



Pre Med Milestone-Template:

Though this is a traditional template please remember everyone's journey is different and can vary from student to student!

What do Medical Schools Care About?

Academic Success- Medical Schools will gauge your success in your pre-med courses by looking at your overall **and science GPA** as well as your **GPA trends**. The goal here is to prove to medical schools that you can handle the constant academic rigor of medical school.

Volunteering – Medical schools want to see your commitment to serving others as becoming a doctor requires an attitude of sacrificial servitude for the betterment of others. Ideal volunteering experiences would be medically related such as volunteering at a clinic or hospital, but it does not always have to be medical! Any volunteering experience that is geared towards improving others' lives is key as a pre-med student. A good rule of thumb is to **aim for 10-15 hours a month** of volunteering experience.

Clinical Experience – This can coincide with a volunteering experience, however this is more focused on **direct patient care interactions**. Usually this can include things such as scribing, being a medical assistant, or medical missions trips with certain organizations. Medical schools look for this to ensure that you have a good idea about what medicine is all about and to confirm continued commitment to the field.

Research – Research is becoming more and more important to medical school admission committees as it enhances **critical thinking skills**, and it shows interest in advancing the field of medicine through the scientific method. However, many students have gained access to medical school without research experience. If doing research, try to shoot for **one or two publications or poster presentations** at conferences.

Shadowing—Shadowing a physician is one of the best ways to gain meaningful exposure to the medical field. It is also a great way to discover more about a particular field of medicine you may be interested in and to build relationships with physicians who may be able to write you a letter of recommendation. Shoot for **100 hours or more** of shadowing ideally

Extracurricular Activities – These activities can be tailored to individual interests and do not necessarily need to be medically related. The most important thing about extracurricular activities is to show **leadership qualities**. Try to hold leadership positions that demonstrate leadership and responsibility to impress the admissions committees.

My Path to Medical School Traditional Checklist (Years 1-4 College)



Year 1	Academics:	
	One year Biology with lab	
	One year General chemistry with lab	
	One semester of English	
	Other lower division major requirements	
	Maintain competitive GPA (ideally 3.5 or higher)	
	Extracurriculars:	
	Explore pre-med societies and clubs, consider joining one. Get on email lists.	
	Explore various specialties of medicine	
	Begin healthcare related volunteer program, job, or internship (50+ hours)	
	Application:	
	Visit school pre-med advisor, review coursework, create gameplan	
	Investigate personal and academic goals. Investigate if medicine is right for you.	
	Build relationship with professors who can serve as mentors and provide research opportunities and letters of recommendation	
Summer	Research medical programs	
	Volunteer and complete substantial hours in community service (50+ hours)	
	Start looking into research and leadership opportunities	
	Attending pre-med conference or summer enrichment programs	
	Take summer courses if required	
Year 2	Academics:	
	One year of organic chemistry	
	One semester of psychology or sociology	
	One semester of English	
	One year of Math including Biostats and Calculus	
	Other lower division major requirements	
	Maintain competitive GPA (ideally 3.5 or higher)	
	Extracurriculars:	
	If you had positive experience continue 1 st year activities	
	Seek leadership positions in clubs and activities	
	Begin research and try for 1 or 2 publications or poster presentations	
	Continue volunteering (50+ hours)	
	Application:	
	Check in with pre-med advisor	
Add pre-health meetings to calendar		
Research medical school programs of interest and requirements		
Continue seeking relationship with professors for letters of recommendation		

Summer	Begin shadowing doctor (Try for 75+ hours total)	
	Continue medically related volunteering, job, or internship (50+ hours)	
	Continue research	
	Look at process of applying to and taking MCAT	
	Check for Fee assistance Program eligibility with AAMC	
Year 3	Academics:	
	One year of Physics with lab	
	One semester of biochemistry	
	One humanities course (examples: philosophy, religion, cultural studies, etc)	
	One Anatomy/ physiology course	
	Upper division coursework	
	Maintain competitive GPA	
	Extracurriculars:	
	Continue research	
	Continue volunteering (50+ hours)	
	Continue shadowing	
	Continue leadership and involvement in clubs	
	Application:	
	Meet with pre-med advisor to discuss possibilities of gap year and pre-med progress	
	Apply for AAMC Fee Assistance Program if Eligible	
	Register for MCAT in fall of 3 rd year (if not taking gap year)	
	Begin studying and taking prep courses	
	Take MCAT no later than mid-May (if not taking gap year)	
Begin drafting personal statement		
Begin collecting letters of recommendation		
Finalize list of schools you want to apply to		
AMCAS application opens beginning of May		
Summer	Submit AMCAS and AACOMAS applications ideally no later than end of June	
	Complete secondary applications as received	
	Continue volunteering work, research, and meaningful clinical experience	
	Follow up on letters of recommendation to make sure they are submitted	
	Complete at least 3 mock interviews for preparation	
Year 4	Academics:	
	One semester of genetics	
	One semester of foreign language	
	One population health/epidemiology course	
	Upper division coursework	



	Extracurriculars:	
	Continue volunteer work, research, and meaningful experiences	
	Continue Leadership Activities	
	Application:	
	Budget and prepare for interviews	
	Complete remaining secondary applications	
	Review acceptances and make decisions on which schools interest you	
	Complete FAFSA and review financial aid with schools that you've been accepted to	
	Notify schools not accepted to that you will not attend	
Summer	Purchase books and equipment for med school, make living arrangements	
	Attend orientation programs and matriculate	
	Apply for scholarships for school	
Med School	Continue research for residency	
	Join clubs and continue exploring specialties	
	Network with physicians and mentors	
	Prepare for Step 1	