

Planning for Success: A Pre-Med Timeline

Although there are several approaches to preparing for medical school, your goal should be to demonstrate your full potential through academic success and activities.

To be a competitive medical school candidate, you need to structure a plan that reflects what medical schools are seeking in an applicant.

Medical schools look for:

- *High scholastic achievement which demonstrates mastery of your major and required premedical prerequisite coursework.*
- *Exposure to the medical field, which reflects that you have a clear understanding of the role of a physician.*
- *Evidence of community service, research, leadership skills, excellent time-management skills, and the ability to prioritize.*
- *Competitive MCAT scores.*
- *Commitment to excellence, cultural awareness, compassion, integrity, honesty and a respect for others.*

Freshman Year:

Consult with your premedical advisor. You should begin your premedical career by planning your curriculum and activities accordingly. Choosing a major should be a personal choice but must include the basic science prerequisites for medical schools. Medical schools are *not* looking for a particular major!

- ❖ Consult with your premedical advisor
- ❖ Sign up for a Pre-Med Peer Mentor.
- ❖ Join clubs (AMSA, Phi Delta Epsilon).
- ❖ Develop good study habits.
- ❖ Begin your patient care volunteer work.
- ❖ Investigate summer and research opportunities.

Sophomore Year:

Consult with your premedical advisor. Continue with the basic science coursework.

- ❖ Consider a leadership role in an organization/club.
- ❖ Begin working in research (particularly for those interested in a MD/PhD program).
- ❖ Continue participating in extracurricular activities.
- ❖ Continue patient care volunteer work.
- ❖ Apply to become a Pre-Med Peer Mentor (Spring).

Junior Year:

Consult with your premedical advisor. Select upper-division coursework accordingly.

- ❖ Prepare to take the MCAT (Register Early!!)
- ❖ Request for letter from Letter Committee (Fall semester).
- ❖ Request Letters of Recommendation from a physician to be sent to USD Letter Committee.
- ❖ Attend workshops on how to write a strong AMCAS essay.
- ❖ Make an appointment with Career Services or Carol Moffett to conduct a Mock interview.
- ❖ File your AMCAS application June 1st

Senior Year

Consult with your premedical advisor. Select upper-division coursework accordingly.

- ❖ Complete and return secondary applications in a timely manner.
- ❖ Prepare to go on interviews.
- ❖ Review interview questions.
- ❖ Be a leader and mentor.
- ❖ Have an alternate plan in place in the event that you are not accepted into medical school.