A Framework for Success: Tips for Medical School Preparation

**Freshman Year**
- Establish yourself academically to create a baseline for success
- 12-15 credit hours - no more
- Take basic science courses in biology and chemistry regardless of major
- Take psychology, sociology electives
- Get involved with pre-health groups, pre-health advising
- Get started with community service, volunteering, and shadowing
- Join Pre-Med 1st STEP and gain a mentor

**Summer Transition into Sophomore Year**
- Participate in a summer academic program
- Research
- Get a big buddy (professional health student mentor)
- Continue shadowing and gain exposure to VARIOUS health fields (Medicine, Dentistry, Physician Assistant, Pharmacy, Physical Therapy, Occupational Therapy, etc.)

**Sophomore Year**
- Maintain and improve academically
- 15-18 credit hours
- Research admissions requirements for programs of interest
- Plan out MCAT, DAT, PCAT, GRE prep and start reviewing
- Meet with pre-health advisors and directors to discuss plans

**Summer Transition into Junior Year**
- Research
- Participate in a summer academic Program

**Junior Year**
- Maintain and improve academically (lighter load 14-16 credit hours)
- Continue and dig deeper into test prep (MCAT, DAT, PCAT, or GRE)
- Start to identify recommendation letter writers (2nd semester)
- Plan to take test (2nd semester → April time frame)
- Personal statement (2nd semester)
- Open application and complete
Summer Transition into Senior Year

- Research
- Participate in a summer academic program

Senior Year

- Maintain academics
- Remainder credit hours
- Complete secondaries
- Letters of recommendation
- Mock interview
- Choose school to attend
- Regroup and address weaknesses
- Enjoy summer or spend time addressing holes/weaknesses in your application