list-style-type: none"> Remember to take breaks as needed for breakfast, lunch, personal needs (e.g., gym) |
| PM | <ul style="list-style-type: none"> Review Assessment | <ul style="list-style-type: none"> Early PM: Targeted review of weak areas Mid-PM: 0.5 x Random block (timed tutor mode) + review and flashcard creation Late PM: Review flashcards | | | | | <ul style="list-style-type: none"> Remember to take breaks as needed for lunch, dinner, personal needs (e.g., gym) |
| | <p>Focused review topic: DNA, RNA, 3 of the central dogma</p> <p>Memorization of the cell cycle</p> | <p>Focused review topic: Amino acids, proteins, enzymes</p> | <p>Focused review topic: Lipid metabolism, hormones regulating the cell membrane</p> | <p>Focused review topic: Carbohydrate/protein metabolism & cellular respiration, water balance</p> | <p>Focused review topic: DNA/RNA structure, enzymes and basic function</p> | <p>Focused review topic: The immune system</p> | |
| | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |

WEEK 2

AM

| | AAMC FL | MISC | BIOLOGY | PSYCHOLOGY | PHYSICS | BIOCHEMISTRY |
|----|---|---|--|------------|---------|--|
| AM | <ul style="list-style-type: none"> Take Full Length Assessment | <ul style="list-style-type: none"> Review Full Length Assessment | <ul style="list-style-type: none"> Early AM: 0.5-1 x Targeted block (tutor mode) + review and flashcard creation Late AM: 0.5 x CARS block (26-27 questions) | | | <ul style="list-style-type: none"> Remember to take breaks as needed for breakfast, lunch, personal needs (e.g., gym) |
| | | <ul style="list-style-type: none"> 0.5 x CARS block | <ul style="list-style-type: none"> Early PM: Targeted review of weak areas | | | <ul style="list-style-type: none"> Remember to take breaks as needed for lunch, dinner, personal needs (e.g., gym) |

Mcat Preview Guide

JR Anderson



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