

Examcrackers

Home Study Schedule

This home study regimen is similar to the schedule of the successful Examcrackers Comprehensive MCAT® course. We recommend you begin exactly ten weeks prior to your MCAT® and take a “soft week” break in the middle during week five.

Preparation:

This home study schedule utilizes:

- *The Examcrackers Complete Study Package, 11th edition*
- Examcrackers Exams MCAT EK-1,2,3,4,5,6
- Examcrackers *101 Passages* series
- Examcrackers *1001 Questions: Chemistry* and *1001 Questions: Physics*
- The **AAMC Official MCAT® Practice Exams 1, 2 and 3.**

On **Day One** you will begin your preparation by taking an official AAMC Practice MCAT® in order to determine your baseline score. Notice the style of MCAT® passages and questions. Gain a general sense of where your strengths and weaknesses may be. Aim to spend no more than 7-8 minutes per passage in the science sections and no more than 10 minutes per passage in the Critical Analysis and Reasoning Skills (CARS) section.

Now you can begin reading, taking practice questions, and completing the in-class exams for four Examcrackers lectures per week. Budget about 2-3 hours a day, six days per week. Attack the lessons in the following way:

1. **Pre-read the lecture.** Read the lecture as you would a novel—quickly, and without worrying about the details.
2. **Read the lecture more thoroughly** with a pen in your hand so that you can take notes and highlight areas of weakness. Take the 24 in-lecture questions during this reading.
3. **Take the in-class exam** corresponding to that lecture. Allow yourself no more than 30 minutes to complete the exam. Review the exam with the explanations and post any questions you have on the MCAT® forums on the Examcrackers website.
4. **Follow up by reviewing the lecture.** Reread the lecture a third time, reviewing closely those sections which need reinforcement.
5. **Study a variety of material each week.** Do not complete one full manual before starting the next. Instead, study one or two lectures each from several different manuals every week to

broaden the range of material you cover. This will help ensure that you are prepared for all four exam sections on Test Day and will help you measure your progress. A recommended sequence of lectures, modeled after the Examcrackers MCAT® Course, is included in the detailed weekly study plan.

6. **Take practice exams.** Taking practice exams will help you stay in touch with the MCAT® to shape your study of the content and help you build endurance for Test Day. Taking practice exams forces you to actively engage with the material and practice MCAT® skills. Studying without MCAT® practice (i.e. only reviewing content) is passive. The MCAT® rewards independent and active thinking. Reviewing and organizing science concepts is effective for MCAT® success only when it is done in coordination with the approach the MCAT® asks of you. The greatest score increases are seen in students who regularly do practice passages to build MCAT® skills while also reviewing and organizing the needed basic science concepts. For maximum improvement, always approach these ‘simulated MCAT® exams’ as if they were the real MCAT®.
7. **Review your practice exams.** This is the step that will most increase your MCAT® score. While reviewing content is absolutely necessary to understanding the language of the MCAT®, preparing content does not change MCAT® scores. What changes MCAT® scores is coming to understand the exam and learning from your mistakes. Questions that you get wrong or mark are the ticket to improving your score. Ideally you should repeatedly attempt to answer questions you got wrong until you get them right yourself because only when you practice MCAT® style problem solving will you come to see improvement at problem solving. If you need to look up content and return to the question, do so. Careful: once you read an answer explanation, you can never again use that question for MCAT® practice as you will know the answer without **having reasoned your own way there**. It is important to understand why you got a question wrong or marked a question in order to improve your test-taking skills. Recall what you were thinking and feeling as you approached each question. Once you determine why you’re getting questions wrong, make simple commitments to prevent these errors before continuing your MCAT® practice. Summary of guidelines for reviewing exams:
 - Before looking at answer explanations, retake questions you got wrong the first time. Identify why you answered incorrectly the first time, and if you got it correct the second time, determine what you did differently.
 - Review questions on which you guessed correctly. Determine how you arrived at the correct answer and identify areas of weakness for further review.
 - Notice any habits you have when taking exam questions that do not work for MCAT® questions. Write down a few specific and simple commitments to approach these questions differently in the future (“If I see this, I will do that”) to use on your next practice exam.
8. **Stay current with your studying** as Test Day approaches. If you miss one day, do twice as much the next day or use built-in makeup study days.

Week 1

Sunday (7-8 hours for practice exam, 2-3 hours to review)	Take a full-length practice exam - <i>AAMC Official MCAT® Practice Exam 1</i> - using the commitments you made following the last full-length exam. This will give you a baseline score. Review answers from <i>AAMC Practice Exam 1</i> according to the guidelines.
Monday (2 – 3 hours)	Pre-read the Intro MCAT® Lecture (in the <i>EK Reasoning Skills</i> manual), the Research and Reasoning Skills Lecture (in the <i>EK Reasoning Skills</i> manual), <i>Reasoning Skills</i> Lecture 1 (Introduction to CARS), and <i>Biology 1: Molecules</i> Lecture 1 (Biological Molecules and Enzymes).
Tuesday (1 – 2 hours)	Read the Intro MCAT® Lecture (<i>EK Reasoning Skills</i> manual) and work through all the exercises.
Wednesday (2 – 3 hours)	Read the Research and Reasoning Skills Lecture (<i>EK Reasoning Skills</i> manual). Take notes. Take In-class Exam for the Research and Reasoning Skills Lecture (in the <i>Reasoning Skills</i> manual).
Thursday (2 – 3 hours)	Read <i>Biology 1: Molecules</i> Lecture 1 (Biological Molecules and Enzymes). Take notes. Take In-class Exam <i>Biology 1: Molecules</i> Lecture 1. Review.
Friday (2 – 3 hours)	Read <i>Reasoning Skills</i> Lecture 1 (Introduction to CARS). Take notes. Take In-class Exam for <i>Reasoning Skills</i> Lecture 1. Review it.
Saturday (optional: 2-3 hours)	Catch up on any missed study days, if needed. Take one or more complete, ten-passage physics practice exams from <i>Examcrackers 101 Passages: Physics</i> (optional). Retake then review any questions you got wrong or guessed on according to the guidelines. Reinforce content as needed.

Week 2

Sunday (7-8 hours for practice exam, 2-3 hours to review)	Take a full-length practice exam - <i>MCAT EK-1</i> - using the commitments you made following the last full-length exam. Review answers from <i>MCAT EK-1</i> according to the guidelines.
Monday (2 – 3 hours)	Pre-read <i>Chemistry</i> Lecture 1 (Introduction to General Chemistry), <i>Reasoning Skills</i> Lecture 2 (The Main Idea), <i>Biology 2: Systems</i> Lecture 1 (The Cell), and <i>Chemistry</i> Lecture 2 (Introduction to Organic Chemistry).
Tuesday (3 – 5 hours)	Read <i>Chemistry</i> Lecture 1 (Introduction to General Chemistry) and work through ALL the exercises. Take In-Class Exam for <i>Chemistry</i> Lecture 1. Review it. Reinforce science by drilling odd numbered questions in Lecture 1

of Examcrackers *1001 Questions: Chemistry*. Review and continue with even numbered questions as needed.

Wednesday (2 – 3 hours)

Read *Reasoning Skills* Lecture 2 (Main Idea). Take notes. Take In-Class Exam for *Reasoning Skills* Lecture 2. Review it.

Thursday (2 – 3 hours)

Read *Biology 2: Systems* Lecture 1 (The Cell). Take notes. Take In-class Exam for *Biology 2: Systems* Lecture 1. Review it.

Friday (3 – 5 hours)

Read *Chemistry* Lecture 2 (Introduction to Organic Chemistry). Take notes. Take In-class Exam for *Chemistry* Lecture 2. Review it. Reinforce science by drilling odd numbered questions in Lecture 2 of Examcrackers *1001 Questions: Chemistry*. Review and continue with even numbered questions as needed.

Saturday (optional: 2-3 hours)

Catch up on any missed study days, if needed. Take one or more complete, ten-passage psychology and sociology practice exams from Examcrackers *101 Passages: Psychology and Sociology* (optional). Retake then review any questions you got wrong or guessed on according to the guidelines. Reinforce content as needed.

Week 3

Sunday (7-8 hours for practice exam, 2-3 hours review)

Take a full-length practice exam - *MCAT EK-2* - using the commitments you made following the last full-length exam. Review answers from *MCAT EK-2* according to the guidelines.

Monday (2 – 3 hours)

Pre-read *Chemistry* Lecture 3 (Oxygen Containing Reactions), *Reasoning Skills* Lecture 3 (Answering the Questions), *Physics* Lecture 1 (Motion and Force), and *Biology 1: Molecules* Lecture 2 (Genetics).

Tuesday (3 – 5 hours)

Read *Chemistry* Lecture 3 (Oxygen Containing Reactions). Take notes. Take In-class Exam for *Chemistry* Lecture 3. Review it. Reinforce science by drilling odd numbered questions in Lecture 3 of Examcrackers *1001 Questions: Chemistry*. Review and continue with even numbered questions as needed.

Wednesday (2 – 3 hours)

Read *Reasoning Skills* Lecture 3 (Answering the Questions). Take notes. Take In-class Exam for *Reasoning Skills* Lecture 3. Review it.

Thursday (3 - 5 hours)

Read *Physics* Lecture 1 (Motion and Force). Take notes. Take In-class Exam for *Physics* Lecture 1. Review it. Reinforce science by drilling odd numbered questions in Lecture 1 of Examcrackers *1001 Questions: Physics*. Review and continue with even numbered questions as needed.

Friday (2 – 3 hours) Read *Biology 1: Molecules* Lecture 2 (Genetics). Take notes. Take In-class Exam for *Biology 1: Molecules* Lecture 2. Review it.

Saturday (optional: 2-3 hours) Catch up on any missed study days, if needed. Take one or more complete, ten-passage systems biology exams from Examcrackers *101 Passages: Biology 2 Systems* (optional). Retake then review any questions you got wrong or guessed on according to the guidelines. Reinforce content as needed.

Week 4

Sunday (7-8 hours for practice exam, 2-3 hours review) Take a full-length practice exam - *MCAT EK-3* - using the commitments you made following the last full-length exam. Review answers from *MCAT EK-3* according to the guidelines.

Monday (2 – 3 hours) Pre-read *Chemistry* Lecture 4 (Thermodynamics and Kinetics), *Reasoning Skills* Lecture 4 (Advanced CARS Skills), *Physics* Lecture 2 (Energy and Equilibrium), and *Biology 1: Molecules* Lecture 3 (Metabolism).

Tuesday (3 - 5 hours) Read *Chemistry* Lecture 4 (Thermodynamics and Kinetics) Take notes. Take In-class Exam for *Chemistry* Lecture 4. Review it. Reinforce science by drilling odd numbered questions in Lecture 4 of Examcrackers *1001 Questions: Chemistry*. Review and continue with even numbered questions as needed.

Wednesday (2 – 3 hours) Read *Reasoning Skills* Lecture 4 (Advanced CARS Skills). Take notes. Take In-class Exam for *Reasoning Skills* Lecture 4. Review it.

Thursday (3 - 5 hours) Read *Physics* Lecture 2 (Energy and Equilibrium). Take notes. Take In-class Exam for *Physics* Lecture 2. Review it. Reinforce science by drilling odd numbered questions in Lecture 2 of Examcrackers *1001 Questions: Physics*. Review and continue with even numbered questions as needed.

Friday (2 – 3 hours) Read *Biology 1: Molecules* Lecture 3 (Metabolism). Take notes. Take In-class Exam for *Biology 1: Molecules* Lecture 3.

Saturday (optional: 2-3 hours) Catch up on any missed study days, if needed. Take one or more complete, nine-passage practice CARS exams from Examcrackers *101 Passages: CARS* (optional). Retake then review any questions you got wrong or guessed on according to the guidelines. Reinforce content as needed.

Week 5 (the mid-point)

Sunday (0 hours) Take a break—DO NOTHING MCAT®-related. Do use this week to catch up if you have fallen behind on your study plan.

Monday (0 hours)	Take a break—DO NOTHING MCAT®-related.
Tuesday (1 – 2 hours)	Pre-read <i>Biology 2: Systems</i> Lecture 2 (The Nervous System).
Wednesday (0 hours)	Take a break—DO NOTHING MCAT®-related.
Thursday (2 – 3 hours)	Read <i>Biology 2: Systems</i> Lecture 2 (The Nervous System). Take notes. Take In-class Exam for <i>Biology 2: Systems</i> Lecture 2.
Friday (0 hours)	Take a break—DO NOTHING MCAT®-related.
Saturday (optional: 2-3 hours)	Catch up on any missed study days, if needed. Take one or more complete, ten-passage practice chemistry exams from Examcrackers <i>101 Passages: Chemistry</i> (optional). Retake then review any questions you got wrong or guessed on according to the guidelines. Reinforce content as needed.

Week 6

Sunday (7-8 hours for practice exam, 2-3 hours review)	Take a full-length practice exam - <i>MCAT EK-4</i> - using the commitments you made following the last full-length exam. Review answers from <i>MCAT EK-4</i> according to the guidelines.
Monday (2 – 3 hours)	Pre-read <i>Chemistry</i> Lecture 5 (Phases), <i>Psychology & Sociology</i> Lecture 1 (The Biopsychosocial Model, Society and Culture), <i>Physics</i> Lecture 3 (Fluids), and <i>Biology 2: Systems</i> Lecture 3 (The Endocrine System). Read <i>Chemistry</i> Lecture 5 (Phases). Take notes. Take In-class Exam for <i>Chemistry</i> Lecture 5. Review it. Reinforce science by drilling odd numbered questions in Lecture 5 of Examcrackers <i>1001 Questions: Chemistry</i> . Review and continue with even numbered questions as needed.
Tuesday (3 - 5 hours)	Read <i>Psychology & Sociology</i> Lecture 1 (The Biopsychosocial Model, Society and Culture). Take notes. Take In-class Exam for <i>Psychology & Sociology</i> Lecture 1. Review it.
Wednesday (2 – 3 hours)	Read <i>Physics</i> Lecture 3 (Fluids). Take notes. Take In-class Exam for <i>Physics</i> Lecture 3. Review it. Reinforce science by drilling odd numbered questions in Lecture 3 of Examcrackers <i>1001 Questions: Physics</i> . Review and continue with even numbered questions as needed.
Thursday (3 - 5 hours)	Read <i>Biology 2: Systems</i> Lecture 3 (The Endocrine System). Take notes. Take In-class Exam for <i>Biology 2: Systems</i> Lecture 3. Review it.
Friday (2 – 3 hours)	

Saturday (optional: 2-3 hours) Catch up on any missed study days, if needed. Take one or more complete, ten-passage molecular biology practice exams from Examcrackers *101 Passages: Biology 1 Molecules*. Retake then review any questions you got wrong or guessed on according to the guidelines. Reinforce content as needed.

Week 7

Sunday (7-8 hours for practice exam, 2-3 hours review) Take a full-length practice exam - *MCAT EK-5* - using the commitments you made following the last full-length exam. Review answers from *MCAT EK-5* according to the guidelines.

Monday (2 – 3 hours) Pre-read *Chemistry* Lecture 6 (Solutions and Electrochemistry), *Psychology & Sociology* Lecture 2 (Relationships and Behavior), *Physics* Lecture 4 (Electricity), and *Biology 2: Systems* Lecture 4 (The Circulatory, Respiratory, and Immune Systems).

Tuesday (3 – 5 hours) Read *Chemistry* Lecture 6 (Solutions and Electrochemistry). Take notes. Take In-class Exam for *Chemistry* Lecture 6. Review it. Reinforce science by drilling odd numbered questions in Lecture 6 of Examcrackers *1001 Questions: Chemistry*. Review and continue with even numbered questions as needed.

Wednesday (2 – 3 hours) Read *Psychology & Sociology* Lecture 2 (Relationships and Behavior). Take notes. Take In-class Exam for *Psychology & Sociology* Lecture 2. Review it.

Thursday (3 – 5 hours) Read *Physics* Lecture 4 (Electricity). Take notes. Take In-class Exam for *Physics* Lecture 4. Review it. Reinforce science by drilling odd numbered questions in Lecture 4 of Examcrackers *1001 Questions: Physics*. Review and continue with even numbered questions as needed.

Friday (2 – 3 hours) Read *Biology 2: Systems* Lecture 4 (The Circulatory, Respiratory, and Immune Systems). Take notes. Take In-class Exam for *Biology 2: Systems* Lecture 4. Review it.

Catch up on any missed study days, if needed.

Saturday (optional: 2-3 hours) Take one complete CARS practice exam from Examcrackers *101 Passages: CARS* and one complete physics practice exam from Examcrackers *101 Passages: Physics* (optional).

Retake then review any questions you got wrong or guessed on according to the guidelines. Reinforce content as needed.

Week 8

Sunday (7-8 hours for practice exam, 2-3 hours review)	Take a full-length practice exam - <i>MCAT EK-6</i> - using the commitments you made following the last full-length exam. Review answers from <i>MCAT EK-6</i> according to the guidelines.
Monday (2 – 3 hours)	Pre-read <i>Chemistry</i> Lecture 7 (Acids and Bases), <i>Psychology & Sociology</i> Lecture 3 (Identity and the Individual), <i>Physics</i> Lecture 5 (Waves: Sound and Light), and <i>Biology 2: Systems</i> Lecture 5 (The Digestive and Excretory Systems).
Tuesday (3 - 5 hours)	Read <i>Chemistry</i> Lecture 7 (Acids and Bases). Take notes. Take In-class Exam for <i>Chemistry</i> Lecture 7. Review it. Reinforce science by drilling odd numbered questions in Lecture 7 of Examcrackers <i>1001 Questions: Chemistry</i> . Review and continue with even numbered questions as needed.
Wednesday (2 – 3 hours)	Read <i>Psychology & Sociology</i> Lecture 3 (Identity and the Individual). Take notes. Take In-class Exam for <i>Psychology & Sociology</i> Lecture 3. Review it.
Thursday (3 - 5 hours)	Read <i>Physics</i> Lecture 5 (Waves: Sound and Light). Take notes. Take In-class Exam for <i>Physics</i> Lecture 5. Review it. Use the Reinforce science by drilling odd numbered questions in Lecture 5 of Examcrackers <i>1001 Questions: Physics</i> . Review and continue with even numbered questions as needed.
Friday (2 – 3 hours)	Read <i>Biology 2: Systems</i> Lecture 5 (The Digestive and Excretory Systems). Take notes. Take In-class Exam for <i>Biology 2: Systems</i> Lecture 5. Review it.
Saturday (optional: 2-3 hours)	Catch up on any missed study days, if needed. Take one complete molecular biology practice exam from Examcrackers <i>101 Passages: Biology 1 Molecules</i> and one complete psychology and sociology practice exam from Examcrackers <i>101 Passages: Psychology and Sociology</i> . Retake then review any questions you got wrong or guessed on according to the guidelines. Reinforce content as needed.

Week 9

Sunday (7-8 hours for practice exam, 2-3 hours review)	Take a full-length practice exam - <i>AAMC Official MCAT[®] Practice Exam 2</i> - using the commitments you made following the last full-length exam. Review answers from <i>AAMC Practice Exam 2</i> according to the guidelines.
Monday (2 – 3 hours)	Pre-read <i>Biology 2: Systems</i> Lecture 6 (Muscle, Bone, and Skin), <i>Psychology & Sociology</i> Lecture 4 (Thought and Emotion), <i>Psychology & Sociology</i> Lecture 5 (Biological Correlates of Psychology), and <i>Biology 1: Molecules</i> Lecture 4 (Laboratory Techniques).

Tuesday (2 – 3 hours)	Read <i>Biology 2: Systems</i> Lecture 6 (Muscle, Bone, and Skin). Take notes. Take In-class Exam for <i>Biology 2: Systems</i> Lecture 6. Review it.
Wednesday (2 – 3 hours)	Read <i>Psychology & Sociology</i> Lecture 4 (Thought and Emotion). Take notes. Take In-class Exam for <i>Psychology & Sociology</i> Lecture 4. Review it.
Thursday (2 – 3 hours)	Read <i>Psychology & Sociology</i> Lecture 5 (Biological Correlates of Psychology). Take notes. Take In-class Exam for <i>Psychology & Sociology</i> Lecture 5. Review it.
Friday (2 – 3 hours)	Read <i>Biology 1: Molecules</i> Lecture 4 (Laboratory Techniques). Take notes. Take in-class Exam for <i>Biology 1: Molecules</i> Lecture 4. Review it.
Saturday (optional: 2-3 hours)	Catch up on any missed study days, if needed. Take one complete chemistry practice exam from Examcrackers <i>101 Passages: Chemistry</i> and one complete systems biology practice exam from Examcrackers <i>101 Passages: Biology 2 Systems</i> . Retake then review any questions you got wrong or guessed on according to the guidelines. Reinforce content as needed.

Week 10 (Zen Week)

Sunday (7-8 hours for practice exam, 2-3 hours to review)	Read “Physical Preparation and Mental Preparation” on pp. 8-9 of the Examcrackers <i>Reasoning Skills</i> book, 10 th edition. Take a full-length practice exam - <i>AAMC Official MCAT® Practice Exam 3</i> - using the commitments you made following the last full-length exam. Review answers from the <i>AAMC Practice Exam 3</i> according to the guidelines.
Monday (2 – 3 hours)	Begin setting good sleep patterns for the week. Use today to catch up on any missed study days or revisit your weakest lecture from the previous two weeks (optional).
Tuesday (2 – 3 hours)	Review any areas of weakness by revisiting the corresponding lecture and retaking the corresponding In-Class Exam.
Wednesday (2 – 3 hours)	Continue to review areas of weakness.
Thursday (0 hours)	NO MORE STUDYING.
Friday (0 hours)	NO MORE STUDYING.
Saturday (7 – 8 hours)	MCAT® DAY. Do well. Do really, really well