## Timeline for Application/Admission to Medical School

Use this general guide to help prepare for the medical school application and admission process. Be sure to talk to your pre-health advisor to create a schedule that works best for you.

### COLLEGE YEAR 1

- Talk with an academic advisor about selecting fall semester courses.
- Make an appointment with a pre-health advisor to introduce yourself, discuss the best way to sequence your classes and get acquainted with campus resources for pre-health students.
- Attend pre-health meetings on campus and make sure you are on email lists to get relevant updates and information.
- Seek opportunities to volunteer, shadow a doctor, and, if interested, identify research opportunities on your campus.
- Develop relationships with faculty, advisors, and mentors on your campus.
- Explore "The Basics" from the AAMC’s Aspiring Docs program ([www.aamc.org/students/aspiring/basics/](http://www.aamc.org/students/aspiring/basics/)).
- Identify summer volunteer, paid, research and leadership opportunities related to medicine.
- Apply to summer enrichment programs ([http://services.aamc.org/summerprograms](http://services.aamc.org/summerprograms)) or research programs ([www.aamc.org/members/great/61052/great_summerlinks.html](http://www.aamc.org/members/great/61052/great_summerlinks.html)).
- Complete first year premedical coursework and other school-specific degree requirements.
- Follow @AAMCPreMed on Facebook and Twitter.

### SUMMER FOLLOWING COLLEGE YEAR 1

- Work or volunteer in a medical field; consider internships, research and leadership opportunities on campus. Keep a journal about your experiences to use later for essays and interviews.
- Consider participating in summer enrichment or research programs.
- Take summer courses through a university if desired or necessary.

### COLLEGE YEAR 2

- Check-in with your pre-health advising office; attend all pre-health meetings, and make sure you’re still on email lists to receive information and updates.
- Pursue meaningful clinical experience, medically-related activities, volunteer work, research and/or leadership roles.
- Continue to develop relationships with faculty, advisors, and mentors on your campus.
- Apply for summer research, internship, or enrichment programs such as the Summer Medical and Dental Education Program ([www.smdep.org](http://www.smdep.org)).
- Consider returning to your previous summer position, or apply for a new summer volunteer, paid or research position related to medicine.
- Complete second year premedical coursework and other school-specific degree requirements.

### SUMMER FOLLOWING COLLEGE YEAR 2

- Work or volunteer in the medical field; consider internships, research opportunities and leadership positions on campus or in your local community.
- Participate in summer enrichment, research, or internship programs.
- Take summer courses through a university if desired or necessary.
- Investigate:
  - The medical school application process ([www.aamc.org/students/applying/](http://www.aamc.org/students/applying/)).
  - Medical College Admission Test (MCAT®) ([www.aamc.org/mcat](http://www.aamc.org/mcat)).
  - Fee Assistance Program (FAP) ([www.aamc.org/fap](http://www.aamc.org/fap)).

### COLLEGE YEAR 3

- By this time, you should have a well-established relationship with a pre-health advisor and should be actively participating in pre-health activities.
- Identify and pursue leadership opportunities within the pre-health organizations on your campus.
- Consider which faculty, advisors and mentors on your campus, with whom you’ve developed relationships, you’ll approach to write letters of recommendation for your applications.
- Continue your participation in meaningful clinical experiences, other medically related activities, volunteer work, research and/or leadership roles on campus; if possible, consider taking on a more substantial role.
- Investigate:
  - Medical schools in the U.S. and Canada ([https://services.aamc.org/30/msar/home](https://services.aamc.org/30/msar/home)).
  - Minorities in Medicine to get information on groups underrepresented in medicine. ([www.aamc.org/students/minorities](http://www.aamc.org/students/minorities)).
- Meet with your pre-health advisor to:
  - Strategize about your application timeline, whether it be for immediately following graduation or after one or more gap years.
  - Discuss your schedule for completing remaining premedical coursework and other school-specific degree requirements.

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<td>o Identify the best time for you to take the MCAT® exam; visit the MCAT website to find the best options for test dates and locations (<a href="http://www.aamc.org/mcat">www.aamc.org/mcat</a>).&lt;br&gt;o Discuss letters of recommendation and committee premedical evaluation (if available).&lt;br&gt;o Review your medical education options.&lt;br&gt;o If you’re prepared and ready, register for and take the MCAT exam in spring.&lt;br&gt;o If you are considering a gap year, investigate a meaningful paid or volunteer medically-related experience to complete during that time.&lt;br&gt;o Familiarize yourself with medical school application services:&lt;br&gt;  o American Medical College Application Service (AMCAS®) (<a href="http://www.aamc.org/students/applying/amcas">www.aamc.org/students/applying/amcas</a>).&lt;br&gt;  o Texas Medical and Dental Schools Application Service (TMDSAS) (<a href="http://www.utsystem.edu">www.utsystem.edu</a>).&lt;br&gt;o Research medical school curricula and joint, dual, and combined-degree programs.&lt;br&gt;o Complete third year premedical coursework and other school-specific degree requirements.</td>
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<th>SUMMER FOLLOWING COLLEGE YEAR 3</th>
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<td>o Continue your involvement with meaningful paid, volunteer, internship, medically related, research and leadership experiences.&lt;br&gt;o If applying to begin medical school following your senior year:&lt;br&gt;  o Complete AMCAS application.&lt;br&gt;  o Work on secondary applications.&lt;br&gt;  o Ask instructors, mentors, and advisors to write letters of recommendation for you.&lt;br&gt;o When you’re prepared and ready, if you haven’t taken the MCAT exam yet, or if you want to take the exam again, sign up to take the MCAT exam.</td>
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<td>o You should be regularly consulting with your pre-health advisor to:&lt;br&gt;  o Discuss letters of recommendation and committee premedical evaluation (if available).&lt;br&gt;  o Review your medical education options, such as a post baccalaureate premedical program (<a href="http://services.aamc.org/postbac">http://services.aamc.org/postbac</a>).&lt;br&gt;  o Discuss the status of your applications and the admission process for schools to which you’ve applied.&lt;br&gt;  o Continue with your meaningful clinical experiences, other medically related activities, volunteer work, research and/or leadership experiences.&lt;br&gt;  o When you’re prepared and ready, if you have not previously taken the MCAT exam or want to retake the exam, sign up to take the MCAT exam in the spring.&lt;br&gt;o Become familiar with Application and Acceptance Protocols – Admission Officers (<a href="http://www.aamc.org/students/applying/recommendations/384842/trafficrulesforadmissionofficers-2015amcas.html">www.aamc.org/students/applying/recommendations/384842/trafficrulesforadmissionofficers-2015amcas.html</a>).&lt;br&gt;o Become familiar with Application and Acceptance Protocols – Applicants (<a href="http://www.aamc.org/students/applying/recommendations/380672/trafficrulesforapplicants-2015amcas.html">www.aamc.org/students/applying/recommendations/380672/trafficrulesforapplicants-2015amcas.html</a>).&lt;br&gt;o If applying for enrollment immediately following senior year:&lt;br&gt;  o Complete supplementary application materials for schools to which you’ve applied.&lt;br&gt;  o Prepare for your interviews and campus visits at medical schools.&lt;br&gt;  o Receive acceptances!&lt;br&gt;  o Make interim and final decisions about your medical school choice.&lt;br&gt;  o Notify medical schools that you will not be attending on or before the deadline given.&lt;br&gt;  o Ensure that all IRS and financial aid forms are completed and submitted as early as possible.&lt;br&gt;  o Complete degree requirements and graduate.</td>
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<td>o If enrolling immediately following senior year:&lt;br&gt;  o Purchase books and equipment and make appropriate living arrangements.&lt;br&gt;  o Attend orientation programs and matriculate into medical school.&lt;br&gt;o If applying for enrollment following a gap year(s):&lt;br&gt;  o Complete AMCAS application.&lt;br&gt;  o Work on secondary applications.&lt;br&gt;  o Ask instructors, mentors, and advisors to write letters of recommendation for you.</td>
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<td>o Seek meaningful employment, education and/or experience.&lt;br&gt;o Pay down credit card and/or undergraduate debt as much as possible.&lt;br&gt;o Continue to consult regularly with your pre-health advisor throughout the process.&lt;br&gt;o Complete supplementary application materials for schools to which you’ve applied.&lt;br&gt;o Interview and take campus tours at medical schools.&lt;br&gt;o Become familiar with Application and Acceptance Protocols – Admission Officers (<a href="http://www.aamc.org/students/applying/recommendations/384842/trafficrulesforadmissionofficers-2015amcas.html">www.aamc.org/students/applying/recommendations/384842/trafficrulesforadmissionofficers-2015amcas.html</a>).&lt;br&gt;o Become familiar with Application and Acceptance Protocols – Applicants (<a href="http://www.aamc.org/students/applying/recommendations/380672/trafficrulesforapplicants-2015amcas.html">www.aamc.org/students/applying/recommendations/380672/trafficrulesforapplicants-2015amcas.html</a>).</td>
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