Worksheet 1.1

Important Resources and Ideas for Getting Medically Related Experiences

Advising Office
Your prehealth advisor*:
Advising office phone number:
Advisor's email address:
Office location:
*If your school does not have prehealth advising or you don't have access to an advisor, refer to the National Association of Advisors for the Health Professions' (NAAHP's) Find an Advisor service.
Clubs and Volunteer Opportunities
Premed club or society on campus:
Premed honor society:
Service organization club or fraternity:
Other Ideas to Make Contacts and Get Experience:
\square Contact science department about lab and/or research opportunities.
Notes:
\qed Contact local clinic or health service provider for volunteer, paid, part-time, or internship opportunities.
Notes:
\square Contact health care providers you know about shadowing opportunities.
Notes:

Worksheet 2.1

MSAR® Premed Coursework Progress Tracker

Use this worksheet to keep track of your completed premedical courses. The MSAR website includes charts of each medical school's premedical coursework requirements.

Course	Completed	Enrolled	Needed	N/A*	Notes
Behavioral Sciences					
Biochemistry					
Biology/Zoology					
Calculus					
College English					
College Mathematics					
Computer Science					
Genetics					
Humanities					
Inorganic Chemistry					
Organic Chemistry					
Physics					
Psychology					
Social Sciences					

^{*}N/A = not applicable because it's not required.

Worksheet 2.2

Journal Template for Keeping Track of Lab, Volunteer, and Work Experiences

This worksheet will come in handy when you're writing application essays, tracking your experiences, identifying people to ask for letters of evaluation, and completing the American Medical College Application Service® (AMCAS®) application. You can fill out the online form at this resources page.

Date	Experience	What I did	How this prepares or influences me	No. of hours	Contact name, email, and phone
[Example] Jan. 15 – April 1, 2024	Shadowing	Observed Dr. Addams in primary care role	I was able to observe patient-physician interactions and learned about an electronic medical record system.	25	

Worksheet 3.1

Thinking About Medical Specialties

First things first: You do not need to know your medical specialty now — or even need to be thinking about it. However, many applicants envision themselves in a specialty before beginning medical school based on prior experiences and medical interests.

The second thing to keep in mind: Changing your mind about what type of physician you want to be is not a sign that you are less committed to the profession. We know from responses to the AAMC Matriculating Student Questionnaire (MSQ) and Graduation Questionnaire (GQ) that most medical students are either undecided or change their minds about their specialty preference during medical school. In fact, of those who begin medical school with a specialty in mind (as captured by the MSQ), only about one-quarter of medical students stick with this choice throughout medical school (per their responses in the GQ). This means, conversely, about three-quarters of medical students either have no idea what specialty they'll pursue upon matriculation or end up changing their mind during medical school.

It is natural and expected that your choices will evolve as you gain new educational and clinical experiences. Keep your options open to allow for new experiences to inspire you.

That said, if you are an applicant with some exposure to specialties before medical school, you may find it helpful to keep a journal or notes about your experiences while they are fresh in your mind, which you can use once you enter medical school and begin the <u>CiM program</u>. You will likely find it helpful to refer to these notes once you have matriculated as you progress through medical school.

Here are some prompts to help you consider your specialty experiences:

•	Do you have a specialty or specialties in mind?
•	What is your experience with that specialty?
•	Have you shadowed in that specialty with different physicians or in different settings?
•	Have you shadowed in more than one specialty? If so, list them here:
•	Take a moment to compare your experiences. Write down how they were similar and different and how you felt about each:

You can also visit your school's career center for more guidance about exploring medical careers. A career center may help you find shadowing and other opportunities that can expose you to career options. You could also speak with people who have already completed any experiences you're considering.

A note about shadowing: In recent years, due to the Health Insurance Portability and Accountability Act, or HIPAA, it may be more difficult to obtain permission to shadow a physician. Some programs facilitate paid experiences domestically and abroad, though they can be quite expensive. Check with your prehealth advising office to see if they have experience with a particular program to make sure it's legitimate and safe.

For more information about shadowing, lab, and volunteer experiences, refer to:

- Shadowing a Doctor
- How to Get Research Experience
- Finding Health Care-Related Volunteer Opportunities

Worksheet 4.1

Identifying Premed and Application Programs

Use this worksheet to identify programs you may be eligible for participation. Many programs primarily sponsored by medical schools are available to students across the United States. You can start searching at the Medical Pathways and Enrichment Opportunities webpage and at ExploreHealthCareers.org, and then use this worksheet to figure out your options.

Before the Application Process

For example: Summer Health Professions Education Program (SHPEP)

experiences that will support their dental or medical school career preparation. For more information, go to shpep.org. Eligibility:_ Which academic year(s) would I be eligible to participate?___ ____ Application deadline: ____ When am I eligible to apply? __ Accepts out-of-state? ☐ Yes ☐ No ☐ Other: _____ Application requirements: __ **During the Application Process** Program: ___ Description: Eligibility:__ Which academic year(s) would I be eligible to participate? _____ Application deadline:____ When am I eligible to apply? ___ Accepts out-of-state? ☐ Yes ☐ No ☐ Other: _____

Description: Six-week academic enrichment program that offers students both academic and career

Application requirements: ___

Worksheet 5.1

Getting Ready to Take the MCAT® Exam Checklist

Ask yourself these questions when you're getting ready for the MCAT exam.
• Am I familiar with what will be on the exam? \square Yes \square No \square Unsure (Find out what's on the exam.)
If no or unsure, what content or sections am I unsure about?
Have I allowed enough time to study and feel comfortable with my knowledge of the exam content?
 Chemical and Physical Foundations of Biological Systems □ Yes □ No, I need more time □ Unsure
 Biological and Biochemical Foundations of Living Systems □ Yes □ No, I need more time □ Unsure
 Psychological, Social, and Biological Foundations of Behavior Yes No, I need more time Unsure
Critical Analysis and Reasoning Skills □ Yes □ No, I need more time □ Unsure
If you have areas where you need more study, check out the AAMC's preparation resources, which offer the opportunity to get familiar with the test features and functionality. Also, consider forming a study group at your school or with other applicants preparing for the exam. Talk to your prehealth advisor about resources you may have on campus or through your institution.
 Am I within one to two calendar years of wanting to apply to medical school? ☐ Yes ☐ No ☐ Unsure
 Have I spoken with my prehealth advisor? Does my advisor agree that I am ready? ☐ Yes ☐ No ☐ Unsure
 Have I applied to see if I qualify for the Fee Assistance Program? □ Yes □ No □ Unsure
 Do I feel prepared and ready to take the exam? ☐ Yes ☐ No ☐ Unsure
If you answered "no" to many of these questions, consult with your prehealth advisor about developing

a plan to take the exam. Information about creating a study plan is available on the AAMC website. When you're close to registering for a test date, be sure to read the MCAT® Essentials for Testing Year 2026 for important information on scheduling, registration, test-day policies, and scoring.

Worksheet 6.1

Factors to Weigh Before Applying

Use this worksheet to identify and assess the schools where you may apply.

The MSAR website allows you to filter your search for different medical schools by class size, location, community service requirement, and other features. Every medical school has a different curriculum and style. This worksheet can help you determine which factors are important to you.

tor	Ideal fit	Good fit	No opinion	Unsure	Not a fit	Notes
urse offerings						
s size						
ation						
earch programs						
nology						
views and/or meetings faculty						
utation						
on and financial aid						
rams for students who ew to academic medicine						
ning methods						
pined-degree offerings						
pus tour						
l or community offerings						
dency placement						
ession of school: ☐ Fav		□ Undecio		avorable nlikely to		

Worksheet 7.1

Identifying Your Letter Writers

Be sure that you're familiar with your school's policy on letters of evaluation. It may provide a committee or composite letter on your behalf. If you're responsible for selecting individuals to write your letters of evaluation, look for someone who knows you well and can speak to your readiness for medical school. These letters can be very valuable, so you should be thoughtful in selecting who you ask to write on your behalf.

How to choose an appropriate letter writer and keep track of your interactions with them

Maintain a journal or log that indicates where you've worked and volunteered and what classes you've taken. Review the AAMC Premed Competencies for entering students and think about which faculty and supervisors have observed you demonstrate these competencies. It's important to keep track of the faculty members and supervisors you work with because those people will likely be able to write you a strong letter of evaluation when it comes time to apply. Keep notes about time spent working on particular projects so you can remember what you did. When you finish working with a particular person, you can ask them to write you a reference letter.

Letter writer's name	Why this person would be a good advocate for me	Contact info	Letter complete?
[Example] <i>Dr. Nelson</i>	Can speak to my research and writing experience from biology lab	email@school.edu	V Yes!
[Example] <i>Dr. Smith</i>	Can speak to my teamwork and communication skills from volunteering at Habitat for Humanity for the last two summers	email@school.edu	V Yes!
			□ Yes!
			□ Yes!

Worksheet 8.1

Possible Questions to Ask During Interviews

As you research the medical schools you're interested in attending, use this worksheet to keep track of questions you may want to ask during your interview. Print or save this page for individual schools and review it the night before your interview or bring it with you. You can find examples of questions in <u>Selecting a Medical School</u>: 35 Questions I Wish I Had Asked.

Name of medical school:	
Type of interview:	
Date of interview:	
Questions about:	
1. Curriculum	
2. Student involvement	
3. Special programs	
4. Financial aid	
5. Facilities	
6. Academic evaluations	
7. Student support	
8. Residency placement	
9. Other	

Worksheet 10.1

Monthly Budget Worksheet for Students

For more information about budgeting, review the <u>FIRST Fact Sheets</u> and the <u>Financial Wellness program</u>.

Monthly Income:	Monthly Variable Expenses:	
Financial aid	 Food/household supplies	
Investment income	 Dining out	
Gifts	 Clothes	
Other	 Laundry/dry cleaning	
Total Monthly Income	 Gas, oil, auto maintenance	
Monthly Fixed Expenses:	Parking	
Tuition and fees	Medical/dental/eye care	
	Entertainment	
Books and supplies	 Travel/vacation	
Savings	 Utilities	
Rent/mortgage	 Music/books/journals	
Phone	 Personal care	
Taxes (federal, state)	 Subscriptions	
Vehicle payments	 Cable TV and internet	
Other transportation		
Personal loans	 Credit card payments	
Education loans	 Charity/contributions/gifts	
Insurance (life and health)	 Savings for interviews/relocation	
Home/renter insurance	 Test prep course/materials	
Auto insurance	Exam/licensing fees	
Auto registration/taxes	 Other	
Other	 Total Variable Expenses	
Total Fixed Expenses	 Plus Total Fixed Expenses	
	Equals Total Monthly Expenses	
	Total Income	
	Less Total Expenses	
	Equals Total Discretionary Income (or Deficit)	

Worksheet 11.1

Baccalaureate-MD Programs to Consider Applying To

	lame of Baccalaureate-MD Program
	What is the mission of this program?
	'm interested in this program because:
	No. of years: Accepts out-of-state? Application deadline:
,	When eligible to apply: \square First year of college \square High school senior \square Other
2. I	Name of Baccalaureate-MD Program
,	What is the mission of this program?
	'm interested in this program because:
	No. of years: Accepts out-of-state? Application deadline:
,	When eligible to apply: □ First year of college □ High school senior □ Other
3. I	Name of Baccalaureate-MD Program
,	What is the mission of this program?
	'm interested in this program because:
	No. of years: Accepts out-of-state? Application deadline:
,	When eligible to apply: □ First year of college □ High school senior □ Other
4.	When eligible to apply: □ First year of college □ High school senior □ Other
4.	When eligible to apply: First year of college High school senior Other Name of Baccalaureate-MD Program What is the mission of this program?
4.	When eligible to apply: □ First year of college □ High school senior □ Other
4.	When eligible to apply: First year of college High school senior Other Name of Baccalaureate-MD Program What is the mission of this program?

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Worksheet 12.1

MD-PhD Programs to Consider Applying To

When researching your options, view the AAMC's table of information on MD-PhD programs online and fill in the chart below to see if you fit the application criteria and may want to apply to the program (students-residents.aamc.org/media/8131/download).

program (<u>sta</u>			nodaj.		
Consider Applying?					
Summer Positions?					
GRE Required?					
Non-U.S. Citizens or Non-State Residents Accepted?					
Transfer Students?					
Internal PhD Students?					
Internal MD Students?					
Positions Funded?					
Medical Science Training Program (MSTP) Funded?					
Program Name					

Worksheet 14.1

Questions About Canadian Medical Schools to Ask During Interviews

As you research Canadian medical schools you're interested in attending, use this worksheet to keep track of questions you might ask during your interview. Print or save this page for individual schools and review it the night before your interview or bring it with you. You can find examples of questions in Selecting a Medical School: 35 Questions I Wish I Had Asked.

ype of interview: late of interview: luestions about: 1. Curriculum 2. Student involvement 3. Special programs 4. Financial aid 5. Facilities 6. Academic evaluations 7. Student support 8. Residency placement	lame of medical school:	
2. Student involvement 3. Special programs 4. Financial aid 5. Facilities 6. Academic evaluations 7. Student support 8. Residency placement	ype of interview:	
1. Curriculum 2. Student involvement 3. Special programs 4. Financial aid 5. Facilities 6. Academic evaluations 7. Student support 8. Residency placement	Date of interview:	
2. Student involvement 3. Special programs 4. Financial aid 5. Facilities 6. Academic evaluations 7. Student support 8. Residency placement	Questions about:	
2. Student involvement 3. Special programs 4. Financial aid 5. Facilities 6. Academic evaluations 7. Student support 8. Residency placement	1. Curriculum	
3. Special programs 4. Financial aid 5. Facilities 6. Academic evaluations 7. Student support 8. Residency placement		
3. Special programs 4. Financial aid 5. Facilities 6. Academic evaluations 7. Student support 8. Residency placement		
4. Financial aid 5. Facilities 6. Academic evaluations 7. Student support 8. Residency placement	2. Student involvement	
4. Financial aid 5. Facilities 6. Academic evaluations 7. Student support 8. Residency placement		
4. Financial aid 5. Facilities 6. Academic evaluations 7. Student support 8. Residency placement		
5. Facilities 6. Academic evaluations 7. Student support 8. Residency placement	3. Special programs	
5. Facilities 6. Academic evaluations 7. Student support 8. Residency placement		
5. Facilities 6. Academic evaluations 7. Student support 8. Residency placement		
6. Academic evaluations 7. Student support 8. Residency placement	4. Financial aid	
6. Academic evaluations 7. Student support 8. Residency placement		
6. Academic evaluations 7. Student support 8. Residency placement		
7. Student support 8. Residency placement	5. Facilities	
7. Student support 8. Residency placement		
7. Student support 8. Residency placement		
8. Residency placement	6. Academic evaluations	
8. Residency placement		
8. Residency placement		
	7. Student support	
	8. Residency placement	
9. Other	9. Other	