

# MCAT

*2 Month Schedule*



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# MCAT

## ***2 Month Schedule***



## ◆ WEEK-1 ◆

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### SUNDAY

- Video Lectures**
- [Amino Acid Structure](#)
  - [Protein Structure \(1°, 2°, 3°, 4°\)](#)
- 
- Reading**
- Read *Princeton Review Biology* Ch. 3: Biologically Important Molecules + Ex Problems
  - Skim *Princeton Review Biology* Appendix I: Molecular Biology Techniques
  - Memorize *Princeton Review Biology*: Hormones List – Page 385
- 
- Homework**
- *Princeton Review Biology* End of Ch. 3 Problems
  - *EK 101 Verbal* Test 1 Passages 1-2
- 

### MONDAY

- Video Lectures**
- [Displacement vs Distance](#)
  - [Free Fall](#)
  - [Projectile Motion](#)
  - [Uniform Acceleration Motion](#)
  - [Kinematics Conservation of Energy Practice Question 1](#)
  - [Kinematics Practice Question 2](#)
  - [Projectile Motion Practice Question](#)
- 
- Reading**
- Read *Princeton Review Physics* Ch. 3: Kinematics + Ex. Problems
- 
- Homework**
- *EK 1001 Physics* Problems 1-129
  - *Princeton Review Physics* End of Chapter 3 Problems
  - *EK 101 Verbal* Test 1 Passages 3-4
- 
- Supplemental**
- [Ch. 3 Notes- Kinematics](#)
  - [Kinematics Equations Flashcards](#)
  - [Kinematics Flashcards 2](#)

## TUESDAY

- Video Lectures**
- [Molecular and Empirical Formulas](#)
  - [Stoichiometry](#)
- 
- Reading**
- Read *Princeton Review Chemistry* Ch 3: Chemistry Fundamentals + Ex. Problems
- 
- Homework**
- *EK 1001 Chemistry* Problems 108-129
  - *Princeton Review Chemistry* End of Chapter 3 Problems
  - *EK 101 Verbal* Test 1 Passages 5-6
- 
- Supplemental**
- [Ch. 3 Notes- Units, Stoichiometry, Reactions](#)
  - [SI Units, Conversions and Basic Math Flashcards](#)
  - [Compounds and Stoichiometry Flashcards](#)

## WEDNESDAY

- Video Lectures**
- [Basic Nomenclature](#)
  - [Properties of Alkanes](#)
- 
- Reading**
- Read *Princeton Review Ochem* Ch. 3: Organic Chemistry Fundamentals + Ex. Problems
- 
- Homework**
- *EK 1001 Ochem* Problems 210-280
  - *Princeton Review Ochem* End of Chapter 3 Problems
  - *EK 101 Verbal* Test 1 Passage 7
- 
- Supplemental**
- [Ch. 3 Notes-General Ochem, naming](#)



## THURSDAY

- Video Lectures**
- [Structure of the Nervous System](#)
  - [Functions of the nervous system](#)
  - [Anatomy of the Neurotransmitter](#)
  - [Endocrine System](#)

- Reading**
- Read *Princeton Review Psychology* Ch. 3: Biological Foundations of Behavior + Ex. Problems
  - *Princeton Review Verbal* Ch. 2 Introduction to MCAT Critical Analysis (optional)

- Homework**
- *Princeton Review Psychology* End of Chapter 3 Problems
  - *EK 101 Verbal* Full Practice Test # 2
  - Review Week 1 concepts, notes, and questions you missed
  - *Princeton Review Verbal* Ch. 2 Exercises + Practice Passages

## FRIDAY

- Video Lectures**
- [Enzymes](#)
  - [Enzyme Kinetics](#)
  - [Thermodynamics vs. Kinetics](#)
  - [Thermodynamics](#)
  - [Glycolysis, Fermentation, PDC, TCA, ETC Review](#)
  - [Pyruvate Dehydrogenase Complex \(PDC\)](#)
  - [Glucose Metabolism](#)
  - [Respiration Practice Question](#)

Optional (if need further detail):

- [Glycolysis Part 1](#)
- [Glycolysis Part 2](#)

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**Reading**      ▪ Read *Princeton Review Biology* Ch. 4: Biochemistry + Ex. Problems

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**Homework**      ▪ *EK 1001 Biology* Problems 22-30, 31-37, 50-57, 64-70, 86-98  
▪ *Princeton Review Biology* End of Ch. 4 Problems  
▪ *EK 101 Verbal* Test 3 Passages 1-2

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**Supplemental**      ▪ [Ch. 4 Notes-Thermodynamics, Kinetics](#)  
▪ [Biochemistry Flashcards](#)  
▪ [Enzymes Flashcards](#)  
▪ [Respiration and Metabolism Flashcards](#)  
▪ [Cellular Metabolism Flashcards](#)

## SATURDAY

**Video Lectures**      ▪ [Newton's Laws](#)  
▪ [Inclined Planes + Pulleys](#)  
▪ [Friction + Static Forces](#)

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**Reading**      ▪ Read *Princeton Review Physics* Ch. 4: Mechanics I + Ex. Problems

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**Homework**      ▪ *EK 1001 Physics* Problems 130-139, 144-195, 210-235, 346-351, 442-449, 464-474  
▪ *Princeton Review Physics* End of Chapter 4 Problems  
▪ *EK 101 Verbal* Test 3 Passages 3-4

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**Supplemental**      ▪ [Ch. 4 Notes- Mass, Force, Newton's Laws](#)  
▪ [Kinematics and Newton's Laws Flashcards](#)

## *End-of-Week Notes*

### Concepts that need to be reviewed

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### Missed Homework/Assignments

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### Comments/Goals for next week

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