



## MCAT 3-MONTH STUDY SCHEDULE - WEEK 1

		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
FIRST SUBJECT	READ	Official AAMC MCAT Exam Guide Bio/Biochem Chapter* - Understanding the Foundational Concepts and Content Categories	Official AAMC MCAT Exam Guide Psych/Soc Chapter* - Understanding the Foundational Concepts and Content Categories	Official AAMC MCAT Exam Guide Chem/Physics Chapter* - Understanding the Foundational Concepts and Content Categories	GS Physics Chapters 1 & 2 - Translational Motion; Force, Motion and Gravitation	GS Bio Chapter 1 - Generalized Eukaryotic Cell	Official AAMC MCAT Exam Guide CARS Chapter* - What Will the Critical Analysis and Reasoning Skills Section Test?	
	Practice Questions	Biological & Biochemical Foundations of Living Systems Section sample questions from the AAMC Official Guide to the MCAT	Psychological, Social & Biological Foundations of Behaviour Section sample questions from the AAMC Official Guide to the MCAT	Chemical & Physical Foundations of Biological Systems Section sample questions from the AAMC Official Guide to the MCAT + post-test analysis	GS Physics Chapters 1 & 2 online practice questions	GS Bio Chapter 1 (book or ebook) Warm up Exercises and online practice questions	Critical Analysis & Reasoning Skills Section sample questions from the AAMC Official Guide to the MCAT + post-test analysis	<a href="#">AAMC MCAT2015 Mini Test</a> + post-test analysis
SECOND SUBJECT	READ	None	None	GS Org Chem Chapter 1 - Molecular Structure of Organic Compounds; GS Gen Chem Chapter 1 - Stoichiometry	GS MCAT Math Chapters 1 to 3 - Basic Math Practice; Numbers and Operations; Scientific Measurement	GS Biochem Chapter 1 - Biological Molecules (Amino Acids to Carbohydrates)	EK MCAT Reasoning Skills Lecture ii - Research and Reasoning Skills for the MCAT	None
	Practice Questions	Post-test analysis of Bio/Biochem sample questions	Post-test analysis of Psych/Soc sample questions	GS Org Chem Chapter 1; GS Gen Chem Chapter 1 online practice questions	GS Math Chapter 1 online practice questions + GS Math Chapters 2 & 3 (ebook) Warm-up Exercises	GS Biochem Chapter 1 (book or ebook) Warm-up Exercises and online practice questions	EK MCAT Reasoning Skills Lecture ii (book) In-Class Exam practice questions + post-test analysis	GS Free practice Test + post-test analysis

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<b>Gold Notes</b>	Compile brief notes from your post-test analysis	Compile brief notes from your post-test analysis	Compile brief notes from your content review of GS Org and Gen Chem chapters; post-test analysis of the AAMC MCAT Guide Chem/Physics sample questions	Compile brief notes from your content review	Compile brief notes from your content review	Compile brief notes from your content review; post-test analysis of the AAMC MCAT Guide CARS sample questions	<b>Consolidation Sunday: review your Gold Notes from the beginning and consolidate what you learned from the beginning of each subject.</b>
<b>Supplementary Review</b>			GS chapter online videos	EK MCAT Reasoning Skills (Book): MCAT Math Section (Rounding, Scientific Notation, Logs, Equations and Proportionality, Graphs, Units) + practice questions; GS chapter online videos	Amino Acids Quizzes; GS online chapter videos; <a href="#">Khan Academy videos on Cells</a>		

If you do not own the Official [AAMC MCAT Exam Guide](#), you may read detailed information about the different test sections on the AAMC website as follows:

\*Day 1 - Overview of [MCAT Biological and Biochemical Foundations of Living Systems Section \(AAMC\)](#)

\* Day 2 - Overview of [MCAT Psychological, Social, and Biological Foundations of Behavior Section \(AAMC\)](#)

\*Day 3 - Overview of [MCAT Chemical and Physical Foundations of Biological Systems Section \(AAMC\)](#)

\*Day 6 - Overview of [MCAT Critical Analysis and Reasoning Skills Section \(AAMC\)](#)