YOU WANT TO BE A DOCTOR?
You Need to Have a Plan

Freshman Year
• Bookmark the Pre-Health Web Page.
• Be aware of your prerequisite courses.
• Get started in Math and Chemistry.
• Get connected to your network (one day they will write about you). You need to get to know your faculty (use their office hours), your academic advisor, and your pre-health advisor.
• Learn to write (one day you will write about yourself). Practice, keep a journal of your accomplishments and of what inspires you, take writing courses, attend seminars or workshops.
• Pick extracurricular activities (not too many), organizations (like AED), volunteer opportunities.
• Pace yourself for success. You need to balance your schedule so that you are able maintain a high grade point average.
• Think about summer, perhaps a job in a research lab, a hospital or a clinic.
• Meet with your Pre-Health advisor three times during the year.
• Attend the Freshman Meeting in the Fall and the Freshman Seminar in February

Sophomore Year
• Tackle organic chemistry.
• Attend the Sophomore Seminar in the fall
• Finish your science prerequisites.
• Diversify your coursework; add courses that interest you. Develop a Major that will serve you if you do not attend Medical/Dental/Optometry School.
• Learn to speak in front of a group, debate, and interview.
• Attend the Sophomore Meeting in the Spring term
• Attend Sophomore Assessment Interviews in the spring.
• Keep up the GPA.
• Think about summer. Consider research; volunteer hours, clinical experience.
• Consider studying for the MCAT, DAT, OAT, in the summer.
• Meet with your pre-health advisor at least three times during the year.

Junior Year
• Attend the Applicant’s Meeting in November.
• Complete the Pre-Health Application form on the web page. Meet with your advisor.
• Concentrate on the hours you need in your Major (and your Minor).
• Start writing your personal statement early. (December)
• Take MCAT practice tests. (You should complete all your prerequisites before you take the MCAT.)
• Take an MCAT, or DAT prep course if you need the structure.
• Take MCAT, DAT, OAT before summer.
• Get an application (AMCAS, AACOMAS, AADSAS, OPTOMCAS) in the spring. Send it in JUNE. Don’t be late.
• Request evaluation letters; have them in before the end of MAY.
• Interview with your pre-health advisor for your composite letter in late spring or early summer.

Senior Year
• Enjoy your senior year.
• Prepare for interviews.
• Complete any coursework you need, continue volunteer and clinical experience.
• Keep in touch with your pre-health advisor.