MEDLIFE MASTERY

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 ;)

High Yield MCAT Topics Checklist

MEDLIFE MASTERY

BIOLOGY

Important

- [ ] Cytoskeleton Components
- [ ] Anatomy & Life Cycles of Bacteria and Viruses
- [ ] Mitosis and Meiosis
- [ ] Organ Systems
  (Reproductive, Respiratory, Digestive, Musculoskeletal, Integumentary, Circulatory, Excretory, and Lymphatic)
- [ ] DNA Biotechnology

Extremely Important ★

- [ ] Classical and Molecular Genetics
- [ ] Nervous System
- [ ] Endocrine System
- [ ] RNA, DNA and Central Dogma of Biology

BIOCHEMISTRY

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

Important

- [ ] Structures, Properties and Metabolism of Carbs,
- [ ] Fats, and Proteins
- [ ] Gluconeogenesis, Beta-Oxidation, Pentose Phosphate Pathway
- [ ] Structures, Properties, and Metabolism of Nucleic Acids

Extremely Important ★

- [ ] Aerobic and Anaerobic Respiration (Prokaryotic cells, ETC, TCA, and Glycolysis)
- [ ] Enzymes
- [ ] Lab Techniques
- [ ] Enzyme Inhibitions and Kinetics (Michaelis-Menten)
- [ ] Amino Acids
- [ ] Membranes: Transport and Dynamics
- [ ] Bioenergetics (Free Energy, Entropy, Enthalpy)

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

Important

- [ ] Light and Optics
- [ ] Sound and Wave (Photon Numbers vs. Energy of Photons)
- [ ] Radioactive Decay
- [ ] Energy and Force
- [ ] Electrostatis and Magnetism

Extremely Important ★

- [ ] Circuits
- [ ] Kinematics
- [ ] Units and Conversions
- [ ] Fluids
  (Relationships Between Pressure, Diameter, Resistance)
  (Connection to Circulatory System)

GENERAL CHEMISTRY

Important

- [ ] Periodic Trends
  (Electronegativity, Atomic Size, etc.)
- [ ] Redox Reactions
- [ ] Electrochemistry
  (Electrochemical Cell)

Extremely Important ★

- [ ] Equilibrium
- [ ] Gases and Pressure **(Ideal Gas Law)**
- [ ] Solubility and Molarity
- [ ] Basic Chemistry Math
  (Scientific Notation, Units (SI and conversions))
- [ ] Acid/Base (pH, pI, and Buffers)
- [ ] Stoichiometry

ORGANIC CHEMISTRY

Important

- [ ] Nucleophiles, Electrophiles and Reactions
- [ ] Aldol Condensation
- [ ] Nomenclature (IUPAC)

Extremely Important ★

- [ ] Types of Isomers (Disastereomers, Anomers, Enantiomers, etc.)
- [ ] Lab Techniques (NMR, Chromatography, IR, Distillation, etc.)
- [ ] Functional Groups
- [ ] Bonding (Carbonyl Group)

SOCIOLOGY

Important

- [ ] Social Determinants of Health
- [ ] Healthcare Disparities
- [ ] Cultural Relativism vs. Ethnocentrism
- [ ] Dramaturgical Theory

Extremely Important ★

- [ ] Functionalism vs. Conflict Theory vs. Symbolic Interactionism vs. Social Constructionism
- [ ] Roles, Groups, and Status
- [ ] Social Institutions

PSYCHOLOGY

Important

- [ ] Stereotype vs. Discrimination vs. Prejudice
- [ ] Sensation and Perception
  (Signal Detection Theory)
- [ ] Memory
  (Storing and Retrieval)
- [ ] Theories of Motivation
- [ ] Language and Development
- [ ] Cognition and Consciousness
- [ ] Social Processes and Behavior in Groups

Extremely Important ★

- [ ] Social Perception (Halo Effect, Just World, Primacy/Recency)
- [ ] Classical and Operant Conditioning
- [ ] Attribution Theory
- [ ] Research Design and Interpreting Statistical Data
- [ ] Psychological Disorders
- [ ] Neurobiology and Neurotransmitters
- [ ] Identity and Development Theories (Piaget and Kohlberg)
- [ ] Biases (Cognitive Bias)
- [ ] Theories of Emotion

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