

# OFFICIAL MCAT DESTRUCTION PLAN

## How this Document Works:

I started by leaving a lot of time (3 months) to study. I was working part-time and volunteering, so I had enough time to study about 15-20 hours per week (#Privilege).

I had already taken a Princeton Review course over Winter Break, but I hadn't done very much of the homework since it was an intensive class, so I had tons of leftover practice problems. You will probably have different workbooks and problems than I had, so you can just substitute your own tasks into this plan.

I added up the weeks I had left and hours per week and estimated about 250 hours of available time to study over 3 months. I rounded it down to 230, to be safe. Then, I added up all the things I needed to study, and estimated about 210 hours of work to do. I rounded that up to 230, to be safe.

Then, every few weeks (every week toward the end), I updated this document by copy/pasting last week's time left and work left and bringing them up to date. Sometimes I had to juggle stuff around a bit in order to "balance the budget" (between available time left and hours of work to do). I always rounded down with the time left and rounded up with the remaining work to do.

Updating my schedule helped because it gave me a sense of progress and accountability. After I balanced things out during each update, I always left feeling like I could do this, because the numbers were right there in front of me. It took a lot of work, but I'm human, so I know it's possible. And it was WORTH IT!! (See *very end of this document.*)

**Feel free to make a copy of this document for yourself and change the details, so that you, too, can and will destroy the MCAT!**

## Summary:

1/9/11 - Last day of TPR Online Intensive Course. Created this document and first update.

1/27/11 - Updated this document and reallocated my remaining time.

2/20/11 - Updated this document and reallocated my remaining time.

3/6/11 - Updated this document and reallocated my remaining time.

3/21/11 - Updated this document and reallocated my remaining time.

3/27/11 - Updated this document and reallocated my remaining time.

4/3/11 - Updated this document and reallocated my remaining time.

4/6/11 - Updated this document and reallocated my remaining time.

4/9/11 - Destroyed the MCAT.

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### Update 1/9/11

#### Available Time:

Monday - 2hrs before class; 1hr after class

Tuesday - 6hrs (Full MCAT day)

Wednesday - 2hrs before class; 1hr after class

Thursday - 3 hrs in the evening

Friday - 2 hrs in the evening

Saturday - None

Sunday - 3 hrs in the evening

*Total Available Time* = 20 hours/week x 12.5 weeks ~**230-250 hours**

#### Remaining Tasks:

Finish ICC (33 passages; ~6 hours)

Finish Big Ole' Workbook (Total ~50-60 hrs)

-Physics #114-425; Passages 5-62 (~16-18 hrs)

-Gen Chem #67-92; Passages 26-93 (~12-14 hrs)

-Bio #132-146; Passages 30-87 (~12-14 hrs)

-Orgo #89-110, 130-138; Passages 11-45 (~10-12 hrs)

Add all entries to MCAT Notebook (4-6 hrs)

Review MCAT Notebook (3-4 times; 5 hrs total)

AAMC Full Tests (4 tests plus logging; 28 hrs total)

TPR Full Tests (8 tests plus logging; 56 hrs total)

TPR Online practice passages (10 hrs)

Read TPR Books (1 hr/chapter; ~50 hrs)

Make hormone flashcards (~3 hrs) (X)

Make/add to orgo reaction flashcards (~1 hr)

Any other flashcards (~1 hr)

*Total Amount of Work* = 6+60+6+5+28+56+50+3+1+1 = ~**210-230 hrs**

#### If Extra Time:

Finish going through Barron's flashcards (checking them all off for catharsis) (~5 hrs)

Reread EK Books? (~25 hrs)

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### Update 1/27/11

#### Available Time:

Monday - 1 hr before class; 1hr after class  
Tuesday - 6hrs (Full MCAT day)  
Wednesday - 1 hr before class; 1hr after class  
Thursday - 3 hrs in the evening  
Friday - 1 hr in the morning  
Saturday - None  
Sunday - 3 hrs in the evening  
**Total Available Time = 17 hours/week x 10 weeks ~160-180 hours**

### **Remaining Tasks:**

Finish ICC (25 passages; ~5 hours)  
Finish Big Ole' Workbook (Total ~50-60 hrs)  
    -Physics #114-425; Passages 5-62 (~16-18 hrs)  
    -Gen Chem #67-92; Passages 26-93 (~12-14 hrs)  
    -Bio #132-146; Passages 30-87 (~12-14 hrs)  
    -Orgo #89-110, 130-138; Passages 11-45 (~10-12 hrs)  
Add all entries to MCAT Notebook (3-4 hrs)  
Review MCAT Notebook (2-3 times; 3 hrs total)  
AAMC Full Tests (3 tests plus logging; 21 hrs total)  
TPR Full Tests (6 tests plus logging; 42 hrs total)  
Read TPR Books (10P+10G+15B+8O ~43 hrs)  
**Total Amount of Work = 5+60+4+3+21+42+43 = ~170-180 hrs**

### **If Somehow Extra Time:**

TPR Online practice passages (~10 hrs)  
Finish going through Barron's flashcards (checking them all off for catharsis) (~5 hrs)  
Reread EK Books? (~25 hrs)  
Make/add to orgo reaction flashcards (~1 hr)  
Any other flashcards (~1 hr)

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### **Update 2/20/11**

### **Available Time:**

Monday - 2 hrs  
Tuesday - 6 hrs (Full MCAT day)  
Wednesday - 2 hrs  
Thursday - 3 hrs  
Friday - 5 hrs  
Saturday - None  
Sunday - 3 hrs  
**Total Available Time = 21 hours/week x 6 weeks ~126-136 hours**

**Remaining Tasks:**

Finish ICC (13 passages; ~3 hours)

Finish Big Ole' Workbook (Total ~48-56 hrs)

- Physics #248-425; Passages 6-62 (~14-16 hrs)
- Gen Chem #67-92; Passages 26-93 (~12-14 hrs)
- Bio Passages 30-87 (~12-14 hrs)
- Orgo Passages 11-45 (~10-12 hrs)

Add all entries to MCAT Notebook (3-4 hrs)

Review MCAT Notebook (2-3 times; 3 hrs total)

AAMC Full Tests (3 tests plus logging; 21 hrs total)

TPR Full Tests (3 tests plus logging; 25 hrs total)

Read TPR Books (5P+9G+9B+4O ~40 hrs)

*Total Amount of Work* = 3+56+4+3+21+25+40 = ~**130-140 hrs**

**If Somehow Extra Time:**

TPR Online practice passages (~10 hrs)

Finish going through Barron's flashcards (checking them all off for catharsis) (~5 hrs)

Review EK Stuff? (~10 hrs)

Make/add to orgo reaction flashcards (~1 hr)

Any other flashcards (~1 hr)

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**Update 3/6/11****Available Time:**

Monday - 2 hrs

Tuesday - 6 hrs (Full MCAT day)

Wednesday - 2 hrs

Thursday - 3 hrs

Friday - 5 hrs

Saturday - None

Sunday - 3 hrs

Spring Break = Extra 25-30 hours

*Total Available Time* = 21 hours/week x 4 weeks + 25-30 hrs Spring Break = ~**110-120 hours**

**Remaining Tasks:**

Finish ICC (11 passages; ~3 hours)

Finish Big Ole' Workbook (Total ~48-56 hrs)

- Physics #248-425; Passages 6-62 (~14-16 hrs)
- Gen Chem #67-92; Passages 26-93 (~12-14 hrs)
- Bio Passages 30-87 (~12-14 hrs)
- Orgo Passages 11-45 (~10-12 hrs)

Add all entries to MCAT Notebook (1-2 hrs)

Review MCAT Notebook (1-2 times; 2 hrs total)  
AAMC Full Tests (3 tests plus logging; 21 hrs total)  
TPR Full Tests (1 test plus logging; 8 hrs total)  
Read TPR Books (3P+6G+5B+4O ~27 hrs)  
*Total Amount of Work* = 3+56+2+2+21+8+27 = ~110-120 hrs

**If Somehow Extra Time:**

TPR Online practice passages (~10 hrs)  
Finish going through Barron's flashcards (checking them all off for catharsis) (~5 hrs)  
Review EK Stuff? (~10 hrs)  
Make/add to orgo reaction flashcards (~1 hr)  
Any other flashcards (~1 hr)

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**Update 3/21/11**

**Available Time:**

Monday - 2 hrs  
Tuesday - 6 hrs (Full MCAT day)  
Wednesday - 2 hrs  
Thursday - 3 hrs  
Friday - 5 hrs  
Saturday - None  
Sunday - 3 hrs  
Spring Break = Extra 25-30 hours  
*Total Available Time* = 21 hours/week x 2 weeks + 25-30 hrs Spring Break + 5 hrs extra  
Thursday + 10 hours the week of the test = ~85-95 hours

**Remaining Tasks:**

Finish ICC (11 passages; ~3 hours)  
Finish Big Ole' Workbook (Total ~50 hrs)  
    -Physics #248-425; Passages 6-62 (~14-16 hrs)  
    -Gen Chem #67-92; Passages 26-93 (~12-14 hrs)  
    -Bio Passages 30-87 (~12-14 hrs)  
    -Orgo Passages 11-45 (~10-12 hrs)  
Add all entries to MCAT Notebook (1-2 hrs)  
Review MCAT Notebook (1 time; 2 hrs total)  
AAMC Full Tests (3 tests plus logging; 18 hrs total)  
TPR Full Tests (Done!)  
Read TPR Books (3P+5G+5B+2O ~23 hrs)  
*Total Amount of Work* = 3+50+2+2+18+0+23 = ~92-102 hrs

**If Somehow Extra Time:**

TPR Online practice passages (~10 hrs)  
Finish going through Barron's flashcards (checking them all off for catharsis) (~3 hrs)  
Review EK Stuff? (~10 hrs)

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### **Update 3/27/11**

#### **Available Time:**

Monday - 2 hrs

Tuesday - 6 hrs (Full MCAT day)

Wednesday - 2 hrs

Thursday - 3 hrs

Friday - 5 hrs

Saturday - None

Sunday - 3 hrs

*Total Available Time* = 21 hours/week x 1 week + 12 hours the week of = **~32-42 hours**

#### **Remaining Tasks:**

Finish ICC (0 passages; ~0 hours) Done!

Finish Big Ole' Workbook (Total ~18 hrs)

-Physics #248-425; Passages 50-62 (~4-5 hrs)

-Gen Chem #67-92; Passages 70-93 (~4-5 hrs)

-Bio Passages 65-87 (~4-5 hrs)

-Orgo Passages 20-45 (~4-5 hrs)

Add all entries to MCAT Notebook (1 hr)

Review MCAT Notebook (1 time; 2 hrs total)

AAMC Full Tests (2 tests plus logging; 12 hrs total)

TPR Full Tests (Done!)

Read TPR Books (1P+1G+2B+2O ~9 hrs)

*Total Amount of Work* = 0+18+1+2+12+0+9 = **~42 hrs**

#### **If Somehow Extra Time:**

TPR Online practice passages (~10 hrs)

Finish going through Barron's flashcards (checking them all off for catharsis) (~3 hrs)

Review EK Stuff? (~10 hrs)

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### **Update 4/3/11**

#### **Available Time:**

Monday 4/4 - 5 hrs

Tuesday 4/5 - 6 hrs (Full MCAT day)

Wednesday 4/6 - 0 hrs

Thursday 4/7 - 5 hrs  
Friday 4/8 - 3 hrs  
Saturday 4/9 - Destroy the MCAT.  
Sunday 4/3 - 7 hrs  
*Total Available Time = ~25 hours*

**Remaining Tasks:**

Finish ICC (0 passages; ~0 hours) Done!  
Finish Big Ole' Workbook (Total ~15 hrs)  
    -Physics Passages 50-62 (~2-3 hrs)  
    -Gen Chem; Passages 70-93 (~4-5 hrs)  
    -Bio Passages 65-87 (~4-5 hrs)  
    -Orgo Passages 20-45 (~3-4 hrs)  
Add all entries to MCAT Notebook (1 hr)  
Review MCAT Notebook (1 time; 3 hrs total)  
AAMC Full Tests (1 tests plus logging; 6 hrs total)  
TPR Full Tests (Done!)  
Read TPR Books (~0 hrs) Done!  
*Total Amount of Work = 0+15+1+3+6+0+0 = ~25 hrs*

**If Somehow Extra Time:**

TPR Online practice passages (~10 hrs)  
Finish going through Barron's flashcards (checking them all off for catharsis) (~3 hrs)  
Review EK Stuff? (~10 hrs)

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**Update 4/6/11**

**Available Time:**

Thursday 4/7 - 5 hrs  
Friday 4/8 - 3 hrs  
Saturday 4/9 - Destroy the MCAT!  
*Total Available Time = ~8 hours (Surplus, baby!)*

**Remaining Tasks:**

Finish ICC (0 passages; ~0 hours) Done!  
Finish Big Ole' Workbook (Total ~0 hrs) Done!  
    -Physics Passages 50-62 (~0 hrs) Done!  
    -Gen Chem; Passages 70-93 (~0 hrs) Done!  
    -Bio Passages 65-87 (~0 hrs) Done!  
    -Orgo Passages 20-45 (~0 hrs) Done!  
Add all entries to MCAT Notebook (~0 hrs) Done!  
Review MCAT Notebook (1 time; 3 hrs total)

AAMC Full Tests (0 tests plus logging; ~0 hrs total) Done!

TPR Full Tests (Done!)

Read TPR Books (~0 hrs) Done!

*Total Amount of Work* = 0+0+0+3+0+0+0 = **~3 hrs**

**If Somehow Extra Time:**

TPR Online practice passages (~10 hrs)

Finish going through Barron's flashcards (checking them all off for catharsis) (~3 hrs)

Review EK Stuff? (~10 hrs)

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**Update 4/9/11**

Took the MCAT today, baby! Didn't fall asleep last night until 3:30am, thought I was going to have to postpone my exam. But, I woke up feeling great, riding on adrenalin and endorphins, and made it through the test! Now, begins the truly hardest part: the wait!

After 30 days, I checked SDN to see if people were talking about the scores being up. I didn't want to log in to the AMCAS site until I knew my score would be there. Then, suddenly people were talking about their scores. But I had to go to class and then tutor! I decided to wait until the end of the day, as an excruciating test of patience. Well, it paid off when I logged in and checked my score that evening.

(See next update.)

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**Update 5/10/11**

**WOO-HOO!!!!**



## MCAT THx

[Home](#) [Help](#) [Change Password](#) [Change Email](#) [Logout](#)

**Name:** JEREMY [REDACTED]

**AAMC ID:** [REDACTED]

**SSN/SIN:** XXXXX [REDACTED]

**DOB:** [REDACTED]

**Email Address:** Email not on file. [Add Email](#)

This information will be used when reporting your scores. [\(What does this mean?\)](#)

### MCAT Scores

**Scaled Scores** [Show Percentiles](#)

Test Date	Verbal Reasoning (VR)	Physical Sciences (PS)	Writing Sample (WS)	Biological Sciences (BS)	Total *	AMCAS Release
<a href="#">04/09/2011</a>	11	12	T	15	38T	Y