

Hey, Future Docs!

Getting into Medical School can seem like a rather daunting task at times. Let this sheet guide you in your application process, and it might make things just a little bit easier! While some applicants prefer to take a year off between graduating college and entering medical school, the details outlined below will be key to entering a few short months after graduation. Get ready and work hard, that white coat is calling your name ☺

Freshman Year:

- Focus on maintaining a high GPA
- Get involved on campus
- Start thinking about shadowing

Summer before Sophomore:

- Shadow a few doctors
- Possibly get involved with some volunteer work
- Keep log of dates/hours of volunteer work & shadowing

Sophomore Year:

- Focus on maintaining a high GPA
- Leadership, Leadership, Leadership
- Start faculty advised or independent research if interested
- Start thinking about letters of recommendation

Summer before Junior:

- Continue shadowing
- Volunteer work
- MCAT prep course options

Junior Year:

- GPA, GPA, GPA
- Take an MCAT prep course or prep on your own
- Ask for letters of recommendation
- STUDY and CRUSH the MCAT!
- Compile list of 25-30 potential medical schools
- Begin medical school application

Summer before Senior:

- Submit medical school application JUNE 1st
- Prepare for those secondary applications
- RELAX, you're almost there!

Senior Year:

- Possible medical school interviews
- Maintain high GPA and involvement
- Send letters to potential schools with updates

