

MCAT Self-Paced Pacing Guide



Goals by the end of the course

4

Blueprint Full Length Exams

3

AAMC Exams

1,500

Additional Practice Questions

3,000

~ Total Questions

We have found that the students that have the largest score increases tend to complete more test-like practice questions through a combination of Full Length exams, Qbank questions and End of Chapter Exams. As such, **we set a goal for you to complete 4 Blueprint Full Length Exams, 3 AAMC Exams, and 1,500 additional practice questions in your Blueprint MCAT account – around 3000 questions in total.** It is also imperative that you review content using a combination of the learning modules and books, since the MCAT does not reward content knowledge, but rather expects it. This pacing guide will help you to plan how to reach those goals (and even surpass them if you have time before your test)!

Block 1

47 Required Modules (Per Block)	180 Test-Like Practice Questions (Approximate Per Block)	- AAMC Practice	1 BP Full Length Exam Completed (Per Block)	- AAMC Full Length Exams Completed (Per Block)
47 Running Required Module Total	525 Running Question Total (Approximate)		1 Full Length Exams Completed	

Block 2

16 Required Modules (Per Block)	80 Test-Like Practice Questions (Approximate Per Block)	- AAMC Practice	1 BP Full Length Exam Completed (Per Block)	- AAMC Full Length Exams Completed (Per Block)
63 Running Required Module Total	835 Running Question Total (Approximate)		2 Full Length Exams Completed	

Block 3

16 Required Modules (Per Block)	60 Test-Like Practice Questions (Approximate Per Block)	60 AAMC Practice	1 BP Full Length Exam Completed (Per Block)	- AAMC Full Length Exams Completed (Per Block)
79 Running Required Module Total	1175 Running Question Total (Approximate)		3 Full Length Exams Completed	

Block 4

16 Required Modules (Per Block)	100 Test-Like Practice Questions (Approximate Per Block)	30 AAMC Practice	1 BP Full Length Exam Completed (Per Block)	- AAMC Full Length Exams Completed (Per Block)
95 Running Required Module Total	1525 Running Question Total (Approximate)		4 Full Length Exam Completed	

Block 5

17 Required Modules (Per Block)	85 Test-Like Practice Questions (Approximate Per Block)	30 AAMC Practice	1 BP Full Length Exam Completed (Per Block)	- AAMC Full Length Exams Completed (Per Block)
112 Running Required Module Total	1870 Running Question Total (Approximate)		5 Full Length Exam Completed	



Plan to spend

10-15

Hours per week
outside of class
per Block

Your MCAT study plan can be divided into blocks capped by a practice exam. Each block will have modules and quizzes assigned. Generally, most students budget around 10-15 hours per week but you can flex this time based on how long you have until your exam. Most students find they have the most success budgeting 3 or more months to MCAT studying.

The table below outlines how you can accomplish these goals as you work through your study plan. The running totals show how many modules and questions you should have completed after working through all of the required coursework for each block.

Block 6

14 Required Modules (Per Block)	60 Test-Like Practice Questions (Approximate Per Block)	90 AAMC Practice	1 BP Full Length Exam Completed (Per Block)	- AAMC Full Length Exams Completed (Per Block)
126 Running Required Module Total	2250 Running Question Total (Approximate)		6 Full Length Exams Completed	

Block 7

11 Required Modules (Per Block)	100 Test-Like Practice Questions (Approximate Per Block)	110 AAMC Practice	1 BP Full Length Exam Completed (Per Block)	- AAMC Full Length Exams Completed (Per Block)
137 Running Required Module Total	2700 Running Question Total (Approximate)		7 Full Length Exams Completed	

Block 8

11 Required Modules (Per Block)	75 Test-Like Practice Questions (Approximate Per Block)	195 AAMC Practice	1 BP Full Length Exam Completed (Per Block)	- AAMC Full Length Exams Completed (Per Block)
148 Running Required Module Total	3200 Running Question Total (Approximate)		8 Full Length Exams Completed	

Block 9

9 Required Modules (Per Block)	55 Test-Like Practice Questions (Approximate Per Block)	300 AAMC Practice	1 BP Full Length Exam Completed (Per Block)	- AAMC Full Length Exams Completed (Per Block)
157 Running Required Module Total	3785 Running Question Total (Approximate)		9 Full Length Exam Completed	

Block 10

3 Required Modules (Per Block)	50 Test-Like Practice Questions (Approximate Per Block)	135 AAMC Practice	- BP Full Length Exams Completed (Per Block)	1 AAMC Full Length Exams Completed (Per Block)
160 Running Required Module Total	4200 Running Question Total (Approximate)		10 Full Length Exam Completed	

Block 11

2 Required Modules (Per Block)	50 Test-Like Practice Questions (Approximate Per Block)	60 AAMC Practice	- BP Full Length Exams Completed (Per Block)	1 AAMC Full Length Exams Completed (Per Block)
162 Running Required Module Total	4520 Running Question Total (Approximate)			11 Full Length Exams Completed

Block 12

- Required Modules (Per Block)	- Test-Like Practice Questions (Approximate Per Block)	- AAMC Practice	- BP Full Length Exams Completed (Per Block)	1 AAMC Full Length Exams Completed (Per Block)
162 Running Required Module Total	4770 Running Question Total (Approximate)			12 Full Length Exams Completed

Block 13

- Required Modules (Per Block)	- Test-Like Practice Questions (Approximate Per Block)	- AAMC Practice	- BP Full Length Exams Completed (Per Block)	1 AAMC Full Length Exams Completed (Per Block)
162 Running Required Module Total	5000 Running Question Total (Approximate)			13 Full Length Exams Completed

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Block 1

46 Required Modules (Per Block)	50 Test-Like Practice Questions (Approximate Per Block)	- AAMC Practice	1 BP Full Length Exam Completed (Per Block)	- AAMC Full Length Exams Completed (Per Block)
46 Running Required Module Total	400 Running Question Total (Approximate)		1 Full Length Exam Completed	

Block 2

41 Required Modules (Per Block)	80 Test-Like Practice Questions (Approximate Per Block)	- AAMC Practice	1 BP Full Length Exam Completed (Per Block)	- AAMC Full Length Exams Completed (Per Block)
87 Running Required Module Total	700 Running Question Total (Approximate)		2 Full Length Exam Completed	

Block 3

40 Required Modules (Per Block)	100 Test-Like Practice Questions (Approximate Per Block)	35 AAMC Practice	1 BP Full Length Exam Completed (Per Block)	- AAMC Full Length Exams Completed (Per Block)
127 Running Required Module Total	1075 Running Question Total (Approximate)		3 Full Length Exam Completed	

Block 4

12 Required Modules (Per Block)	30 Test-Like Practice Questions (Approximate Per Block)	80 AAMC Practice	- BP Full Length Exams Completed (Per Block)	1 AAMC Full Length Exams Completed (Per Block)
139 Running Required Module Total	1415 Running Question Total (Approximate)		4 Full Length Exam Completed	

Block 5

10 Required Modules (Per Block)	30 Test-Like Practice Questions (Approximate Per Block)	240 AAMC Practice	- BP Full Length Exams Completed (Per Block)	1 AAMC Full Length Exams Completed (Per Block)
149 Running Required Module Total	1915 Running Question Total (Approximate)		5 Full Length Exam Completed	



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10 Required Modules (Per Block)	- Test-Like Practice Questions (Approximate Per Block)	240 AAMC Practice	- BP Full Length Exams Completed (Per Block)	1 AAMC Full Length Exams Completed (Per Block)
159 Running Required Module Total	2385 Running Question Total (Approximate)		6 Full Length Exams Completed	

Block 7

3 Required Modules (Per Block)	- Test-Like Practice Questions (Approximate Per Block)	90 AAMC Practice	- BP Full Length Exams Completed (Per Block)	1 AAMC Full Length Exams Completed (Per Block)
126 Running Required Module Total	2700 Running Question Total (Approximate)		7 Full Length Exams Completed	