

# 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 ([naahp.org/student-resources/find-an-advisor](http://naahp.org/student-resources/find-an-advisor)).

### 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 ([aamc.org/msar](http://aamc.org/msar)). To compare your completed coursework with all medical schools' requirements, use the My Coursework feature available to MSAR subscribers.

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 [aamc.org/msar-resources](http://aamc.org/msar-resources).

Date	Experience	What I did	How this prepares or influences me	No. of hours	Contact name, email, and phone
[Example] January 15-April 1, 2018	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're 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. It's 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're 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're fresh in your mind, which you can use once you enter medical school and begin the **CiM program**. You'll likely find it helpful to refer to these notes once you've 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** — [aamc.org/shadowing](http://aamc.org/shadowing)
- **Getting Lab Experience** — [aamc.org/research-experience](http://aamc.org/research-experience)
- **Finding Health Care-Related Volunteer Opportunities** — [aamc.org/healthcare-volunteer](http://aamc.org/healthcare-volunteer)

# Worksheet 4.1

## Identifying Premed and Application Programs

Use this worksheet to identify programs you may be eligible for. Many programs primarily sponsored by medical schools are available to students across the United States. You can start searching at [services.aamc.org/summerprograms](https://services.aamc.org/summerprograms) and [ExploreHealthCareers.org](https://ExploreHealthCareers.org), and then use this worksheet to figure out your options.

### Before the Application Process

**For example:** Summer Health Professions Education Program (SHPEP)

Description: Six-week academic enrichment program that offers students both academic and career experiences that will support their dental or medical school career preparation. For more information, go to [shpep.org](https://shpep.org).

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

**For example:** Medical Minority Applicant Registry (Med-MAR)

Description: During the MCAT registration, students who are either economically disadvantaged or from racial and ethnic groups historically underrepresented in medicine can select the Medical Minority Applicant Registry (Med-MAR). This web-based program provides medical schools with basic biographical information and MCAT scores of registered examinees, giving schools opportunities to enhance their diversity efforts. For more information, go to [aamc.org/medmar](https://aamc.org/medmar).

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: [students-residents.aamc.org/mcatexam](https://students-residents.aamc.org/mcatexam).)
- 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 online testing environment. 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. Refer to [aamc.org/mcat](https://aamc.org/mcat) for information about creating a study plan. When you're close to registering for a test date, be sure to read the *MCAT® Essentials for Testing Year 2021* for important information on scheduling, registration, test-day policies, and scoring ([students-residents.aamc.org/mcatessentials](https://students-residents.aamc.org/mcatessentials)).

# 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 ([aamc.org/msar](http://aamc.org/msar)). 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						
Technology						
Tuition and financial aid						
Programs for minority or disadvantaged students						
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. 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>	<i>Can speak to my research and writing experience from biology lab</i>	<i>email@school.edu</i>	<input checked="" type="checkbox"/> Yes!
			<input type="checkbox"/> Yes!
			<input type="checkbox"/> Yes!
			<input type="checkbox"/> 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 many questions here: [aamc.org/35questions](http://aamc.org/35questions).

**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

### Budget Worksheet for Students

#### 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? \_\_\_\_\_

Why are you interested in this program? \_\_\_\_\_

No. of Years: \_\_\_\_\_ Accepts out-of-state? \_\_\_\_\_ Application deadline: \_\_\_\_\_

When eligible to apply:  College freshman  High school senior  Other \_\_\_\_\_

2. **Name of Baccalaureate-MD Program** \_\_\_\_\_

What is the mission of this program? \_\_\_\_\_

Why are you interested in this program? \_\_\_\_\_

No. of Years: \_\_\_\_\_ Accepts out-of-state? \_\_\_\_\_ Application deadline: \_\_\_\_\_

When eligible to apply:  College freshman  High school senior  Other \_\_\_\_\_

3. **Name of Baccalaureate-MD Program** \_\_\_\_\_

What is the mission of this program? \_\_\_\_\_

Why are you interested in this program? \_\_\_\_\_

No. of Years: \_\_\_\_\_ Accepts out-of-state? \_\_\_\_\_ Application deadline: \_\_\_\_\_

When eligible to apply:  College freshman  High school senior  Other \_\_\_\_\_

4. **Name of Baccalaureate-MD Program** \_\_\_\_\_

What is the mission of this program? \_\_\_\_\_

Why are you interested in this program? \_\_\_\_\_

No. of Years: \_\_\_\_\_ Accepts out-of-state? \_\_\_\_\_ Application deadline: \_\_\_\_\_

When eligible to apply:  College freshman  High school senior  Other \_\_\_\_\_

# 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](http://students-residents.aamc.org/media/8131/download)).

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

# 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 may 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 many questions here: [aamc.org/35questions](http://aamc.org/35questions).

**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 \_\_\_\_\_

\_\_\_\_\_