

24-Week MCAT Plan

WEEK

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Notes:	
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 (See Link).	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				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 II TBR O-Chem Complete Phase I Qs Section VII TBR Biochem Complete Phase I Qs				4
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				5
Should have studied for ~80-120 hours so far. Section IV&V TBR Physics Complete Phase I Qs		Section V TBR O-chem Complete Phase I Qs Section II TBR Physiology Complete Phase I Qs		Section III-IV TBR Psychology Complete All Qs	Start Phase II Question Sets for all completed sections. Practice CARS Technique. Do Non-Diagnostic Test 3		Question timing matters!	6
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	7
Section VI TBR Physics Complete Phase I Qs Section V & VI TBR G-Chem Complete Phase I Qs				Section VI TBR O-chem Complete Phase I Qs			Continue Phase II Questions!	8
Section VII&VIII TBR Physics Complete Phase I Qs Section VII & VIII TBR G-Chem Complete Phase I Qs				Section III TBR Physiology Complete Phase I Qs				9
Section VII&VIII TBR O-chem Complete Phase I Qs				Section V-VI TBR Psychology Complete All Qs Section IX TBR Biochem Complete Phase I Qs				10
Section X TBR Biochem Complete Phase I Qs				Section IV TBR Physiology Complete Phase I Qs	Continue Sociology Vocab List .			11
Section IX&X TBR G-Chem Complete Phase I Qs				Section VII TBR Psychology Complete All Qs	Complete TBR CARS Diagnostic Test 4-6.		Half Way Point	12
Section IX&X TBR Physics Complete Phase I Qs Section XI&XII TBR G-Chem Complete Phase I Qs		Start Phase III Question Sets for all completed sections.		Section V TBR Physiology Complete Phase I Qs			Phase III Goal: Average 60-70% Qs Correct	13
Catch up on chapter topics. Catch up on practice question sets.				Finish Sociology Vocabulary List.			Work on Question Timing!	14
TBR Physics Phase III Questions		TBR General Chemistry Phase III Questions	TBR Biochemistry Sectional Exam I	TBR Physiology Sectional Exam I				15
Purchase AAMC Full Length Practice Exams			TBR Biochemistry Sectional Exam II	TBR Physiology Sectional Exam II				16
Start Q-Bank				Review PSBFB Vocabulary DO CARS Passages Continue Phase III Q's Review Study Notes	AAMC Full Length Sample Practice Test	Review Full Length Test		17
Start Anki/AAMC PSBFB Material					TBR Full Length Practice Test 1	Review Full Length Test	Goal is to increase score in at least one section each practice test.	18
Start AAMC CARS Question Pack				Review PSBFB Vocabulary DO CARS Passages Continue Phase III Q's Review Study Notes	AAMC Full Length Practice Test 1	Review Full Length Test	Study areas of weakness.	19
	TBR Full Length Practice Test 3	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		20
	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 2	Review Full Length Test		21
	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 3	Review Full Length Test		22
	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		23
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			24