



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.

Preparation: This home study schedule utilizes the Examcrackers Complete Study Package, 9th edition and Examcrackers Full-Length Exams 1-4. It also uses the Official MCAT 2015 Sample Test and the Online Practice Questions from *The Official Guide to the MCAT Exam (MCAT2015), Fourth Edition*, which can be purchased from the AAMC.

Day One: Start your preparation by doing the Online Practice Questions from *The Official Guide to the MCAT Exam (MCAT2015), Fourth Edition*. Pay attention to the style of MCAT passages and gain a sense of where your strengths and weaknesses are. 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, 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.
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. **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 test sections on Test Day and will help you measure your progress as you take full-length exams. A recommended sequence of lectures, modeled after the Examcrackers Comprehensive MCAT Course, is included in the detailed weekly study plan.
5. **Take full-length exams regularly,** every other weekend until the real test. 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 take regular practice exams 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. Use Examcrackers Full-Length Exams 1-3 for your first 3 practice tests, followed by the Official AAMC Sample Test at the end of week 8, and Examcrackers Full-Length Exam 4 at the end of week 9. (The end of week 10 is Test Day!)

6. **Review your practice tests.** This step is the singular step that will show increase in your MCAT score. While reviewing content is absolutely necessary to understand the language of the MCAT, preparing content does not change MCAT scores. What changes MCAT scores is coming to understand the test 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 practice of problem solving will teach you problem solving. If you need to look up content and return to the question, do. 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.





7. **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

Weekend (5 – 6 hours)	Do the Online Practice Questions from <i>The Official Guide to the MCAT Exam (MCAT2015), Fourth Edition</i> .
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) with a highlighter and pen. Take notes. Take In-class Exam for the Research and Reasoning Skills Lecture (in the <i>Reasoning Skills</i> manual). Review it.
Thursday (2 – 3 hours)	Read <i>Biology 1: Molecules</i> Lecture 1 (Biological Molecules and Enzymes) with a highlighter and pen. Take notes. Take In-class Exam for <i>Biology 1: Molecules</i> Lecture 1. Review it.
Friday (2 – 3 hours)	Read <i>Reasoning Skills</i> Lecture 1 (Introduction to CARS) with highlighter and pen. Take notes. Take In-class Exam for <i>Reasoning Skills</i> Lecture 1. Review it.
Weekend (2 – 3 hours one day, 0 hours the other)	Use one weekend day to catch up on any missed study days or revisit your weakest lecture from the week (<i>optional</i>). Use the other weekend day to take a break—DO NOTHING MCAT-related.





Week 2

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 (2 – 3 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.
Wednesday (2 – 3 hours)	Read <i>Reasoning Skills</i> Lecture 2 (The Main Idea) with a highlighter and pen. Take notes. Take In-Class Exam for <i>Reasoning Skills</i> Lecture 2. Review it.
Thursday (2 – 3 hours)	Read <i>Biology 2: Systems</i> Lecture 1 (The Cell) with a highlighter and pen. Take notes. Take In-class Exam for <i>Biology 2: Systems</i> Lecture 1. Review it.
Friday (2 – 3 hours)	Read <i>Chemistry</i> Lecture 2 (Introduction to Organic Chemistry) with highlighter and pen. Take notes. Take In-class Exam for <i>Chemistry</i> Lecture 2. Review it.
Weekend (7 – 8 hours for practice exam, 1-2 hours to review)	Take a full-length practice exam (Examcrackers Test 1). Review answers from Practice Test according to the guidelines. <ul style="list-style-type: none">• 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.





Week 3

Monday (2 – 3 hours)	Pre-read <i>Chemistry</i> Lecture 3 (Oxygen Containing Reactions), <i>Reasoning Skills</i> Lecture 3 (Answering the Questions), <i>Physics</i> Lecture 1 (Motion and Force), and <i>Biology 1: Molecules</i> Lecture 2 (Genetics).
Tuesday (2 – 3 hours)	Read <i>Chemistry</i> Lecture 3 (Oxygen Containing Reactions) with a highlighter and pen. Take notes. Take In-class Exam for <i>Chemistry</i> Lecture 3. Review it.
Wednesday (2 – 3 hours)	Read <i>Reasoning Skills</i> Lecture 3 (Answering the Questions) with a highlighter and pen. Take notes. Take In-class Exam for <i>Reasoning Skills</i> Lecture 3. Review it.
Thursday (2 – 3 hours)	Read <i>Physics</i> Lecture 1 (Motion and Force) with a highlighter and pen. Take notes. Take In-class Exam for <i>Physics</i> Lecture 1. Review it.
Friday (2 – 3 hours)	Read <i>Biology 1: Molecules</i> Lecture 2 (Genetics) with a highlighter and pen. Take notes. Take In-class Exam for <i>Biology 1: Molecules</i> Lecture 2. Review it.
Weekend (2 – 3 hours one day, 0 hours the other)	Use one weekend day to catch up on any missed study days or revisit your weakest lecture from the week (<i>optional</i>). Use the other weekend day to take a break—DO NOTHING MCAT-related.





Week 4

Monday (2 – 3 hours)	Pre-read <i>Chemistry</i> Lecture 4 (Thermodynamics), <i>Reasoning Skills</i> Lecture 4 (Advanced CARS Skills), <i>Physics</i> Lecture 2 (Energy and Equilibrium), and <i>Biology 1: Molecules</i> Lecture 3 (Metabolism).
Tuesday (2 – 3 hours)	Read <i>Chemistry</i> Lecture 4 (Thermodynamics) with a highlighter and pen. Take notes. Take In-class Exam for <i>Chemistry</i> Lecture 4. Review it.
Wednesday (2 – 3 hours)	Read <i>Reasoning Skills</i> Lecture 4 (Advanced CARS Skills) with a highlighter and pen. Take notes. Take In-class Exam for <i>Reasoning Skills</i> Lecture 4. Review it.
Thursday (2 – 3 hours)	Read <i>Physics</i> Lecture 2 (Energy and Equilibrium) with a highlighter and pen. Take notes. Take In-class Exam for <i>Physics</i> Lecture 2. Review it.
Friday (2 – 3 hours)	Read <i>Biology 1: Molecules</i> Lecture 3 (Metabolism) with a highlighter and pen. Take notes. Take In-class Exam for <i>Biology 1: Molecules</i> Lecture 3. Review it.
Weekend (7 – 8 hours for practice exam, 1-2 hours to review)	Take a full-length practice exam (Examkrackers Test 2). Review answers from Practice Test according to the guidelines. <ul style="list-style-type: none">• 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.





Week 5 (the mid-point)

Monday (0 hours)	Take a break—DO NOTHING MCAT-related. This week may be a good time to catch up if you have fallen behind on your study plan.
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) with a highlighter and pen. Take notes. Take In-class Exam for <i>Biology 2: Systems</i> Lecture 2. Review it.
Friday (0 hours)	Take a break—DO NOTHING MCAT-related.
Weekend (0 hours)	Take a break—DO NOTHING MCAT-related.





Week 6

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).
Tuesday (2 – 3 hours)	Read <i>Chemistry</i> Lecture 5 (Phases) with a highlighter and pen. Take notes. Take In-class Exam for <i>Chemistry</i> Lecture 5. Review it.
Wednesday (2 – 3 hours)	Read <i>Psychology & Sociology</i> Lecture 1 (The Biopsychosocial Model, Society and Culture) with a highlighter and pen. Take notes. Take In-class Test for <i>Psychology & Sociology</i> Lecture 1. Review it.
Thursday (2 – 3 hours)	Read <i>Physics</i> Lecture 3 (Fluids) with a highlighter and pen. Take notes. Take In-class Exam for <i>Physics</i> Lecture 3. Review it.
Friday (2 – 3 hours)	Read <i>Biology 2: Systems</i> Lecture 3 (The Endocrine System) with a highlighter and pen. Take notes. Take In-class Exam for <i>Biology 2: Systems</i> Lecture 3. Review it.
Weekend (7 – 8 hours for practice exam, 1-2 hours to review)	Take a full-length practice exam (Examcrackers Test 3). Review answers from Practice Test according to the guidelines. <ul style="list-style-type: none">• 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.





Week 7

Monday (2 – 3 hours)	Pre-read <i>Chemistry</i> Lecture 6 (Solutions and Electrochemistry), <i>Psychology & Sociology</i> Lecture 2 (Relationships and Behavior), <i>Physics</i> Lecture 4 (Electricity), and <i>Biology 2: Systems</i> Lecture 4 (The Circulatory, Respiratory, and Immune Systems).
Tuesday (2 – 3 hours)	Read <i>Chemistry</i> Lecture 6 (Solutions and Electrochemistry) with a highlighter and pen. Take notes. Take In-class Exam for <i>Chemistry</i> Lecture 6. Review it.
Wednesday (2 – 3 hours)	Read <i>Psychology & Sociology</i> Lecture 2 (Relationships and Behavior) with a highlighter and pen. Take notes. Take In-class Exam for <i>Psychology & Sociology</i> Lecture 2. Review it.
Thursday (2 – 3 hours)	Read <i>Physics</i> Lecture 4 (Electricity) with a highlighter and pen. Take notes. Take In-class Exam for <i>Physics</i> Lecture 4. Review it.
Friday (2 – 3 hours)	Read <i>Biology 2: Systems</i> Lecture 4 (The Circulatory, Respiratory, and Immune Systems) with a highlighter and pen. Take notes. Take In-class Exam for <i>Biology 2: Systems</i> Lecture 4. Review it.
Weekend (2 – 3 hours one day, 0 hours the other)	Use one weekend day to catch up on any missed study days or revisit your weakest lecture from the week (<i>optional</i>). Use the other weekend day to take a break—DO NOTHING MCAT-related.





Week 8

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 (2 – 3 hours)	Read <i>Chemistry</i> Lecture 7 (Acids and Bases) with a highlighter and pen. Take notes. Take In-class Exam for <i>Chemistry</i> Lecture 7. Review it.
Wednesday (2 – 3 hours)	Read <i>Psychology & Sociology</i> Lecture 3 (Identity and the Individual) with a highlighter and pen. Take notes. Take In-class Exam for <i>Psychology & Sociology</i> Lecture 3. Review it.
Thursday (2 – 3 hours)	Read <i>Physics</i> Lecture 5 (Waves: Sound and Light) with a highlighter and pen. Take notes. Take In-class Exam for <i>Physics</i> Lecture 5. Review it.
Friday (2 – 3 hours)	Read <i>Biology 2: Systems</i> Lecture 5 (The Digestive and Excretory Systems) with a highlighter and pen. Take notes. Take In-class Exam for <i>Biology 2: Systems</i> Lecture 5. Review it.
Weekend (7 – 8 hours for practice exam, 1-2 hours to review)	Take a full-length Practice Exam (Official AAMC Sample Test). Review answers from Practice Test according to the guidelines. <ul style="list-style-type: none">• 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.





Week 9

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) with a highlighter and pen. 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) with a highlighter and pen. 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) with a highlighter and pen. 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) with a highlighter and pen. Take notes. Take in-class Exam for <i>Biology 1: Molecules</i> Lecture 4. Review it.
Weekend (7 – 8 hours for practice exam, 1-2 hours to review)	Take a full-length Practice Exam (Examcrackers Test 4). Review answers from Practice Test according to the guidelines. <ul style="list-style-type: none"> • 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.





Week 10—MCAT Week

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 (<i>optional</i>).
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)	Take a break—DO NOTHING MCAT-related.
Saturday (7 – 8 hours)	MCAT DAY. Do well. Do really, really well.

