Are you ready to apply to medical school?

* Personal statement
  + This takes time, sometimes multiple versions
  + Get someone you trust to review for both content and grammar; you don’t want too many reviews
  + Come up with a theme; this isn’t a resume, don’t feel like you have to share everything here; what is it that you want med schools to know about why you are choosing this profession?
  + Don’t spend too much of the essay talking about yourself and personal experiences; focus on experiences you have had with/helping others
  + Why medicine? Why medicine now?
* Letters of recommendation
  + Do you have at least 3 strong, supportive letters of recommendation?
  + All G2 students will receive a “program” letter from Dr. Hahn
  + Other options: committee letter/packet from undergrad, professor from undergrad, doctor you shadowed, supervisor, mentor
  + Reach out EARLY
* List of schools (use MSAR, make a spreadsheet)
  + MD vs DO
  + Specific geographic regions
  + State schools vs private schools
  + GPA and MCAT requirements/ranges
* Work & Activities list
  + Up to 15, identify 3 most meaningful
  + Why are these meaningful/impactful? Recount a specific experience or story along with the role, what you accomplished/learned, etc.
* MCAT
  + Take when you are truly ready and are happy with your practice scores
  + Try not to take later than May/June if applying that cycle (takes a month for scores to be in, you want to apply early!)
* Clinical experience
  + Hands-on patient care
  + Examples: scribing, medical assistant or tech
  + Shadowing
* Volunteer experience
  + Both clinical (hospital volunteer, etc.) and non-clinical (food bank, homeless shelter, etc.)
* Research Experience
  + Not necessary but always good, especially if you have a lot of interest!
  + If you do have it, regardless of discipline, highlight it!
* AMCAS or AACOMAS application/timeline
  + January-April
    - Connect with your pre-health advising office/committee
    - Request and obtain recommendation letters
    - Take MCAT if not already
    - Consult MSAR and begin to make your school list
    - Brainstorm, outline, and write your personal statement, work & activities section
  + May
    - Submit AACOMAS and TMDSAS, complete AMCAS demographic and academic sections
    - Release MCAT scores to application systems
    - Remind recommendation letter writers
    - Finalize personal statement and work & activities section
    - Order official transcripts
    - Register for the CASPer test (and other situation judgement tests as needed)
    - Begin to pre-write secondary essays
    - Finalize school list
  + June
    - Submit AMCAS
    - Ensure recommendation letters and transcripts have been received
    - Continue pre-writing secondary essays
  + July
    - Submit secondary applications immediately (without sacrificing quality)
    - Begin to prepare for interviews
  + September-May/April
    - Continue preparing for interviews/complete interviews
    - Send letters of interest with updates if applicable (before interviews)
    - Send letters of intent after completing interviews/placed on waitlist if applicable
  + October-May
    - Review admission and financial aid offers
    - Negotiate financial aid offers, if applicable
    - Attend second look and admit weekend activities
    - Select a program to attend!