

<b>Timing</b>		<b>Activity</b>	✓
<b>High School</b>	Freshman Year	<ul style="list-style-type: none"> <li>• Participate in school orientation to learn about activities, honors organizations and clubs</li> <li>• Take challenging courses, with an emphasis on the sciences</li> <li>• Get information about what courses are needed to be eligible for college</li> </ul>	
	Sophomore Year	<ul style="list-style-type: none"> <li>• Take higher level math, science and English classes</li> <li>• Take part in enrichment programs or summer workshops</li> <li>• Check in with counselor about the PSAT test, which is required for national scholarships</li> <li>• Start thinking about taking the <a href="#">SAT</a> or <a href="#">ACT</a> in relation to what is required by certain colleges</li> </ul>	
	Junior Year	<ul style="list-style-type: none"> <li>• Check into college prep classes</li> <li>• Continue taking higher level math, science and English classes</li> <li>• Prepare for the <a href="#">SAT</a> or <a href="#">ACT</a> by using review books or study workshops</li> <li>• Attend college informational programs</li> </ul>	
	Senior Year	<ul style="list-style-type: none"> <li>• Take advanced courses in math, science and English</li> <li>• Review class schedule with counselor as well as college preparatory requirements</li> <li>• Early September: Register for SAT/ACT</li> <li>• Begin touring college campuses</li> <li>• Fall: Finish college applications</li> <li>• By January: File <a href="#">FAFSA</a> and apply for scholarships</li> <li>• Spring: Review financial aid packages, college acceptance letters and make a decision</li> </ul>	
<b>College</b>	Freshman Year	<ul style="list-style-type: none"> <li>• Meet pre-health advisor and check out requirements of pre-health advisory program</li> <li>• Successfully complete coursework, including degree requirements and any premedical prerequisites</li> </ul>	
	Sophomore Year	<ul style="list-style-type: none"> <li>• Check in with pre-health advisor and participate in pre-health activities</li> <li>• Investigate available volunteer/paid medically related clinical or research activities and set one up for summer</li> <li>• Successfully complete required premedical coursework and other degree requirements</li> <li>• Ensure that pre-health advisor receives course directors' evaluations</li> </ul>	

<p>Junior Year: Fall Semester</p>	<ul style="list-style-type: none"> <li>• Check in with pre-health advisor and participate in pre-health activities</li> <li>• Continue participation in paid/volunteer medically related activities</li> <li>• Investigate: <ul style="list-style-type: none"> <li>○ <a href="#">Medical schools in the U.S. and Canada</a></li> <li>○ <a href="#">Medical College Admission Test (MCAT)</a></li> <li>○ <a href="#">AAMC Fee Assistance Program</a></li> <li>○ <a href="#">Minorities in Medicine</a> to get information for groups underrepresented in medicine</li> </ul> </li> <li>• Begin preparation and register for desired MCAT exam; visit <a href="#">MCAT</a> Web site for available test dates</li> <li>• Successfully complete required premedical coursework and other degree requirements</li> <li>• Ensure that pre-health advisor receives course directors' evaluations</li> </ul>	
<p>Junior Year: Fall Semester</p>	<ul style="list-style-type: none"> <li>• Consult regularly with pre-health advisor regarding: <ul style="list-style-type: none"> <li>○ Schedule for completion of school-specific requirements for advisor/committee premedical evaluation, including letters of reference, personal statement and transcripts</li> <li>○ Continue participation in paid/volunteer medically-related activities</li> <li>○ Prepare for and take desired MCAT exam; visit MCAT Web site</li> <li>○ Take spring MCAT</li> </ul> </li> <li>• Investigate information about medical school application services: <ul style="list-style-type: none"> <li>○ <a href="#">AMCAS</a></li> <li>○ <a href="#">Texas Medical and Dental Schools Application Service (TMDSAS)</a></li> <li>○ <a href="#">Ontario Medical School Application Service (OMSAS)</a></li> <li>○ <a href="#">American Association of Colleges of Osteopathic Medicine (AACOM)</a></li> <li>○ <a href="#">American Association of Colleges of Osteopathic Medicine Application Service (AACOMAS)</a></li> </ul> </li> <li>• Investigate, as applicable, the AAMC <a href="#">Curriculum Directory</a> for information about medical school curricula and joint, dual and combined-degree programs</li> <li>• Successfully complete required premedical coursework and other degree requirements</li> </ul>	

Summer Before Senior Year	<ul style="list-style-type: none"> <li>• Participate in a summer health careers program, if available</li> <li>• Complete AMCAS application</li> <li>• Take desired MCAT exam, if needed</li> <li>• Finish personal statement</li> </ul>	
Senior Year: Fall Semester	<ul style="list-style-type: none"> <li>• Complete supplementary application materials for schools to which you've applied</li> <li>• Consult regularly with pre-health advisor regarding: <ul style="list-style-type: none"> <li>○ Completion of school-specific requirements for advisor/committee premedical evaluation</li> <li>○ Status of application/admission process for schools to which you've applied</li> </ul> </li> <li>• Continue participation in paid/volunteer medically related activities</li> <li>• Interview at medical schools</li> <li>• Successfully finish academic coursework</li> </ul>	
Senior Year: Spring Semester	<ul style="list-style-type: none"> <li>• Make interim and final decisions about medical school choice</li> <li>• Immediately notify medical schools that you will not be attending</li> <li>• Ensure that all IRS forms are submitted as early as possible</li> <li>• Successfully complete elective science and non-science coursework and other degree requirements</li> <li>• Graduate</li> </ul>	
Summer before Medical School	<ul style="list-style-type: none"> <li>• Prepare for medical school enrollment: purchase books and equipment and make appropriate living arrangements</li> <li>• Relax and prepare for medical school</li> <li>• Attend orientation programs and matriculate in medical school</li> </ul>	