

16-Week MCAT Plan

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Notes:	WEEK	
Flip through AAMC Student Manual PART I. Register for actual MCAT Exam (If Available).		Make general study plan. Set Goals. Identify and block off days unavailable for studying.		Do MCAT sample passage from each section (see mini-Exam) to get idea of test structure. Memorize 20 Amino Acids down to one letter code. Start Phase I Questions.			Begin Structured Study	1	
Section I TBR Physics Complete Phase I Qs Section I TBR G-Chem Complete Phase I Qs		Section I TBR O-Chem Complete Phase I Qs Section VI TBR Biochem Complete Phase I Qs		Take TBR CARS Non-Diagnostic Exam I. Record baseline score. Read Psychology MCAT Terms.		Finish Weeks Phase I Qs	Question timing does not matter yet.	2	
Section II TBR Physics Complete Phase I Qs Section II&III TBR G-Chem Complete Phase I Qs		Section II TBR O-Chem Complete Phase I Qs Section VII TBR Biochem Complete Phase I Qs		Look Up CARS Techniques (See useful links). Practice Summary Techniques (5-10 Passages)		Read Sociology MCAT Terms. Finish Weeks HW Phase I	TBR Qs are notoriously hard. 40-50% correct typical for phase I Qs.	3	
Section III TBR Physics Complete Phase I Qs Section IV TBR G-Chem Complete Phase I Qs		Section III&IV TBR O-chem Complete Phase I Qs Section VIII TBR Biochem Complete Phase I Qs		Section V TBR O-chem. Complete Phase I Qs Section I TBR Physiology Complete Phase I Qs Section I-II TBR Psychology Complete All Qs				4	
Should have studied for ~80-120 hours so far. Section IV&V TBR Physics Complete Phase I Qs		Section V&VI TBR O-chem Complete Phase I Qs Section II TBR Physiology Complete Phase I Qs		Section III-IV TBR Psychology Complete All Qs Practice CARS Technique. Do Non-Diagnostic Test 3		Start Phase II Question Sets for all completed sections.	Question timing matters!	5	
Physics Phase II Question Day	G-Chem Phase II Question Day	O-Chem Phase II Question Day	Bio Phase II Question Day	Start Sociology Vocab List. Complete TBR CARS Diagnostic Test 1-3. Review Cell Types			Phase II Goal: Average 50-60% Qs Correct	6	
Section VI TBR Physics Complete Phase I Qs Section V & VI TBR G-Chem Complete Phase I Qs		Section VII TBR O-chem Complete Phase I Qs Section III TBR Physiology Complete Phase I Qs		Section IX TBR Biochem Complete Phase I Qs Section V-VI TBR Psychology Complete All Qs			Continue Phase II Questions!	7	
Section VII&VIII TBR Physics Complete Phase I Qs Section VII & VIII TBR G-Chem Complete Phase I Qs		Section VIII TBR O-chem Complete Phase I Qs Section IV TBR Physiology Complete Phase I Qs		Section X TBR Biochem Complete Phase I Qs Section VII TBR Psychology Complete All Qs		Continue Sociology Vocab List .	Half Way Point	8	
Catch up on chapter topics. Catch up on practice question sets.		Start Phase III Question Sets for all completed sections.		Section IX&X TBR G-Chem Complete Phase I Qs Section V TBR Physiology Complete Phase I Qs		Complete TBR CARS Diagnostic Test 4-6.	Phase III Goal: Average 60-70% Qs Correct	9	
Purchase AAMC Full Length Practice Exams		Section IX&X TBR Physics Complete Phase I Qs		Section XI&XII TBR G-Chem Complete Phase I Qs		Finish Sociology Vocabulary List.	AAMC Full Length Sample Practice Test Review Full Length Test	Work on Question Timing!	10
Start Anki/AAMC PSBFB Material	TBR Physics Phase III Questions	TBR General Chemistry Phase III Questions	TBR Biochemistry Sectional Exam I	TBR Physiology Sectional Exam I	AAMC Full Length Practice Test 1	Review Full Length Test	Goal is to increase score in at least one section each practice test.	11	
Start AAMC CARS Question Pack	TBR Full Length Practice Test 1	Review Full Length Test	TBR Biochemistry Sectional Exam II	TBR Physiology Sectional Exam II	TBR Full Length Practice Test 2	Review Full Length Test	Study areas of weakness.	12	
	TBR Full Length Practice Test 3	Review Full Length Test	Review PSBFB Vocabulary DO CARS Passages Continue Phase III Q's Review Study Notes		AAMC Full Length Practice Test 2	Review Full Length Test		13	
	TBR Full Length Practice Test 4	Review Full Length Test	Review PSBFB Vocabulary DO CARS Passages Continue Phase III Q's Review Study Notes		AAMC Full Length Practice Test 3	Review Full Length Test		14	
	Additional Full Length Practice (Any Source)	Review Full Length Test	Review PSBFB Vocabulary DO CARS Passages Continue Phase III Q's Review Study Notes		AAMC Full Length Practice Test 4	Review Full Length Test		15	
Continue Practice Problems with less emphasis on % Correct. Review notes and difficult subjects. Review Vocabulary for PSBFB. Do CARS passages. Don't burn out. Sleep.					REAL MCAT			16	