



Timeline Through Undergrad

Freshman Year

Fall Semester

- Academics:** Create/ Review Curriculum Schedule for ALL FOUR YEARS
 - Excel can help you tackle this big task!
 - There are [online templates](#) that can help as well.
 - Take a 50/50 mix of science and general courses to get acclimated to transition into college.
 - Build relationship with academic/ department advisor
 - They may be able to connect you with mentors or physicians in the community that you can shadow in the summer, if you choose to work independently with a mentor and work a traditional summer job.
- MCAT Prep:** Apply for summer shadowing/ research for programs such as
 - [SMDEP](#)
 - [Summer Undergraduate Research Programs](#)

Spring Semester

- MCAT Prep:** Confirm summer shadowing/research plans
- Leadership and Research:** Join extracurricular student groups such as pre-medical, biology, and chemistry groups.
- Academics:** Register for summer classes if necessary.

Summer

- Summer Research | Shadowing | Work
 - This may be your last summer that you work a "traditional" summer job. Often the summer programs such as SMDEP are 6-8 weeks so you may choose how you want to spend the rest of your summer as you see fit.
 - You may also want to consider medical service learning or mission trips as an alternative this summer. May provide you with a cool opportunity to learn about medicine in other countries or domestically.

Sophomore Year

Fall Semester

- Academics:** Review/Edit Curriculum Schedule with advisor.
 - Confirm your major/minor.
 - Take the maximum number of science courses this semester, if possible.
- Leadership and Research:** Get involved in department as a teacher's assistant (TA) or research assistant (RA):
 - This may be paid or unpaid. Every new experience is an opportunity to learn and build your curriculum vitae (CV).
 - If not already a part of a research lab, join a research project that interests you.
 - Build a strong relationship with your research mentor or principal investigator (PI).

Spring Semester

- MCAT Prep:** Confirm summer shadowing or summer research plans
 - Compile list of extracurricular activities
- Academics:** Register for summer courses if necessary.

Summer

- Complete summer shadowing or research program
 - Use this time to build more mentorship between doctors and researchers at that program!

Junior Year

Fall Semester

- Leadership and Research:**
 - Be heavily involved in department as board member of student groups or as a TA
 - If not already a part of a research lab, join a research project that interests you
- Academics:** Review Curriculum Schedule with advisor
 - Choose lighter load for spring semester (12-14 credits max)
 - Start discussing post-bac plans (medical school/grad school/ gap year) with advisor
- MCAT Prep:**
 - Begin writing personal statement
 - Compile list of professors, PIs and references to write your letters of recommendation.
 - Sign up/ join MCAT prep class : [Kaplan](#), [Princeton Review](#), or [summer MCAT preparatory programs like this.](#)
 - Apply for summer shadowing, research, or.

Winter Break: Start studying for MCAT/ Create [AMCAS](#) account

Spring Semester

- Leadership and Research:**
 - Limit superfluous activities and student group leadership (can definitely still remain involved as a member!).
 - You are now winding down to focus on medical school, balancing classes.
- MCAT Prep:**
 - Accept Summer MCAT Preparatory program offers.
 - Continue studying for MCAT
 - [Register](#) for MCAT
 - Reach out to pre-med advisor to schedule mock interviews, discuss progress of personal statement and application

Summer

- MCAT Prep:** Study for and take MCAT (WHEN YOU'RE READY): either self-study or through MCAT prep class/programs.
 - Complete AMCAS (You can submit without receiving your MCAT score, however do what it takes to have your MCAT score when you submit. Also may be more stressful to some students).
 - Receive MCAT score

Senior Year

Fall Semester

- Take [leadership](#) roles in departmental clubs and pre-med associations
- If not already a part of a research lab, join a research project that interests you
- Respond to and submit secondary applications ASAP!** This is very important for schools accepting medical students on a rolling basis.
- Begin [Interview Season](#) for medical school This will likely extend over your winter break as well.

Spring Semester

- Interview season continues
- Beginning in March: Choose Your School Tool via AAMC
- Complete other graduation requirements
- Understand loan agreements and begin planning financially for transition to medical school.

Summer

- Relax, buckle up, and get ready for the next step: Med School!