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).

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: ______________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

Association of American Medical Colleges
Premed Worksheet from the Official Guide to Medical School Admissions
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). To compare your completed coursework with all medical schools’ requirements, use the My Coursework feature available to MSAR subscribers.

<table>
<thead>
<tr>
<th>Course</th>
<th>Completed</th>
<th>Enrolled</th>
<th>Needed</th>
<th>N/A*</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Behavioral Sciences</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Biochemistry</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Biology/Zoology</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calculus</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>College English</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>College Mathematics</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Computer Science</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Genetics</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Humanities</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Inorganic Chemistry</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Organic Chemistry</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Physics</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Psychology</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Social Sciences</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*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.

<table>
<thead>
<tr>
<th>Date Experience</th>
<th>Experience</th>
<th>What I did</th>
<th>How this prepares or influences me</th>
<th>No. of hours</th>
<th>Contact name, email, and phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 15–April 1, 2018</td>
<td>Shadowing observed Dr. Addams in primary care role</td>
<td>I was able to observe patient-physician interactions and learn about an electronic medical record system.</td>
<td>25</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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
- Getting Lab Experience — aamc.org/research-experience
- Finding Health Care-Related Volunteer Opportunities — 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 and 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.
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.
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.)

• 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 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).
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). Every medical school has a different curriculum and style. This worksheet can help you determine which factors are important to you.

School name: ____________________________________________

<table>
<thead>
<tr>
<th>Factor</th>
<th>Ideal fit</th>
<th>Good fit</th>
<th>No opinion</th>
<th>Unsure</th>
<th>Not a fit</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Course offerings</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Class size</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Location</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Research programs</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Technology</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Interviews and/or meetings with faculty</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Reputation</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Technology</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tuition and financial aid</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Programs for minority or disadvantaged students</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Teaching methods</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Combined-degree offerings</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Campus tour</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rural or community offerings</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Residency placement</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Impression of school:  □ Favorable □ Undecided □ Unfavorable

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

Follow-up questions to ask: __________________________________________________________________________

______________________________________________________________________________________________
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.

<table>
<thead>
<tr>
<th>Letter writer's name</th>
<th>Why this person would be a good advocate for me</th>
<th>Contact info</th>
<th>Letter complete?</th>
</tr>
</thead>
<tbody>
<tr>
<td>[Example] Dr. Nelson</td>
<td>Can speak to my research and writing experience from biology lab</td>
<td><a href="mailto:email@school.edu">email@school.edu</a></td>
<td>✅ Yes!</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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.

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)**

---

*Association of American Medical Colleges*

Premed Worksheet from the *Official Guide to Medical School Admissions*
## 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).

<table>
<thead>
<tr>
<th>Program Name</th>
<th>Program Name</th>
<th>Program Name</th>
<th>Program Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medical Science Training Program (MSTP)</td>
<td>Medical Science Training Program (MSTP)</td>
<td>Medical Science Training Program (MSTP)</td>
<td>Medical Science Training Program (MSTP)</td>
</tr>
<tr>
<td>Consider Applying?</td>
<td>Consider Applying?</td>
<td>Consider Applying?</td>
<td>Consider Applying?</td>
</tr>
<tr>
<td>Summer Positions?</td>
<td>Summer Positions?</td>
<td>Summer Positions?</td>
<td>Summer Positions?</td>
</tr>
<tr>
<td>GRE Required?</td>
<td>GRE Required?</td>
<td>GRE Required?</td>
<td>GRE Required?</td>
</tr>
<tr>
<td>Internal MD Students?</td>
<td>Internal MD Students?</td>
<td>Internal MD Students?</td>
<td>Internal MD Students?</td>
</tr>
<tr>
<td>Internal PhD Students?</td>
<td>Internal PhD Students?</td>
<td>Internal PhD Students?</td>
<td>Internal PhD Students?</td>
</tr>
<tr>
<td>Transfer Students?</td>
<td>Transfer Students?</td>
<td>Transfer Students?</td>
<td>Transfer Students?</td>
</tr>
<tr>
<td>Non-U.S. Citizens or Non-State Residents Accepted?</td>
<td>Non-U.S. Citizens or Non-State Residents Accepted?</td>
<td>Non-U.S. Citizens or Non-State Residents Accepted?</td>
<td>Non-U.S. Citizens or Non-State Residents Accepted?</td>
</tr>
<tr>
<td>GRE Required?</td>
<td>GRE Required?</td>
<td>GRE Required?</td>
<td>GRE Required?</td>
</tr>
<tr>
<td>Summer Positions?</td>
<td>Summer Positions?</td>
<td>Summer Positions?</td>
<td>Summer Positions?</td>
</tr>
<tr>
<td>Consider Applying?</td>
<td>Consider Applying?</td>
<td>Consider Applying?</td>
<td>Consider Applying?</td>
</tr>
</tbody>
</table>
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.

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 _________________________________________________________________________________
   _________________________________________________________________________________________
   _________________________________________________________________________________________