



## Timeline for Medical Students

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### Prior to MS1 year

- Download **Anki** (or similar app); become familiar with Anki.
- Look into **pre-matriculation programs**.
  - Example: Prologue-to-Medicine at University of Pittsburgh School of Medicine.
  - These can be very beneficial to getting your feet wet with the pace of the medical school curriculum to establish a tentative plan.

### MS1 Year

- Download **Anki** (or similar app); become familiar with Anki .
  - **Note:** many people give up on Anki because the user-interface is not very intuitive initially. However, give it a chance because the algorithm is conducive to learning and, more importantly, retention.
- Build relationship with **academic/ department advisor**.
- Apply for **summer research programs** (shadowing is also an option) at your home institution or another institution
  - Examples: Nth Dimensions, Rabb Venable, MOM, [Vanderbilt Student Research Training Program](#)
  - These programs should include presentation based deliverable (preferably a poster session) at the end of the research program.
  - This is an opportunity for you to build **mentorship** with your PI and potentially continue research during the MS2 year at your home institution.
- Choose 3 potential specialties and reach out to possible mentors in that field. It is essential that you do this early.
- Look into purchasing **Kaplan** or **First Aid Rx**
  - Begin to incorporate **board-style questions** into your regimen
- Seek organizations that are of interest to you and pursue some **leadership roles**
  - **Note:** During pre-medical undergraduate education, many individuals sought organization leadership to pad their CVs for medical school, an unfortunate reality of the process. However, now as a medical student, you should primarily pursue opportunities that are absolutely of interest to you. Your energy will be pulled in so many different directions during this time - It is essential that begin focusing that energy into your most meaningful pursuits in medicine.

### Summer

- Stay connected with your **lead advisor** during your summer research or shadowing.
- Some people like to start studying some of the second-year material using First Aid Rx.
- Complete summer research program and present research in poster session or symposium

### MS2 Year

- Start to solidify YOUR **study strategy**.
  - This is much easier said than done, but is crucial before board exams, 3rd year, and beyond. Medicine is continuous learning - you will be learning medicine every day for the rest of your life.
- Purchase **UWorld for Step 1** (possibly Rx or Kaplan)
  - Seek discounts. Many people bring together their respective class/cohort to receive group discounts. Contact your school or class president about this opportunity.
  - Begin to incorporate more **board-style questions** into your regimen
- Start to prepare your **3rd year schedule** and plan accordingly. Meet with advisor/advisory dean for strategies. Never be afraid to ask for help in medical school.
- **Step 1**

### Additional

- Some **year-off opportunities** take place between 2nd and 3rd year. Explore these options.
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### MS3 Year

- Begin to look into possible **year-off programs (research, Master's, MPH, MBA)**. Do not miss the deadline and ask your institution early.
- Become familiar with **Online MedEd**
- Purchase **UWorld for Step 2**
- Download
  - [Essential 3rd year resources](#)
  - [Complete Resource Guide](#)
- Begin to practice your **presentation skills**
  - [Sample History and Physical \(H&P\)](#), and [Flow sheets](#)
- Check out [MS3 Survival Guide Tips](#)
- Check out *Internal Medicine Recipe for Success* for a proven internal medicine strategy for success
- Start to approach mentors for **letters of recommendation** EARLY for residency
- Begin to establish your **subinternships (SUBIs)** and **away rotations**, if applicable
  - Become familiar with **VSAS and ERAS** strategies
  - Make appointments to get the necessary titers (this can be the biggest rate-limiting step, so get this started soon than later)
- Figure out the deadline for when you must take necessary courses to have the **grades** incorporated into your ERAS
- Establish **schedule for MS4**. *Careful with your vacation time*; For example, may be needed for MS4 depending on how your institution's schedule lines up with other institutions for away rotations.
- **Step 2 CK and CS**
  - Register for Step 2 CK. Spots fill up quickly!

### MS4 Year

- **Step 2 CS and CK**, if still applicable. Must take this before November to be on the safe side.
- Finalize **LORs**
- Submit **ERAS** for residency in September (EXCITING!)
- **Interviews** (October-January)
- Submit Rank List! (February)
- **MATCH!!!!** (March)