

Freshman Year

Fall Semester

- Meet with your IS advisor and learn about the IS degree requirements and pre-med prerequisites. Develop a two-year schedule that includes most of the standard medical school pre-reqs.
- Work on developing and maintaining good study habits. Seek help immediately from your profs and/or the Tech Learning Center if you find yourself struggling in classes.
- Begin participating in a few on-campus extracurricular activities, particularly those that will provide service and volunteer experiences.
- Attend health-related programs sponsored on campus by the IS program and other departments. *Freshman year is not too soon to get involved!*

Spring Semester

- Meet with your IS advisor to fine-tune your sophomore year schedule if necessary.
- Review the MCAT website at <http://www.aamc.org/students/mcat/start.htm>. You may want to order AAMC's *Official Guide to the MCAT*. You can also check out samples of the MCAT—available through the Learning Express link on the Devereaux Library website—so you know what is expected: <http://www.learnatest.com/LEL/index.cfm/general/search>. You'll want to start studying seriously for the MCAT during your sophomore year!
- Start exploring summer volunteer and/or work activities in medical and health-related fields. Admissions committees look for and expect a commitment to volunteerism. These experiences can also be the basis for the personal statement portion of your med school application.

Summer

- Volunteer, read about science/medical topics, attend summer school if necessary.
- Strong reading and comprehension skills are critical for doing well on the MCAT and in school. Take courses that require reading to help you improve your reading ability.

Sophomore Year

- Meet with your IS advisor to review the freshman year. Fine tune your schedule if needed. Plan out and schedule your junior year classes. Aim to have all basic pre-med prerequisites completed by the end of your junior year: One year of general biology and labs; one year of general chemistry and labs; one year of physics and labs; one year of organic chemistry and labs. Good courses to take during your junior year in preparation for the MCAT are genetics, biochemistry, and physiology.
- Maintain a solid GPA, preferably 3.5 or above. Seek help if you fall behind or start to struggle.
- Create a list of medical schools that interest you and review their websites. For medical schools by state, see the AAMC website: <http://www.aamc.org/medicalschoools.htm>.
- Attend a pre-med day for schools that interest you. These 1-2 day events may be held either fall or spring and provide prospective students with a glimpse of what life as a med student will be like.
- Get to know your professors; these are the people who will be writing letters of recommendation for you. Start asking professors in key courses for letters of recommendation, to be submitted the following year with your applications. Try to take more than one course from these professors.

- Continue to participate in volunteer and/or paid health and medical-related activities.
- Stay involved in on-campus extracurricular activities and develop leadership skills.
- Attend health-related programs sponsored on campus and in the community.

Summer between Sophomore and Junior Years

- Start seriously preparing for the MCAT. Check out MCAT review courses if necessary.
- Continue volunteer and/or paid health and medical-related activities.
- Explore opportunities for “shadowing.” Start with your own family physicians. Talk to physicians about their clinical experiences.

Junior Year

Fall Semester

- Meet with your IS advisor to review the sophomore year. Fine tune your schedule if needed. Plan out and schedule your senior year classes.
- Continue volunteer and/or paid health and medically-related activities.
- Continue participation in on-campus extracurricular activities.
- Attend health-related programs sponsored on campus and in the community.
- Continue studying for the MCAT.

Spring Semester

- Meet with your IS advisor to discuss med school applications.
- Register for the MCAT online at www.aamc.org/mcat Apply for AAMC Fee Assistance Program if needed at www.aamc.org/fap.
- Start working on AMCAS application (www.aamc.org/amcas) for MD (allopathic) programs or AACOMAS application (<https://aacomas.aacom.org/>) for DO (osteopathic) programs.
- Work on your personal statement to accompany the applications. Ask for feedback on your statement from professors. You can find advice about writing the personal statement on many websites, but here’s some from the Student Doc website: <http://www.studentdoc.com/medical-school-personal-statements.html>
- Request letters of recommendation from professors and other professionals who know you well. In most cases, these letters will be submitted directly to AMCAS or AACOMAS. Be sure your recommenders are aware of the “deadlines” for submission of their letters; your application will not be reviewed until it is complete, including all LoRs.
- Complete your IS Letter of Intent and pre-med worksheet. Submit these documents to the IS office no later than April 30.

Summer between Junior and Senior Years

- Take the MCAT in late spring/early summer if you have not already done so. Retake if necessary before submitting applications. (Results are released approximately 30 days after the test is taken.)
- Complete the AMCAS/AACOMAS applications by June 1 if possible. Many schools have a “rolling” admissions policy and begin accepting applicants during the summer!
- Complete secondary applications for individual med schools within two weeks of receipt or by the specified deadline. It’s a good sign if you are asked for a supplementary application - the school wants a closer look, so don’t put off responding.

Senior Year

Fall Semester

- Meet with your IS advisor to review the junior year and to discuss your med school applications and responses. Fine tune your senior year schedule if needed.
- Accept and prepare for med school interviews: Review your application and personal statement. Review current issues in medicine. Practice interviewing with friends/family. Here's some good advice from the StudentDoc website on the interview process: <http://www.studentdoc.com/medical-school-interview.html>
- Continue to participate in extracurricular activities. Your interviewers will ask about your level of involvement in these activities.
- Maintain your grades during your senior year! If your applications are not successful and you reapply for admission following graduation, these grades will be important. You may also want to retake the MCAT if you have sufficient time to study and believe you can improve your scores.

Spring Semester

- Once accepted to med school, fill out financial aid (FAFSA) forms immediately to secure funding for the start of medical school in the late summer/fall.
- If wait-listed, confirm your interest and continue to check back with admissions offices.
- Accept an offer by May 15; notify any other schools that you will not attend.
- Notify the people who wrote letters of recommendation for you; send them formal thank you letters, not text messages or emails.
- Notify your advisor, the career placement office, and the alumni office of your success; provide a forwarding address as soon as possible.
- Graduate and celebrate your accomplishments! Stay in touch! Let us know how you're doing.