



THE HIGHEST YIELD MCAT TOPICS CHECKLIST

Reviewed and recommended by a dozen 90+
percentile MCAT scorers.

updated for 2025

Dear Future Doctor,

Congratulations, by choosing to download this checklist, you've proven that you recognize **there is a smarter way to study for the MCAT.**

You recognize that crushing the MCAT doesn't mean drowning in textbooks or memorizing every molecule in the universe. Top scorers have cracked the code with strategies, shortcuts, and a focus on what actually matters.

Our job? Hunt down their secrets, filter out the fluff, and give you the most effective tools to dominate the exam so you can get into med school.

This checklist? It's one of [those tools](#)—a curated list of the “must-know” high-yield topics that show up on practice tests and, most importantly, on your actual MCAT.

Instead of blindly reviewing everything, you'll zero in on the concepts most likely to pop up on test day.

Pro tip: **Print this checklist.** Highlight it. Tattoo it on your brain if you have to. The goal is to know these topics inside and out before your next practice exam.

Yes, the MCAT is a challenge, but it's not unbeatable. With the right prep (and your [MedLife Mentors in your corner](#)), you'll conquer it without losing your sanity.

Let's make your med-school dreams happen.

You got this.

The MedLife Mastery Team

Your MCAT Success [Mentors](#)

P.S. The topics are clickable ;)

BIOLOGY

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|------------------|--|----------------------------|---|
| Important | <input type="checkbox"/> Cytoskeleton Components
<input type="checkbox"/> <u>Anatomy & Life Cycles of Bacteria and Viruses</u>
<input type="checkbox"/> <u>Mitosis and Meiosis</u>
<input type="checkbox"/> Organ Systems
(Reproductive, Respiratory, Digestive, Musculoskeletal, Integumentary, Circulatory, Excretory, and Lymphatic)
<input type="checkbox"/> <u>DNA Biotechnology</u> | Extremely Important | <input type="checkbox"/> <u>Classical and Molecular Genetics</u>
<input type="checkbox"/> <u>Nervous System</u>
<input type="checkbox"/> <u>Endocrine System</u>
<input type="checkbox"/> <u>RNA, DNA and Central Dogma of Biology</u> |
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BIOCHEMISTRY

Keep in Mind: Generally, most of Biochem is very important.

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| Important | <input type="checkbox"/> <u>Structures, Properties and Metabolism of Carbs, Fats, and Proteins</u>
<input type="checkbox"/> <u>Gluconeogenesis, Beta-Oxidation, Pentose Phosphate Pathway</u>
<input type="checkbox"/> <u>Structures, Properties, and Metabolism of Nucleic Acids</u> | Extremely Important | <input type="checkbox"/> <u>Aerobic and Anaerobic Respiration</u> (Prokaryotic cells, ETC, TCA, and Glycolysis)
<input type="checkbox"/> <u>Enzymes</u>
<input type="checkbox"/> <u>Lab Techniques</u>
<input type="checkbox"/> <u>Enzyme Inhibitions and Kinetics (Michaelis-Menten)</u>
<input type="checkbox"/> <u>Amino Acids</u>
<input type="checkbox"/> <u>Membranes: Transport and Dynamics</u>
<input type="checkbox"/> <u>Bioenergetics (Free Energy, Entropy, Enthalpy)</u> |
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PHYSICS

Note: Be prepared to do a lot of calculations with scientific notation without calculators and keep an eye out for concepts that can be linked to biology and healthcare

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| Important | <input type="checkbox"/> <u>Light and Optics</u>
<input type="checkbox"/> <u>Sound and Wave</u> (Photon Numbers vs. Energy of Photons)
<input type="checkbox"/> <u>Radioactive Decay</u>
<input type="checkbox"/> <u>Energy and Force</u>
<input type="checkbox"/> <u>Electrostatics and Magnetism</u> | Extremely Important | <input type="checkbox"/> <u>Circuits</u>
<input type="checkbox"/> <u>Kinematics</u>
<input type="checkbox"/> <u>Units and Conversions</u>
<input type="checkbox"/> <u>Fluids</u>
(Relationships Between Pressure, Diameter, Resistance)
(Connection to Circulatory System) |
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GENERAL CHEMISTRY

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| Important | <input type="checkbox"/> <u>Periodic Trends</u>
(Electronegativity, Atomic Size, etc.)
<input type="checkbox"/> <u>Redox Reactions</u>
<input type="checkbox"/> <u>Electrochemistry</u>
(Electrochemical Cell) | Extremely Important | <input type="checkbox"/> <u>Equilibrium</u>
<input type="checkbox"/> <u>Gases and Pressure</u> (Ideal Gas Law)
<input type="checkbox"/> <u>Solubility and Molarity</u>
<input type="checkbox"/> <u>Basic Chemistry Math</u>
(Scientific Notation, Units (SI and conversions))
<input type="checkbox"/> <u>Acid/Base (pH, pI, and Buffers)</u>
<input type="checkbox"/> <u>Stoichiometry</u> |
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ORGANIC CHEMISTRY

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| Important | <input type="checkbox"/> <u>Nucleophiles, Electrophiles and Reactions</u>
<input type="checkbox"/> <u>Aldol Condensation</u>
<input type="checkbox"/> <u>Nomenclature (IUPAC)</u> | Extremely Important | <input type="checkbox"/> <u>Types of Isomers</u> (Diastereomers, Anomers, Enantiomers, etc.)
<input type="checkbox"/> <u>Lab Techniques</u> (NMR, Chromatography, IR, Distillation, etc.)
<input type="checkbox"/> <u>Functional Groups</u>
<input type="checkbox"/> <u>Bonding</u> (Carbonyl Group) |
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SOCIOLOGY

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| Important | <input type="checkbox"/> <u>Social Determinants of Health</u>
<input type="checkbox"/> <u>Healthcare Disparities</u>
<input type="checkbox"/> <u>Cultural Relativism vs. Ethnocentrism</u>
<input type="checkbox"/> <u>Dramaturgical Theory</u> | Extremely Important | <input type="checkbox"/> <u>Functionalism vs. Conflict Theory vs. Symbolic Interactionism vs. Social Constructionism</u>
<input type="checkbox"/> <u>Roles, Groups, and Status</u>
<input type="checkbox"/> <u>Social Institutions</u> |
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PSYCHOLOGY

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| Important | <input type="checkbox"/> <u>Stereotype vs. Discrimination vs. Prejudice</u>
<input type="checkbox"/> <u>Sensation and Perception</u>
(Signal Detection Theory)
<input type="checkbox"/> <u>Memory</u>
(Storing and Retrieval)
<input type="checkbox"/> <u>Theories of Motivation</u>
<input type="checkbox"/> <u>Language and Development</u>
<input type="checkbox"/> <u>Cognition and Consciousness</u>
<input type="checkbox"/> <u>Social Processes and Behavior in Groups</u> | Extremely Important | <input type="checkbox"/> <u>Social Perception</u> (Halo Effect, Just World, Primacy/Recency)
<input type="checkbox"/> <u>Classical and Operant Conditioning</u>
<input type="checkbox"/> <u>Attribution Theory</u>
<input type="checkbox"/> <u>Research Design and Interpreting Statistical Data</u>
<input type="checkbox"/> <u>Psychological Disorders</u>
<input type="checkbox"/> <u>Neurobiology and Neurotransmitters</u>
<input type="checkbox"/> <u>Identity and Development Theories (Piaget and Kohlberg)</u>
<input type="checkbox"/> <u>Biases (Cognitive Bias)</u>
<input type="checkbox"/> <u>Theories of Emotion</u> |
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