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

☐ Contact science department about lab and/or research opportunities.

Notes: _____

_____

_____

☐ Contact local clinic or health service provider for volunteer, paid, part-time, or internship opportunities.

Notes: _____

_____

_____

☐ 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, 2025*	*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 begin the CiM program. 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

Program: _____

Description: _____

Eligibility: _____

Which academic year(s) would I be eligible to participate? _____

When am I eligible to apply? _____ Application deadline: _____

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? _____

When am I eligible to apply? _____ Application deadline: _____

Accepts out-of-state? ☐ Yes ☐ No ☐ Other: _____

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? ☐ Yes ☐ No ☐ 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 2027* 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.

School name: _____

Factor	Ideal fit	Good fit	No opinion	Unsure	Not a fit	Notes
Course offerings						
Class size						
Location						
Research programs						
Technology						
Interviews and/or meetings with faculty						
Reputation						
Tuition and financial aid						
Programs for students who are new to academic medicine						
Teaching methods						
Combined-degree offerings						
Campus tour						
Rural or community offerings						
Residency placement						

Impression of school: ☐ Favorable ☐ Undecided ☐ Unfavorable

Likelihood of applying: ☐ Will apply ☐ Undecided ☐ Unlikely to apply

Follow-up questions to ask: _____

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] *Dr. Nelson*	*Can speak to my research and writing experience from biology lab*	*email@school.edu*	☑ Yes!
[Example] *Dr. Smith*	*Can speak to my teamwork and communication skills from volunteering at Habitat for Humanity for the last two summers*	*email@school.edu*	☑ 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 Selecting a Medical School: 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 FIRST Fact Sheets and the Financial Wellness program.

Monthly Income:

Financial aid	
Investment income	
Gifts	
Other	
Total Monthly Income	

Monthly Fixed Expenses:

Tuition and fees	
Books and supplies	
Savings	
Rent/mortgage	
Phone	
Taxes (federal, state)	
Vehicle payments	
Other transportation	
Personal loans	
Education loans	
Insurance (life and health)	
Home/renter insurance	
Auto insurance	
Auto registration/taxes	
Other	
Total Fixed Expenses	

Monthly Variable Expenses:

Food/household supplies	
Dining out	
Clothes	
Laundry/dry cleaning	
Gas, oil, auto maintenance	
Parking	
Medical/dental/eye care	
Entertainment	
Travel/vacation	
Utilities	
Music/books/journals	
Personal care	
Subscriptions	
Cable TV and internet	
Credit card payments	
Charity/contributions/gifts	
Savings for interviews/relocation	
Test prep course/materials	
Exam/licensing fees	
Other	
Total Variable 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

1. **Name of Baccalaureate-MD Program** _____

What is the mission of this program? _____

I'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 _____

2. **Name of Baccalaureate-MD Program** _____

What is the mission of this program? _____

I'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. **Name of Baccalaureate-MD Program** _____

What is the mission of this program? _____

I'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. **Name of Baccalaureate-MD Program** _____

What is the mission of this program? _____

I'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 _____

Worksheet 12.1

Three-Year Pathway Programs to Consider Applying To

1. **Name of Three-Year Pathway Program** _____

   What is the mission of this program? _____

   I'm interested in this program because: _____

   No. of years: _____ Accepts out-of-state? _____ Application deadline: _____

   When eligible to apply:

   ☐ At time of application to medical school

   ☐ During the first year of medical school

2. **Name of Three-Year Pathway Program** _____

   What is the mission of this program? _____

   I'm interested in this program because: _____

   No. of years: _____ Accepts out-of-state? _____ Application deadline: _____

   When eligible to apply:

   ☐ At time of application to medical school

   ☐ During the first year of medical school

3. **Name of Three-Year Pathway Program** _____

   What is the mission of this program? _____

   I'm interested in this program because: _____

   No. of years: _____ Accepts out-of-state? _____ Application deadline: _____

   When eligible to apply:

   ☐ At time of application to medical school

   ☐ During the first year of medical school

4. **Name of Three-Year Pathway Program** _____

   What is the mission of this program? _____

   I'm interested in this program because: _____

   No. of years: _____ Accepts out-of-state? _____ Application deadline: _____

   When eligible to apply:

   ☐ At time of application to medical school

   ☐ During the first year of medical school

Worksheet 13.1

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 information 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 Name	Location	Medical Scientist Training Program (MSTP) Funded?	Eligibility Restrictions	Financial Support	Potential Faculty Mentors Identified?	Average Time To Degree	Clinical Integration During PhD?	Application Deadline	Consider Applying?

Worksheet 15.1

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.

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 _____