

# 10-Week MCAT Plan

WEEK

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Notes:
Flip through AAMC Student Manual PART I. <b>Register for actual MCAT Exam (If Available).</b>		Section I TBR Physics Complete Phase I Qs Section I TBR G-Chem Complete Phase I Qs		Take TBR CARS Non-Diagnostic Exam I. Record baseline score. <b>Memorize 20 Amino Acids down to one letter code. Start Phase I Questions.</b>	Read Psychology MCAT Terms.	Finish Weeks Phase I Qs	Begin Structured Study
Section II TBR Physics Complete Phase I Qs Section II&III TBR G-Chem Complete Phase I Qs		Section I TBR O-Chem Complete Phase I Qs Section VI TBR Biochem Complete Phase I Qs		Practice CARS Summary Techniques (5-10 Passages) Start Sociology Vocab List.		Section I-II TBR Psychology Complete All Qs	Question timing does not matter yet.
Should have studied for ~80-120 hours so far. Section IV TBR G-Chem Complete Phase I Qs		Section II TBR O-Chem Complete Phase I Qs Section VII TBR Biochem Complete Phase I Qs		Section III&IV TBR O-chem Complete Phase I Qs Section VIII TBR Biochem Complete Phase I Qs		Practice CARS Technique. Diagnostic Test 1-3	TBR Qs are notoriously hard. 40-50% correct typical for phase I Qs.
Section III TBR Physics Complete Phase I Qs <b>Start Phase II Question Sets for all completed sections.</b>		Section V TBR O-chem. Complete Phase I Qs Section I TBR Physiology Complete Phase I Qs Section III-IV TBR Psychology Complete All Qs				Catch Up on Phase II Questions	Question timing matters!
Section IV&V TBR Physics Complete Phase I Qs Section V & VI TBR G-Chem Complete Phase I Qs		Section V&VI TBR O-chem Complete Phase I Qs Section II TBR Physiology Complete Phase I Qs		Section IX TBR Biochem Complete Phase I Qs Section X TBR Biochem Complete Phase I Qs		Complete TBR CARS Diagnostic Test 4-6.	Phase II Goal: Average 50-60% Qs Correct
Section VI TBR Physics Complete Phase I Qs Section V-VI TBR Psychology Complete All Qs		Section VII&VIII TBR O-chem Complete Phase I Qs Section III TBR Physiology Complete Phase I Qs		Section VII TBR Psychology Complete All Qs Section IV TBR Physiology Complete Phase I Qs			<b>Start Phase III Question Sets for all completed sections.</b>
Section VII&VIII TBR Physics Complete Phase I Qs Section VII & VIII TBR G-Chem Complete Phase I Qs		Section IX&X TBR Physics Complete Phase I Qs Section IX&X TBR G-Chem Complete Phase I Qs		Section XI&XII TBR G-Chem Complete Phase I Qs Section V TBR Physiology Complete Phase I Qs		TBR CARS Diagnostic Tests 7-9. <b>Purchase AAMC Full Length Practice Exams</b>	
<b>Start Anki/AAMC PSBFB Material</b>	AAMC Full Length Sample Practice Test	Review Full Length Test	TBR Biochemistry Sectional Exam I	TBR Physiology Sectional Exam I	TBR Full Length Practice Test 1	Review Full Length Test	Phase III Goal: Average 60-70% Qs Correct
<b>Start AAMC CARS Question Pack</b>	AAMC Full Length Practice Test 1	Review Full Length Test	Review PSBFB Vocabulary DO CARS Passages Continue Phase III Q's Review Study Notes		TBR Full Length Practice Test 2	Review Full Length Test	Work on Question Timing!
Continue TBR Phase III Questions	AAMC Full Length Practice Test 2	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	Goal is to increase score in at least one section each practice test.
Review Study Guide	AAMC Full Length Practice Test 4	Review Full Length Test	Review notes. Review Vocabulary Do CARS passages. Don't burn out. Sleep.				<b>REAL MCAT</b>

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