Timeline

- **16 weeks** during Spring Semester for first pass
- a little over **6 weeks** during Summer for second pass

(timeline is obviously adjustable depending on your school schedule and when you are planning on taking the MCAT)

Resources

- Kaplan MCAT Complete 7-Book Subject Review
- Kaplan MCAT Flashcards
- Khan Academy MCAT Videos and Practice Exercises
Critical Analysis and Reasoning Skills

Monday: Chapter 1 - About CARS
    Chapter 2 - Analyzing Rhetoric
    Chapter 3 - Keywords

Tuesday: Chapter 4 - Outlining the Passage
    Chapter 5 - Dissecting Arguments
    Chapter 6 - Formal Logic

Wednesday: Chapter 7 - Understanding Passages
    Chapter 8 - Question and Answer Strategy

Thursday: Chapter 9 - Question Types I: Foundations of Comprehension Questions
    Chapter 10 - Question Types II: Reasoning Within the Text Questions

Friday: Chapter 11 - Question Types III: Reasoning Beyond the Text Questions
    Chapter 12 - Effective Review of CARS

Saturday: Catch up/Review

Sunday: Catch up/Review
**Physics and Math**

**Monday:** Chapter 1 - Kinematics and Dynamics

**Tuesday:** Chapter 2 - Work and Energy  
Chapter 3 - Thermodynamics

**Wednesday:** Chapter 4 - Fluids

**Thursday:** Chapter 5 - Electrostatics and Magnetism

**Friday:** Chapter 6 - Circuits  
Chapter 7 - Waves and Sound

**Saturday:** Catch up/Review

**Sunday:** Catch up/Review

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**Physics and Math**

**Monday:** Chapter 8 - Light and Optics

**Tuesday:** Chapter 9 - Atomic and Nuclear Phenomena

**Wednesday:** Chapter 10 - Mathematics

**Thursday:** Chapter 11 - Reasoning About the Design and Execution of Research

**Friday:** Chapter 12 - Data-Based and Statistical Reasoning

**Saturday:** Catch up/Review

**Sunday:** Catch up/Review
### General Chemistry

**Monday:** Chapter 1 - Atomic Structure  
Chapter 2 - The Periodic Table

**Tuesday:** Chapter 3 - Bonding and Chemical Interactions

**Wednesday:** Chapter 4 - Compounds and Stoichiometry

**Thursday:** Chapter 5 - Chemical Kinetics  
Chapter 6 - Equilibrium

**Friday:** Chapter 7 - Thermochemistry

**Saturday:** Catch up/Review

**Sunday:** Catch up/Review

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### MCAT Study Plan  
-Week 4-

**General Chemistry**

**Monday:** Chapter 8 - The Gas Phase

**Tuesday:** Chapter 9 - Solutions

**Wednesday:** Chapter 10 - Acids and Bases

**Thursday:** Chapter 11 - Oxidation-Reduction Reactions

**Friday:** Chapter 12 - Electrochemistry

**Saturday:** Catch up/Review

**Sunday:** Catch up/Review

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### MCAT Study Plan  
-Week 5-
# MCAT Study Plan

## -Week 6-

### Biology

**Monday:** Chapter 1 - The Cell

**Tuesday:** Chapter 1 - The Cell

**Wednesday:** Chapter 2 - Reproduction

**Thursday:** Chapter 3 - Embryogenesis

**Friday:** Chapter 4 - The Nervous System

**Saturday:** Catch up/Review

**Sunday:** Catch up/Review

## -Week 7-

### Biology

**Monday:** Chapter 4 - The Nervous System

**Tuesday:** Chapter 5 - The Endocrine System

**Wednesday:** Chapter 6 - The Respiratory System

**Thursday:** Chapter 7 - The Cardiovascular System

**Friday:** Chapter 8 - The Immune System

**Saturday:** Catch up/Review

**Sunday:** Catch up/Review

## -Week 8-

### Biology

**Monday:** Chapter 9 - The Digestive System

**Tuesday:** Chapter 10 - Homeostasis

**Wednesday:** Chapter 11 - Musculoskeletal System

**Thursday:** Chapter 12 - Genetics and Evolution

**Friday:** Chapter 12 - Genetics and Evolution

**Saturday:** Catch up/Review

**Sunday:** Catch up/Review
Organic Chemistry

Monday: Chapter 1 - Nomenclature
Tuesday: Chapter 2 - Isomers
Wednesday: Chapter 3 - Bonding
Thursday: Chapter 4 - Analyzing Organic Reactions
Friday: Chapter 5 - Alcohols
Saturday: Catch up/Review
Sunday: Catch up/Review

Organic Chemistry

Monday: Chapter 6 - Aldehydes and Ketones I: Electrophilicity and Oxidation-Reduction
Tuesday: Chapter 7 - Aldehydes and Ketones II: Enolates
Chapter 8 - Carboxylic Acids
Wednesday: Chapter 9 - Carboxylic Acid Derivatives
Chapter 10 - Nitrogen and Phosphorous Containing Compounds
Thursday: Chapter 11 - Spectroscopy
Friday: Chapter 12 - Separations and Purifications
Saturday: Catch up/Review
Sunday: Catch up/Review
Behavioral Science

Monday: Chapter 1- Biology and Behavior
Tuesday: Chapter 1- Biology and Behavior
Wednesday: Chapter 2- Sensation and Perception

Thursday: Chapter 3- Learning and Memory
Friday: Chapter 4- Cognition, Consciousness, and Language
Saturday: Catch up/Review
Sunday: Catch up/Review

Behavioral Science

Monday: Chapter 5- Motivation, Emotion, and Stress
Tuesday: Chapter 6- Identity and Personality
Wednesday: Chapter 7- Psychological Disorders

Thursday: Chapter 8- Social Processes, Attitudes, and Behaviors
Friday: Chapter 9- Social Interaction
Saturday: Catch up/Review
Sunday: Catch up/Review

Behavioral Science

Monday: Chapter 10- Social Thinking
Tuesday: Chapter 10- Social Thinking
Wednesday: Chapter 11- Social Structure and Demographics

Thursday: Chapter 11- Social Structure and Demographics
Friday: Chapter 12- Social Stratification
Saturday: Catch up/Review
Sunday: Catch up/Review
**Biochemistry**

**Monday:** Chapter 1 - Amino Acids, Peptides, and Proteins

**Thursday:** Chapter 4 - Carbohydrate Structure and Function

**Friday:** Chapter 5 - Lipid Structure and Function

**Saturday:** Catch up/Review

**Sunday:** Catch up/Review

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**Biochemistry**

**Monday:** Chapter 6 - DNA and Biotechnology

**Thursday:** Chapter 7 - RNA and the Genetic Code

**Friday:** Chapter 8 - Biological Membranes

**Saturday:** Catch up/Review

**Sunday:** Catch up/Review

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**Biochemistry**

**Monday:** Chapter 9 - Carbohydrate Metabolism I: Glycolysis, Glycogen, Gluconeogenesis, and the Pentose Phosphate Pathway

**Tuesday:** Chapter 10 - Carbohydrate Metabolism II: Aerobic Respiration

**Thursday:** Chapter 12 - Bioenergetics and Regulation of Metabolism

**Friday:** Chapter 12 - Bioenergetics and Regulation of Metabolism

**Saturday:** Practice Test #1

**Sunday:** Catch up/Review
Khan Academy MCAT Practice Exercises: approx. 35-40 exercises/day

Kaplan MCAT Flashcards: at least 30 flashcards/day to complete whole set, but should try to do more per day in order to go through entire set several times

Kaplan Online Resources-Videos and Practice: Access to instructional videos and additional practice questions are included with the Kaplan curriculum. These can be used during the intensive study period to supplement your study of topics that you might not feel as strong in.

Khan Academy MCAT Videos: Khan Academy has hundreds of videos on important MCAT topics. I would highly recommend looking through these and watching any for topics you don’t feel as comfortable in or feel like you need more help with.

Practice Tests: Three full-length practice exams come with the Kaplan curriculum. I would recommend doing one at the start of your intensive study period, after completing this 16-week study plan of going through all the Kaplan books. Then, take one after 3 weeks of intensive study and one after 6 weeks, a few days before you are scheduled to take the actual MCAT. These should as closely resemble your actual test day as possible, down to break times, snacks, and setting.

Make this time about what works for you! While going through the books the first time is mostly about reviewing all the topics, the intensive study period is about really solidifying the information. Figure out your weaknesses and work on them! Figure out how you study best and do it! This is how you will be able to have your best chance of doing well on the MCAT.