



# GMAT STUDY PLAN

## 1 MONTH

# Rush Course

EMPOWER<sup>TM</sup>gmat

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Coverage Level

**FULL**

Timeframe

**1 MONTH**

Updated

**7/7/2020**

**NOTE:** This packet is to be used in conjunction with the Modules in your EMPOWERgmat Course. This packet is NOT designed to be a complete treatment of any subject herein.

# PRE-START CHECKLIST

Pick up your gear. Some items are essential, some are optional. Get the gear you need to succeed.

## PRE-START CHECKLIST



### mba.com CATs (Computer Adaptive Tests)

[Login to your official mba.com account through EMPOWERgmat.](#) Contains 2 practice CATs, and an option to access exams 3, 4, 5, and 6.



### GMAT Official Guide 2021, 2020, 2019, 2018, 2017, 2016, 2015, or 13th Edition

[Purchase ONE copy of the GMAT Official Guide from amazon.com.](#) The course is compatible with any one of the following editions: 2021, 2020, 2019, 2018, 2017, 2016, 2015, and 13th editions. The official questions within these guides are an essential part of your training and the EMPOWERgmat course.



### Practice CATs (Computer Adaptive Tests)

Add-Ons: Discounted Official GMATPrep® Software Exams are available through EMPOWERgmat at checkout, or in the Test tab in your EMPOWERgmat account.

Additional Option: Purchase unofficial 3rd party CATs ([MGMAT sells 6 unofficial practice CATs for \\$49](#)).



### Notebooks

[Purchase realistic scratch paper from amazon.com.](#) Realistic scratch paper for all of your work.



### GMAT Style Pens

[Purchase realistic GMAT pens.](#) Get used to the same pen you'll use for your real test.



### Headphones

Have or [purchase headphones](#). You'll be wearing headphones during your real test. Use to watch your lessons.



### Energy Bars

[12 Pack of Cliff's Energy Bars at amazon.com.](#) Have the right snacks for your studies and training.



### Chewing Gum

[Purchase a 12 pack of Trident Cinnamon gum at amazon.com.](#) Chewing gum adds focus and boosts energy.

## PROPER GMAT STUDYING

### Scheduling

To crush the GMAT, you have a lot of work ahead of you, so plan accordingly. Design a schedule that allows for consistent training. EMPOWER suggests training several nights/week if you work, and at least two four-hour blocks each weekend.

### Conditions

Quiet settings; distraction free (or minimal); headphones; snacks; water

### Study Duration: 75 Mins + 8 Min Break

Ideally, all sessions should be the same length as a GMAT section. Divide your sessions into 75 minute increments with breaks.

### Notebook

Keep track of your progress, and particularly your mistakes. Use the Mistake Tracker to locate patterns within your mistakes both in terms of tactics and content

### Standard of Learning

Successful GMAT test-takers not only know the concepts, but they also know how to apply them. By the time you sit for the real exam, you should know the content so well you could teach it.

# 1-MONTH STUDY PLAN

This plan is geared toward those who have **radically less time than is recommended to invest in GMAT preparation**. Most people who go on to achieve Maximum score improvement invest 10-15 hours per week, and spend 3 months in their preparation.

Although not advisable, if you only have 1 month to prepare for the exam, this plan is essentially a crash course that will help you do your best under the extremely constrained time conditions.

## RESOURCES



**EMPOWERgmat Module**



**Official Guide Quiz (2021, 2020, 2019, 2018, 2017, 2016, 2015, or 13th Edition)**



**Computer Adaptive Test (CAT)**



**PDF Summary**

## STAGE 1: FIRST 5 DAYS

ITEM	TIME	DONE
 <b>Start Here Module</b> Introduction to how the course functions, and what it takes to get a 700+ score	5 Mins	<input type="checkbox"/>
 <b>Take mba.com GMAT Prep CAT 1</b> Establish your baseline score. Complete ALL sections.	4 Hours	<input type="checkbox"/>
 <b>Download &amp; Print PDF Packs</b> Have your concept summaries handy. Print at any time	10 Mins	<input type="checkbox"/>
 <b>Quant: TEST IT, TEST THE ANSWERS, Data Sufficiency, Number Properties, Triage</b> Learn essential Quant tactics and knowledge. Applies to over 3/4 of the Quant section.	11 Hours	<input type="checkbox"/>
 <b>How To Read On The GMAT</b> Learn exactly how to read for success on any RC passage	1 Hours	<input type="checkbox"/>
 <b>Verbal: Intro, How to Attack RC, Reading Comp 1, 2, and 3</b> Learn all 3 GMAT RC question types to earn a massive overall point boost	5 Hours	<input type="checkbox"/>
 <b>Verbal: RC Question Identification, Wrong Answer Identification</b> Learn how to accurately identify RC question types, and the 3 wrong option types.	1 Hour	<input type="checkbox"/>
 <b>OG Quizzes (Basic, Intermediate, Advanced) &amp; Rich's Videos</b> 3 quizzes for each: Test It, Test The Answers, Data Sufficiency, Number Properties, Triage	9 Hours	<input type="checkbox"/>
 <b>OG Quizzes (Basic, Intermediate, Advanced) &amp; Max's Videos</b> Reading Comprehension	3 Hours	<input type="checkbox"/>
 <b>Physical and Psychological Tactics Module</b> Let Rich guide you through how to be at your best during practice and on the big day	30 Mins	<input type="checkbox"/>
 <b>Math Skills Clinics</b> Fractions to Decimals	15 Mins	<input type="checkbox"/>
 <b>Review CAT 1</b> Apply newly learned tactics; use Mistake Register spreadsheet to track mistakes and insights	2 Hours	<input type="checkbox"/>
 <b>How To Select Your Best GMAT Score</b> Learn how to pick your best GMAT score.	10 Mins	<input type="checkbox"/>

# 1-MONTH STUDY PLAN

## STAGE 1: DAY 1-5 (CONTINUED)

ITEM	TIME	DONE
 <b>Schedule Your Official GMAT</b> <a href="https://mba.com">mba.com</a> If you work M-F, then schedule your test on a Monday morning	15 Mins	<input type="checkbox"/>
  <b>Pre-CAT Warmup 2nd CAT</b> Get ready for your 2nd practice CAT	30 Mins	<input type="checkbox"/>
 <b>EMPOWER PODCAST: The GMAT is just like a...</b> A brief message from Rich before you take your 2nd CAT	5 Mins	<input type="checkbox"/>
 <b>Take CAT 2</b> Take all sections of your 2nd CAT under fully simulated conditions (time of day, interruption free)	4 Hours	<input type="checkbox"/>
 <b>CAT 2 Review</b> Apply newly learned tactics; use Mistake Tracker spreadsheet to track mistakes and insights	3 Hours	<input type="checkbox"/>

# 1-MONTH STUDY PLAN

## STAGE 2: DAY 6-11

ITEM	TIME	DONE
 Quizzes testing essential Arithmetic skills	2 Hours	<input type="checkbox"/>
 Renew and refine your GMAT Algebra skills	4.5 Hours	<input type="checkbox"/>
 Gain a comprehensive command of grammar for the GMAT (and modern business writing)	7.5 mins	<input type="checkbox"/>
 Introduction, Parallelism, Modifiers, Idioms, Agreement, Tense, Comparisons, The Ws, Efficiency	5 Hours	<input type="checkbox"/>
 Algebra	2.5 Hours	<input type="checkbox"/>
 Sentence Correction	2 Hours	<input type="checkbox"/>
 Make the necessary adjustments and improvements to how you handle a full length CAT	20 Mins	<input type="checkbox"/>
 Perfect Squares	10 Mins	<input type="checkbox"/>
 Stay sharp on topics already covered.	2 Hours	<input type="checkbox"/>
 Get ready for your 3rd practice CAT	30 Mins	<input type="checkbox"/>
 A brief message from Rich before you take your 3rd CAT	10 Mins	<input type="checkbox"/>
 A brief message from Rich before you take your 3rd CAT	10 Mins	<input type="checkbox"/>
 Take all sections of your 3rd CAT under fully simulated conditions (time of day, interruption free)	4 Hours	<input type="checkbox"/>
 Apply newly learned tactics; use Mistake Tracker spreadsheet to track mistakes and insights	3 Hours	<input type="checkbox"/>

# 1-MONTH STUDY PLAN

## STAGE 3: DAY 12-17

ITEM	TIME	DONE
 <b>Quant: Math Rules 1, 2, 3</b> Learn & master essential GMAT Quant Math Rules	9 Hours	<input type="checkbox"/>
 <b>Verbal: Critical Reasoning 1, 2, 3, 4</b> Master the structure, logic and process of all GMAT Critical Reasoning question types	6 Hours	<input type="checkbox"/>
 <b>Verbal: Triage</b> Learn EMPOWER Triage to quickly identify common wrong answers in Verbal questions.	30 Mins	<input type="checkbox"/>
  <b>OG Quizzes (Basic, Intermediate, Advanced) &amp; Rich's Videos</b> Math Rules	2.5 Hours	<input type="checkbox"/>
  <b>OG Quizzes (Basic, Intermediate, Advanced) &amp; Max's Videos</b> Critical Reasoning	3 Hours	<input type="checkbox"/>
 <b>EMPOWER TACTICS: Pacing &amp; How CATs Work</b> Eliminate pacing problems. Learn the secrets to how Computer Adaptive Tests ACTUALLY work	10 Mins	<input type="checkbox"/>
 <b>Math Skills Clinics</b> Math Formulas	10 Mins	<input type="checkbox"/>
  <b>OG: Stage 2 Quant &amp; Verbal Targeted Review</b> Stay sharp on topics already covered.	2 Hours	<input type="checkbox"/>
  <b>Pre-CAT Warmup 4th CAT</b> Get ready for your 4th practice CAT	30 Mins	<input type="checkbox"/>
 <b>EMPOWER PODCAST: Battling Fatigue</b> A brief message from Rich before you take your 4th CAT	5 Mins	<input type="checkbox"/>
 <b>Take CAT 4</b> Take all sections of your 4th CAT under fully simulated conditions (time of day, interruption free)	4 Hours	<input type="checkbox"/>
 <b>CAT 4 Review</b> Apply newly learned tactics; use Mistake Tracker spreadsheet to track mistakes and insights	3 Hours	<input type="checkbox"/>

# 1-MONTH STUDY PLAN

## STAGE 4: DAY 18-23

ITEM	TIME	DONE
 <b>Quant: Math Formulas 1 &amp; 2</b> Learn & master essential GMAT Quant Math Formulas	5 Hours	<input type="checkbox"/>
 <b>AWA Essay</b> Master the AWA Essay with the EMPOWERgmat AWA System	1.5 Hours	<input type="checkbox"/>
  <b>OG Quant All 3 Categories Quizzes (Basic, Intermediate, Advanced) &amp; Rich's Videos</b> Math Formulas	2.5 Hours	<input type="checkbox"/>
  <b>OG Verbal All 3 Categories Quizzes (Basic, Intermediate, Advanced) &amp; Max's Videos</b> Verbal Quizzes	2 Hours	<input type="checkbox"/>
 <b>Verbal SC Idioms Consolidated Review</b> Stay fresh and test your knowledge of the GMAT idioms from Stage 2	30 mins	<input type="checkbox"/>
 <b>Math Skills Clinics</b> Geometry Formulas	10 Mins	<input type="checkbox"/>
  <b>OG: Stage 3 Quant &amp; Verbal Targeted Review</b> Stay sharp on topics already covered.	2 Hours	<input type="checkbox"/>
 <b>EMPOWER PODCAST: From 660 to 760</b> A brief message from Rich before you take your 5th CAT	5 Mins	<input type="checkbox"/>
 <b>Quant: Geometry 1 &amp; 2</b> Learn all the rules (and special patterns) needed to crush Geometry questions on the GMAT	5.5 Hours	<input type="checkbox"/>
  <b>OG Quizzes (Basic, Intermediate, Advanced) &amp; Rich's Videos</b> Geometry Quizzes	2.5 Hours	<input type="checkbox"/>
  <b>Pre-CAT Warmup 5th CAT</b> Get ready for your 5th practice CAT	30 Mins	<input type="checkbox"/>
 <b>Take CAT 5</b> Take all sections of your 5th CAT under fully simulated conditions (time of day, interruption free)	4 Hours	<input type="checkbox"/>
 <b>CAT 5 Review</b> Apply newly learned tactics; use Mistake Tracker spreadsheet to track mistakes and insights	3 Hours	<input type="checkbox"/>

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## STAGE 5: DAY 24-30

ITEM	TIME	DONE
 <b>Integrated Reasoning</b> Advice and question review for the new and unimportant section of the GMAT	1 Hour	<input type="checkbox"/>
 <b>Review MBA.com CAT1 AGAIN w/ALL TACTICS</b> Reinforce the improvements made since mba.com CAT 1	4 Hours	<input type="checkbox"/>
 <b>Verbal SC Idioms Consolidated Review</b> Stay fresh and test your knowledge of the GMAT idioms from Stage 2	30 mins	<input type="checkbox"/>
 <b>Math Skills Clinics - Full Review</b> Review ALL 4 Math Skills Clinics	20 Mins	<input type="checkbox"/>
  <b>OG: Stage 4 Quant &amp; Verbal Targeted Review</b> Stay sharp on topics already covered.	2 Hours	<input type="checkbox"/>
  <b>OG Diagnostic</b> Take the OG Diagnostic Pages 20-44	3.5 Hours	<input type="checkbox"/>
  <b>OG Diagnostic Review with Rich's &amp; Max's Videos</b> Review the Diagnostic Pages 20-44	3 Hours	<input type="checkbox"/>
  <b>Pre-CAT Warmup 6th CAT</b> Warm up for your 6th practice CAT	30 Mins	<input type="checkbox"/>
 <b>EMPOWER PODCAST: Endorphin Rush</b> A brief message from Rich before you take your 6th CAT (mba.com CAT 2 if on the Basic Plan)	5 Mins	<input type="checkbox"/>
 <b>Take CAT 6</b> Take all sections of your 6th CAT under fully simulated conditions (time of day, interruption free)	4 Hours	<input type="checkbox"/>
 <b>CAT 6 Review</b> Apply newly learned tactics; use Mistake Tracker spreadsheet to track mistakes and insights	3 Hours	<input type="checkbox"/>
 <b>Final Review</b> A curated review of the key concepts tested on the exam	7 Hours	<input type="checkbox"/>
 <b>Final Thoughts From Rich &amp; Max Before Test Day</b> Prepare for test day with Max & Rich	30 Mins	<input type="checkbox"/>
 <b>Take Your Real GMAT</b> Time to celebrate! Its game day.	4 Hours	<input type="checkbox"/>