

4 THINGS A HIGH SCHOOL STUDENT CAN DO TO PREPARE FOR MEDICAL SCHOOL

Prepare Academically

- Develop good study habits.
- Explore subjects in math and science; consider taking International Baccalaureate (IB) or Advanced Placement (AP) courses.
- Strengthen your critical thinking skills.

Pursue Volunteer and Extracurricular Activities and Learn More About Health Science Careers

- Look for activities and programs related to community service or health care.
- Obtain professional experience or certifications.
- Review [AAMC](#) and [BigFuture resources](#) to learn about health sciences.

Explore Programs for High School Students

- Look into free summer programs you can do in high school. The AAMC has a database of these programs you can explore.

Build the Skills Doctors Need

- Learn about the premed competencies (skills and behaviors) medical schools want their students to have.

Read the full article: **4 Things a High School Student Can Do to Prepare for Medical school.**

Learn more about what you can do now to prepare for medical school at [aamc.org/exploremed-students](https://www.aamc.org/exploremed-students).

Are you a parent, family member, or mentor?
Visit [aamc.org/exploremed-families](https://www.aamc.org/exploremed-families).

