



PRE-MED CHECKLIST

Freshman Year

- Meet your college pre-med advisor
- Plan your required course schedule
- Find long-term community service
- Join your college pre-med organization
- Join an extracurricular group/organization
- Find and apply to summer programs
- Identify future clinical opportunities

Sophomore Year

- Check in with your pre-med advisor
- Finalize your major
- Continue community service
- Identify a research opportunity
- Make an MCAT study plan
- Identify a physician mentor
- Continue clinical exposure

Junior Year

- Finish pre-med required courses
- Prepare for and take the MCAT by Summer
- Seek leadership positions
- Seek letters of recommendation
- Present research
- Prepare AMCAS
- Continue clinical exposure

Senior Year

- Complete secondary applications
- Prepare for interviews
- Interview
- Continue service and clinical exposure
- Seek leadership positions
- Receive acceptances/decide where to attend!
- Evaluate back-up options, if needed