

The calendar assumes you have already completed one pass of a review book set.

3 Assessments MAXIMUM should be used prior to test day. Review questions promptly after practice test.

We recommend to do 40-100 QBank Questions per day in Timed or Timed Tutor mode (1 block = 30 Qs, 1 Qbank block = 30 Qs). After completing a practice exam block, review all timed questions. Prioritize questions and review in the morning.

"Targeted" Question review should focus on the topic of the day. "Random" Block should include all topics learned to that point, except CARS.

We recommend students make their own flashcards and review them often daily if possible. If using pre-made cards, make sure to edit and personalize them to your needs.

WEEK 1

AM  
PM

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
<b>AAMC BASELINE</b>		<b>BIOLOGY</b>	<b>CRGD</b>	<b>BIOCHEMISTRY</b>	<b>GENCHEM</b>	<b>CRGD</b>	<b>BIOLOGY</b>		
<b>Take Assessment</b>	☑	<ul style="list-style-type: none"> <li>Early AM: 0.5-1 x Targeted block (tutor mode) + review and flashcard creation</li> <li>Late AM: 0.5 x CARS block (26-27 questions)</li> </ul>	<ul style="list-style-type: none"> <li>Early AM: 0.5-1 x Targeted block (tutor mode) + review and flashcard creation</li> <li>Late AM: 0.5 x CARS block (26-27 questions)</li> </ul>	<ul style="list-style-type: none"> <li>Early AM: 0.5-1 x Targeted block (tutor mode) + review and flashcard creation</li> <li>Late AM: 0.5 x CARS block (26-27 questions)</li> </ul>	<ul style="list-style-type: none"> <li>Early AM: 0.5-1 x Targeted block (tutor mode) + review and flashcard creation</li> <li>Late AM: 0.5 x CARS block (26-27 questions)</li> </ul>	<ul style="list-style-type: none"> <li>Early AM: 0.5-1 x Targeted block (tutor mode) + review and flashcard creation</li> <li>Late AM: 0.5 x CARS block (26-27 questions)</li> </ul>	<ul style="list-style-type: none"> <li>Early AM: 0.5-1 x Targeted block (tutor mode) + review and flashcard creation</li> <li>Late AM: 0.5 x CARS block (26-27 questions)</li> </ul>	<ul style="list-style-type: none"> <li>Early AM: 0.5-1 x Targeted block (tutor mode) + review and flashcard creation</li> <li>Late AM: 0.5 x CARS block (26-27 questions)</li> </ul>	<ul style="list-style-type: none"> <li>Early AM: 0.5-1 x Targeted block (tutor mode) + review and flashcard creation</li> <li>Late AM: 0.5 x CARS block (26-27 questions)</li> </ul>
<b>Review Assessment</b>		<ul style="list-style-type: none"> <li>Early PM: Targeted review of weak areas</li> <li>Mid-PM: 0.5 x Random block (timed tutor mode) + review and flashcard creation</li> <li>Late PM: Review flashcards</li> </ul>	<ul style="list-style-type: none"> <li>Early PM: Targeted review of weak areas</li> <li>Mid-PM: 0.5 x Random block (timed tutor mode) + review and flashcard creation</li> <li>Late PM: Review flashcards</li> </ul>	<ul style="list-style-type: none"> <li>Early PM: Targeted review of weak areas</li> <li>Mid-PM: 0.5 x Random block (timed tutor mode) + review and flashcard creation</li> <li>Late PM: Review flashcards</li> </ul>	<ul style="list-style-type: none"> <li>Early PM: Targeted review of weak areas</li> <li>Mid-PM: 0.5 x Random block (timed tutor mode) + review and flashcard creation</li> <li>Late PM: Review flashcards</li> </ul>	<ul style="list-style-type: none"> <li>Early PM: Targeted review of weak areas</li> <li>Mid-PM: 0.5 x Random block (timed tutor mode) + review and flashcard creation</li> <li>Late PM: Review flashcards</li> </ul>	<ul style="list-style-type: none"> <li>Early PM: Targeted review of weak areas</li> <li>Mid-PM: 0.5 x Random block (timed tutor mode) + review and flashcard creation</li> <li>Late PM: Review flashcards</li> </ul>	<ul style="list-style-type: none"> <li>Early PM: Targeted review of weak areas</li> <li>Mid-PM: 0.5 x Random block (timed tutor mode) + review and flashcard creation</li> <li>Late PM: Review flashcards</li> </ul>	<ul style="list-style-type: none"> <li>Early PM: Targeted review of weak areas</li> <li>Mid-PM: 0.5 x Random block (timed tutor mode) + review and flashcard creation</li> <li>Late PM: Review flashcards</li> </ul>
<b>FOCUS TOPIC</b>		Gen, MSA, 3 of the central dogma, Microorganisms & the cell cycle	Genetics with evolution, proteins	Cell metabolism, hormones, signaling, the cell membrane	Carbohydrate/protein metabolism & cellular respiration, water balance	MSA & membrane proteins, cell-cell interaction	The immune system		
<b>DAY 1</b>	☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐		

WEEK 2

AM

	AAMC FL	MISC	BIOLOGY	PSYCHOLOGY	PHYSICS	BIOCHEMISTRY	
<b>Take Full Length Assessment</b>	☑		<ul style="list-style-type: none"> <li>Early AM: 0.5-1 x Targeted block (tutor mode) + review and flashcard creation</li> <li>Late AM: 0.5 x CARS block (26-27 questions)</li> </ul>	<ul style="list-style-type: none"> <li>Early AM: 0.5-1 x Targeted block (tutor mode) + review and flashcard creation</li> <li>Late AM: 0.5 x CARS block (26-27 questions)</li> </ul>	<ul style="list-style-type: none"> <li>Early AM: 0.5-1 x Targeted block (tutor mode) + review and flashcard creation</li> <li>Late AM: 0.5 x CARS block (26-27 questions)</li> </ul>	<ul style="list-style-type: none"> <li>Early AM: 0.5-1 x Targeted block (tutor mode) + review and flashcard creation</li> <li>Late AM: 0.5 x CARS block (26-27 questions)</li> </ul>	<ul style="list-style-type: none"> <li>Early AM: 0.5-1 x Targeted block (tutor mode) + review and flashcard creation</li> <li>Late AM: 0.5 x CARS block (26-27 questions)</li> </ul>
<b>Review Full Length Assessment</b>			<ul style="list-style-type: none"> <li>Early PM: Targeted review of weak areas</li> </ul>	<ul style="list-style-type: none"> <li>Early PM: Targeted review of weak areas</li> </ul>	<ul style="list-style-type: none"> <li>Early PM: Targeted review of weak areas</li> </ul>	<ul style="list-style-type: none"> <li>Early PM: Targeted review of weak areas</li> </ul>	<ul style="list-style-type: none"> <li>Early PM: Targeted review of weak areas</li> </ul>
<b>FOCUS TOPIC</b>							
<b>DAY 8</b>	☐	☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	

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# Mcat Preview Guide

**Kaplan Test Prep**



## **Mcat Preview Guide:**

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**MCAT 2015: What the Test Change Means for You Now** Kaplan, 2014-08-05 Big changes are coming to the MCAT in 2015 and Kaplan is here to help you prepare for them With four brand new sections 80% more questions and the addition of new science content including biochemistry psychology and sociology the 2015 MCAT will be a completely different test In order to be prepared you need to understand the exam and start planning for it now and this guide is the first step *MCAT 2015 What the Test Change Means for You Now* is your complete guide to the new exam with outlines of both old and new subject areas a short form practice test to help you get ready and advice on choosing and prepping for the MCAT that s right for you

*MCAT Physics and Math Review* Kaplan Test Prep, 2016-07-05 More people

get into medical school with a Kaplan MCAT course than all major courses combined Now the same results are available with MCAT Physics and Math Review This book features thorough subject review more questions than any competitor and the highest yield questions available The commentary and instruction come directly from Kaplan MCAT experts and include targeted focus on the most tested concepts MCAT Physics and Math Review offers UNPARALLELED MCAT KNOWLEDGE The Kaplan MCAT team has spent years studying every MCAT related document available In conjunction with our expert psychometricians the Kaplan team is able to ensure the accuracy and realism of our practice materials THOROUGH SUBJECT REVIEW Written by top rated award winning Kaplan instructors all material has been vetted by editors with advanced science degrees and by a medical doctor EXPANDED CONTENT THROUGHOUT While the MCAT has continued to develop this book has been updated continuously to match the AAMC s guidelines precisely no more worrying if your prep is comprehensive STAR RATINGS FOR EVERY SUBJECT New for the 3rd Edition of MCAT Physics and Math Review every topic in every chapter is assigned a star rating informed by Kaplan s decades of MCAT experience and facts straight from the testmaker of how important it will be to your score on the real exam MORE PRACTICE THAN THE COMPETITION With 350 questions throughout the book and access to a full length practice test online MCAT Physics and Math Review has more practice than any other MCAT physics and math book on the market ONLINE COMPANION One practice test and additional online resources help augment content studying The MCAT is a computer based test so practicing in the same format as Test Day is key TOP QUALITY IMAGES With full color 3 D illustrations charts graphs and diagrams from the pages of Scientific American MCAT Physics and Math Review turns even the most intangible complex science into easy to visualize concepts KAPLAN S MCAT REPUTATION Kaplan is a leader in the MCAT prep market and twice as many doctors prepared for the MCAT with Kaplan than with any other course UTILITY Can be used alone or with the other companion books in Kaplan s MCAT Review series Doctors refers to US MDs who were licensed between 2001 2010 and used a fee based course to prepare for the MCAT The AlphaDetail Inc online study for Kaplan was conducted between Nov 10 Dec 9 2010 among 763 US licensed MDs of whom 462 took the MCAT and used a fee based course to prepare for it

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the 3rd Edition of MCAT Organic Chemistry Review every topic in every chapter is assigned a star rating informed by Kaplan's decades of MCAT experience and facts straight from the testmaker of how important it will be to your score on the real exam MORE PRACTICE THAN THE COMPETITION With questions throughout the book and access to a full length practice test online MCAT Organic Chemistry Review has more practice than any other MCAT organic chemistry book on the market ONLINE COMPANION One practice test and additional online resources help augment content studying The MCAT is a computer based test so practicing in the same format as Test Day is key TOP QUALITY IMAGES With full color 3 D illustrations charts graphs and diagrams from the pages of Scientific American MCAT Organic Chemistry Review turns even the most intangible complex science into easy to visualize concepts KAPLAN'S MCAT REPUTATION Kaplan is a leader in the MCAT prep market and twice as many doctors prepared for the MCAT with Kaplan than with any other course UTILITY Can be used alone or with the other companion books in Kaplan's MCAT Review series Doctors refers to US MDs who were licensed between 2001-2010 and used a fee based course to prepare for the MCAT The AlphaDetail Inc online study for Kaplan was conducted between Nov 10-Dec 9 2010 among 763 US licensed MDs of whom 462 took the MCAT and used a fee based course to prepare for it **The Insider's Guide to the MCAT** Chirag Amin, 2000 o potential pre med student should be without this book Based on the format of First Aid for the USMLE Insider's Guide to the MCAT provides a helpful introduction to the MCAT a thorough but concise overview of topic areas that will help students assess their strengths and weaknesses and a review of MCAT study guides currently on the market *Psychology in Modules* David G. Myers, C. Nathan DeWall, 2017-11-10 In this version of Psychology Twelfth Edition David Myers and Nathan DeWall break down the new edition's 16 chapters into 53 modules assignable in any sequence and brief enough to be read in one sitting It's a format favored by a wide range of students and instructors one that's supported by substantial research showing that students working with shorter reading assignments develop a deeper understanding of the material The new edition of Modules includes the same new features and content of Psychology Twelfth Edition including hundreds of new citations and new infographics And like Psychology Twelfth Edition is more than ever a fully integrated text media learning package with the modular edition's LaunchPad now featuring dozens of new Concept Practice activities [Exploring Psychology](#) David G. Myers, C. Nathan DeWall, 2018-10-19 Do you want your students to engage with and retain psychology's key principles and to work toward becoming better students and better people in the process Best selling Exploring Psychology offers creative ways to help make it happen The new edition of Exploring Psychology offers outstanding currency on the research practice and teaching of psychology Myers and DeWall inspire students with fascinating findings and applications effective new study tools and technologies and a compassionate and compelling storytelling voice Their presentation is based on the same guiding principles that made David Myers the world's bestselling introductory psychology author Facilitate learning by teaching critical thinking and helping students at every step Present psychology as a science emphasizing the process of

inquiry and putting facts in the service of concepts Make sure students come away with an appreciation of psychology's big ideas and with a deeper respect for humanity what drives us distinguishes us unifies us Exploring Psychology in Modules David G. Myers, C. Nathan DeWall, 2016-01-01 The new edition of Exploring Psychology in Modules offers outstanding currency on the research practice and teaching of psychology Myers and DeWall inspire students with fascinating findings and applications effective new study tools and technologies and a compassionate and compelling storytelling voice Their presentation is based on the same guiding principles behind the entire family of textbooks that have made David Myers the world's bestselling introductory psychology author Facilitate learning by teaching critical thinking and helping students at every step Present psychology as a science emphasizing the process of inquiry and putting facts in the service of concepts Make sure students come away with an appreciation of psychology's big ideas and with a deeper respect for humanity what drives us distinguishes us unifies us This Exploring Psychology in Modules is the first to include Myers handpicked co author Nathan DeWall shares Myers belief that instilling a sense of curiosity and inquiry about psychological science is an effective way to help students navigate the content think critically and prepare for a lifetime of learning and living The extraordinary longtime Myers ancillary author team is also here a group whose teamwork consistency and commitment again sets the industry standard for instructor and student supplements The high quality that consistently sets Myers ancillaries apart sees a new incarnation in LaunchPad This course space organizes all the book's digital resources in an online format that makes it easier for instructors to teach track and assess their students This text offers the content organized in 45 student friendly modules assignable in any sequence and brief enough to be read in one sitting Students digest material better when they process it in smaller chunks as spaced rather than massed practice and instructors often appreciate the flexibility of assigning any modules in any order

**Psychology for High School** David G. Myers, C. Nathan DeWall, 2023-10-24 Teaching psychological science through writing and interactive media Psychology for High School takes an integrated approach so that after you read a chapter you move into working online getting to put yourself into the role of scientific researcher

*Psychology in Everyday Life (High School)* David G. Myers, C. Nathan DeWall, 2017-01-27 The psychology course is often a student favorite because it's so relevant to our everyday lives And like all Myers and DeWall texts Psychology in Everyday Life delivers an enjoyable and entertaining read complete with the latest research and an eye catching design Unlike other Myers DeWall books this is a brief offering that makes no assumptions about a student's background or experiences This book is written with the diversity of your students in mind

**Medical Professions Admission Guide**, 2001

**Psychology** Daniel L. Schacter, Daniel T. Gilbert, Daniel M. Wegner, 2014-01-02 Students rarely look at a psychology textbook after leaving college but they will continue to encounter psychology throughout their lives With that in mind renowned authors and researchers Schacter Gilbert Wegner and now Matthew Nock introduce students to today's research with a focus on the critical thinking skills that will stay with them beyond the course term Quirky examples of

thinking gone awry and scenarios based on common psychological misconceptions are just some of the tools the authors use to get students to question what they think they know about psychological science

**The Premedical Planning Guide** Jane Diehl Crawford, 1993

**The Insider's Guide to Medical School Admissions** Rolando Stephen Toyos, 1997 Dr R Stephen Toyos offers a unique perspective on gaining admission and succeeding in medical school having gone through the process as a student and also a teacher advisor and school representative His advice and strategies explore prerequisite courses MCAT interviews choosing schools and securing financial aid

*Psychology in Everyday Life* David G. Myers, 2014-01-20 David Myers briefest introduction to psychology speaks to all students regardless of their background or level of preparedness with no assumptions made in the vocabulary examples or presentation Students of all kinds are comfortable with Myers manageable chapters which include careful connections to associated visuals comparative tables and research based pedagogy For this edition there is something completely new to a Myers text David Myers personally selected new coauthor Nathan DeWall s enthusiasm for teaching and writing about psychological science makes him uniquely suited to join the worlds bestselling psychology textbook author And with about 30 more pages of coverage this edition has become an even stronger and more complete introduction to the science of psychology for courses of all kinds

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