

MCAT Study Schedule, Taken from <http://forums.studentdoctor.net/showthread.php?t=623898>

Guide to the Schedule

To begin with, check out these two threads:

Why Diagnostics are Worthless: <http://forums.studentdoctor.net/showthread.php?t=557231>

MCAT and a Heavy School Workload Don't Mix: Stop rushing to take the MCAT: <http://forums.studentdoctor.net/showthread.php?t=602186>

Can I accomplish this schedule with a part-time job or school?

Probably not. I highly recommend you devote 3 months to the MCAT. There may be a few that could follow this schedule and work part-time, but chances are it would not end well. You are FAR more likely to burn out if you try to study for the MCAT using this schedule and go to school or take a part/full-time job.

Will following this guide guarantee me a +30?

Sadly, there are no guarantees on the MCAT. I certainly hope it helps you, but I can't say whether or not you'll hit your target score.

Should I take the MCAT before finishing my pre-reqs?

There's no point in doing so. You have to take them anyway. Hence, you might as well go into the test with your pre-reqs completed. Yes, this includes the English pre-req.

Anything else before I start?

CONFIDENCE. Through all of the troubles and hardships you'll face, approach everything with confidence. You must constantly attack this test. The MCAT is merely a stepping stone on your journey.

Also, this is just a guide I made up. It is my opinion on what a study schedule should resemble. I'm sure there will be people that disagree with parts of this schedule or the whole thing. This schedule can easily be adjusted for 4 months instead of 3. I don't suggest starting heavy studying 5 months+ from your test date. Keep it to 3-4 months. If you start too soon, it will be a waste of time and

resources.

Remember to use the search function on these forums. Tons of questions have already been asked and answered.

Please keep the questions to this strategy.

Lastly, please give credit to me, SN2ed, if you post this elsewhere. I put a ton of work into it.

Materials:

- Berkeley Review (BR) General Chemistry
- BR Organic Chemistry
- BR Physics
- Examkrackers (EK) Biology for non-detailed approach OR The Princeton Review Hyperlearning (TPR) Biology/BR Biology for a detailed approach (In the schedule, I will use EK Bio because most prefer a non-detailed approach)
- EK 1001 series
- EK Verbal 101
- TPR Hyperlearning Verbal Workbook or Berkeley Review Verbal
- AAMC Full Length (FL) #3-10

You can pick up the BR books from their website: <http://www.berkeley-review.com/TBR/home-study.html>

Also, check out the For Sale section on here:

<http://forums.studentdoctor.net/forumdisplay.php?f=230> All of the above, except for the AAMC FLs show up from time to time. I've regularly seen a complete BR set go for under \$100 on there. Amazon and Deep Discounts are some other places to search.

To buy the AAMC FLs: <http://www.e-mcat.com/>

Bare Minimum Set-up:

\$245 for AAMC FLs (<http://www.e-mcat.com/>)

\$150 for BR Physics, O-chem, Gen Chem (<http://www.berkeley-review.com/TBR/home-study.html>)

\$26 for EK Verbal 101 (<http://www.amazon.com/Examkrackers-M...3226173&sr=8-2>)

\$26 EK Bio 1001 (<http://www.amazon.com/Examkrackers-1...3226173&sr=8-5>)

\$30 EK Bio (<http://www.amazon.com/Examkrackers-M...3226173&sr=8-9>)

Prices vary on TPR Hyperlearning Verbal Workbook

Total = \$477 + TPR Hyperlearning Verbal Workbook

About the EK 1001 series:

It is a good idea to get the complete EK 1001 series. I thought they really helped me nail down my understanding of the various topics. Through using the physics especially, I found that I didn't understand some things as well as I would like. Furthermore, for whatever reason, they helped me visualize the problem in my head and made the equations intuitive to use. Too many people neglect their basic understanding which could be bolstered by EK 1001. They think they have a strong grasp, yet when those fundamentals are tested, one's weaknesses become more apparent. Plus, doing more timed practice problems is always a good thing.

The only negative for the non-bio and VR practice books is that they aren't in the right format (unless you think of them as tons of discretés). However, it is significantly easier to spot your content weaknesses with EK 1001 *because* they aren't passages. You don't have to worry about if you messed up due to a failure to synthesize multiple ideas or the passage was worded strangely. When you mess up on EK 1001, you know it's due to a content weakness. Lastly, this problem would be alleviated by the BR books and EK content books containing practice passages. There are also the practice tests that you will be taking.

I suggest you get the above material 1-2 months in advance. You don't want to be missing your materials when you're about to start this schedule. Also, older content review books are usually okay, just don't go too far back (past 5 years old).

Lastly, sign up for your MCAT as soon as possible. Seats fill up months in advance.

Timing:

- **ALWAYS complete your practice problems under TIMED conditions**
- For BR passages: 6-7 minutes per passage
- For the EK 30-minute exams...well 30 minutes
- EK 1001, except Bio series: 30 seconds to 1 minute per question
- EK 1001 Bio: 6 minutes per passage + 30 seconds to 1 minute per discrete, work towards less time
- EK Verbal 101/TPR Verbal: 6-7 minutes per passage, work towards 6 minutes
- AAMC FLs: Use their timing

Notes:

- Thoroughly review ALL of your practice problems. Review your problems the day AFTER you took them. If there's a break day, review your problems on the day after your break.
- Remember to round like crazy for any math problem

- Always use process of elimination with your answer choices
- **Before you begin this schedule, count the number of verbal practice passages (101 from EK + however many in the TPR Hyperlearning Verbal Workbook). Divide the number of passages by 67 (total days - the number of break days AND FL days). That number is the number of verbal passages you should be taking per day. I'm hoping that number breaks down to at least 3 passages per day. Ideally, you should take 4-5 verbal passages per assigned day. You do NOT take verbal passages on break days OR FL days.**
- If you don't want to get the EK 1001 series, spread out the second 1/3 of BR practice passages over 2 days. However, EK 1001 Bio is a must buy and you should do those problems. Again, I recommend you get all of the EK 1001 series.
- If your practice test score is not within your target range after 4 tests, you should consider delaying. If you delay, go over your weaknesses again and complete an in-depth analysis of what went wrong.
- If you have enough money, you could adjust the schedule to fit in more practice tests. I didn't include that many to keep the cost down.
- Thanks to BlitzSleep for reminding me about the importance of confidence
- Written by SN2ed

General Guidelines for Reviewing:

- Go over EVERY question. Both the ones you got right and the ones you got wrong.
- Reviewing should take 2-3 times longer than taking the timed practice problems.
- If your tests are fluctuating, it is due to the different topics on the various tests. In other words, you have some glaring weaknesses that when targeted, nail you, badly. You have to find out what those weaknesses are because they are evident by your scores. Do NOT dismiss any wrong answer as a "stupid mistake." You made that error for a reason. Go over your tests again.

Some things to go over when reviewing:

1. Why did you get the question wrong? Why did you get the question right?
2. What question types get you?
3. How is your mindset when facing a particular passage?
4. Are you stressed for time?
5. Where are your mistakes happening the most? Are they front loaded? Are they at the end? All over?
6. What was your thought process for both the questions you got right and the ones you got wrong?
7. For verbal, what was the author's mindset and main idea?
8. Did you eliminate all of the answer choices you could from first glance?
ex. You know an answer should be a positive number so you cross out all of the negative number answer choices.
9. What content areas are you weak in?
10. How can you improve so you don't make the same mistake again?

Hat Trick:

Get a hat and write every single MCAT PS and BS topic onto a piece of paper. Then, when you're ready to practice PS, put all the PS topics into the hat. Draw two or three pieces of paper and connect the topics together. In addition to connecting them, come up with what a passage might look like and what kind of questions you might get. If you can't do this, go back and review each of the three sections. Rinse and repeat.

The hat trick days are important because they aid you in synthesizing the various topics together. On the MCAT, you utilize this skill for every passage because MCAT passages combine topics. Furthermore, you may also discover content weaknesses that you will need to go over.

PS Topic List: <http://www.aamc.org/students/mcat/pr...g/pstopics.pdf>

BS Topic List: <http://www.aamc.org/students/mcat/pr...g/bstopics.pdf>

Page to get topic lists if you don't want to directly download the pdf:

<http://www.aamc.org/students/mcat/pr...gstudyplan.htm>

Verbal Help:

Check out Vihsadas's verbal guide and the other guides found in the MCAT Guide sticky

Vihsadas's Guide: <http://forums.studentdoctor.net/show...2&postcount=96>

MCAT Guide Sticky: <http://forums.studentdoctor.net/showthread.php?t=602154>

Arithmetic Tricks:

<http://forums.studentdoctor.net/show...ic+Tips+Tricks>

Why Diagnostic Tests are Worthless:

<http://forums.studentdoctor.net/showthread.php?t=557231>

Breaking Down the MCAT: A 3 Month MCAT Study Schedule:

<http://forums.studentdoctor.net/show...68#post8092168>

3 Month Schedule

The Day by Day

- Give yourself 4 buffer days before beginning this schedule just in case you need them.
- Another reminder: You are supposed to take some verbal passages every day except break days and FL days.
- Days 63, 64, 66, and 67 are intense. If they're too much and you have the time, you could add 4-5 days to finish the work for those 4 days. Remember to take a break should you choose to add more days.

Day 1: BR Physics Chapter #1 + 1/3 of the corresponding passages (1/3 of corresponding passages = 1/3 from now on)

Day 2: BR Gen Chem Chapter #1 + 1/3

Day 3: BR O-Chem Chapter #1 + 1/3

Day 4: EK Biology Chapter #1 + the corresponding problems in chapter and chapter exam (both of these will be abbreviated by putting 30 Min)

Day 5: BR Physics Chapter #2 + 1/3

Day 6: Re-read chapters and work through corresponding EK 1001 sections for the chapters you worked through. For instance, BR O-Chem chapter #1 goes over Organic Structure & Bonding; hence, complete the Molecular Structure in the EK 1001 O-Chem. The topics probably won't match all the time, but go with the best fit. Also, only do every third problem/passage in the EK 1001s. From now on, this day's work will be abbreviated: "Re-read chapters + EK 1001"

Day 7: Break

Day 8: Complete second 1/3 of BR passages for the previous 3 chapters. I'm going to shorten this to: "Complete second 1/3 of BR passages"

Day 9: BR Gen Chem Chapter #2 + 1/3

Day 10: BR O-Chem Chapter #2 + 1/3

Day 11: EK Bio Chapter #2 + 30 Min

Day 12: BR Physics Chapter #3 + 1/3

Day 13: BR Gen Chem Chapter #3 + 1/3

Day 14: Break

Day 15: Re-read chapters + EK 1001

Day 16: Complete second 1/3 of BR passages

Day 17: BR O-Chem Chapter #3 + 1/3

Day 18: EK Bio Chapter #3 + 30 Min

Day 19: BR Physics Chapter #4 + 1/3

Day 20: BR Gen Chem Chapter #4 + 1/3

Day 21: Break

Day 22: BR O-Chem Chapter #4 + 1/3

Day 23: Re-read chapters + EK 1001

Day 24: Complete second 1/3 of BR passages

Day 25: EK Bio Chapter #4 + 30 Min

Day 26: BR Physics Chapter #5 + 1/3

Day 27: BR Gen Chem Chapter #5 + 1/3

Day 28: Break
Day 29: BR O-Chem Chapter #5 + 1/3
Day 30: EK Bio Chapter #5 + 30 Min
Day 31: Re-read chapters + EK 1001
Day 32: Complete second 1/3 of BR passages
Day 33: BR Physics Chapter #6 + 1/3
Day 34: BR Gen Chem Chapter #6 + 1/3
Day 35: Break
Day 36: BR O-Chem Chapter #6 + 1/3
Day 37: EK Bio Chapter #6 + 30 Min
Day 38: BR Physics Chapter #7 + 1/3
Day 39: Re-read chapters + EK 1001
Day 40: Complete second 1/3 of BR passages
Day 41: BR Gen Chem Chapter #7 + 1/3
Day 42: Break
Day 43: BR O-Chem Chapter #7 + 1/3
Day 44: EK Bio Chapter #7 + 30 Min
Day 45: BR Physics Chapter #8 + 1/3
Day 46: BR Gen Chem Chapter #8 + 1/3
Day 47: Re-read chapters + EK 1001
Day 48: Complete second 1/3 of BR passages
Day 49: Break
Day 50: EK Bio Chapter #8 + 30 Min
Day 51: BR Physics Chapter #9 + 1/3
Day 52: BR Gen Chem Chapter #9 + 1/3
Day 53: EK Bio Chapter #9 + 30 Min
Day 54: BR Physics Chapter #10 + 1/3
Day 55: Break
Day 56: BR Gen Chem Chapter #10 + 1/3
Day 57: BR O-Chem Chapter #8 + 1/3
Day 58: Re-read chapters + EK 1001
Day 59: Complete second 1/3 of BR passages
Day 60: Break
Day 61: Hat Trick for 4-5 hours. **For all of the following days, *excluding break days*, spend about 30 minutes - 1 hour on the Hat Trick.** If it really helps you, spend more time on it. It might be slow at first, but you'll get the hang of it.
Day 62: Last 1/3 of BR passages for Chapter 1 + Second 1/3 of EK 1001 Bio Chapter 1
Day 63: Last 1/3 of BR passages for Chapter 1 + Second 1/3 of EK 1001 Bio Chapter 1
- From now on, I will abbreviate the last 1/3 of BR and second 1/3 of EK 1001 Bio as 1/3. I will include the chapters to cover.
Day 64: AAMC FL #3
Day 65: Review FL per guidelines + 1/3 Chapter 2
Day 66: Review FL + 1/3 Chapter 2
Day 67: Break
Day 68: 1/3 Chapter 3
Day 69: 1/3 Chapter 3

Day 70: Break
Day 71: AAMC #4
Day 72: Review FL + 1/3 Chapter 4
Day 73: Review FL + 1/3 Chapter 4
Day 74: AAMC #5
Day 75: Review FL + 1/3 Chapter 5
Day 76: Review FL + 1/3 Chapter 5
Day 77: Break
Day 78: AAMC FL #6
Day 79: Review FL + 1/3 Chapter 6
Day 80: Review FL + 1/3 Chapter 6
Day 81: AAMC #7
Day 82: Review FL + 1/3 Chapter 7
Day 83: Review FL + 1/3 Chapter 7
Day 84: Break
Day 85: Break
Day 86: AAMC #8
Day 87: Review FL + 1/3 Chapter 8
Day 88: Review FL + 1/3 Chapter 8
Day 89: AAMC #9
Day 90: Review FL + 1/3 Chapter 9
Day 91: Review FL + 1/3 Chapter 9
Day 92: Break
Day 93: AAMC #10
Day 94: Review FL + 1/3 Chapter 10
Day 95: Review FL + 1/3 Chapter 10
Day 96: Break
MCAT

Written by SN2ed

4 Month Schedule

4 Month Variation

The first 61 days are the same. This schedule is less intense than the 3 month variation because it spreads out the practice problems in the third month rather than the FL month. If you choose this route, make sure you recalculate the number of verbal passages per day. Also, it might be a good idea to get additional verbal material (ie get both TPR Hyperlearning verbal and BR verbal on top of EK 101). Note, this might not be necessary if you're still able to complete 3 verbal passages per day with TPR Hyperlearning verbal and EK 101. I don't know how many verbal passages are in TPR's book.

Day 62: Last 1/3 of BR passages for Chapters 1 + Second 1/3 of EK 1001 Bio Chapters 1

Day 63: Last 1/3 of BR passages for Chapters 1 + Second 1/3 of EK 1001 Bio Chapters 1

- From now on, I will abbreviate the last 1/3 of BR and second 1/3 of EK 1001 Bio as 1/3. I will include the chapters to cover.

- If you don't have enough time to finish this week's amount, finish it up with the next review section under AAMC FL #4. This first couple review sections are intense, but the next ones aren't as bad and they get even better once you finish BR O-Chem. The main goal is to finish it up before your test date.

Day 64: 1/3 Chapter 2

Day 65: 1/3 Chapter 2

Day 66: 1/3 Chapter 3

Day 67: 1/3 Chapter 3

Day 68: Hat Trick all day long

Day 69: Break

Day 70: 1/3 Chapter 4

Day 71: 1/3 Chapter 4

Day 72: 1/3 Chapter 5

Day 73: 1/3 Chapter 5

Day 74: 1/3 Chapter 6

Day 75: 1/3 Chapter 6

Day 76: Hat Trick all day long

Day 77: Break

Day 78: 1/3 Chapter 7

Day 79: 1/3 Chapter 7

Day 80: 1/3 Chapter 8

Day 81: 1/3 Chapter 8

Day 82: 1/3 Chapter 9

Day 83: 1/3 Chapter 9

Day 84: Hat Trick all day long

Day 85: Break

Day 86: 1/3 Chapter 10

Day 87: 1/3 Chapter 10

Day 88: Hat Trick all day long

Day 89: Break

Day 90: Break

Day 91: AAMC FL #3

Day 92: Review FL per guidelines

Day 93: Review FL

Day 94: AAMC FL #4

Day 95: Review FL

Day 96: Review FL
Day 97: Break
Day 98: AAMC FL #5
Day 99: Review FL
Day 100: Review FL
Day 101: AAMC FL #6
Day 102: Review FL
Day 103: Review FL
Day 104: Break
Day 105: Break
Day 106: AAMC FL #7
Day 107: Review FL
Day 108: Review FL
Day 109: AAMC #8
Day 110: Review FL
Day 111: Review FL
Day 112: Break
Day 113: AAMC #9
Day 114: Review FL
Day 115: Review FL
Day 116: AAMC #10
Day 117: Review FL
Day 118: Review FL
Day 119: Break
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