



NMAT MASTERY COURSE 3-MONTH STUDY CALENDAR

Each week of this study calendar has a specific subject and activity assigned to you. Each activity is color-coded and is based on the content of the **NMAT Mastery Course** online learning platform.

1. **Learning Day** - Learning the Content by Doing. Here you study the Lessons in the Course. This is the bulk of your preparation.
2. **Practice Day**- Taking Practice Tests with Mixed Topics. Here you apply what you learn as you answer the Practice Tests in the course.
3. **Performance Audit Day**- Assessment and Reinforcement Day. Here you review your performance in the practice sets and strengthen your weak areas.

FAQs

“How many hours does it take a day?” - One ½ - two (2) hours. The number of hours you spend depends on how strong your foundation is in that subject. If you skipped an activity for the day, continue the next day and adjust your study hours accordingly.

“What if I can’t finish them all?” - That’s ok. You’re not expected to know everything for the NMAT. What’s important is you’ve had a good grasp of the major themes of the exam, so focus on the basics. Learn how to prioritize. Target your weak areas and strengthen them.

TIPS for Each Activity

Learning Day

1. **Break It Down** – NMAT preparation can feel overwhelming, so in your Course, we’ve broken the lessons down into smaller, manageable tasks for you! Focus on one topic at a time and master it before moving on to the next.
2. **Prioritize Challenge Areas**- You need not cover ALL the lessons. Spend more time on topics that are the most challenging for you and spend less time on those that you have already mastered (i.e. if you’re a Bio or Health Science major, you can probably skip the Life Processes Lessons or just read the Summary section)
3. **Try the Pomodoro or “25-5-25” Technique**: 25 minutes (study)-5 minutes (break) - 25 minutes (study)
4. **Shake it Up**- Vary your learning method. You can choose to just watch coaching videos one day and then read PDF materials the next. Some days, you can print the summary sheets and concept maps and write your notes on them while you study.
5. **Be an ACTIVE learner**- As much as possible, avoid passive learning where you just watch a stream of videos or read a series of written materials. Take advantage of the interactive warm-up activities, flashcards, Lumi presentations, and NMAT-Style questions in the Course where you **learn the content by doing**.

Practice Day

1. **Do Untimed Practice in the Beginning**- At the start, answer the practice sets without time pressure. This will allow you to focus on your accuracy, which will ultimately improve your speed. Further, any mistakes you make on your untimed test will be a function of the deficiencies in your skill set, which will help you focus on the areas that need the most work.

2. **Do Timed Practice Gradually** - Once you've gained confidence in your skills and gotten a good grasp of the strategies, gradually move on to timed tests. First, time individual questions, then time whole Practice Tests, and finally, time a full Exam. You can use an external timer or have a friend proctor you.

In general, allow 1 minute/item in Part I subjects and 45 seconds/item for Part 2 subjects.

Performance Audit Day

1. **Do a Self-Assessment of your Test Mistakes**- Go over your wrong answers in the Practice Sets. See if your mistake is related to test wiseness or is caused by non-mastery of a concept/skill. Ask yourself which of the following commonly apply to your mistakes:

- carelessness (e.g. operations, decimal points, zeroes, units, etc)
- not checking the reasonableness of your answer
- not reading the question thoroughly
- not going through all the options before choosing the correct answer
- the question was beyond your ability to answer

2. **Take Action on the Cause/s of your Mistakes** – If most of your mistakes fall into the “beyond my ability to answer” category, you may need to go back to some particular topics to review them and plug in the gaps in your knowledge. However, if most of your mistakes are test wiseness-related, then be conscious of them the next time you take a practice test. Either way, take more practice tests. That’s the only way to get better.

MONTH 1

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
	Diagnostic Tests for Part 1 Subjects	Verbal	Verbal	Verbal	Inductive Reasoning	Inductive Reasoning
	Answer Practice Set #1 of the ff: Verbal, Inductive, Perceptual, Quantitative. See <i>Tips</i> section.	Word Analogies	Reading Comprehension	Answer at least 2 Verbal Practice Tests. See <i>Tips</i> section.	Figure Series	Figure Grouping
	Inductive Reasoning	Inductive Reasoning	Inductive Reasoning	Perceptual Acuity	Perceptual Acuity	Perceptual Acuity
REST DAY	Number and Letter Series	Number and Letter Series	Answer at least 2 Inductive Reasoning Practice Tests. See <i>Tips</i> section.	Hidden Figure	Mirror Image	Identical Information
	Perceptual Acuity	Verbal/Inductive/Perceptual Performance Audit Day	Quantitative	Quantitative	Quantitative	Quantitative
REST DAY	Answer at least 2 Perceptual Acuity Practice Tests. See <i>Tips</i> section.	Do a Self-Assessment of your Test performance. See <i>Tips</i> section	Fundamental Operations	Fundamental Operations	Fundamental Operations	Problem Solving
	Quantitative	Quantitative	Quantitative	Quantitative	Quantitative	Quantitative Performance Audit Day
REST DAY	Problem Solving	Problem Solving	Data Interpretation	Data Interpretation	Answer at least 2 Quantitative Practice Tests. See <i>Tips</i> Section.	Do a Self-Assessment of your Test performance. See <i>Tips</i> section.

KEEP IT UP! 🤝 YOU DID WELL THESE PAST 4 WEEKS.

MONTH 2

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
	Diagnostic Tests (for Part 2 Subjects)	Biology	Biology	Biology	Biology	Biology
	Answer Practice Test Set #1 of the ff: Biology, Physics, Social Science, Chemistry (See Tips section).	Unity and Diversity of Life	Cells and Cellular Processes	Genetics	Organisms and their Environment	Development
	Biology	Biology	Biology	Biology Performance Audit Day	Physics	Physics
REST DAY	Life Processes	Life Processes	Answer at least 2 Biology Practice Tests. See <i>Tips</i> Section.	Do a Self-Assessment of your Test performance. See <i>Tips</i> section	Mechanics	Mechanics
	Physics	Physics	Physics	Physics	Physics	Physics
REST DAY	Mechanics	Thermodynamics	Electricity and Magnetism	Vibrations, Waves, and Optics	Vibrations, Waves, and Optics	Modern Physics
	Physics	Physics Performance Audit Day	Sociology	Sociology	Sociology	Sociology
REST DAY	Answer at least 2 Physics Practice Sets. See <i>Tips</i> Section.	Do a Self-Assessment of your Test performance. See <i>Tips</i> section	Classical Thinkers and Major Perspectives	Society and Culture	Research Design	Social Structure; Social Institutions

GREAT JOB! 🏆 YOU'RE ALMOST THERE.

MONTH 3

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
	Sociology	Psychology	Psychology	Psychology	Psychology	Psychology
	Socialization, Deviance, and Social Control; Social Stratification and Inequality	Psychoanalytic Approach to Personality	Behavioral Approach	Humanistic Approach	Developmental Psychology	Cognitive Psychology; Neurobiological Approach
	Psychology	Social Science	Soc Sci Performance Audit Day	Chemistry	Chemistry	Chemistry
REST DAY	Abnormal Psychology	Answer at least 2 Social Science Practice Tests. See <i>Tips</i> Section.	Do a Self-Assessment of your Test performance. See <i>Tips</i> section	General and Inorganic Chemistry	General and Inorganic Chemistry	General and Inorganic Chemistry
	Chemistry	Chemistry	Chemistry	Chemistry	Chemistry	Chemistry
REST DAY	Analytical Chemistry	Physical Chemistry	Organic Chemistry	Organic Chemistry	Biochemistry	Answer at least 2 Chemistry Practice Tests. See <i>Tips</i> Section.
	Chemistry Performance Audit Day	Mock Test-Taking	Mock Test-Taking	Mock Test-Taking	Mock Test-Taking	
REST DAY	Do a Self-Assessment of your Test performance. See <i>Tips</i> section.	Take timed Practice Sets you have not answered or the Exam in Chemistry and Social Science . See <i>Tips</i> section.	Take timed Practice Sets you have not answered or take the Exam in Physics and Biology . See <i>Tips</i> section.	Take timed Practice Sets you have not answered or take the Exam in Quantitative and Perceptual Acuity . See <i>Tips</i> section.	Take timed Practice Sets you have not answered or take the Exam in Inductive Reasoning and Verbal . See <i>Tips</i> section.	REST and PRAYER DAY

YOU MADE IT! CONGRATULATIONS ON YOUR HARD WORK. 🏆 NOW YOU'RE ALL SET TO TAKE THE NMAT. 🎉