

UCAT 8-Week Study Plan

Week 1–2: Build the Foundations

- Focus: Learn strategies, explore question styles, build confidence.
- Study 2–3 hours a day, 5–6 days a week.
- Untimed practice (400–500 questions total).
- Cover all sections:
 - Verbal Reasoning (VR) → Skimming + key word search.
 - Decision Making (DM) → Logic puzzles + probability basics.
 - Quantitative Reasoning (QR) → Fast mental maths, shortcuts.
 - Abstract Reasoning (AR) → Spotting common patterns.
 - SJT → Begin scenario reading.
- End each week with reflection notes on what techniques worked.

Week 3–4: Build Speed

- Focus: Timing and pacing.
- Timed mini-sets (10–15 questions).
- Alternate focus: VR + DM one day, QR + AR the next.
- Begin light SJT practice daily.
- End of Week 4: Take your first full mock exam under real test conditions.
- Review: Where did you lose time? What went well?

Week 5–6: Exam Conditioning

- Focus: Stamina + strategy.
- Morning → Timed drills on weak sections.
- Afternoon → Mixed section practice.
- Evening → 20 mins SJT reflection.
- Take 2 full mocks per week.
- Analyse thoroughly after each mock, target weak spots.

Week 7–8: Final Preparation

- Focus: Exam simulation + confidence.
- Week 7: Three full mocks spaced across the week.
- Week 8: Two mocks early in the week, then light practice.
- Day before exam: Rest, light review of SJT only.
- Tip: Treat mocks like the real thing – same time of day, no interruptions.

Essential UCAT Tips

- Always answer every question – no negative marking.
- Don't dwell – flag and move on.
- Use recognition, not deep reading, for VR.
- In AR, focus on shape, number, size, shading, rotation.
- Look after yourself: sleep, breaks, exercise.

■ Download more study resources at: www.medicalschooluk.com