

## 6-Week LNAT Study Schedule Template

### Structured Preparation Plan for LNAT Success

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#### How to Use This Schedule

This 6-week plan assumes you can dedicate **2-3 hours per day** to LNAT preparation. Adjust the timeline based on your available study time:

- **More time available:** Complete activities faster and add extra practice
- **Less time available:** Extend to 8-10 weeks, focusing on key activities
- **Last-minute preparation:** Focus on Weeks 4-6 activities (timing, practice tests, review)

#### Study Time Recommendations:

- **Minimum:** 1.5 hours/day (10.5 hours/week)
  - **Recommended:** 2-3 hours/day (14-21 hours/week)
  - **Intensive:** 4+ hours/day (28+ hours/week)
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#### Week 1: Foundation & Familiarization

**Focus:** Understanding the LNAT format and building basic skills

##### Monday - LNAT Overview

- **Morning (1 hour):** Read about LNAT format, timing, and scoring
- **Afternoon (1 hour):** Research universities requiring LNAT and their typical score ranges
- **Evening (30 minutes):** Set up study space and organize materials

##### Tuesday - Section A Introduction

- **Morning (1 hour):** Learn about multiple choice question types
- **Afternoon (1 hour):** Practice 10 sample questions (untimed)
- **Evening (30 minutes):** Review mistakes and note common patterns

##### Wednesday - Reading Skills Development

- **Morning (1 hour):** Practice active reading with newspaper opinion pieces
- **Afternoon (1 hour):** Learn argument identification techniques

- **Evening (30 minutes):** Read 2-3 short argumentative passages

#### **Thursday - Question Types Deep Dive**

- **Morning (1 hour):** Study main conclusion questions
- **Afternoon (1 hour):** Practice assumption identification
- **Evening (30 minutes):** Review strengthen/weaken question strategies

#### **Friday - Section B Introduction**

- **Morning (1 hour):** Learn essay format and requirements
- **Afternoon (1 hour):** Practice essay planning (5 topics, 10 minutes each)
- **Evening (30 minutes):** Read sample high-scoring essays

#### **Saturday - First Practice Test**

- **Morning (2 hours):** Complete first diagnostic test (timed)
- **Afternoon (1 hour):** Detailed review of results
- **Evening:** Rest and reflect on performance

#### **Sunday - Review & Planning**

- **Morning (1 hour):** Identify strengths and weaknesses from diagnostic
- **Afternoon (1 hour):** Adjust study plan based on results
- **Evening:** Light reading (quality newspapers/magazines)

#### **Week 1 Goals:**

- [ ] Understand LNAT format completely
  - [ ] Complete diagnostic test
  - [ ] Identify 3 main areas for improvement
  - [ ] Establish consistent study routine
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## **Week 2: Skill Building & Strategy Development**

**Focus:** Developing core reasoning and time management skills

### **Monday - Logical Reasoning**

- **Morning (1 hour):** Study logical reasoning patterns
- **Afternoon (1 hour):** Practice inference questions (20 questions)
- **Evening (30 minutes):** Review logical fallacies

### **Tuesday - Reading Comprehension**

- **Morning (1 hour):** Practice skimming and scanning techniques
- **Afternoon (1 hour):** Complete 3 passages with questions (timed: 24 minutes)
- **Evening (30 minutes):** Analyze reading speed and comprehension

### **Wednesday - Elimination Strategies**

- **Morning (1 hour):** Learn systematic elimination techniques
- **Afternoon (1 hour):** Practice with difficult questions using elimination only
- **Evening (30 minutes):** Time 20 questions focusing on elimination speed

### **Thursday - Essay Writing Practice**

- **Morning (1 hour):** Practice essay planning (6 topics, 8 minutes each)
- **Afternoon (1 hour):** Write one complete essay (40 minutes)
- **Evening (30 minutes):** Self-assess essay using marking criteria

### **Friday - Mixed Question Practice**

- **Morning (1 hour):** Complete 30 mixed questions (timed: 65 minutes)
- **Afternoon (1 hour):** Thorough review of all mistakes
- **Evening (30 minutes):** Note patterns in errors

### **Saturday - Practice Test 2**

- **Morning (2 hours):** Complete second practice test
- **Afternoon (1 hour):** Compare results with Week 1 diagnostic
- **Evening:** Relaxation and light review

### **Sunday - Strategy Refinement**

- **Morning (1 hour):** Refine personal test-taking strategies

- **Afternoon (1 hour):** Create quick reference cards for question types
- **Evening:** Review week's progress

**Week 2 Goals:**

- ☐ Improve accuracy by 10% from diagnostic
  - ☐ Develop reliable elimination strategies
  - ☐ Complete essays within 40-minute time limit
  - ☐ Identify most effective reading strategies
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## **Week 3: Timing & Efficiency**

**Focus:** Building speed while maintaining accuracy

### **Monday - Speed Reading**

- **Morning (1 hour):** Practice speed reading techniques
- **Afternoon (1 hour):** Complete 4 passages in 30 minutes
- **Evening (30 minutes):** Practice skimming for main arguments

### **Tuesday - Question Pacing**

- **Morning (1 hour):** Practice 2-minute-per-question pacing
- **Afternoon (1 hour):** Complete 42 questions in exactly 95 minutes
- **Evening (30 minutes):** Analyze time distribution

### **Wednesday - Essay Efficiency**

- **Morning (1 hour):** Practice 5-minute essay planning
- **Afternoon (1 hour):** Write essays with strict timing (35 minutes writing max)
- **Evening (30 minutes):** Practice quick essay conclusions

### **Thursday - Weak Areas Focus**

- **Morning (1 hour):** Target lowest-scoring question types
- **Afternoon (1 hour):** Complete 40 questions from weak areas
- **Evening (30 minutes):** Review improvement strategies

### **Friday - Simulation Practice**

- **Morning (1.5 hours):** Section A under strict exam conditions
- **Afternoon (1 hour):** Section B under exam conditions
- **Evening:** Light review only

### **Saturday - Practice Test 3**

- **Morning (2.5 hours):** Complete full practice test with exact timing
- **Afternoon (30 minutes):** Quick score calculation
- **Evening:** Rest completely

### **Sunday - Performance Analysis**

- **Morning (1 hour):** Detailed analysis of Practice Test 3

- **Afternoon (1 hour):** Compare progress across all three tests
- **Evening:** Plan Week 4 focus areas

**Week 3 Goals:**

- ☐ Complete Section A consistently within 95 minutes
  - ☐ Maintain accuracy while improving speed
  - ☐ Write coherent essays in 40 minutes
  - ☐ Score within target range
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## **Week 4: Advanced Strategies & Problem Areas**

**Focus:** Mastering difficult questions and optimizing performance

### **Monday - Complex Reasoning**

- **Morning (1 hour):** Practice most difficult question types
- **Afternoon (1 hour):** Work on parallel reasoning questions
- **Evening (30 minutes):** Study advanced logical patterns

### **Tuesday - Passage Analysis**

- **Morning (1 hour):** Practice with longest, most complex passages
- **Afternoon (1 hour):** Focus on multi-part arguments
- **Evening (30 minutes):** Practice identifying implicit assumptions

### **Wednesday - Essay Excellence**

- **Morning (1 hour):** Practice sophisticated essay arguments
- **Afternoon (1 hour):** Work on counterargument integration
- **Evening (30 minutes):** Practice strong conclusions

### **Thursday - Error Pattern Analysis**

- **Morning (1 hour):** Review all previous mistakes systematically
- **Afternoon (1 hour):** Practice questions similar to past errors
- **Evening (30 minutes):** Create error prevention checklist

### **Friday - Pressure Training**

- **Morning (1 hour):** Practice under time pressure (90 minutes for Section A)
- **Afternoon (1 hour):** Practice with distractions and interruptions
- **Evening (30 minutes):** Breathing and stress management techniques

### **Saturday - Practice Test 4**

- **Morning (2.5 hours):** Full practice test under pressure conditions
- **Afternoon (1 hour):** Immediate review of performance
- **Evening:** Active recovery

### **Sunday - Strategy Optimization**

- **Morning (1 hour):** Fine-tune personal strategies based on 4 tests

- **Afternoon (1 hour):** Practice final optimized approach
- **Evening:** Review and relaxation

**Week 4 Goals:**

- ☐ Master most difficult question types
  - ☐ Achieve consistent target scores
  - ☐ Develop personal optimization strategies
  - ☐ Build confidence under pressure
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## **Week 5: Consistency & Confidence Building**

**Focus:** Achieving consistent performance and building exam confidence

### **Monday - Consistency Practice**

- **Morning (1 hour):** Practice with varied passage types
- **Afternoon (1 hour):** Complete 35 questions in 80 minutes
- **Evening (30 minutes):** Review for consistency patterns

### **Tuesday - Advanced Timing**

- **Morning (1 hour):** Practice optimal time allocation strategies
- **Afternoon (1 hour):** Practice "catching up" techniques when behind
- **Evening (30 minutes):** Master checkpoint timing system

### **Wednesday - Essay Mastery**

- **Morning (1 hour):** Practice with challenging essay topics
- **Afternoon (1 hour):** Focus on sophisticated argumentation
- **Evening (30 minutes):** Practice adapting to unexpected topics

### **Thursday - Mental Preparation**

- **Morning (1 hour):** Practice visualization and positive self-talk
- **Afternoon (1 hour):** Complete practice questions with confidence techniques
- **Evening (30 minutes):** Develop pre-test routine

### **Friday - Final Skills Integration**

- **Morning (1 hour):** Integrate all learned strategies
- **Afternoon (1 hour):** Practice seamless transitions between strategies
- **Evening (30 minutes):** Light review of key concepts

### **Saturday - Practice Test 5**

- **Morning (2.5 hours):** Simulate exact exam day conditions
- **Afternoon (1 hour):** Celebrate improvements and note final adjustments
- **Evening:** Complete rest

### **Sunday - Preparation Review**

- **Morning (1 hour):** Review progress across all 5 practice tests

- **Afternoon (1 hour):** Finalize exam day strategy
- **Evening:** Relaxation and light planning

**Week 5 Goals:**

- ☐ Achieve consistent scores within target range
  - ☐ Master all timing strategies
  - ☐ Build unshakeable exam confidence
  - ☐ Finalize personal approach
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## **Week 6: Final Preparation & Peak Performance**

**Focus:** Final refinement and optimal mental/physical preparation

### **Monday - Knowledge Consolidation**

- **Morning (1 hour):** Review key strategies and techniques
- **Afternoon (1 hour):** Practice 25 questions focusing on accuracy
- **Evening (30 minutes):** Review common mistake patterns

### **Tuesday - Timing Perfection**

- **Morning (1 hour):** Perfect personal pacing strategy
- **Afternoon (1 hour):** Practice time management under pressure
- **Evening (30 minutes):** Practice quick decision-making

### **Wednesday - Essay Polish**

- **Morning (1 hour):** Practice essay planning with current affairs topics
- **Afternoon (1 hour):** Write final practice essay with perfect timing
- **Evening (30 minutes):** Review essay structure templates

### **Thursday - Light Practice**

- **Morning (45 minutes):** Complete 20 confidence-building questions
- **Afternoon (45 minutes):** Light essay planning practice
- **Evening (30 minutes):** Review test day logistics

### **Friday - Final Preparation**

- **Morning (30 minutes):** Quick review of key strategies
- **Afternoon:** Prepare test day materials and plan logistics
- **Evening:** Relaxation, early sleep

### **Saturday - Test Day (if applicable)**

- **Morning:** Execute preparation routine
- **Test time:** Apply all learned strategies
- **Afternoon:** Rest and recover

### **Sunday - Recovery & Reflection**

- **Morning:** Rest and recovery

- **Afternoon:** Reflect on preparation journey
- **Evening:** Plan next steps

#### Week 6 Goals:

- ☐ Peak mental and physical readiness
  - ☐ Perfect confidence in abilities
  - ☐ Complete logistical preparation
  - ☐ Optimal test performance
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#### Daily Study Routine Template

##### Optimal Study Session Structure:

1. **Warm-up (10 minutes):** Review previous session notes
2. **Main Activity (60-90 minutes):** Focus on daily objectives
3. **Practice (30-45 minutes):** Apply skills with timed questions
4. **Review (15-20 minutes):** Analyze performance and plan next session

##### Weekly Assessment Points:

- **Monday:** Review previous week's progress
  - **Wednesday:** Mid-week adjustment check
  - **Friday:** Week completion review
  - **Saturday:** Major practice test or intensive practice
  - **Sunday:** Planning and strategy refinement
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#### Progress Tracking

##### Track These Metrics Weekly:

- **Section A Score:** \_\_\_\_/42 (Target: 30+)
- **Section A Time:** \_\_\_\_minutes (Target: <95)
- **Essay Quality:** \_\_\_\_/10 (Target: 7+)
- **Essay Completion:** Yes/No (Target: Always Yes)
- **Confidence Level:** \_\_\_\_/10 (Target: 8+)

### **Key Performance Indicators:**

- **Accuracy Rate:** Should improve 2-3% per week
  - **Speed:** Should reach target timing by Week 3
  - **Consistency:** Scores should vary by <3 points by Week 5
  - **Confidence:** Should increase steadily each week
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### **Customization Guidelines**

#### **If You Have More Time:**

- Add extra practice tests (aim for 8-10 total)
- Include additional essay writing practice
- Study specific universities' LNAT requirements
- Read additional critical thinking materials

#### **If You Have Less Time:**

- Focus on Weeks 4-6 activities
- Prioritize timing and practice tests
- Use Week 1-3 as reference for specific skill gaps
- Emphasize highest-impact strategies

#### **If You're Struggling:**

- Extend timeline to 8-10 weeks
- Add extra Week 2-3 type activities
- Seek additional help or tutoring
- Focus on fundamental reading and reasoning skills

#### **If You're Excelling:**

- Add advanced critical thinking challenges
  - Practice with more complex materials
  - Help others to reinforce your own learning
  - Aim for top-tier university score ranges
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## Study Resources Checklist

### Essential Materials:

- ☐ Official LNAT practice materials
- ☐ Quality newspapers (The Times, Guardian, Independent)
- ☐ Academic journals in law, politics, philosophy
- ☐ LNAT preparation books
- ☐ Timer for practice sessions
- ☐ Quiet study space
- ☐ Note-taking materials

### Recommended Reading:

- **Daily:** Quality newspaper opinion sections
- **Weekly:** Academic articles on current affairs
- **Ongoing:** Books on critical thinking and logic
- **Regular:** Legal case studies and philosophical arguments

### Digital Tools:

- ☐ Online LNAT practice platforms
  - ☐ Timer apps for practice sessions
  - ☐ Progress tracking spreadsheet
  - ☐ Calendar for study scheduling
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## Final Success Tips

### The Week Before Your Test:

- **Maintain routine** but reduce intensity
- **Focus on confidence** rather than new learning
- **Prepare logistics** (test center, materials, timing)
- **Get adequate sleep** and maintain health
- **Review key strategies** but avoid cramming

### Test Day Preparation:

- **Arrive early** to reduce stress
- **Bring required materials** and backup supplies
- **Use practiced strategies** rather than trying new approaches
- **Stay calm** and trust your preparation
- **Pace yourself** according to practiced timing

**After the Test:**

- **Don't over-analyze** your performance immediately
- **Celebrate** completing your preparation
- **Plan next steps** for university applications
- **Reflect** on what strategies worked best

Remember: Consistent daily practice is more effective than intense cramming. Trust the process, maintain your routine, and enter your LNAT with confidence in your thorough preparation.

**Good luck with your LNAT preparation!**