

# MCAT® Two-Month Study Plan

## Getting Started

Follow our 2-Month MCAT Study Plan to maximize your test prep. With only eight weeks to study, you'll want to stay organized by following a comprehensive schedule. We'll provide you with a detailed list of top [MCAT prep materials](#) as well as week-by-week study plans so you can stay on track without becoming overwhelmed. We'll show you how to plan out the next two months so you can score competitively on the MCAT.

## MCAT Study & Practice Materials

Before you get started, you'll need to gather together your study materials. Here is our recommended list:

### Kaplan MCAT Resources

- **MCAT Practice Questions:** Kaplan's MCAT QBank saves you time with targeted questions. With in-depth explanations, you'll learn from your mistakes and raise your score.
- **MCAT Question of the Day:** Sign up for free to receive realistic MCAT practice questions delivered straight to your inbox.
- **Kaplan's MCAT Complete 7-Book Subject Review + Online Resources:** With Kaplan's MCAT books, you not only get the printed resources that cover

the subject matter from all the test sections but also access to three full-length practice tests online and additional science videos. The book set is worthwhile for these tests alone, since they provide realistic practice that includes scaled scores and percentiles for each section as well as detailed explanations for every question.

- **MCAT Flashcards:** Prep for the MCAT on the go with 1,000 essential flashcards to help you master the material and increase your MCAT score.
- **Take a Class:** If you're daunted by the idea of studying completely on your own, as well as the challenge of making a complete study schedule, consider taking a class such as [Kaplan's MCAT Prep](#). If the idea of studying for the MCAT on your own is stressful, consider taking an [MCAT prep class](#) such as [Live Online](#), [On Demand](#), or [In Person](#)—all teach you the strategies and skills you'll need to score high on the MCAT. The courses' study plans will help you decide what to study, when to take practice tests, and how to perform your best on test day.

## AAMC® MCAT Resources

- **AAMC's MCAT Essentials Guide:** Before you register for the MCAT, you'll be required to review the official information in the *Essentials Guide*. You'll learn about test logistics, content, and timing. If you're just beginning your MCAT prep, this is a great place to start.
- **AAMC Full-Length Tests:** The AAMC offers four full-length practice tests to purchase online.
- **AAMC Free Planning & Study Resources:** The AAMC offers free resources to students studying for the MCAT, such as a Free Sample Test which has the same look, feel, length, and functionality as the actual exam.

- **AAMC Sample Questions and Sections:** The AAMC website offers two different packages of practice questions. The first is the Official MCAT Section Bank, which includes 300 practice questions in section packs of natural sciences, behavioral sciences, and social sciences. The second is the Official MCAT Question Pack, which has passages and questions from old MCAT tests covering Biology, Physics, Chemistry, and Critical Analysis and Reasoning Skills (CARS).

## Other MCAT Resources

- **Online Calendar:** Online calendars are helpful for keeping track of and being able to access your personal MCAT study plan from anywhere. Stay accountable by sharing your calendar with others so they know your schedule and can help you stay on track.
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## Week 1

Below is a step-by-step process for kicking off your 2-month MCAT study plan.

### Step 1

Start your studying by taking a diagnostic practice test or completing a question set that covers all the topics from the MCAT to familiarize yourself with the whole test and establish your baseline performance. The [MCAT Sample Test](#) is a great resource for this. There is also a [free online practice test](#) available from Kaplan, as well as three full-length tests included with the [Kaplan MCAT Books](#).

### Step 2

Use your results to determine which MCAT content areas you need to work on the most. Your test score should be used to modify the below study plan to meet your

needs. For example, if you did well on all endocrine system and immunology questions, you might only study those topics briefly and focus more of your energy on Biology subjects you didn't do as well with, such as cell biology and genetics.

### **Step 3**

Build a personalized weekly MCAT study schedule. Proactively fill in your calendar with study blocks, planning on studying three to five hours per day, six days per week. Put specific topics to study into each block so you use your time well and ensure that you have enough prep time set aside. Give yourself a day off of studying every week so you have time to recharge.

### **Step 4**

Set up a rotating schedule that works through these topics:

- **Biochemistry**
- **Biology**
- **General Chemistry**
- **Organic Chemistry**
- **Physics/Math**
- **Behavioral Sciences**

### **Step 5**

For test-like practice, use the [AAMC Sample Questions and Sections](#) and choose passages based on the content areas you have reviewed. In addition, study for the Critical Analysis and Reasoning Skills ([CARS](#)) section daily. Use the AAMC Sample Questions and Sections to read passages and work on passage-related questions.

### **Step 6**

Begin with the basics of each subject area, and focus on a different topic each day.

In order to really focus, you'll want to spend at least an hour to an hour and a half on each study topic.

**Here's a sample calendar of what your first week of study might look like:**

- **Sunday:** Full Length Test
- **Monday:** Test Review & Study Planning
- **Tuesday:** Biology, Biochemistry, + CARS
- **Wednesday:** General Chemistry, Organic Chemistry, + CARS
- **Thursday:** Physics, Psychology, & Sociology; + CARS
- **Friday:** Revisit problem areas & modify study plan
- **Saturday:** Day Off

**Specific content areas for Week One include:**

- **Biology:** Cell Biology
- **Biochemistry:** Amino Acids, Peptides, and Proteins
- **General Chemistry:** Atomic Structure and the Periodic Table
- **Organic Chemistry:** Nomenclature
- **Physics:** Dimensional Analysis, Basic Math and Statistics
- **Psychology & Sociology:** Biological Basis of Behavior
- **CARS:** Reading to Find the Most Important Information

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## Weeks 2-5

Devote study blocks on a rotating basis to Biochemistry, Biology, General Chemistry, Organic Chemistry, Physics, and Behavioral Sciences.

- Devote blocks of study time on a rotating basis to Biochemistry, Biology, General Chemistry, Organic Chemistry, Physics, and Behavioral Sciences.

- Use the [AAMC Sample Questions and Sections](#) and choose passages based on the content areas you have reviewed for realistic test practice.
- In addition, continue studying for the Critical Analysis and Reasoning Skills (CARS) section on a daily basis. Use the AAMC Sample Questions and Sections to read passages and work on passage-related questions.

Because you likely have already-existing commitments, you'll need to organize your study blocks carefully and deliberately. Some days you may have time to study more than one topic; on other days, you might only have time to study one subject. Remember to make CARS a daily priority.

### **An example study week might look something like this:**

- **Sunday:** Biology, Biochemistry, + CARS
- **Monday:** General Chemistry, + CARS
- **Tuesday:** Organic Chemistry, + CARS
- **Wednesday:** Physics, + CARS
- **Thursday:** Psychology, & Sociology; + CARS
- **Friday:** Revisit problem areas & modify study plan
- **Saturday:** Day Off

### **Specific topics to study each week include:**

#### **Week 2**

- **Biology:** Reproduction, Embryogenesis and Development
- **Biochemistry:** Protein Structure and Function, Biological Membranes
- **General Chemistry:** Bonding and Chemical Interactions, Compounds and Stoichiometry

- **Organic Chemistry:** Isomers, Bonding
- **Physics:** Kinematics and Translational Motion, Work and Energy
- **Psychology and Sociology:** Sensation and Perception, Learning and Memory
- **CARS:** Reading to Find the Most Important Information

### Week 3

- **Biology:** The Endocrine System, The Nervous System, The Digestive System
- **Biochemistry:** Carbohydrate Structure and Function, Enzymes
- **General Chemistry:** Chemical Kinetics, Solutions
- **Organic Chemistry:** Alcohols and Ethers, Organic Oxidation and Reduction
- **Physics:** Thermodynamics, Fluids
- **Psychology and Sociology:** Cognition and Language, Emotion and Stress
- **CARS:** Reading to Find the Most Important Information, Foundation of Comprehension Questions

### Week 4

- **Biology:** The Respiratory System, The Cardiovascular System
- **Biochemistry:** Lipid Structure and Function, DNA and Replication
- **General Chemistry:** Equilibrium, Thermochemistry
- **Organic Chemistry:** Aldehydes and Ketones
- **Physics:** Electrostatics
- **Psychology & Sociology:** Identity and Personality, Social Processes and Behavior
- **CARS:** Reasoning Within the Text Questions

## Week 5

- **Biology:** The Immune System
- **Biochemistry:** RNA Transcription and Translation
- **General Chemistry:** The Gas Phase
- **Organic Chemistry:** Carboxylic Acids, Carboxylic Acid Derivatives
- **Physics:** Magnetism, Circuits
- **Psychology & Sociology:** Psychological Disorders
- **CARS:** Reasoning Beyond the Text Questions, Reading and Answering Within the Time Allowed

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## Weeks 6-7

As you get closer to your MCAT test date, you'll want to adjust your 2-Month MCAT study plan one more time before the final week.

- Begin each week by taking a practice test, and use the entire following day for test review. Carefully evaluate the topics and types of questions that you are missing, and use that to inform your study strategy and calendar.
- For test-like practice, use the [AAMC Sample Questions and Sections](#) and choose passages based on the content areas you have reviewed.
- Continue to study for the Critical Analysis and Reasoning Skills (CARS) section on a daily basis. Use the AAMC Sample Questions and Sections to read passages and work on passage-related questions.

**An example week might look something like this:**



- **Sunday:** Full Length Test
- **Monday:** Test Review & Study Planning
- **Tuesday:** Biology, Biochemistry, + CARS
- **Wednesday:** General Chemistry, Organic Chemistry, + CARS
- **Thursday:** Physics, Psychology & Sociology, + CARS
- **Friday:** Revisit Problem Areas & modify Study Plan
- **Saturday:** Day Off

**Specific content areas for Weeks 6 through 7 include:**

#### **Week 6**

- **Biology:** The Musculoskeletal System, Genetics and Evolution
- **Biochemistry:** Carbohydrate Metabolism, Bioenergetics and Regulation of Metabolism
- **General Chemistry:** Acids and Bases, Electrochemistry
- **Organic Chemistry:** Nitrogen and Phosphorus-Containing Compounds, Separation and Purification
- **Physics:** Waves and Sound
- **Psychology and Sociology:** Social Thought Processes
- **CARS:** Synthesis of Reading and Answering Questions

#### **Week 7**

- **Biology:** Homeostasis and the Excretory System

- **Biochemistry:** Lipid and Amino Acid Metabolism
  - **General Chemistry:** Oxidation and Reduction
  - **Organic Chemistry:** Spectroscopy
  - **Physics:** Light and Optics, Atomic and Nuclear Phenomena
  - **Psychology & Sociology:** Social Structure and Demographics, Social Stratification
  - **CARS:** Synthesis of Reading and Answering Questions
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## The Week Before the MCAT

As usual, begin your week by taking and reviewing your practice test, examining every question and using your results to update your study plan if necessary. Spend extra time reviewing CARS, re-reading the passages to determine what information you actually needed and what you didn't.

1. Early in the week, take an [AAMC Practice Test](#). Set aside time to review the test as well.
2. For your remaining few days, spend time reviewing the content areas that were your biggest opportunities on your last full-length test. If you've never truly mastered a topic, though, now is not the time to attempt to learn it. Instead, focus on the material that you struggled with the first time through but that you think you can master given just a little more time.
3. If you have time, travel to the testing center first. This will ensure you know how to get to the correct building, where to park, and which room your test will be in. Having all these logistics out of the way will help reduce your stress on test day—and ensure you aren't late!

4. Take the day before the test completely off; your brain needs to rest before the marathon of test-taking to come! Eat healthy, balanced meals and get a full night of rest so you are mentally and physically prepared for test day. On the day of the MCAT, wake up with plenty of time to spare, and be sure to eat breakfast before leaving to give your brain the fuel it needs.

Here's a recommended schedule of what to do the week before the MCAT:

- **Sunday:** AAMC Practice Test
- **Monday:** Test Review & Study Planning for Final Week
- **Tuesday:** Final Content Review, pt. 1
- **Wednesday:** Final Content Review, pt. 2; Visit Test Center
- **Thursday:** Final Content Review, pt. 3
- **Friday:** Day Off
- **Saturday:** Test Day

With this plan, you should be well on your way to success on test day. But remember: if you don't feel prepared for your test after two months or aren't scoring anywhere near where you want to be on your practice tests, then you may want to change your test date so you don't end up with a less-than-ideal score on your medical school application. It's much better in the long run to push your plans back a bit than to not do well and then have to retest anyway.

## Was This Information Helpful?

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