

MCAT Study Plan: Student Name

Full Lengths and Sections

BP Video Module
BP Book Chapter + End of Chapter Exam
Personal or Holiday

Test Review
Tutoring Appointment
BP Qbank and LLJ

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Physics 1 Eukaryotic Cells	9/21/20 BP Diagnostic BP CARS Qbank Atomic Structure	Bio 1 Physics 2 Periodic Trends	Biochem 1 Biochem 2 BP CARS Qbank	Bio 2 Biochem 3 Amino Acids	Tutoring Session: 11am BP BioChem Qbank BP Physics Qbank	Bio 3	BP Bio Qbank
Physics 3 VSEPR	9/28/20 Bio 4 BP CARS Qbank Enzymes	Biochem 4 Physics 4 Enzyme Regulation	Bio 5 CARS 6 Enzyme Kinetics	Biochem 5 Chem 1 Cell Cycle	AAMC Qpack CARS Vol 1 first half Biochem 6 Kinematics	Bio 6	Day Off
Physics 5 Newton's Laws	10/5/20 Bio 7 BP CARS Qbank Genetic Inheritance	Biochem 7 Physics 6 Torque	Bio 8 Chem 2 Plasma Membrane	Biochem 8 BP CARS Qbank Membrane Transport	AAMC Qpack Bio Vol 1 first half Biochem 9 Microbiology	Bio 9	Day Off
Physics 7 Social Structures	10/12/20 Bio 10	Biochem 10	Bio 11	Biochem 11 AAMC Qpack CARS Vol 1 second half	Tutoring Session: 11am Biochem 12 Work and Power	Bio 12	Day Off
Chem 4 Energy	10/19/20 Psych 1 Social Groups	Physics 8 Hydrocarbon Compounds	Chem 3 Social Interaction	Psych 2	AAMC Qpack Bio Vol 1 second half Psych 5 Emotion and Stress	Chem 6	Day Off
Chem 7 Learning	10/26/20 AAMC Qpack Physics first half Memory Alcohols and Phenols	Psych 3 Chem 5 Cancer	Psych 6 Psych 7 Aldehydes and Ketones	AAMC Qpack Physics second half Psych 8 Carboxylic Acids	Chem 8 Glycolysis DNA Mutation and Repair	PARENTS WEEKEND	PARENTS WEEKEND
Psych 9	11/2/20 AAMC Qpack Chem first half Chem 9	Respiratory System Circulatory System Digestive System Psych 10	AAMC Qpack Chem second half Chem 10	Thermodynamics Protein Stability Nucleophilic Substitution Psych 11	AAMC Qpack Bio Vol 2 first half	Content Review Day: 1. Re-read LLJ 2. Read book chapters based on BP Analytics. 3. Re-do the Section Test from one or two Content Review videos.	NS1
Elimination and Addition Enolate Chemistry	11/9/20 Test Review: 1. Go through every question 2. Write content notes in LLJ. 3. Flag 1 pass. per section to review w/ me Electricity Equilibrium	Chem 11 Magnetism Circuits	Psych 12 AAMC Qpack CARS Vol 2 second half Acid-Base Chemistry	Chem 12	Tutoring Session: 11am	Content Review Day	AAMC Exam 1
Neurons Timed Chem/Phys Section	11/16/20 Test Review Endocrine System Timed CARS Section	Buffers and Titrations Redox Reactions Timed Chem/Phys Section	Sensory Processing Fluid Mechanics Timed CARS Section	Reproductive System Content Review Day	Tutoring Session: 11am		NS2
Timed Psych/Soc Section	11/23/20 Test Review Timed CARS Section	Thanksgiving Periodic Motion and Waves	Thanksgiving Nuclear Physics	Thanksgiving Identity and Culture	Thanksgiving Timed Bio/Biochem Section (done)	Thanksgiving Weekend	Thanksgiving Weekend
Immune System Non-Enzymatic Protein Function	11/30/20 Catch Up Day Separatory Techniques Spectroscopy and Spectrometry	Carbohydrate Reactions Analytic Techniques BP CARS Qbank	Excretory System Lipids Lipid Metabolism	Biochemical Techniques Prejudice and Stereotypes	Tutoring Session: 11am CARS Section (read each passage twice)	Reading Days	Reading Days
Psych Timed Section	12/7/20 Finals Demographics	AAMC Qpack Bio Vol 2 second half Timed CARS Section	Finals Timed Bio/Biochem Section	Finals Glycogen Metabolism BP Physics Qbank	Social Inequality	Content Review Day	NS3
EM Waves BP Orgo Qbank	12/14/20 Test Review Reflection and Refraction BP Psych Qbank	Hormones in Metabolism Mirrors and Lenses	Sound Personality	AAMC Bio Biochem Section Bank HAPPY BIRTHDAY!	Timed Chem/Phys Section	Content Review Day	NS4
Timed Psych/Soc Section	12/21/20 Test Review Timed CARS Section	Psychological Disorders Timed Bio/Biochem Section	Skeletal System	Muscle and Skin	Christmas	Content Review Day	NS5
BP CARS Qbank	12/28/20 Test Review BP Physics Qbank	AAMC Chem/Phys Section Bank BP BioChem Qbank	AAMC Psych Section Bank	Timed CARS Section	New Year's Day	Content Review Day	AAMC Exam 2
BP Chem Qbank	1/4/21 Test Review Timed Bio/Biochem Section	Timed Psych/Soc Section CARS Section	Psych/Soc Section Chem/Phys Section Bio/Biochem Section	Bio/Biochem Section	Tutoring Session: 11am	Content Review Day	AAMC Exam 3
Psych/Soc Section	1/11/21 Test Review CARS Section	Bio/Biochem Section Psych/Soc Section	Chem/Phys Section Chem/Phys Section BP Psych Qbank	Chem/Phys Section	Tutoring Session: 11am	Content Review Day	AAMC Exam 4
CARS Section	1/18/21 Test Review Chem/Phys Section	Bio/Biochem Section	Psych/Soc Section	Review your entire LLJ	Vacation	Vacation	AAMC Sample Test
CARS Section	1/25/21 Test Review CARS Section	Chem/Phys Section Chem/Phys Section	Tutoring Session: 11am	Psych/Soc Section	Review your entire LLJ	Day Off	Test Day!