

Medical School Preparation Guidelines

Each path to medical school is different. This guide is to help you navigate your own path.

Every Semester you should plan to:

1. Successfully complete pre-professional coursework
2. Maintain excellent grades (3.5 and above to be competitive). Math and science coursework is especially critical
3. Keep your legal and student behavior records clean! These records can impact both admissions and professional licensure
4. Explore and participate in meaningful activities and experience
5. Get to know your faculty and instructors and meet with a Pre-Health Advisor

Freshman Year – Year 1

School Year

- Focus on your academics and successful transition to college
- Start a resume - track activities and experiences; journal observations
- Be active, go to fairs and events and join the Pre-Medical Society student organization
- Explore service opportunities in the Fall and participate in the Spring
- Explore majors based on interests; all majors are equal to medical school admissions
- Explore healthcare employment and/ or research opportunities for summer (Spring)
- Register for PHLC 200 for your sophomore year (Spring)

TIP: Volunteer in your Freshman year – start with medically-related opportunities!

Summer

If listed, choose what works for you

- Participate in medically-related volunteering
- Seek healthcare employment if possible
- Participate in a Summer program exploring the medical profession
- Work at a Summer camp with a healthcare focus
- Seek shadowing opportunities
- Find experiences for next year

Sophomore Year – Year 2

School Year

- Choose a major based on your interests
- Continue participation in meaningful activities and experiences
- Explore the AAMC resources at www.aamc.org; research medical school pre-requisites
- Calculate completed Biology, Chemistry, Physics and Math courses GPA (BCPM)
- Register for PMED 300 for your Junior year if planning to apply after Junior year (Spring)
- If you want to apply after Senior year, request Guest status in PMED 300

TIP: Focus on shadowing, non-medical volunteering, and consider possible healthcare employment.

Consider research in your Sophomore year or summer.

Summer

- Participate in Summer Undergraduate Research Program (SURP) or Summer Health Professions Exploration Program (SHPEP)
- Begin or continue experience(s) in medically-related service, non-medical service, healthcare employment, physician shadowing
- Consider Study Abroad / Service Abroad

Junior Year - Year 3 - IF Applying to Start Medical School after Senior Year

School Year

- Talk to a Pre-Health Advisor, review readiness and timeline to apply
- Participate in PMED 300 Pre-Medical Education Seminar
- In the Fall decide when to take the MCAT. Make a study plan. **If ready**, take by May
- Research selection factors: GPA, MCAT, Letters of Rec (MD use MSAR. DO use CIB)
- Identify who to ask for Letters of Recommendation (Fall)
- Brainstorm your personal statement and write draft by Spring
- By February, ask faculty for letters; follow-up with email and letter requirements
- Review centralized application service (CAS) you will use: AMCAS for MD, AACOMAS for DO, TMDSAS for Texas MD & DO schools (Spring)
- If eligible, apply for Fee Assistance Program for MCAT prep, AMCAS fees (Spring)
- Keep participating in meaningful activities but make study time for MCAT
- If eligible, participate in the Creighton University Committee Letter (CUCL) process
- In May begin entering information into your CAS application

TIP: Focus on patient experience, shadowing experiences and non-medical service experience. If interested, have some research or plan to by the start of medical school.

Summer

- Submit Primary Application by early June!
- Order transcripts to submit with Primary Application
- Take the MCAT by mid-June
- Check Letters received and upload to AMCAS
- Complete Secondary Applications from individual medical schools by late summer
- Contact schools to check your file is complete – most schools will not interview until it is
- Consider your options if a medical school application is not successful the first time - Explore Gap Year options to be prepared
- Follow up on your application status: Transcripts sent? Letters received? Uploaded to CAS?

Senior Year – Year 4 – IF Applying to Start Medical School after Graduation

Fall Semester	Spring Semester
<ul style="list-style-type: none"> • Complete secondary applications • Check your status in the application/admission process • Continue to get good grades, pursue meaningful co-curricular, and experiential activities • Update individual schools on experiences completed after submitting primary application • Research financial options for medical school • Interview at medical schools; schedule a practice Interview with the Career Center once you have interviews scheduled 	<ul style="list-style-type: none"> • Follow rules of application and acceptances; know each school's requirements • Make interim and final decisions about medical school choice • Notify schools not attending before deadline given • Complete and submit IRS and financial aid forms

Junior Year – Year 3 - IF APPLYING AFTER SENIOR YEAR – (OR TAKING A GAP YEAR)

School Year	Summer
<ul style="list-style-type: none"> • Review your timeline with a Pre-Health Advisor; identify areas of your application that can be strengthened over the next four semesters (Fall) • Enroll as a Guest Participant in PMED 300 • Meet with a Pre-Health Advisor to help you determine when to take the MCAT (Spring) <p>-If you need "MCAT courses" in Senior Year, wait to take exam in Spring or Summer of SR Year -If you completed "MCAT courses" by Junior Year, take MCAT when the information is still fresh and you feel prepared</p> <ul style="list-style-type: none"> • If eligible, apply for Fee Assistance for MCAT prep • Continue participation in meaningful activities and experiences • Explore Gap Year options; volunteer, employment, research, academic, etc. and apply • Continue to build faculty relationships and seek mentoring from medical students • Register for full participation in PMED 300 in your Senior Year (Spring) 	<ul style="list-style-type: none"> • Take the MCAT exam at any time in the Summer or early Fall or continue studying in preparation to take the exam later in Senior year • Continue participation in meaningful activities and experiences • TIP: By Year 4; have experience with patients, at least two shadowing experiences and be active in non-medical service experience • If interested, have some research or plan to by the start medical school

Senior Year – Year 4 - IF APPLYING AFTER GRADUATION – (GAP YEAR)

School Year	Summer
<ul style="list-style-type: none"> • Talk to a Pre-Health Advisor, review readiness and timeline to apply • Participate in PMED 300 • If not taken, schedule to take MCAT. Study for January or March exam date • Research selection factors: GPA, MCAT, Letters of Rec (MD use MSAR. DO use CIB) • Decide who to ask to write a Letter of Recommendation for you (Fall) • Brainstorm your personal statement; write draft by Spring • By February, ask faculty for letters; follow-up with email and letter requirements • Review centralized application service (CAS): AMCAS for MD, AACOMAS for DO, TMDSAS for Texas MD & DO schools (Spring) • Continue participation in meaningful activities but make study time for MCAT • If eligible, participate in the Creighton University Committee Letter (CUCL) process • In May begin entering information into your CAS application 	<ul style="list-style-type: none"> • Submit Primary Application in early June • Order transcripts for Primary Application • Take the MCAT exam no later than June • Follow up on application status: Transcripts sent? Letters received? Uploaded to AMCAS? • Complete Secondary Applications from individual medical schools by late summer • Follow up with medical schools to ensure your file is complete – most medical schools will not interview until it is • Potentially, begin Gap Year experience after graduation, or prepare for a program in fall

GAP YEAR Following Graduation

Fall	Spring
<ul style="list-style-type: none"> • Begin post-baccalaureate or Special Master's program immediately following graduation • Complete secondary applications; check your file is complete at each medical school • Check your status in the application/admission process • If you are in an academic program, get good grades • Continue meaningful experiential activities; you can often UPDATE individual medical schools on additional experience after submitting your primary application • Interview at medical schools; schedule a practice interview with the Career Center once your interviews are scheduled at medical schools • Research financial options for medical school 	<ul style="list-style-type: none"> • Follow rules of application and acceptances; know each school's requirements • Make interim and final decisions about medical school choice • Notify schools not attending before deadline given • Complete and submit IRS and financial aid forms

Summer before medical school matriculation

<ul style="list-style-type: none"> • Prepare for medical school enrollment – purchase books, make living arrangements, and attend orientation programs • Follow-up on all financial aid forms and deadlines • Take time to Relax. Congratulations!
