

How to Create a Study Plan for the MCAT® Exam



Contents

Introduction	2
AAMC Fee Assistance Program	5
MCAT Exam With Accommodations	5
Step 1: Find Out Everything You Can About the Exam	6
Step 2: Figure Out Where You Stand: How Much Do You Know?	7
Step 3: Gather Free and Low-Cost Resources to Help You Prepare	8
Step 4: Create Your Study Plan	10
Step 5: Study and Practice	11
Step 6: Prepare for Test Day	12
Inspirational Stories	13
Worksheets	
How Much Do You Know?	14
Inventory of Resources and Strategies	16
Study Plan	18
Study Plan Schedule	20

Introduction

Taking the Medical College Admission Test® (MCAT®) is a milestone on your path to becoming a physician. One of the most frequently asked questions is, “What is the best way to prepare for the exam?” The answer is, there’s no conclusive evidence about a right or wrong way to prepare. You should assess your own schedule and confidence in your knowledge of the content areas covered on the exam to create a study plan that works best for you.

The AAMC developed this guide to help you design a study plan around the time you have available to prepare and assess the topics you need to focus on the most. The guide will walk you through six steps to creating a personalized MCAT preparation strategy. It also provides information on how to use free and low-cost resources with the time you have available on the topics you need to focus on most.

The guide also includes links to testimonials and inspiring stories from medical students and physicians who have overcome significant obstacles to perform well on the MCAT exam (page 13). Finally, worksheets in this guide help you keep track of your progress and schedule as you move through your timeline.



Do you prefer to track your progress online? Check out the digital version of this study plan guide by logging in to the [MCAT Official Prep Hub](#) with your AAMC credentials.

2018 PMQ Data

After taking the MCAT exam, examinees have an opportunity to share feedback on their experience through the [Post-MCAT Questionnaire \(PMQ\)](#). Here’s what PMQ respondents told us when asked how much time they spent preparing for the MCAT exam.

Time spent preparing	Percentage of respondents
Weeks	
0-8	26%
9-12	27%
13-16	19%
More than 16	28%
Hours per week	
0-10	21%
11-20	28%
21-30	22%
More than 30	29%



How to Use This Guide

This guide walks you through six steps to develop your own study plan. Some steps will require more time than others; however, the amount of time you spend on each step will depend on your level of preparedness and the time you have available to study and practice. The steps you will take to prepare for the MCAT exam are:

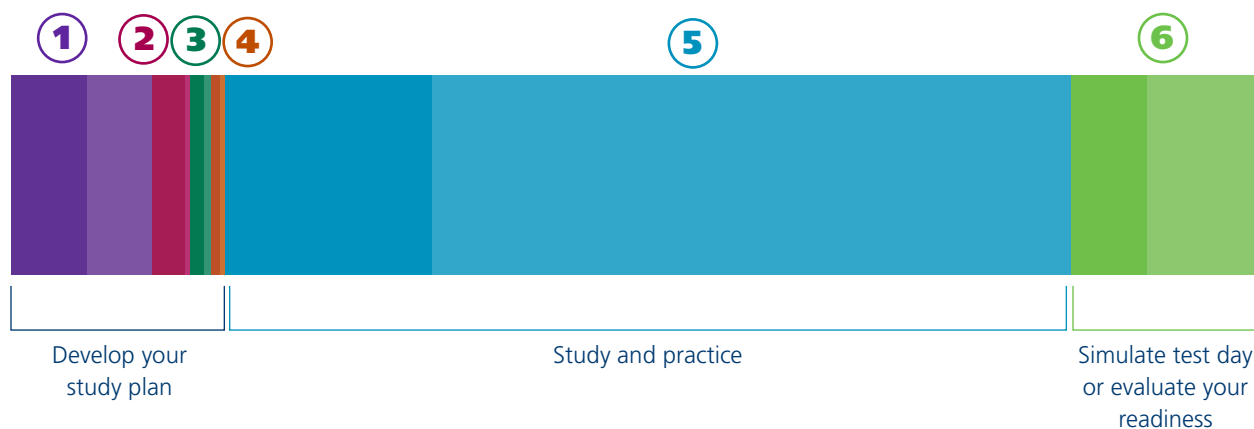
- 1 Find Out Everything You Can About the Exam
- 2 Figure Out Where You Stand: How Much Do You Know?
- 3 Gather Free and Low-Cost Resources to Help You Prepare
- 4 Create Your Study Plan
- 5 Study and Practice
- 6 Prepare for Test Day

The figure below suggests which steps are likely to take more time.

Steps 1-4 are to create your customized study plan. They compose a relatively small portion of your preparation time, but they are important first steps.

During Step 5, you will use your plan to study and practice. As you can see, this may take little time or it may consume the majority of your time, depending on how prepared you are when you start studying.

Finally, in Step 6, we encourage you to set aside time to take a practice exam under similar testing conditions and evaluate your readiness.



! Remember, each step will depend on your level of preparedness and the time you have available to study and practice. It is important that you only take the MCAT exam once you feel fully prepared.

Worksheets

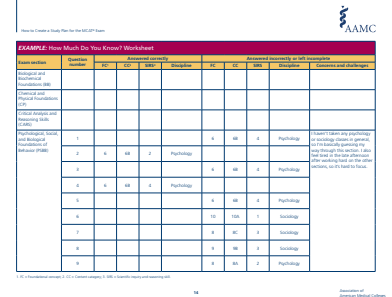
As you progress through the steps of this guide, you will complete four worksheets. Blank worksheets as well as completed examples are provided at the end of this guide. We recommend that you print these worksheets, even if you're using the online version of this guide available in the [MCAT Official Prep Hub](#).

You will complete the worksheets (pictured below) in **Step 2**, **Step 3**, and **Step 4**.



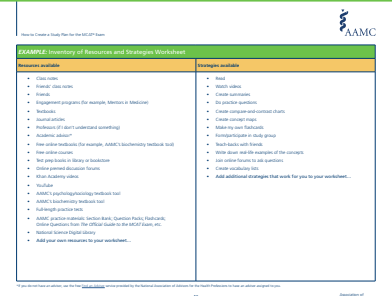
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How Much Do You Know? Worksheet

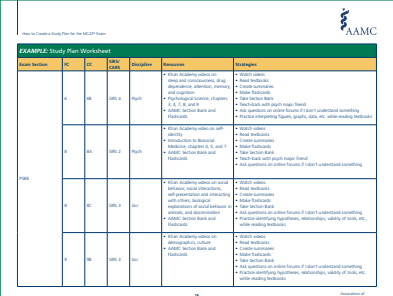


3

Inventory of Resources and Strategies Worksheet

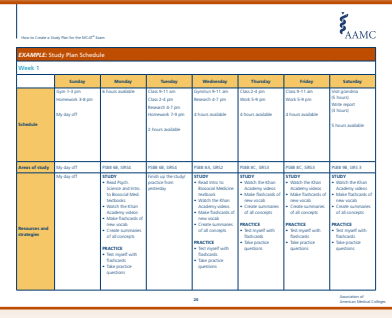


Study Plan Worksheet



4

Study Plan Schedule



AAMC Fee Assistance Program

Before you get started with this plan, now is a good time to review your financial resources.

The AAMC Fee Assistance Program assists those who, without financial assistance, would be unable to take the MCAT exam, apply to medical schools that use the American Medical College Application Service® (AMCAS®), and more.

Fee Assistance Program beneficiaries receive all online MCAT preparation products free of charge.

If you need financial support, visit the [AAMC Fee Assistance Program](#) page for information on how to apply for benefits.

MCAT Exam With Accommodations

The AAMC is committed to providing all individuals with an opportunity to demonstrate their proficiency on the MCAT exam. That includes ensuring access to persons with disabilities in accordance with relevant law. If you have a disability or medical condition that you believe requires an adjustment to standard testing conditions, we encourage you to apply for accommodated testing.

The review cycle for an initial application may take up to 60 days for a complete application, so please be sure to submit your application as soon as it is complete. For more information on the available accommodations and steps to applying for accommodations, visit the [MCAT Exam with Accommodations](#) page.

Contact Us

If you have any questions about these resources, contact the AAMC:

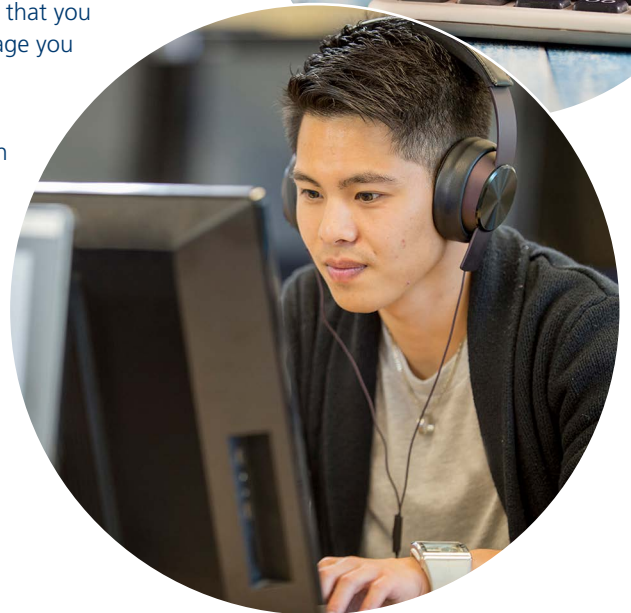
202-828-0600, from 9 a.m. to 7 p.m. ET
Monday through Friday (closed Wednesday 3-5 p.m.)

Fee Assistance Program: fap@aamc.org

Accommodations: accommodations@aamc.org

MCAT exam preparation and products: mcatprep@aamc.org

MCAT exam registration: aamc.org/contactmcat



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Follow us on Twitter: [@AAMC_MCAT](#) and [@AAMCPreMed](#)

1


Find out everything you can about the exam

When preparing for the MCAT exam, you need to know what's on the exam, how much time will you have, how the exam is scored, when to register, and what you can and cannot bring to the testing center, among other details. Use the checklist below to get started.

Learn about the rules of the MCAT exam and the process for medical school admissions.

<p><i>The MCAT Essentials</i> is required reading before you register for the MCAT exam. Learn about the type of ID you need, what happens if you cancel, what you cannot bring to the test center, and other important information.</p>	1-3 hours	free
View the AAMC's Applying to Medical School with AMCAS® website for detailed information on medical school application deadlines.	1 hour	free
Check the AAMC's MCAT testing calendar and score release dates to find out when the MCAT exam is administered.	15-30 minutes	free
Contact your prehealth or academic advisor for guidance on when to schedule your exam. If you do not have an advisor, use the 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
Find out if you qualify for the AAMC Fee Assistance Program , which provides benefits related to exam registration, prep products, and your application to medical school.	1 hour	free

Find out what disciplines, concepts, skills, and topics are covered in the MCAT exam.

Visit the How Is the MCAT Exam Scored? page.	15-30 minutes	free
<p>Explore the What's on the MCAT Exam? interactive tool.</p> <p> You may consider printing this resource and revisiting it in each step of this guide. We often hear from students that they frequently reference this resource alongside their coursework and when studying.</p>	2-3 hours	free
Read The Official Guide to the MCAT Exam for extensive details, a timeline of things to do, and information on how to register for the exam, as well as 120 practice questions written by the same people who wrote the MCAT exam.	1-2 days	\$

After completing the items in Step 1, you should have a good idea of the logistical requirements for test day and the content areas of the MCAT exam. In Step 2, you'll lay the groundwork for studying.

2

Figure out where you stand: how much do you know?

Take an AAMC full-length practice exam to identify your strengths and weaknesses in the content areas covered by the exam. The full-length practice exams offer a detailed breakdown of your correct and incorrect answers. They will help you identify which disciplines, concepts, and skills are familiar or unfamiliar to you. Being aware of the subjects that need your attention will help you gather the resources and implement strategies to acquire the knowledge and skills the exam covers.



We recommend that you take a full-length practice exam in one sitting to experience what it will be like to take the actual exam. The more you practice taking the exam under actual testing conditions, the more prepared you'll feel when you walk into the testing center. Practicing under actual testing conditions is an important test taking strategy.

Take a full-length practice exam. The AAMC offers the MCAT Official Prep Sample Test for free in the MCAT Official Prep Hub. The Sample Test provides feedback on the number and percentage of correct answers in each section, but it does not provide a scaled score. For practice exams with a scaled score, the AAMC offers [full-length practice exams for purchase](#).

7.5 hours free or \$

In the [MCAT Official Prep Hub](#), review your full-length practice exam Score Report and complete the [How Much Do You Know? worksheet](#).

2-3 hours free

In the MCAT Official Prep Hub, within each completed Score Report, under the Test Sections, you can choose “Review All Questions” or select each of the four test sections to see the questions you answered correctly or incorrectly. Using the “Content and Skills Breakdown” tab, document the Foundational Concept, Content Category, Scientific Inquiry and Reasoning Skill, and Discipline on your [How Much Do You Know? worksheet](#), and record how you did on the practice exam. We’ve provided an [example](#) of the worksheet on page 14.

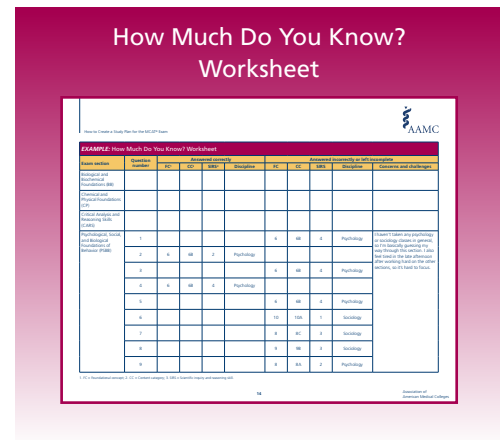
3-4 hours free

On your [How Much Do You Know? worksheet](#), list your concerns and challenges in the appropriate column. Did you run out of energy? Lose focus? Were some sections very difficult or unfamiliar? Were you hungry or tired?

15 minutes free

You now have a good start for an outline of specific foundational concepts, content categories, and skills that may need more attention as you study. You also have information identifying why you think you missed the questions and what personal concerns you need to address before the exam.

In Step 3, you’ll gather resources and develop strategies to help you fill in knowledge gaps and bolster the knowledge and skills that need enhancement.



3

Gather free and low-cost resources to help you prepare

Pull together an inventory of all the MCAT exam preparation resources available to you. Your resources for studying will differ from your resources for practicing — your first set of resources will focus on studying for content, and your second set of resources will focus on practicing and applying your knowledge.



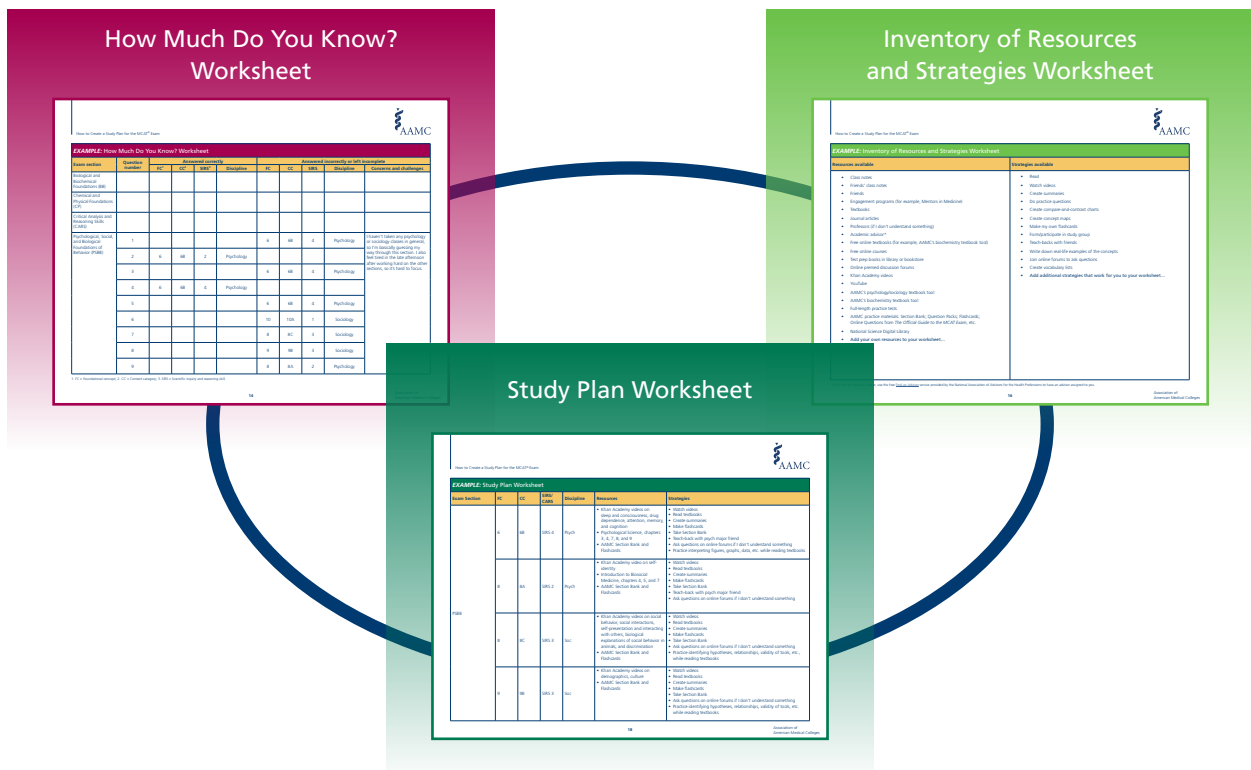
As you select your resources and strategies, remember they should be part of an **active** study plan. Your study plan should not be only passive learning (such as watching videos or reviewing textbooks and notes); your plan should have active learning strategies to reinforce learning: summarize what you read, explain the concepts in your own words, and apply ideas to real-life scenarios. You should use your study and practice resources together to reinforce your learning and test your knowledge along the way. Step 5 will provide you with some tips for ways to use resources in tandem.

Brainstorm resources and strategies using the [Inventory of Resources and Strategies worksheet](#). Some examples are listed on the following page. 1 hour free

Use the [How Much Do You Know? worksheet](#) from Step 2 and [Inventory of Resources and Strategies worksheet](#) to complete your [Study Plan worksheet](#). 3-5 hours free

Use your [Study Plan worksheet](#) to 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. 1-2 hours free

From your [Inventory of Resources and Strategies worksheet](#), list all the resources and strategies that target these areas of study. 30 minutes free



The image shows three overlapping worksheets from the AAMC. The top-left worksheet is titled 'How Much Do You Know? Worksheet' and features a grid for tracking progress across various MCAT sections. The top-right worksheet is titled 'Inventory of Resources and Strategies Worksheet' and lists various resources like Khan Academy, YouTube, and textbooks, categorized by resource type and strategy. The bottom-center worksheet is titled 'Study Plan Worksheet' and provides a structured table for planning study sessions, including columns for exam section, date, time, duration, resources, and strategies.

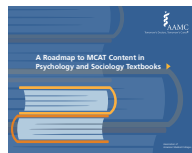
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Gather free and low-cost resources to help you prepare

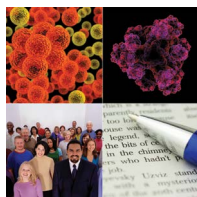
Free AAMC Study Resources



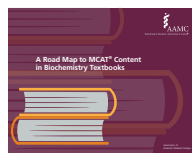
The [Khan Academy's MCAT Collection](#) is a free, open-access collection that contains sample content from all four sections of the exam; the collection includes 1,100 videos and 3,000 review questions to help you study.



[A Road Map to MCAT Content in Sociology and Psychology Textbooks](#) is a free, printable online resource that lists free or low-cost psychology and sociology textbooks along with the specific textbook chapters that cover the foundational concepts relating to this section of the exam.

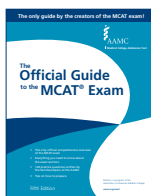


Review the [What's on the MCAT Exam?](#) resource. Read the content lists and explore what's tested in the four exam sections.

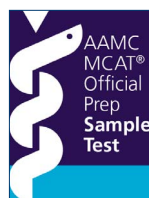


[A Road Map to MCAT Content in Biochemistry Textbooks](#) is a free, printable online resource that lists free or low-cost biochemistry textbooks along with the specific textbook chapters that cover the foundational concepts relating to this section of the exam.

Free and Low-Cost AAMC Practice Resources



[The Official Guide to the MCAT Exam, Fifth Edition](#) provides an overview of everything you need to know about the MCAT exam and includes 120 practice questions and solutions. The 120 practice questions are also available separately in digital form — look for the [Online Practice Questions from The Official Guide to the MCAT Exam](#).



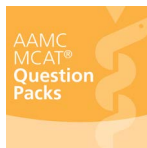
The [MCAT Official Prep Sample Test](#) is a 230-question online practice exam that has the same features and functionality as the MCAT exam, but it does not provide a scaled score. The Sample Test is now a free resource.



The [MCAT Prep CARS Diagnostic Tool](#) includes 28 practice passage sets, worked examples, and strategies to improve your critical analysis and reasoning skills.



The [MCAT Official Prep Flashcards](#) provide you with 150 independent 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.



[MCAT Official Prep Question Packs](#) cover biology, chemistry, physics, and critical analysis and reasoning.



The [MCAT Official Prep Section Bank](#) consists of 300 practice questions emphasizing the natural, behavioral, and social sciences.



These low-cost AAMC Practice Resources as well as the AAMC MCAT Official Prep Full-Length Practice Exams can be purchased [individually](#) or in [bundles](#) at a discount.

4 Create your study plan

Organize your time to prepare for the MCAT exam.

Create your study plan by completing the Schedule, Areas of study, and Resources and strategies sections of the [Study Plan Schedule template](#).

2-3 hours free

List all your academic, professional, and extracurricular obligations in your schedule and how many hours each activity requires. Then include how many hours you have available to study each day.

List the areas you want to study. Determine how you want to study and practice. Do you want to start with your strongest area? Do you want to alternate between a section you are comfortable with and a section you're less confident with?

List the resources and strategies you'll use to study content. Remember, studying content typically comes before practicing application of the subject area. The only exception is when you take your initial practice exam to assess your knowledge.

Given the time you have available in your study plan, review the [MCAT testing calendar](#) and application deadlines and consider which MCAT exam administration dates work for you.

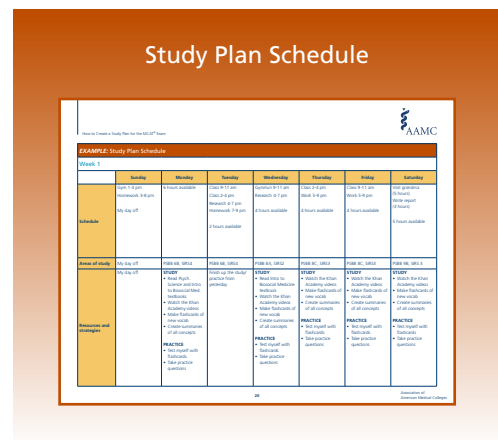
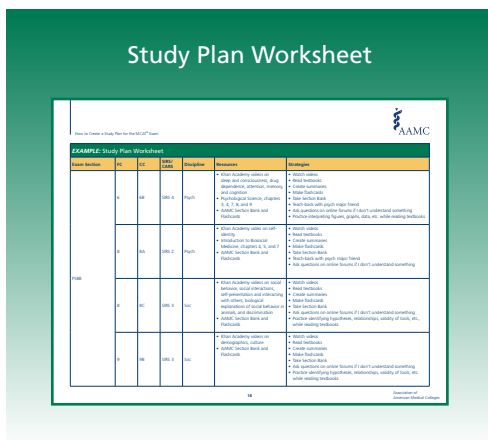
1-2 hours free

Consider [registering for the exam](#).

\$



Your study plan will likely change and that's okay. After a few weeks of studying, you may find you need to adjust your timeline or the number of hours allocated for specific disciplines, concepts, or skills. If the material you listed is too much or too little for the number of days or weeks, adjust your plan accordingly. The earlier you start planning, the more flexibility you'll have in your study schedule. Note any milestones that may impact your test date deadline.



5

Study and practice

Your study plan should include a mix of strategies to help you learn, integrate, and apply new concepts and strengthen your existing knowledge and skills. After studying content areas, make sure to give yourself opportunities to practice and apply them. Here are some strategies you might use:



Start each day by reviewing what you studied or practiced during the previous day based on the content areas you have identified as priorities in your study plan. Reviewing small chunks of information regularly and practicing questions that cover the content will help you retain the content.



Practice timing yourself while answering practice questions. Review answers and take the time to understand why you answered them correctly or incorrectly. Consider the strategies below to help you review your answers, learn new concepts, and strengthen existing knowledge.



Prepare a set of questions to ask yourself after watching a video or reading a textbook chapter, such as:

How would I explain this to a classmate?

What is a real-life example of this concept that would be 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?



Create your own flashcards and vocabulary lists.



Study with a partner or study group. 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.



Study different topics in each study session to make connections and integrate concepts.



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.



Summarize what you learned from memory by compiling lists and drawing compare-and-contrast charts or concept maps. Check the accuracy of your summaries by using lecture notes, textbooks, or Khan Academy tutorials.



Join online forums to ask and answer questions about the topics and concepts.



Don't forget to schedule time to review content already studied to cement your learning. Cumulative reviews are helpful during this step.

Learning from your errors is an important part of any study and practice strategy.¹ No matter the strategy you use, learn from your errors and apply what you learned by repeating your strategy.

1. Swan Sein A, Cuffney F, Clinchot D. How to help students strategically prepare for the MCAT® exam and learn the foundational knowledge needed for medical school. *Acad Med*. In press.

6

Prepare for test day

It has been weeks since you first took a full-length practice exam. Now it's time to take a second full-length practice exam that includes a scaled score to see where you now stand. Take it under the same conditions as the actual test — the same timing and breaks, ideally at a location outside your own home, in one sitting.

After you take the practice exam, review your results and consider your next steps. Are you happy with the results? Do you need more time to study and practice, or are you ready to take the MCAT exam? You may adjust your study plan based on your practice exam results. You also have the option to retake the practice exam.

Take a full-length practice exam. The AAMC offers multiple [full-length practice exams](#) that provide scaled scores; the free MCAT Official Prep Sample Test does not include a scaled score. Remember to select the “Simulate Actual Test” setting to test under the same timed conditions as the actual exam.

7.5 hours free or \$

Review your score report and reflect on your performance. Revisit your results from the full-length practice exam taken in Step 2, and assess your current performance. Write down how prepared you feel.

1-3 days free

Determine your next course of action.

Varies free

Happy with your results?

- Take another full-length practice exam, and gain more confidence to perform well under actual testing conditions.
- Ask your advisor to hold a [Mock Exam Day](#) for you and your peers, or hold one for yourself or a study group.
- Consider taking the actual exam.
 - Review test day requirements (break length, items allowed in the test center, check-in procedures, etc.).
 - Practice getting to the test center, and plan to arrive early.
 - Eat well, and find time to rest.

 It is important that you only take the MCAT exam once you feel that you are fully prepared.

Think you can do better?

- Review your study plan based on your full-length practice test results.
- Modify areas of focus, or add time and resources.
- Were your obstacles physical? Were you tired, hungry, or unfocused? Identify a plan to address those challenges.
- Did you already register for the exam but don't feel you're ready? Visit [aamc.org/mcat](https://www.aamc.org/mcat) to see if you're within the deadline and consider rescheduling your exam. (Rescheduling fees may apply.)

Inspirational Stories

It's normal to feel overwhelmed or anxious about a big exam. When you feel overwhelmed or discouraged, remember that many students out there are feeling the same. There are many individuals, programs, and institutions who want to support you, and there are many resources available 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, and some prepared for the MCAT exam while raising children and working full-time jobs.

The AAMC has interviewed and chronicled the stories of some amazing individuals who successfully prepared for the MCAT exam, navigated the application process, and were accepted to medical school. For inspiration, check out the firsthand accounts of these individuals as well as other resources to help you on your journey to medical school:

[How I Prepared for the MCAT Exam](#)

Premed students talk about how they prepared for the MCAT exam. They discuss their scores, resources they used, obstacles they overcame, and the advice they'd like to offer you in preparing for the exam.

[Aspiring Docs Diaries](#)

Blog posts by premed students, medical students, and residents about topics such as resilience and motivation.

[Ask a Med Student video series](#)

Medical students answer questions about their paths to medical school, what medical school courses are like, experiences with patients, and more.

[Aspiring Docs: Inspiring Stories](#)

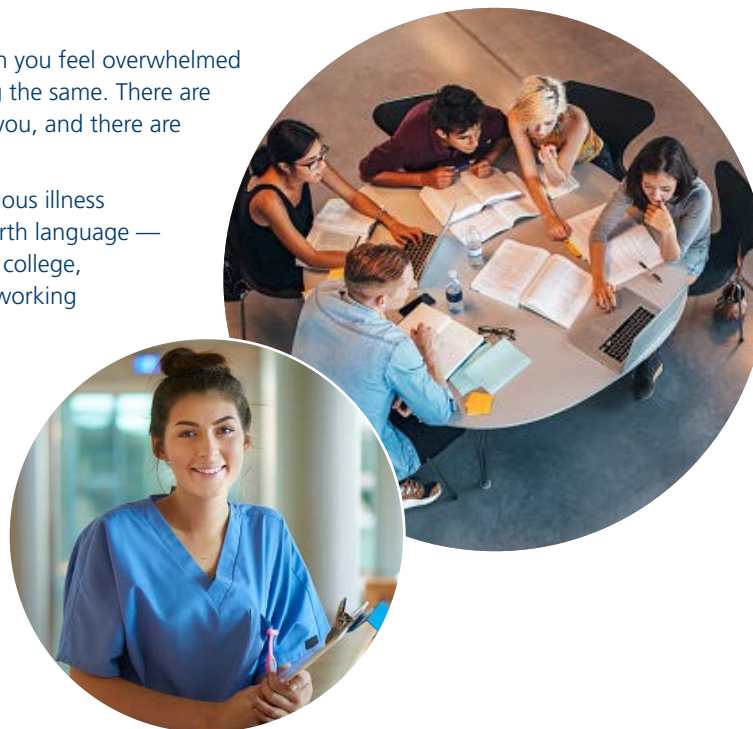
Medical students and physicians share their journeys in medicine.

[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 and ask if they could sit down with you over lunch or coffee 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!



EXAMPLE: How Much Do You Know? Worksheet

Exam section	Question number	Answered correctly				Answered incorrectly or left incomplete				
		FC ¹	CC ²	SIRS ³	Discipline	FC	CC	SIRS	Discipline	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	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	
	4	6	6B	4	Psychology					
	5					6	6B	4	Psychology	
	6					10	10A	1	Sociology	
	7					8	8C	3	Sociology	
	8					9	9B	3	Sociology	
	9					8	8A	2	Psychology	

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

Your How Much Do You Know? Worksheet

Exam section	Question number	Answered correctly				Answered incorrectly or left incomplete				
		FC ¹	CC ²	SIRS ³	Discipline	FC	CC	SIRS	Discipline	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.

EXAMPLE: Inventory of Resources and Strategies Worksheet

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

*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.

Your Inventory of Resources and Strategies Worksheet

Resources available	Strategies available

EXAMPLE: 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 • 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

Your Study Plan Worksheet

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)						

EXAMPLE: Study Plan Schedule

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	<p>STUDY</p> <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 <p>PRACTICE</p> <ul style="list-style-type: none"> • Test myself with flashcards • Take practice questions 	Finish up the study/ practice from yesterday	<p>STUDY</p> <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 <p>PRACTICE</p> <ul style="list-style-type: none"> • Test myself with flashcards • Take practice questions 	<p>STUDY</p> <ul style="list-style-type: none"> • Watch the Khan Academy videos • Make flashcards of new vocab • Create summaries of all concepts <p>PRACTICE</p> <ul style="list-style-type: none"> • Test myself with flashcards • Take practice questions 	<p>STUDY</p> <ul style="list-style-type: none"> • Watch the Khan Academy videos • Make flashcards of new vocab • Create summaries of all concepts <p>PRACTICE</p> <ul style="list-style-type: none"> • Test myself with flashcards • Take practice questions 	<p>STUDY</p> <ul style="list-style-type: none"> • Watch the Khan Academy videos • Make flashcards of new vocab • Create summaries of all concepts <p>PRACTICE</p> <ul style="list-style-type: none"> • Test myself with flashcards • Take practice questions

EXAMPLE: Study Plan Schedule

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	<p>STUDY</p> <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 <p>PRACTICE</p> <ul style="list-style-type: none"> • Test myself with flashcards • Create concept summaries from memory 	none	<p>STUDY</p> <ul style="list-style-type: none"> • Review all the flashcards and concept summaries I created 	none	<p>STUDY</p> <ul style="list-style-type: none"> • Review all the flashcards and concept summaries I created <p>PRACTICE</p> <ul style="list-style-type: none"> • Do the Psych and Soc portions of the AAMC Flashcards • Create flashcards or summaries of those flashcards 	<p>PRACTICE</p> <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.

Your Study Plan Schedule

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



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