



MCAT Study Guide

A Step-by-Step Plan for Content, Anki, and Practice

MedRise Mentors

Before You Start: The Mindset

This plan worked, but it only works if you let yourself be bad at this before you get good at it. Self-doubt is the single biggest thing that will cap your score, so treat the next several months as a learning experience, not a performance you need to nail every day.

Put your score goal somewhere you will see it every single day — on your mirror, your laptop, your wall. Look at it daily. Let it remind you what you're working toward.

A few things to expect, because they are normal and not a sign you're behind:

- There will be stretches where you feel completely lost — that's normal, not a verdict on your ability.
- You will make careless mistakes, even on things you know cold.
- You will read entire passages and walk away unsure what you just read.
- You may hit a score plateau that lasts weeks or even months. A two-month drought is survivable — it ended with a 4-point jump once consistent Anki use kicked in.

Lean on your foundation. You did not arrive here by accident — trust your prior coursework, and trust the process below.

The core strategy: target your weaknesses, relentlessly, with Anki.

Don't lean on CARS to carry your score — CARS can be the cherry on top, but Biology/Biochemistry (BB) and Chem/Phys (CP) should be the foundation.

Step 1: Set Up Anki

Anki is the backbone of this entire plan. Get it installed and configured before you touch any content.

1. Go to apps.ankiweb.net and download Anki for your operating system (Windows, Mac, Linux, or iOS/Android for mobile review).
2. Install the desktop app first — this is where you'll do most of your deck management and reviewing.
3. Optional but recommended: create a free AnkiWeb account (ankiweb.net) and turn on sync, so your progress carries over between your computer and phone.

1. **Identify the main components of the system.**

System Architecture

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System Architecture

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Section 1: Introduction

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1.1	1.1.1
1.2	1.2.1
1.3	1.3.1
1.4	1.4.1
1.5	1.5.1
1.6	1.6.1
1.7	1.7.1
1.8	1.8.1
1.9	1.9.1
1.10	1.10.1

Section 2: Overview

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2.1	2.1.1
2.2	2.2.1
2.3	2.3.1
2.4	2.4.1
2.5	2.5.1

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2.1	2.1.1
2.2	2.2.1
2.3	2.3.1
2.4	2.4.1

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- 1. **Identify the main components of the system.**
- 2. **Describe the function of each component.**
- 3. **Explain the interactions between components.**
- 4. **Discuss the overall system architecture.**

- 1. **Define the scope of the project.**
- 2. **Identify the stakeholders and their roles.**
- 3. **Develop a project plan and timeline.**
- 4. **Allocate resources and budget.**
- 5. **Monitor progress and report regularly.**
- 6. **Communicate effectively with the team.**

- 1. **Research the market and competitors.**
- 2. **Identify the target audience and their needs.**
- 3. **Develop a unique value proposition.**
- 4. **Design a marketing strategy and plan.**
- 5. **Implement and evaluate the marketing campaign.**

- 1. **Conduct a SWOT analysis.**
- 2. **Identify the strengths and weaknesses of the organization.**
- 3. **Develop a strategic plan and goals.**
- 4. **Implement the strategic plan and monitor progress.**

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QUESTION 1

Which of the following is NOT a characteristic of a good leader?

- A. A good leader is someone who is able to inspire and motivate others.
- B. A good leader is someone who is able to listen to others and understand their needs.
- C. A good leader is someone who is able to make decisions quickly and effectively.
- D. A good leader is someone who is able to delegate tasks and responsibilities.
- E. A good leader is someone who is able to build a strong team and foster a positive work environment.

Which of the following is NOT a characteristic of a good leader?

QUESTION 2

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QUESTION 3

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