MCAT Study Priority Guide

EIGHTFOLD LEARNING

3-Tier Triage System — All Major Subjects · Work High → Mid → Low if time is limited

HIGH — STUDY FIRST

MID — STUDY IF TIME ALLOWS

LOW — STUDY LAST

⬆ HIGH PRIORITY

Core MCAT content — master these first; highest yield per hour invested

BIO Biology	BC Biochemistry	ORGO Organic Chemistry	GC Gen Chemistry	PHYS Physics	P/S Psych / Soc
The Cell	Amino Acids, Peptides & Proteins	Nomenclature	Bonding and Chemical Interactions	Work, Energy & Momentum	Learning and Memory
The Nervous System	Enzymes	Isomers	Compounds and Stoichiometry	Circuits	Cognition, Consciousness & Language
The Endocrine System	DNA and Biotechnology	Analyzing Organic Reactions	Equilibrium	Waves and Sound	Motivation, Emotion & Stress
Genetics and Evolution	RNA and the Genetic Code	Separations and Purifications	Acids and Bases	Atomic and Nuclear Phenomena	Social Structure and Demographics

↔ MID PRIORITY

Important but not foundational — study after completing all High topics

BIO Biology	BC Biochemistry	ORGO Organic Chemistry	GC Gen Chemistry	PHYS Physics	P/S Psych / Soc
Reproduction	Nonenzymatic Protein Function & Analysis	Alcohols and Ethers	Atomic Structure	Fluids	Identity and Personality
The Respiratory System	Biological Membranes	Aldehydes and Ketones	The Periodic Table	Electrostatics and Magnetism	Social Processes, Attitudes & Behavior
The Cardiovascular System	Glycolysis and Pyruvate Dehydrogenase	Carboxylic Acids	Thermochemistry	Light and Optics	Social Interaction
The Musculoskeletal System	Citric Acid Cycle, ETC & Oxidative Phosphorylation	Carboxylic Acid Derivatives	Solutions		Social Thinking
			Oxidation-Reduction Reactions		

⬇ LOW PRIORITY

Lower yield — review only if time remains before test day

BIO Biology	BC Biochemistry	ORGO Organic Chemistry	GC Gen Chemistry	PHYS Physics	P/S Psych / Soc
Embryogenesis and Development	Carbohydrate Structure and Function	Bonding and Chemical Interactions	Chemical Kinetics	Kinematics and Dynamics	Biology and Behavior
The Immune System	Lipid Structure and Function	Nitrogen- & Phosphorus-Containing Compounds	The Gas Phase	Thermodynamics	Sensation and Perception
The Digestive System	Lipid and Amino Acid Metabolism	Spectroscopy	Electrochemistry		Psychological Disorders
Homeostasis	Bioenergetics and Regulation of Metabolism				Social Stratification