



Prescription for Success:
A Four-Year Plan for Applying to
Medical School

Prescription for Success: Freshman Year

- Generate a 4-year academic plan with your academic advisor—pay attention to scheduling courses needed for entry into medical school and success on the MCAT.
- Establish good study habits and a strong GPA.
- Get to know the faculty who are teaching you—let them know of your interest in medicine and career goals.
- Evaluate speed reading/comprehension and test-taking skills; read for pleasure to increase comprehension.
- Join and actively participate in your college's pre-med organization.
- Visit your Office of Health Professions and learn about applying to medical programs.

Prescription for Success: Freshman Year (cond.)

- If available at your school, enroll in a course that provides you with information on taking the MCAT and applying to medical school.
- Start to build a consistent history of research, clinically related volunteerism and shadowing, community service volunteerism, and other activities that satisfy your interests. Continue to participate throughout your four years.
- Make productive use of your winter, spring and summer breaks.

Prescription for Success: Sophomore Year

- Continue to visit with your academic advisor and Office of Health Professions
- Begin to research medical school requirements; attend a medical school forum in your area.
- Begin to consider MCAT preparation methods; practice questions covering courses you have taken.
- Continue to volunteer, research and clinical shadowing opportunities.
- Apply for summer research opportunities; consider summer study abroad.
- Start planning to cover application costs; put funds aside for interview expenses.

Prescription for Success: Junior Year

- Continue to visit your pre-med advisor and Office of Health Professions.
- Continue to participate in volunteer and research activities; do clinical shadowing (if you have not).
- Complete medical school requirements.
- Prepare for the MCAT (spring/summer semester).
- Complete required coursework for the MCAT (spring/summer semester).
- Register for the MCAT (take the initial test no later than August – between Junior/Senior year).
- Organize hierarchy list of schools for application.

Prescription for Success: Junior Year (cond.)

- Work with Office of Health Professions advisor to construct your Faculty/Committee letters of recommendation.
- Explore medical school scholarship resources.
- Start AMCAS application (between summer of Junior/Senior year).
- Sign up for mock interview sessions, if available.
- Use late summer to address supplemental applications, possible MCAT retake; continue volunteerism.

Prescription for Success: Senior Year

- Continue to maintain a strong GPA; continue to excel in research and extracurricular involvement.
- Complete supplemental applications (first semester).
- Prepare to travel to interviews (September – March).
- Provide significant updates and fall semester transcripts to medical schools of interest where an interview has not been offered.
- Review and apply for scholarships to finance medical school.
- Keep Office of Health Professions informed on application progress (interview/accept/wait list/not accepted).

Prescription for Success: Senior Year (cond.)

- Prepare for reapplication process if necessary.
- During your gap year, take coursework to enhance your academic record (consider pre-med post-bac programs if necessary, e.g. MSM's Master of Science in Medical Sciences Degree Program).
- Take an MCAT prep course, if retake is necessary, and develop a structured study plan.
- Stay connected to your pre-med advisor and course instructors, keeping them abreast of your post-undergraduate activities.