

# 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
9/21/20 Physics 1 Eukaryotic Cells	<b>BP Diagnostic</b> 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
9/28/20 Physics 3 VSEPR	Bio 4 BP CARS Qbank Enzymes	Biochem 4 Physics 4 Enzyme Regulation	Bio 5 CARS 6 Enzyme Kinetics	Biochem 5 Chem 1 Cell Cycle	<b>AAMC Qpack CARS Vol 1 first half</b> Biochem 6 Kinematics	Bio 6	Day Off
10/5/20 Physics 5 Newton's Laws	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	<b>AAMC Qpack Bio Vol 1 first half</b> Biochem 9 Microbiology	Bio 9	Day Off
10/12/20 Physics 7 Social Structures	Bio 10 Psych 1 Social Groups	Biochem 10 Physics 8 Hydrocarbon Compounds	Bio 11 Chem 3 Social Interaction	Biochem 11 <b>AAMC Qpack CARS Vol 1 second half</b> Psych 2	Tutoring Session: 11am Biochem 12 Work and Power	Bio 12	Day Off
10/19/20 Chem 4 Energy	Physics 9 Gene Expression Isomers	Psych 3 Chem 5 Cancer	Physics 10 Transcription Translation	Psych 4 Chirality Carbohydrates	<b>AAMC Qpack Bio Vol 1 second half</b> Psych 5 Emotion and Stress	Chem 6	Day Off
10/26/20 Chem 7 Learning	<b>AAMC Qpack Physics first half</b> Memory Alcohols and Phenols	Psych 6 Psych 7 Aldehydes and Ketones	<b>AAMC Qpack Physics second half</b> Psych 8 Carboxylic Acids	Chem 8 Psych 9 DNA Mutation and Repair	<b>AAMC Qpack CARS Vol 2 first half</b>	<b>PARENTS WEEKEND</b>	<b>PARENTS WEEKEND</b>
11/2/20 Psych 9	<b>AAMC Qpack Chem first half</b> Chem 9	<b>Respiratory System Circulatory System Digestive System</b> Psych 10	<b>AAMC Qpack Chem second half</b> Chem 10	<b>Thermodynamics Protein Stability Nucleophilic Substitution</b> Psych 11	<b>AAMC Qpack Bio Vol 2 first half</b>	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.	<b>NS1</b>
11/9/20 Elimination and Addition Enolate Chemistry	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 <b>AAMC Qpack CARS Vol 2 second half</b> Acid-Base Chemistry	Chem 12	Tutoring Session: 11am	Content Review Day	<b>AAMC Exam 1</b>
11/16/20 Neurons Timed Chem/Phys Section	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		<b>NS2</b>
11/23/20 Timed Psych/Soc Section	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
11/30/20 Immune System Non-Enzymatic Protein Function	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
12/7/20 Psych Timed Section	Finals Demographics	<b>AAMC Qpack Bio Vol 2 second half</b> Timed CARS Section	Finals Timed Bio/Biochem Section	Finals Glycogen Metabolism BP Physics Qbank	Social Inequality	Content Review Day	<b>NS3</b>
12/14/20 EM Waves BP Orgo Qbank	Test Review Reflection and Refraction BP Psych Qbank	Hormones in Metabolism Mirrors and Lenses	Sound Personality Timed Chem/Phys Section	<b>AAMC Bio Biochem Section Bank</b> HAPPY BIRTHDAY!	Tutoring Session: 11am	Content Review Day	<b>NS4</b>
12/21/20 Timed Psych/Soc Section Tutoring Session: 5pm	Test Review Timed CARS Section	Psychological Disorders Timed Bio/Biochem Section	Skeletal System	Muscle and Skin	Christmas	Content Review Day	<b>NS5</b>
12/28/20 BP CARS Qbank Tutoring Session: 5pm	Test Review BP Physics Qbank	<b>AAMC Chem/Phys Section Bank</b> BP BioChem Qbank	<b>AAMC Psych Section Bank</b>	Timed CARS Section	New Year's Day	Content Review Day	<b>AAMC Exam 2</b>
1/4/21 BP Chem Qbank	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	<b>AAMC Exam 3</b>
1/11/21 Psych/Soc Section	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	<b>AAMC Exam 4</b>
1/18/21 CARS Section Tutoring Session: 5pm	Test Review Chem/Phys Section	Bio/Biochem Section	Psych/Soc Section	Review your entire LLJ	<b>Vacation</b>	<b>Vacation</b>	<b>AAMC Sample Test</b>
1/25/21 CARS Section	Test Review CARS Section	Chem/Phys Section Chem/Phys Section	Tutoring Session: 11am	Psych/Soc Section	Review your entire LLJ	<b>Day Off</b>	<b>Test Day!</b>