

Mdcat Helper AMC & AFNS Session

This document outlines a comprehensive 3-month study schedule, commencing on April 11th and concluding on July 11th. The schedule integrates topics from both the Intelligence and English syllabus, as well as the Biology, Chemistry, and Physics syllabus, to provide a balanced and thorough preparation plan.

Schedule Overview

The study plan is divided into three monthly phases, each focusing on foundational, advanced, and specialized topics, respectively. Each week within these months is dedicated to specific subject areas, ensuring a systematic progression through the syllabus. Regular review and practice tests are incorporated to reinforce learning and assess progress.

Month 1: Foundation and Core Sciences (April 11 - May 10)

This month focuses on establishing a strong foundation in core biological, chemical, and physical concepts, alongside initial exposure to intelligence and English topics.

Week	Dates	Biology & Physics	Chemistry	Intelligence & English
Week 1	Apr 11 - 17	Bio: Cell Structure & Function, Cell Division	Basic Concepts (Atoms, Moles), Atomic Structure	Int: Analogy, Classification Eng: Grammar, Tenses
Week 2	Apr 18 - 24	Bio: Biomolecules, Enzymes Phy: Kinematics	Periodic Table, Chemical Bonding	Int: Number & Series Completion Eng: Articles, Prepositions
Week 3	Apr 25 - May 1	Phy: Dynamics, Work, Energy & Power	States of Matter (Gases, Liquids, Solids)	Int: Coding/Decoding, Direction Sense Eng: Direct/Indirect Speech, Voice
Week 4	May 2 - 8	Bio: Genetics (Mendelian) Phy: Rotational Motion, SHM	Solutions, Acids and Bases	Int: Missing Numbers, Puzzles Eng: Synonyms, Antonyms
Review	May 9 - 10	Month 1 Revision	Practice Test 1	Vocabulary Drill

Month 2: Advanced Sciences & Reasoning (May 11 - June 10)

Building upon the first month, this phase delves into more complex scientific principles and introduces advanced reasoning and English language concepts.

Week	Dates	Biology & Physics	Chemistry	Intelligence & English
Week 5	May 11 - 17	Bio: Molecular Genetics, Biotechnology	Chemical Equilibrium, Thermochemistry	Int: Logical Sequence, Assumptions Eng: One Word Substitution, Idioms
Week 6	May 18 - 24	Phy: Waves, Sound, Light & Optics	Electrochemistry, Chemical Kinetics	Int: Syllogisms, Cause & Effect Eng: Spelling Check, Sentence Completion
Week 7	May 25 - 31	Bio: Human Physiology (Digestion, Respiration, Circulation)	Organic Chemistry: Basic Principles, Hydrocarbons	Int: Blood Relations, Arithmetic Reasoning Eng: Error Detection, Sentence Improvement
Week 8	June 1 - 7	Bio: Human Physiology (Nervous, Endocrine, Immune)	Alkyl Halides, Alcohols, Phenols, Ethers	Int: Non-Verbal (Mirror/Water Images) Eng: Sentence Correction
Review	June 8 - 10	Month 2 Revision	Practice Test 2	Logical Reasoning Drill

Month 3: Specialized Topics & Final Review (June 11 - July 11)

The final month focuses on specialized topics, comprehensive review, and intensive mock examinations to prepare for the actual test.

Week	Dates	Biology & Physics	Chemistry	Intelligence & English
Week 9	June 11 - 17	Phy: Electrostatics, Magnetism, AC	Coordination Compounds, Transition Elements	Int: Analytical Reasoning, Paper Folding Eng: Ordering of Words/Sentences
Week 10	June 18 - 24	Phy: Modern Physics, Nuclear, Quantum	Aldehydes, Ketones, Carboxylic Acids, Amines	Int: Figure Matrix, Cubes & Dice Eng: Verbal Analogies, Selecting Words
Week 11	June 25 - July 1	Bio: Ecology & Environment	Biochemistry (Metabolic Pathways), Polymers	Int: Dot Situation, Rule Detection Eng: Completing Statements
Week 12	July 2 - 8	Full Syllabus Review	Full Syllabus Review	Mock Exams (Full Length)
Final	July 9 - 11	Final Polish	Weak Area Focus	Time Management Practice

Daily Study Suggestion

- **Morning (3 Hours):** Science Subjects (Biology/Physics/Chemistry) – High concentration required.
- **Afternoon (2 Hours):** English & Intelligence – Good for active practice.
- **Evening (2 Hours):** Revision of the day's topics and solving MCQs.