



Tomorrow's Doctors, Tomorrow's Cures®

How to Create a Study Plan for the MCAT® Exam



Association of
American Medical Colleges

Preface

Preparing for the Medical College Admission Test® (MCAT®) takes time and dedication. While you are trying to find a balance between your courses at school, work obligations, research and labs, family and friends, and extracurricular activities, you need to find time to prepare for the MCAT exam. So it's no surprise that one of the most frequently asked questions is, "What is the best way to prepare for the exam?"

There is no conclusive evidence about a right or wrong way to prepare, but the MCAT team at the AAMC created this guide to help you develop your own study plan using free resources and low-cost products. We will walk you through the six steps to creating a personalized study plan.

While we can't tell you how much time to spend preparing for the exam, we have the following data from the 2016 Post-MCAT Questionnaire (PMQ):

Time spent preparing for the MCAT exam:

<i>Time in weeks</i>	<i>Percentage of examinees</i>
0–8 weeks	28.8%
9–12 weeks	30.6%
13–16 weeks	17.7%
More than 16 weeks	22.8%

<i>Time in hours</i>	<i>Percentage of examinees</i>
0–10 hours per week	23.0%
11–20 hours per week	26.9%
21–30 hours per week	20.9%
More than 30 hours per week	29.3%

The majority (77%) of examinees studied over 11 hours per week, with 29% studying more than 30 hours per week. Do remember that preparation takes time, and you should start preparing earlier rather than later.

Taking the MCAT exam is one of the milestones in your path to becoming a physician, and the AAMC wants to support your journey. To do that, this guide offers helpful information in addition to the six-step Study Plan. Included in the last section, for example, are links to inspiring stories from medical students and physicians who've overcome significant obstacles to achieve their dreams. On days when you feel anxious or overwhelmed, stop for a moment and remind yourself of why you're on this path. We hope that the inspiring stories will help propel you forward!

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This guide walks you through six steps:

1. [Find Out Everything You Can About the Exam](#)
2. [Figure Out Where You Stand: How Much Do You Know?](#)
3. [Use Free and Low-Cost Resources to Help You Prepare](#)
4. [Create Your Study Plan](#)
5. [Study and Practice](#)
6. [Commit to a Final Rehearsal or Practice](#)

Worksheets and blank templates accompany the guide:

1. [Sample Test Worksheet](#)
2. [Resources and Strategies Worksheet](#)
3. [Study Plan Worksheet](#)
4. [Study Plan](#)






Step 1: Find Out Everything You Can About the Exam (2–3 days)

Suppose you have a competition coming up. What would compel someone to choose *you*, or what would lead you to win or qualify? How do you size up the event? If you don't know the rules, how much time you have, nor what you must do to qualify, chances are pretty good that you won't perform well.

You are less likely to have opponents or adversaries when preparing for the MCAT exam, but there *are* disqualifiers. You do need to know what's on the exam, how much time you have, how the exam is scored, when to register, and what you can/cannot bring to the test center, among other details. For example, if the ID you bring with you on test day doesn't match your registration information, you can't sit for the exam. And if you're not completely sure what concepts are going to be on the exam, all your studying may not have covered what you need to know.

So the first thing to do is find out as much as you can about the exam and know what to expect. Use the checklist below to help you take this first step.

Task	Time needed	Cost	Completed
Find out when the MCAT exam is administered.	15-30 minutes	free	
<input type="checkbox"/> Check the AAMC's MCAT testing calendar and score release dates .			
Find out if you qualify for fee assistance.	1 hour	free	
<input type="checkbox"/> The AAMC Fee Assistance Program provides benefits related to exam registration, prep products, and application to medical school.			
Find out medical school application deadlines.	3 hours	varies	
<input type="checkbox"/> Check the AAMC's Applying to Medical School with AMCAS® website for detailed information.	1 hour	free	
<input type="checkbox"/> Contact your prehealth advisor or academic advisor for guidance on when to schedule your exam. If you do not have an advisor, use the free Find an Advisor service provided by the National Association of Advisors for the Health Professions to have an advisor assigned to you.	1 hour	free	
<input type="checkbox"/> Check the AAMC's Medical School Admission Requirements™ (MSAR®) for U.S. and Canadian Medical Schools website for information on admissions and acceptance policies, MCAT and GPA ranges, tuition and education information, research opportunities, specialty choices, and more. Subscribe or save on the purchase of a	1 hour	\$27+	

Task	Time needed	Cost	Completed
subscription bundled with The Official Guide to Medical School Admissions print book or ebook.			
Find out which disciplines, concepts, skills, and topics are covered in the exam.	1-2 days	varies	
 Watch this two-minute introductory video .	2 minutes	free	
 Go to the What's on the MCAT Exam? resource to review the four sections, 10 foundational concepts, 31 content categories, scientific inquiry and reasoning skills, and critical analysis and reasoning skills that are tested on the exam.	2–3 hours	free	
 Read The Official Guide to the MCAT® Exam . It provides extensive details, including a timeline of things to do, information on how to register for the exam, and 120 practice questions written by the same people who wrote the MCAT exam.	1–2 days	\$30	
Learn how your score is calculated.	15–30 minutes	free	
 Visit the How Is the MCAT Exam Scored? website for frequently asked questions.			
Learn about MCAT logistics and requirements.	1–3 hours	free	
 The MCAT® Essentials online document is required reading before you register for the MCAT exam. It tells you what type of ID you need, what happens if you cancel, what you cannot bring to the test center, what triggers investigations, how to retake the exam, and other important information you need to know.			

Now is a good time to take a look at your financial resources. Consider how much money you're able to spend on preparing for the MCAT exam. To make preparation as accessible as possible, we have referenced only free or low-cost resources in this Study Plan. If you need financial support, visit the [AAMC Fee Assistance Program](#) page for information on how to apply for benefits. If you qualify, you will receive some MCAT prep products free of charge.

If you have any questions about these resources, contact the AAMC. You can reach us at:

- 202-828-0600, from 9 a.m. to 7 p.m. (ET), Monday through Friday (closed Wednesdays, 3–5 p.m.)
- mcatprep@aamc.org (MCAT exam preparation and products)

- aamc.org/contactmcat (MCAT exam registration)
- fap@aamc.org (Fee Assistance Program)

Congratulations on taking the first step! Having completed these tasks, you now have a good idea of what disciplines are tested, what the logistical requirements are, and how you can get financial support.

In the next step, you'll lay the groundwork for your studies.

Step 2: Figure Out Where You Stand: How Much Do You Know? (1–2 days)

Have you ever tried to give directions over the phone to a friend, relative, or delivery driver who couldn't identify their current location? "The GPS says I shouldn't be any more than 10 minutes away," they may say. Despite their best intentions, it's difficult to determine where they're going, what road conditions are like, or how far they *really* are from their destination if they don't know their current location.

This example may sound obvious to you, but in a testing situation, it's easy to cave in to the pressure of feeling that you need to start studying as soon as possible and jump right in. Pause for a moment and consider this: it's difficult to determine how to prepare if you're not sure where you stand or how much you know already. So start by identifying what you *do* know and what you *don't* know.

We recommend that you take the AAMC's [Official MCAT® Sample Test](#) or a full-length practice test to get a baseline *before you start studying*. "But wait," you may say. "I haven't studied for it yet, and I'm not ready. My score is going to be so low that I'm only going to get discouraged." Actually, the Sample Test provides a detailed breakdown of your correct and incorrect answers, not a scaled score. Its purpose is to help you define your starting point—to identify which disciplines, concepts, or skills are familiar or unfamiliar to you. While blocking out eight hours is challenging, we recommend that you take the Sample Test in one sitting to experience what taking the actual exam is like. Complete this task in Step 2 before proceeding any further.

	Task	Time needed	Cost	Completed
1	Purchase and take the Official MCAT® Sample Test .	8 hours	\$25	
	<input type="checkbox"/> Take it in one sitting (with the same breaks you get during the actual MCAT exam).			

How did you do on the Sample Test?





It is not typical for people taking the Sample Test to have mastered all the content. Keep in mind that each individual brings a different set of knowledge, skills, and experiences to the table. The test gives you a baseline so you know what to study.

Maybe you have a strong chemistry background but have never taken a psychology or sociology class. Or you've taken courses in all the disciplines, but you didn't feel comfortable in the biochemistry class you took last semester. Or your major is political science, so you have strong analytical skills but need a stronger biology and physics foundation. Don't panic. Being realistic, calm, and aware will help you gather the resources and implement strategies to acquire the knowledge and skills the exam covers.

You took the Sample Test to identify your strengths and where you have gaps. We'll show you how to catalog those gaps so that you can gather resources to cover them in preparation for the MCAT exam.

The Sample Test gives you an honest breakdown of your knowledge so that you have a realistic view of how you need to prepare. You may not feel comfortable or confident with what you know right now, but remember: this is just a starting point.

Review your Sample Test results in detail, and catalog your correct, incorrect, and incomplete answers.

	<i>Task</i>	<i>Time needed</i>	<i>Cost</i>	<i>Completed</i>
2	Review your Official MCAT® Sample Test results and complete the Sample Test Worksheet .	6–9 hours	free	
	 Open the Sample Test Worksheet . Complete the worksheet while reviewing your Sample Test results on the e-MCAT site. We've provided you with an example.	2-3 hours	free	
	 After logging in at e-MCAT.com , open the Sample Test you just completed and select “ Item Level Review Table ” (third tab). This shows you all the questions you answered incorrectly, as well as the questions you left incomplete. Using the Item Level Review Table online at e-MCAT.com , document the Foundational Concept, Content Category, Scientific Inquiry and Reasoning Skill, and Discipline on your Sample Test Worksheet and record how you did.	3-4 hours	free	
	 Return to the questions you answered incorrectly, and use the Why Did I Miss This Question? feature at the bottom of each question to mark one of six reasons. This may help you recognize patterns in your decision making.	1 hour	free	
	 On your Sample Test Worksheet , write your concerns and challenges in the Concerns and Challenges column. Were you hungry? Did you run out of energy or lose focus? Were some sections really difficult or unfamiliar?	15 minutes	free	

Now review your completed [Sample Test Worksheet](#). You have an outline of specific foundational concepts, content categories, and skills you need to study. You also have information identifying why you missed the questions and what personal concerns you need to address before the exam.

In the next step, you'll gather resources and develop strategies to help you fill in the gaps and bolster the knowledge and skills you identified.

Step 3: Gather Free and Low-Cost Resources That Can Help You Prepare

(4-6 hours)

At this point, you may be asking yourself, “Why so much planning?”

Planning helps you grasp the big picture. If you have a good plan, you know what to expect. You’ve accounted for gaps, concerns, and risks up front so that you have a plan or strategy to address them and avoid being blindsided. A lot of planning goes into every important event or project, and preparing for the MCAT exam is no exception. As the old adage goes, “Failing to plan is planning to fail.” Taking the MCAT exam is a milestone in your future career, and preparation for it should be done with great effort and attention to detail. The better prepared you are, the more likely you will perform well.







Without a plan, it’s difficult to know where you stand or how much progress you’ve made. Without a plan, it’s easy to fall prey to feelings of uncertainty and anxiety and make impulsive decisions that undermine your confidence.






So in this step, you will pull together an inventory of all the MCAT exam prep resources available to you. *Important note:* Your resources for studying will be somewhat different from your resources for practicing. Your first set of resources will be for studying content, and your second set of resources will be for practicing and applying what you’ve studied.

As you select your resources and strategies, remember that they should be part of an *active* study plan. This means that your plan shouldn’t consist only of passive activities (such as watching videos); your plan should have active strategies to reinforce learning: summarizing what you read, explaining the concepts in your own words, and applying ideas to real-life scenarios.

Once you’ve covered content, make sure to practice applying the content. One way of doing this is to take official practice questions to gauge your understanding and application of the concepts you studied. For practice questions on the various disciplines covered in the MCAT exam, the AAMC offers the [AAMC MCAT® Section Bank](#), the [Official MCAT® Question Packs](#), and the [Official MCAT® Flashcards](#), all of which are authored by the same people who write the MCAT exam. Use these to help gauge whether you’re learning how to integrate and apply concepts in preparation for the exam.

	Task	Time needed	Cost	Completed
1	Open the Resources and Strategies Worksheet , and brainstorm resources and strategies. List everything you can think of in the two columns. (A list of examples are provided for your reference.)	1 hour	free	
2	Use the Sample Test Worksheet and Resources and Strategies Worksheet to complete your Study Plan Worksheet . (We recommend that you print them.)	3-5 hours	free	

Task	Time needed	Cost	Completed
<p> On your Study Plan Worksheet, list the exam section, foundational concept, content category, scientific inquiry and reasoning skill and/or critical analysis and reasoning skill, and discipline you want to study.</p>	1-2 hours		
<p> Consult your Resources and Strategies Worksheet to list all the resources and strategies that target these areas of study.</p>	30 minutes		
<p> List the strategies that you can use with the resources you have.</p>	30 minutes		
<p> Review the SIRS (Scientific Inquiry and Reasoning Skills) or CARS (Critical Analysis and Reasoning Skills) section in your Study Plan Worksheet. Revisit the What's on the MCAT Exam? resource to review each skill in detail and list the resources and strategies that will help you build those skills.</p>	1-2 hours		
<p>SUGGESTED OFFICIAL STUDY RESOURCES (free)</p>	Varies		
<p> Khan Academy's MCAT® Collection tutorials relate directly to the MCAT exam content categories.</p> <ul style="list-style-type: none"> ○ Revisit the What's on the MCAT Exam? resource. At the bottom of each of the 31 content categories is a list of Khan Academy video tutorials related to that category. Khan Academy's MCAT® Collection is a free, open-access collection that includes more than 1,100 videos and 3,000 review questions covering <i>all</i> content areas on the exam. 		free	
<p> A Roadmap to MCAT® Content in Sociology and Psychology Textbooks is a free, printable online resource that lists free or low-cost psychology and sociology textbooks, as well as the specific textbook chapters that cover the foundational concepts relating to psychology and sociology.</p>		free	

Task	Time needed	Cost	Completed
 A Roadmap to MCAT® Content in Biochemistry Textbooks is a free, printable online resource that lists specific chapters in low-cost textbooks that cover the foundational concepts relating to biochemistry.		free	
SUGGESTED OFFICIAL PRACTICE RESOURCES (low cost)	Varies	Varies	
 A packet of Official MCAT® Flashcards provides you with 150 discrete questions written by the developers of the MCAT® exam. You get 25 questions in each of these disciplines: biochemistry, biology, chemistry, physics, psychology, and sociology.		\$10	
 Official MCAT® Question Packs , which can be purchased individually (120 questions) or as a bundle (720 questions), cover biology (vols. 1 and 2), chemistry, physics, and critical analysis and reasoning (vols. 1 and 2).		\$15 each \$72 bundle of six	
 The AAMC MCAT® Section Bank consists of 300 practice questions emphasizing biochemistry, psychology, and sociology.		\$45	
 Just like the Official MCAT® Sample Test you took earlier, all the online official AAMC practice products come with the Why Did I Miss This Question? feature. Use this feature to identify patterns in your test taking.		free	

You've now created a Study Plan framework! Your next step is to organize the weeks or months you've allocated to prepare for the MCAT exam.

Step 4: Create Your Study Plan (3–5 hours)

The worksheet you created in Step 3 will help you create a personalized weekly or monthly [Study Plan](#).

	Task	Time needed	Cost	Completed
1	Working backwards from your exam date, figure out how much time you have to study.	1–2 hours	free	
	<input type="checkbox"/> You've reviewed the MCAT testing calendar and application deadlines. Think about whether you can perform well on your first take or need two or more takes. If you think you may need two or more takes, consider scheduling the first take early enough to leave time for additional takes during the same AMCAS application cycle.			
	<input type="checkbox"/> Register for the exam if the registration window is open and you feel comfortable registering now.		varies	
2	Create your Study Plan.	2–3 hours	free	
	<input type="checkbox"/> Open the Study Plan .			
	<input type="checkbox"/> Write down all your academic, professional, and extracurricular obligations in the row labeled "Schedule" and how many hours each activity requires.			
	<input type="checkbox"/> Write down how many hours you have available to study each day, subtracting 10 hours for sleep and basic care and the number of hours needed for the obligations you listed in the task above.			
	<input type="checkbox"/> Identify the areas you want to study, and write them down.			
	<input type="checkbox"/> Figure out how to sequence your study and practice. Do you want to start with your strongest area, or do you want to alternate between a section you are comfortable with and a section you're not as comfortable with? Also, remember that studying content typically comes before practicing the application of that content.			
	<input type="checkbox"/> Using your Study Plan Worksheet from the previous step, write down the resources and strategies you'll use to study content. Also			

	write down the resources and strategies you'll use to practice applying that content.			
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Your personalized [Study Plan](#) is a living document. If, after a few weeks of studying, you find that you need to adjust your timeline or the number of hours you've allocated for specific disciplines, concepts, or skills, you should do so. If you find that the material you've listed is too much or too little for the number of days or weeks, adjust your plan accordingly.

Step 5: Study and Practice (timeframe varies)

Your Study Plan should have a good mix of strategies to help you learn, integrate, and apply new concepts. After studying new concepts, make sure to give yourself opportunities to practice and apply them. Here are some strategies you can use:

- Prepare a set of questions to ask yourself after watching a video or reading a textbook chapter. For example: *Can I explain this to a classmate? Can I think of a real-life example of this concept relevant to me or someone else? Does this differ from what I previously understood and if so, why? What additional information can I seek out to enhance my understanding of this topic?*
- Start each day with a review of what you studied or practiced during the previous day. Reviewing small chunks of information regularly will help you retain the content.
- Study with a partner. Assign topics to teach each other, use each other as sounding boards to think out loud, and share notes. Create questions and quiz each other.
- Summarize what you learned. You can use lecture notes, textbooks, and Khan Academy tutorials to write summaries, compile lists, or draw compare-and-contrast charts and concept maps.
- Reproduce your summaries and notes from memory to practice recalling information.
- Create your own flashcards and vocabulary lists.
- If you have questions or don't fully understand a topic or concept, keep track of all your questions and check in with your professor or advisor during office hours.
- Join online forums to ask and answer questions about the topics and concepts.

The AAMC interviewed a diverse group of examinees about how they prepared for the MCAT exam. The strategies used by some of the examinees are featured in [How I Prepared for the MCAT® Exam](#). Consider the resources these individuals used, the obstacles they overcame, and the advice they'd like to offer others preparing for the exam.

Step 6: Commit to a Final Rehearsal or Practice (2 days)

It has been weeks since you first took the Sample Test, and you've spent a lot of time preparing for the MCAT exam. Now it's time for your final practice, or rehearsal, before the real exam.

Take another full-length practice test, this time a scored one, to see where you now stand. As before, take it under the same conditions as the actual test: with the same timing and breaks, at a location outside your own home, in one sitting.

After you take the practice test, think about what you want to do. Are you happy with the results? Do you need more time to study and practice, or are you ready to take the exam?

Remember, you have the option of revisiting your Study Plan and adjusting or extending it based on your practice test results. You also have the option to retake the exam.

	Task	Time needed	Cost	Complete
1	Set aside a whole day, and take a full-length practice exam. We recommend taking the AAMC MCAT® Practice Exam 1 , AAMC MCAT® Practice Exam 2 , or AAMC MCAT® Practice Exam 3 , all of which are official, full-length practice tests that provide scaled scores.	8 hours	\$35	
	<input type="checkbox"/> Select the "Simulate Actual Test" setting to test under the same timed conditions as the actual exam.			
2	Review your scaled score report, and reflect on your performance.	1–3 days	free	
	<input type="checkbox"/> Revisit your results from the Sample Test , taken in Step 2, and assess your current performance.			
	<input type="checkbox"/> Write down how you feel.			
3	Determine your next course of action.	Varies	free	
	<input type="checkbox"/> "I'm happy with the results." <ul style="list-style-type: none"> ○ You can go ahead and take the actual exam. Or ○ You can take another full-length practice test to be absolutely sure you can perform the same. You can also ask your advisor to hold a Mock Exam Day for you and your peers or hold one for yourself. 			

Task	Time needed	Cost	Complete
<p><input type="checkbox"/> "I think I can do better."</p> <ul style="list-style-type: none"> ○ You can revisit the previous steps to create a Study Plan based on your full-length practice test results. Consider modifying your areas of focus or adding time and resources. ○ If your obstacles were physical, such as being tired, hungry, or unfocused, figure out a plan to address those challenges. ○ If you have already registered for the exam, don't think you'll be ready, and are within the registration deadline, consider rescheduling your exam. (Rescheduling fees may apply.) 			

Inspirational Stories

It's completely normal to feel overwhelmed or anxious about a big exam. When you feel overwhelmed or discouraged, remember that there are many students out there who are feeling the same. Also remember that there are just as many individuals and institutions wanting to support you, and there are many resources out there to help you succeed.

Many students have overcome incredible challenges—poverty, serious illness or injury, violence, disabilities, and learning English as a third or fourth language—to become physicians. Some were the first in their families to go to college, some prepared for the MCAT exam while raising children and working full-time jobs, and some took the exam four or more times.

The AAMC has interviewed and chronicled the stories of some amazing individuals who successfully prepared for the MCAT, navigated the application process, and were accepted to medical school. For inspiration, check out the firsthand accounts of these individuals here:

- [How I Prepared for the MCAT® Exam](#)
 - Premed students talk about how they prepared for the MCAT exam. They discuss their scores, the resources they used, the obstacles they overcame, and the advice they'd like to offer to others preparing for the exam.
- [Aspiring Docs Diaries: Premed blogs](#)
 - Premed students, medical students, and residents blog about topics such as resilience and motivation.
- [Ask a Med Student video series](#)
 - Medical students answer questions about their paths to medical school, what med school courses are like, experiences with patients, and more.
- [Aspiring Docs: Inspiring Stories](#)
 - Medical students and physicians talk about the journeys they've made.
- [Anatomy of an Applicant](#)
 - Interviews with medical students, their prehealth advisors, and the admissions officers who accepted them highlight how applicants can demonstrate the core competencies for entering medical students in many ways.

Someday, these outstanding individuals may be your colleagues or mentors at a hospital, clinic, research facility, or other setting. If any of these individuals are within your geographic region, reach out to them and ask if they could sit down with you over lunch or a coffee break to talk about their experiences and how they got to their current positions. Perhaps, in a few years, you too will be looking back at this point in time and talking to students about your experiences on your path to becoming a physician!

The AAMC wishes you the best of luck in this endeavor!

Supplemental Worksheets for the Study Plan

1. [Sample Test Worksheet](#)
2. [Resources and Strategies Worksheet](#)
3. [Study Plan Worksheet](#)
4. [Study Plan](#)

Each of the items above include: 1) a completed sample; and 2) a blank template.

For additional study tips and approaches employed by students who performed well on the MCAT® exam, check out the [How I Prepared for the MCAT® Exam](#) webpage.

1- Sample Test Worksheet

Exam section	Question number	Answered correctly				Answered incorrectly or left incomplete					
		FC ¹	CC ²	SIRS ³	Discipline	FC	CC	SIRS	Discipline	Why did I miss this question?	Concerns and challenges
Biological and Biochemical Foundations (BB)											
Chemical and Physical Foundations (CP)											
Critical Analysis and Reasoning Skills (CARS)											
Psychological, Social, and Biological Foundations of Behavior (PSBB)	1					6	6B	4	Psychology	Thought I knew the answer but got it wrong	I haven't taken any psychology or sociology classes in general, so I'm basically guessing my way through this section. I also feel tired in the late afternoon after working hard on the other sections, so it's hard to focus.
	2	6	6B	2	Psychology						
	3					6	6B	4	Psychology	Didn't know the answer and guessed incorrectly	
	4	6	6B	4	Psychology						
	5					6	6B	4	Psychology	Didn't know the answer and guessed incorrectly	
	6					10	10A	1	Sociology	Didn't know the answer and guessed incorrectly	
	7					8	8C	3	Sociology	Didn't know the answer and guessed incorrectly	
	8					9	9B	3	Sociology	Didn't know the answer and guessed incorrectly	
	9					8	8A	2	Psychology	Didn't know the answer and guessed incorrectly	

1. FC = Foundational concept; 2. CC = Content category; 3. SIRS = Scientific inquiry and reasoning skill

For additional study tips and approaches employed by students who performed well on the MCAT® exam, check out the [How I Prepared for the MCAT® Exam](#) webpage.

Sample Test Worksheet (blank)

Exam section	Question number	Answered correctly				Answered incorrectly or left incomplete					
		FC ¹	CC ²	SIRS ³	Discipline	FC	CC	SIRS	Discipline	Why did I miss this question?	Concerns and challenges
Biological and Biochemical Foundations (BB)											
Chemical and Physical Foundations (CP)											
Critical Analysis and Reasoning Skills (CARS)											
Psychological, Social, and Biological Foundations of Behavior (PSBB)											

1. FC = Foundational concept; 2. CC = Content category; 3. SIRS = Scientific inquiry and reasoning skill

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2- Resources and Strategies Worksheet

Resources available	Strategies available
<ul style="list-style-type: none"> • <i>Class notes</i> • <i>Friends' class notes</i> • <i>Friends</i> • <i>Textbooks</i> • <i>Journals</i> • <i>Professors (if I don't understand something)</i> • <i>Academic advisor</i> • <i>Free online textbooks</i> • <i>Free online courses</i> • <i>Test prep books in library or bookstore</i> • <i>Online premed discussion forums</i> • <i>Khan Academy</i> • <i>YouTube</i> • <i>MCAT® question-a-day online</i> • <i>AAMC's psychology/sociology textbook tool</i> • <i>AAMC's biochemistry textbook tool</i> • <i>Full-length practice tests</i> • <i>AAMC practice materials: Section Bank; Question Packs; Flashcards; Practice Exams 1, 2, and 3; Sample Test; Online Questions from The Official Guide to the MCAT® Exam, etc.</i> • <i>National Science Digital Library</i> 	<ul style="list-style-type: none"> • <i>Read</i> • <i>Watch videos</i> • <i>Create summaries</i> • <i>Do practice questions</i> • <i>Create compare-and-contrast charts</i> • <i>Create concept maps</i> • <i>Make my own flashcards</i> • <i>Form/participate in study group</i> • <i>Teach-backs with friends</i> • <i>Write down real-life examples of the concepts</i> • <i>Join online forums to ask questions</i> • <i>Create vocabulary lists</i>

For additional study tips and approaches employed by students who performed well on the MCAT® exam, check out the [How I Prepared for the MCAT® Exam](#) webpage.

Resources and Strategies Worksheet (blank)

Resources available	Strategies available

For additional study tips and approaches employed by students who performed well on the MCAT® exam, check out the [How I Prepared for the MCAT® Exam](#) webpage.

3- Study Plan Worksheet

Exam Section	FC	CC	SIRS/ CARS	Discipline	Resources	Strategies
PSBB	6	6B	SIRS 4	Psych	<ul style="list-style-type: none"> Khan Academy videos on sleep and consciousness, drug dependence, attention, memory, and cognition Psychological Science, chapters 3, 4, 7, 8, and 9 AAMC Section Bank and Flashcards 	<ul style="list-style-type: none"> Watch videos Read textbooks Create summaries Make flashcards Take Section Bank Teach-back with psych major friend Ask questions on online forums if I don't understand something Practice interpreting figures, graphs, data, etc., while reading textbooks
	8	8A	SIRS 2	Psych	<ul style="list-style-type: none"> Khan Academy video on self-identity Introduction to Biosocial Medicine, chapters 4, 5, and 7 AAMC Section Bank and Flashcards 	<ul style="list-style-type: none"> Watch videos Read textbooks Create summaries Make flashcards Take Section Bank Teach-back with psych major friend Ask questions on online forums if I don't understand something
	8	8C	SIRS 3	Soc	<ul style="list-style-type: none"> Khan Academy videos on social behavior, social interactions, self-presentation and interacting with others, biological explanations of social behavior in animals, and discrimination AAMC Section Bank and Flashcards 	<ul style="list-style-type: none"> Watch videos Read textbooks Create summaries Make flashcards Take Section Bank Ask questions on online forums if I don't understand something Practice identifying hypotheses, relationships, validity of tools, etc., while reading textbooks
	9	9B	SIRS 3	Soc	<ul style="list-style-type: none"> Khan Academy videos on demographics, culture AAMC Section Bank and Flashcards 	<ul style="list-style-type: none"> Watch videos Read textbooks Create summaries Make flashcards

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Exam Section	FC	CC	SIRS/ CARS	Discipline	Resources	Strategies
						<ul style="list-style-type: none"> • <i>Take Section Bank</i> • <i>Ask questions on online forums if I don't understand something</i> • <i>Practice identifying hypotheses, relationships, validity of tools, etc., while reading textbooks</i>
	10	10A	SIRS 1	Soc	<ul style="list-style-type: none"> • <i>Khan Academy video on social inequality</i> • <i>Introduction to Sociology, chapters on human ecology and environment, stratification, and health and medicine</i> • <i>AAMC Section Bank and Flashcards</i> 	<ul style="list-style-type: none"> • <i>Watch videos</i> • <i>Read textbooks</i> • <i>Create summaries</i> • <i>Make flashcards</i> • <i>Take Section Bank</i> • <i>Ask questions on online forums if I don't understand something</i> • <i>Practice recognizing principles, relationships, etc., while reading or doing practice questions</i>

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Study Plan Worksheet (blank)

Exam Section	FC	CC	SIRS/ CARS	Discipline	Resources	Strategies
Biological and Biochemical Foundations (BB)						
Chemical and Physical Foundations (CP)						
Critical Analysis and Reasoning Skills (CARS)						
Psychological, Social, and Biological Foundations of Behavior (PSBB)						

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Study Plan

Week 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Schedule	Gym 1-3 pm Homework 3-8 pm My day off	6 hours available	Class 9-11 am Class 2-4 pm Research 4-7 pm Homework 7-9 pm 2 hours available	Gym/run 9-11 am Research 4-7 pm 4 hours available	Class 2-4 pm Work 5-9 pm 4 hours available	Class 9-11 am Work 5-9 pm 4 hours available	Visit grandma (5 hours) Write report (3 hours) 5 hours available
Areas of study	My day off	PSBB 6B, SIRS4	PSBB 6B, SIRS4	PSBB 8A, SIRS2	PSBB 8C, SIRS3	PSBB 8C, SIRS3	PSBB 9B, SIRS 3
Resources and strategies	My day off	STUDY <ul style="list-style-type: none"> • Read Psych. Science and Intro to Biosocial Med. textbooks • Watch the Khan Academy videos • Make flashcards of new vocab • Create summaries of all concepts PRACTICE <ul style="list-style-type: none"> • Test myself with flashcards • Create summaries from memory 	Finish up the study/practice from yesterday	STUDY <ul style="list-style-type: none"> • Read Intro to Biosocial Medicine textbook • Watch the Khan Academy videos • Make flashcards of new vocab • Create summaries of all concepts PRACTICE <ul style="list-style-type: none"> • Test myself with flashcards • Create summaries from memory 	STUDY <ul style="list-style-type: none"> • Watch the Khan Academy videos • Make flashcards of new vocab • Create summaries of all concepts PRACTICE <ul style="list-style-type: none"> • Test myself with flashcards • Create summaries from memory 	STUDY <ul style="list-style-type: none"> • Watch the Khan Academy videos • Make flashcards of new vocab • Create summaries of all concepts PRACTICE <ul style="list-style-type: none"> • Test myself with flashcards • Create summaries from memory 	STUDY <ul style="list-style-type: none"> • Watch the Khan Academy videos • Make flashcards of new vocab • Create summaries of all concepts PRACTICE <ul style="list-style-type: none"> • Test myself with flashcards • Create summaries from memory

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Week 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Schedule	Gym 1-3 pm Study for finals 3-8 pm My day off	Study for finals 10 am-4 pm 3 hours available	Final 9-11 am Final exam 2-4 pm Research 4-7 pm Study for finals 7-9 pm no time today	Gym/run 9-11 am Research 4-7 pm Study for finals 7-10 pm 1 hour available	Final exam 2-4 pm Work 5-9 pm Study for finals 9-11 pm no time today	Final exams 9-11 am Work 5-9 pm 4 hours available	6 hours available
Areas of study	My day off	PSBB 10A, SIRS1	none	Review of PSBB 6B, 8A, 8C, 9B, 10A and SIRS 1, 2, 3, 4	none	Review of PSBB 6B, 8A, 8C, 9B, 10A and SIRS 1, 2, 3, 4	Review of PSBB 6B, 8A, 8C, 9B, 10A and SIRS 1, 2, 3, 4
Resources and strategies	My day off	STUDY <ul style="list-style-type: none"> Read the Intro to Sociology textbook Watch the Khan Academy videos Make flashcards of new vocab Create summaries of all concepts PRACTICE <ul style="list-style-type: none"> Test myself with flashcards Create concept summaries from memory 	none	STUDY <ul style="list-style-type: none"> Review all the flashcards and concept summaries I created 	none	STUDY <ul style="list-style-type: none"> Review all the flashcards and concept summaries I created PRACTICE <ul style="list-style-type: none"> Do the Psych and Soc portions of the AAMC Flashcards Create flashcards or summaries of those flashcards 	PRACTICE <ul style="list-style-type: none"> Take PSBB section of AAMC Section Bank Review results of Section Bank. Add areas of study, create flashcards, and/or create summaries. Adjust next week's schedule if I need to add more content.

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Study Plan (blank)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Schedule							
Areas of study							
Resources and strategies							

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