

UCAT Study Plan: 6-Month & 12-Month Options

Goal of This Guide

Preparing for the **UCAT** can feel overwhelming — four different subtests, multiple question types, and intense time pressure.

This guide gives you a **structured roadmap** to prepare effectively over **6 or 12 months**, depending on when you start.

Each plan is broken into **three key phases** — so you'll always know exactly what to focus on and when. By following this plan, you'll build strong foundations, sharpen strategy, and peak in time for your test. To take your preparation further, **InMed Academy's UCAT Workshops** can provide the targeted practice and expert coaching that turn plans into results.

6-Month UCAT Study Plan

Best for: Students starting in **February–March** for a **July–August** UCAT

Commitment: ~5–8 hours per week

Phase 1 (Months 1–2): Build Understanding

Focus: Learn the test, master fundamentals, and start light practice.

Key Goals:

- Understand the **format, timing, and scoring** of each UCAT subtest.
- Learn **core strategies** for each section:
 - VR → Keyword scanning and evidence-based reasoning
 - DM → Logical statements, probabilities, and argument strength
 - QR → Mental math, estimation, and efficient calculation
 - SJT → Professional judgement principles
- Begin light timed practice (e.g. 10–15 questions per subtest).

Weekly Example Schedule:

- 2 days: Learn theory & watch InMed video lessons
- 2 days: Short practice sets (10–15 Qs)
- 1 day: Review mistakes and refine strategies

✅ *By the end of Phase 1:* You'll know what each question type looks like and how to approach it.

Phase 2 (Months 3–4): Strengthen Speed & Accuracy

Focus: Apply strategies to full practice sets under time pressure.

Key Goals:

- Complete **2–3 timed mini-mocks per week**.
- Track your **accuracy vs. timing** for each section.
- Start building a **question journal** to note common traps.
- Begin **full-section practice** (e.g. complete VR or QR tests).
- Identify your **strongest and weakest** subtests.

Weekly Example Schedule:

- 3 days: Timed section drills (30–45 mins each)
- 1 day: Review and correct errors
- 1 day: InMed workshop or feedback session

✅ *By the end of Phase 2:* You'll have solid pacing, stronger intuition, and improved confidence across sections.

Phase 3 (Months 5–6): Simulate and Refine

Focus: Full mock exams, test-day simulation, and targeted improvement.

Key Goals:

- Sit **at least 6–8 (or more!)** full-length UCAT mocks under realistic timing.
- Review performance using InMed's score analysis framework.
- Target weak sections with focused drills (e.g. QR speed).
- Practise test-day strategy — pacing, skipping, and mental resets.

Weekly Example Schedule:

- 1 full mock exam (2 hours)
- 2–3 short drills (VR speed, QR sets, etc)
- 1 deep review session
- Optional InMed intensive workshop or mock day

✅ *By the end of Phase 3:* You'll be **exam-ready** — confident, efficient, and strategically sharp.

12-Month UCAT Study Plan

Best for: Students starting in **September–October** (Year 11 or early Year 12)

Commitment: ~3–5 hours per week early, ramping up closer to test

Phase 1 (Months 1–4): Build Foundations

Focus: Gentle familiarisation and concept learning.

Key Goals:

- Learn the **purpose** and **structure** of each UCAT section.
- Study **fundamental reasoning skills** (logic, estimation, reading speed).
- Practise without time limits to master accuracy first.
- Read regularly to strengthen comprehension and vocabulary.

Weekly Example Schedule:

- 1–2 days: Watch concept videos or attend InMed Intro Workshop
- 1 day: Practice small sets untimed
- 1 day: Review and analyse approach

✅ *By the end of Phase 1:* You'll have a deep understanding of each subtest and confident accuracy under no pressure.

Phase 2 (Months 5–8): Build Speed & Strategy

Focus: Transition from untimed to timed practice.

Key Goals:

- Start **timed practice sets** (short sections of 10–15 Qs).

- Practise skipping and guessing strategies.
- Use **InMed mock exams** or question banks to track improvement.
- Attend **strategy workshops** for each subtest.

Weekly Example Schedule:

- 2–3 days: Timed drills (VR, DM, QR rotation)
- 1 day: Review & refine
- 1 day: InMed workshop or feedback

✅ *By the end of Phase 2:* You'll be timing-aware and applying proven strategies with accuracy.

Phase 3 (Months 9–12): Perfect Performance

Focus: Realistic mocks, pressure management, and peak performance.

Key Goals:

- Complete **10+ full mocks** under test conditions.
- Identify weak areas and revisit strategy modules.
- Refine test-day techniques — mental resets, time budgeting, question skipping.
- Simulate UCAT day multiple times.

Weekly Example Schedule:

- 1 full mock (2 hours)
- 2–3 targeted practice sessions
- 1 review session using InMed analysis sheets

✅ *By the end of Phase 3:* You'll perform under pressure with accuracy, confidence, and control.

Key UCAT Study Principles

Principle	Why It Matters
Consistency beats cramming	30–45 mins regularly is more effective than long sporadic sessions.
Review every mistake	Each error is a free lesson — note patterns in your journal.
Simulate test conditions	The UCAT is about <i>speed under stress</i> . Practise that environment.
Strategic repetition	Revisit weak question types regularly — improvement is non-linear.
Well-being matters	Sleep, hydration, and breaks boost focus and recall.

How InMed Academy Can Help You Succeed

At **InMed Academy**, we go beyond question practice — we teach you how to **think like a top scorer**.

Our workshops and programs include:

- **Strategy-focused lessons** for each subtest
- **Realistic full-length mocks** with score analysis
- **Time management frameworks** to improve pacing
- **Personalised feedback** and section-specific drills
- **Guidance from top 5% UCAT scorers**

Whether you're six months out or a year away, InMed's structured programs help you stay consistent, confident, and ready for success.

A small red and white rocket icon.

Next Steps

1. **Use this free guide** and map out your study timeline.
2. Find out more about the **'Top 10 UCAT Mistakes and How to Avoid Them'** (downloadable guide)
3. **Book an InMed UCAT Workshop** to learn the exact strategies that top scorers use.
4. **Start early — practise smart — and perform your best.**