

UPCAT Weekly Intensive Program

Overview

This is a 4 week program made by Bryle Morga, Kish Basbas, and Gerro Abarabar for the preparation of UPCAT (University of the Philippines Admissions Test). This would include 2 days (Thursday and Friday) of training and one day (Saturday) of a simulated UPCAT mock test.

This program is made for the creators and others to help each other get better for the upcoming UPCAT 2027. This program aims to use a systematic and collaborative approach to improve ourselves to learn topics and concepts used in UPCAT.

There are two main components of this program. They are called [Training Days](#), and the [Full-Blown UPCAT Simulation](#).

Training Days

These would be days that would occur in Thursday and Friday.

This would include:

- [Mock tests](#)
- [Checking](#)
- [List of Topics](#)
- [Self-Study Lesson Making](#)

Mock-Tests

These are mock tests that are achieved online. This will be given by the **moderator** which will distribute the mock tests. Take into note, the moderator may also take the test if chosen.

The purpose of the mock tests is to test your initial score and to familiarize yourself with the questions. Once you understand the questions and your initial score, it gives you the opportunity to make up for your mistakes so that you can make up for it.

The PDFs of the mock tests are accessible beforehand so that in face to face sessions, you may access it on your phone, or print it. Your method of accessing questions are optional, there is no definitive method.

Disclaimer

Because the PDFs are distributed before the actual mock test, it's best practice **to not examine it or answer it for personal gain** because it will damage your preparation for UPCAT.

Thursday Mock Tests

The mock tests related for this day are:

- **Language Proficiency** and
- **Reading Comprehension.**

This would naturally take around 2 hours, maximum.

Time Allocation for Thursday

The format of the time is dependent on the subject of the exam:

- For **Language Proficiency**: it would be 30 seconds per question
- For **Reading Comprehension** it would be 45 seconds per question, although dependent on the reading passages.

Friday Mock Tests

The mock tests related for this day are:

- **Science** and
- **Mathematics.**

This would naturally take around 2.5 hours, maximum.

Time Allocation for Friday

The format of the time is dependent on the subject of the exam:

- For **Mathematics**: it would be 1 minute and 30 seconds per question
- For **Science** it would be 1 minute per question.

Checking

This would be the checking of answers based on the mock tests that were recently given out. It will go similarly to both training days. There will be a time for around 15 minutes where the answer keys are given, and you can check your answers.

Take note that sometimes the mistakes you made are made by external forces like the time pressure, physical issues, etc. So it's best to not take it too hard for yourself.

The scores may be kept secret or announced by the person who got that score.

List-of-Topics

The moderator will now give a list of topics related to the exam. These topics must have questions related to it. It is not the moderator's job to give the lesson by themselves, especially, most of the time, they're not a teacher. Though, it is completely optional.

The purpose of the list of topics is to guide the students to finding the lessons on their own and to make their own interpretation of the answers. This will lead to better memory retrieval in the UPCAT itself.

These topics will be divided by the people who were present in the mock test to provide an explanation for questions that are related to the topic. The topics should be given to those who have difficulty with the said topic to hone their memory. This will lead to the next section.

Self-Study-Lesson-Making

Once you understand the topic of the questions you were given, you're going to explain the answer using the topic that was just discussed.

This is important for contributions towards the study group that is formed. It is also beneficial for the creator of the lesson to understand the topic deeply (Feynman Method).

Take into note that any method of creating lessons are allowed. That means you can grab lessons from 2011, ask a brother for help, or ask AI to create the lesson. As long as it follows the format:

Lesson Format

Make sure that it is in a comprehensible format like PDF, Docs, or Handwriting.

Topic Title 1

Definition of Topic

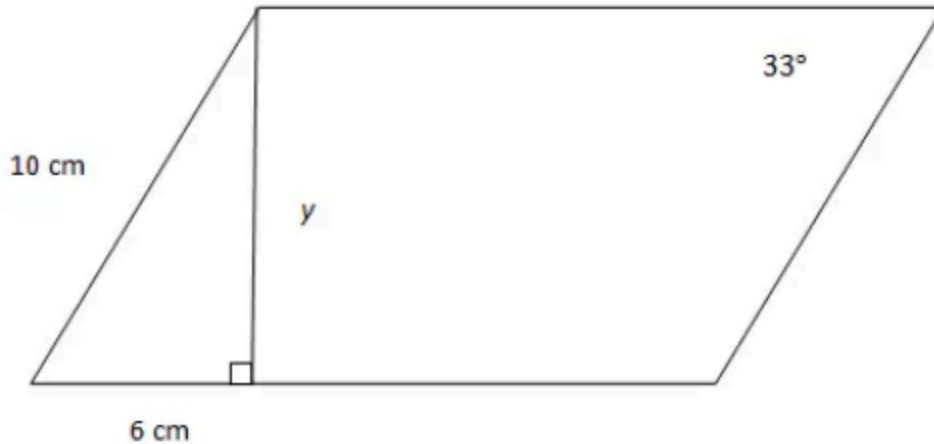
Explain what the topic is about. Ensure that the definition isn't a quick answer to the question. (For example, Eukaryotes have a membrane-bound nucleus, while Prokaryotes don't), but a long explanation that will allow others to understand the topic of its entirety. (For example, There are 8 key organelles in an eukaryotic cell. These are Nucleus, Mitochondria, Endoplasmic Reticulum, Golgi Apparatus, Lysosomes, Chloroplasts, Vacuoles, and Peroxisomes. For prokaryotes don't have membrane-bound organelles but they do have 8 key organelles, which are Nucleoid, Ribosomes, Cytoplasm, Cell Wall, Cell Membrane, Plasmids, Surface Appendages, and Capsule), If you can expand on it, go for it.

Application of Topic to Questions

This will list out the questions that are related in your topic. Make sure that the explanation isn't too vague nor too lengthy.

The explanation for this question:

36. In the figure below, what is the length of altitude y ?



- A. 7 cm.
- B. 8 cm.
- C. 9 cm.
- D. 10 cm.

Terrible explanation example (Too short)

Because it is a right triangle, y is B. 8 cm.

Terrible explanation example (Too long)

Let's mark the vertices of the parallelogram as $ABCD$ and the altitude of A be E . Now notice that because AE is perpendicular to CD , therefore ACE is a right triangle and using the Pythagorean Theorem, therefore:

$$10^2 = 6^2 + y^2$$

$$10^2 - 6^2 = y^2$$

$$100 - 6 = y^2$$

$$6 = y^2$$

$$y =$$

Good explanation example

Notice that the triangle that has y is a right triangle because one angle is 90 degrees. Therefore, we can find y using the Pythagorean Theorem by assigning the hypotenuse as 10 cm. Therefore:

$$10^2 = 6^2 + y^2$$

$$100 - 6 = y^2$$

$$y^2 = 6$$

$$y =$$

Practice questions

These are practice questions that will help everyone who is studying to better understand the topic that was just discussed. This part can be optional, but it would be very helpful towards everyone that are struggling in this topic.

It is recommended to create a minimum of 5 questions, with their answer keys in a different part of the page.

After creating lesson,

You must send it in the group chat where everyone is present to ensure that your job is done. After that, you may review the lessons made by others. If no one sends one yet, you're probably the first one so you should wait for them.

If you have any questions about someone's lesson, you may ask them in person or in online messages. If they can't provide you a good answer, ask AI. If AI can't help you then give up (satire)

Full-Blown UPCAT Simulation (Online)

This is a full UPCAT simulation consisting of the 4 subjects (Language Proficiency, Science, Mathematics, Reading comprehension in that order.) The time allocated will be same as those in the training days ([Thursday](#), [Friday](#)). There will be short 5 minute breaks after each subject.

The time allocated for this is 5 hours maximum.

The PDFs of the mock tests are accessible beforehand so that you may access it on your device, or print it. Your method of accessing the questions are optional, there is no definitive method.

Disclaimer

Because the PDFs are distributed before the actual mock test, it's best practice **to not examine it or answer it for personal gain** because it will damage your preparation for UPCAT.

Checking

After the simulation, the student will be checking of his or her answers in the mock test. The scores may be kept secret or displayed.

Take note that sometimes the mistakes you made are made by external forces like the time pressure, physical issues, etc. So it's best to not take it too hard for yourself.

Rest

After the UPCAT Simulation, you are entitled for rest. The [List of Topics](#) will not be displayed until **Monday** to ensure a good rest after the UPCAT Simulation. This is important so that you would not be overworked by the UPCAT Simulation. For once, you could get a rest from UPCAT. This would also eliminate problems by those that do religious activities in Sunday.

List of Topics and Lessons After UPCAT Simulation

There will be a distribution of topics from the UPCAT Simulation that will be [treated like the training days](#). In summary, topics will be divided, and those that get topics assigned to them will [create lessons for everyone to use](#).

This would all happen in Monday.

Additional Information

Meetings will be help in **Google Meet**

The schedule for training and UPCAT Simulation will start based on the moderator. But for reassurance, **the time scheduled by the moderator should not make it possible for the students to go past midnight**. It is recommended to start at 2 PM, when there's no school. But when school starts, it is to be expected for the training be after school, because we are all in the same school (biased).

The mock tests are grabbed online by Telegram Groups, Anonymous downloads, free handouts, and scanned documents. The mock tests are completely safe from any viruses or malware that may be present online. These mock tests are also high quality to actually simulate a mock test by the UPCAT.

Let's get into UP!

Written by Gerro Abarabar

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