Each person's journey and experience are different, but this guide can help you prepare for the medical school application and admission process. Talk with your prehealth advisor to create a plan that works best for you.

**Prehealth Advisor Activities**
A prehealth advisor can help you navigate the journey of becoming a competitive applicant and then applying to medical school.
If your school doesn’t have a prehealth advisor, connect with one here: naahp.org/student-resources/find-an-advisor.

- Make an appointment with a prehealth advisor to:
  - Introduce yourself.
  - Finalize your fall classes.
  - Discuss how to sequence your classes moving forward.

**Campus Activities**
- Learn about campus resources and organizations for prehealth students.
- Attend prehealth meetings and subscribe to email and social media updates.
- Develop relationships with faculty, advisors, and mentors on campus. This will be helpful for finding volunteer, shadow, and research opportunities and for your letters of evaluation.

**Work and Activity Experiences**
- Visit the career services office on campus to learn about health care-related internships or employment opportunities.
- Look for medically related work or volunteer experiences for during the school year and summer.
- Search for opportunities to shadow a doctor or other health care professional.
- If interested, identify potential research opportunities.
- Keep a journal about your experiences to refer to later for essays and interviews.
- Consider participating in summer enrichment or research programs.

**AAMC Resources**
- Explore the AAMC’s Aspiring Docs program (aamc.org/aspiringdocs).
- Apply to summer enrichment programs (services.aamc.org/summerprograms) or research programs (aamc.org/members/great/61052/great_summerlinks.html).
- Follow @AAMCPreMed on Facebook and Twitter.
- Subscribe to the AAMC’s Premed Navigator newsletter (students-residents.aamc.org/navigator).

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**FOUR OR MORE YEARS BEFORE YOU PLAN TO ATTEND MEDICAL SCHOOL**

**Prehealth Advisor Activities**
Check in with your prehealth advising office; attend prehealth meetings, and make sure you’re receiving information and updates.

**Campus Activities**
Continue to develop relationships with faculty, advisors, and mentors.

**Work and Activity Experiences**
- Pursue or continue meaningful medically related activities, including volunteer roles, paid work, research positions, and/or leadership opportunities in health organizations.
- Consider returning to your previous summer position or applying for a new summer volunteer, paid, or research position in a health care-related environment.

**AAMC Resources**
- Apply for summer research, internship, or enrichment programs, such as the Summer Health Professions Education Program (shpep.org).
- Begin to learn about:
  - The medical school application process (aamc.org/students/applying).
  - Medical College Admission Test® (MCAT®) (aamc.org/mcat).
  - Fee Assistance Program (aamc.org/fap).

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**THREE YEARS BEFORE YOU PLAN TO ATTEND MEDICAL SCHOOL**

**Prehealth Advisor Activities**
Check in with your prehealth advising office; attend prehealth meetings, and make sure you’re receiving information and updates.

**Campus Activities**
Continue to develop relationships with faculty, advisors, and mentors.

**Work and Activity Experiences**
- Pursue or continue meaningful medically related activities, including volunteer roles, paid work, research positions, and/or leadership opportunities in health organizations.
- Consider returning to your previous summer position or applying for a new summer volunteer, paid, or research position in a health care-related environment.

**AAMC Resources**
- Apply for summer research, internship, or enrichment programs, such as the Summer Health Professions Education Program (shpep.org).
- Begin to learn about:
  - The medical school application process (aamc.org/students/applying).
  - Medical College Admission Test® (MCAT®) (aamc.org/mcat).
  - Fee Assistance Program (aamc.org/fap).

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**TWO YEARS BEFORE YOU PLAN TO ATTEND MEDICAL SCHOOL**

**Prehealth Advisor Activities**
Meet with your prehealth advisor to:
- Strategize about your application timeline; determine if you’ll apply to enroll immediately following graduation or after one or more gap years.
- If you are considering a gap year (students-residents.aamc.org/gap-year), investigate a meaningful paid or volunteer medically related experience to complete during that time.

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Continued »
Timeline for Application and Admission to Medical School

**TWO YEARS BEFORE YOU PLAN TO ATTEND MEDICAL SCHOOL**

- Discuss your schedule for completing remaining premedical coursework and other school-specific degree requirements.
- Consider when it's best for you to take the MCAT exam; visit the MCAT website to find test dates and locations ([aamc.org/mcat](http://aamc.org/mcat)).
- Discuss letters of evaluation, and learn about your university's procedures for committee letters.
- Review the list of medical schools you're interested in; you can use the “Favorites” feature in the MSAR tool ([aamc.org/msar](http://aamc.org/msar)) to email your list of favorite schools to your advisor.

**Campus Activities**
- Identify, pursue, or continue leadership opportunities within the prehealth organizations on your campus.
- Think about which faculty, advisors, and mentors you’ll approach to write letters of evaluation for your applications.

**Work and Activity Experiences**
- Continue participating in meaningful clinical experiences, other medically related activities, volunteer work, research, and/or leadership roles on campus; if possible, take on a more substantial role.
- Continue to research medical schools you labeled as favorites in MSAR. If available, apply to their premed pipeline programs.

**Application Activities**
- When you’re prepared and ready, register for and take the MCAT exam.
- If needed, decide when to register to retake the exam.

**AAMC and Other Resources**
- Research medical school curricula and joint, dual, and combined-degree programs using MSAR ([aamc.org/msar](http://aamc.org/msar)).
- Get information on groups underrepresented in medicine: Minorities in Medicine ([aamc.org/students/minorities](http://aamc.org/students/minorities)).
- Sign up for and attend campus visit days for local medical schools of interest.
- Learn more about the centralized medical school application services:
  - [American Medical College Application Service](http://aamc.org/amcas).
  - [Texas Medical and Dental Schools Application Service](http://utsystem.edu).

**ONE YEAR BEFORE YOU PLAN TO ATTEND MEDICAL SCHOOL**

**Prehealth Advisor Activities**
Meet regularly with your prehealth advisor to discuss:
- Letters of evaluation and committee letters (if available).
- Your education options, such as a post baccalaureate premedical program ([apps.aamc.org/postbac](http://apps.aamc.org/postbac)) or gap year.
- The status of your applications and the admission process for schools to which you’ve applied.

**Campus Activities**
Ask instructors, mentors, and advisors to write letters of evaluation for you.

**Work and Activity Experiences**
Seek new meaningful clinical experiences, other medically related activities, volunteer work, and research and/or leadership experiences.

**Application Activities**
- Complete the AMCAS application.
- Complete and submit secondary applications.

**AAMC Resources**
- Become familiar with Application and Acceptance Protocols for:
  - Admission officers ([students-residents.aamc.org/admission-off](http://students-residents.aamc.org/admission-off)).
  - Applicants ([students-residents.aamc.org/applicants](http://students-residents.aamc.org/applicants)).
- Prepare for interviews and campus visits.

**GAP YEAR(S)**

- Seek meaningful employment, education, and/or experience, if possible, in a medically related environment.
- Pay down credit card and/or undergraduate debt as much as possible. Review the AAMC’s financial resources and information ([students-residents.aamc.org/financial-aid](http://students-residents.aamc.org/financial-aid)).
- Continue to meet regularly or keep in touch with your prehealth advisor throughout the process.

**AFTER YOU’RE ACCEPTED TO MEDICAL SCHOOL**

- Receive program acceptances.
- Make interim and final decisions about medical school choice.
- Notify medical schools on or before the deadline given that you will not be attending.
- Ensure all IRS and financial aid forms are completed and submitted as early as possible.
- Purchase books and equipment, and make appropriate living arrangements.
- Attend orientation programs and matriculate into medical school!