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!