

Timeline for Application and Admission to Medical School

Each person's journey and experience are different, but this guide can help you prepare for the medical school application and admission process. Talk with your prehealth advisor to create a plan that works best for you.

FOUR OR MORE YEARS BEFORE YOU PLAN TO ATTEND MEDICAL SCHOOL

Prehealth Advisor Activities

A prehealth advisor can help you navigate the journey of becoming a competitive applicant and then applying to medical school. If your school doesn't have a prehealth advisor, connect with one here: naahp.org/student-resources/find-an-advisor.

- Make an appointment with a prehealth advisor to:
 - Introduce yourself.
 - Finalize your fall classes.
 - Discuss how to sequence your classes moving forward.

Campus Activities

- Learn about campus resources and organizations for prehealth students.
- Attend prehealth meetings and subscribe to email and social media updates.
- Develop relationships with faculty, advisors, and mentors on campus. This will be helpful for finding volunteer, shadow, and research opportunities and for your letters of evaluation.

Work and Activity Experiences

- Visit the career services office on campus to learn about health care-related internships or employment opportunities.
- Look for medically related work or volunteer experiences for during the school year and summer.
- Search for opportunities to shadow a doctor or other health care professional.
- If interested, identify potential research opportunities.
- Keep a journal about your experiences to refer to later for essays and interviews.
- Consider participating in summer enrichment or research programs.

AAMC Resources

- Explore the AAMC's Aspiring Docs program (aamc.org/aspiringdocs).
- Apply to summer enrichment programs (services.aamc.org/summerprograms) or research programs (aamc.org/members/great/61052/great_summerlinks.html).
- Follow @AAMCPreMed on Facebook and X.
- Subscribe to the AAMC's Premed Navigator newsletter (students-residents.aamc.org/navigator).

THREE YEARS BEFORE YOU PLAN TO ATTEND MEDICAL SCHOOL

Prehealth Advisor Activities

Check in with your prehealth advising office; attend prehealth meetings, and make sure you're receiving information and updates.

Campus Activities

Continue to develop relationships with faculty, advisors, and mentors.

Work and Activity Experiences

- Pursue or continue meaningful medically related activities, including volunteer roles, paid work, research positions, and/or leadership opportunities in health organizations.
- Consider returning to your previous summer position or applying for a new summer volunteer, paid, or research position in a health care-related environment.

AAMC Resources

- Apply for summer research, internship, or enrichment programs, such as the Summer Health Professions Education Program (shpep.org).
- Begin to learn about:
 - The medical school application process (aamc.org/students/applying).
 - Medical College Admission Test[®] (MCAT[®]) (aamc.org/mcat).
 - PREview[®] Professional Readiness Exam (aamc.org/preview).
 - Fee Assistance Program (aamc.org/fap).

TWO YEARS BEFORE YOU PLAN TO ATTEND MEDICAL SCHOOL

Prehealth Advisor Activities

Meet with your prehealth advisor to:

- Strategize your application timeline; determine if you'll apply to enroll immediately following graduation or after one or more gap years.
- If you are considering a gap year (students-residents.aamc.org/gap-year), investigate a meaningful paid or volunteer medically related experience to complete during that time.

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TWO YEARS BEFORE YOU PLAN TO ATTEND MEDICAL SCHOOL

- Discuss your schedule for completing remaining premedical coursework and other school-specific degree requirements.
- Consider when it's best for you to take the MCAT exam; visit the MCAT website to find test dates and locations (aamc.org/mcat).
- Discuss letters of evaluation and learn about your university's procedures for committee letters.
- Review the list of medical schools you're interested in; you can use the "My Favorites" feature in the MSAR tool (aamc.org/msar) to email your list of favorite schools to your advisor.

Campus Activities

- Identify, pursue, or continue leadership opportunities within the prehealth organizations on your campus.
- Think about which faculty, advisors, and mentors you'll approach to write letters of evaluation for your applications.

Work and Activity Experiences

- Continue participating in meaningful clinical experiences, other medically related activities, volunteer work, research, and/or leadership roles on campus; if possible, take on a more substantial role.
- Continue to research medical schools you labeled as favorites in MSAR. If available, apply to their premed pipeline programs.

Application Activities

- When you're prepared and ready, register for and take the MCAT exam.
- Visit the PREview website for the list of medical schools requiring or recommending the exam to determine if and when you should take the exam.
- If needed, decide when to register to retake the MCAT and/or PREview s

AAMC and Other Resources

- Research medical school curricula and joint, dual, and combined-degree programs using MSAR (aamc.org/msar).
- Check out the AAMC's Official Guide to Medical School Admissions: How to Prepare and Apply to Medical School, the go-to resource for comprehensive information and expert tips on applying to medical school.
- Learn more about the *Anatomy of an Applicant* resource that shares interviews with real medical students, their prehealth advisors, and the admission officers who accepted them.
- Get information on groups underrepresented in medicine: Minorities in Medicine (aamc.org/students/minorities).
- Sign up for and attend campus visit days for local medical schools of interest.
- Learn more about the centralized medical school application services:
 - American Medical College Application Service® (AMCAS®) (aamc.org/amcas).
 - Texas Medical and Dental Schools Application Service (TMDAS) (utsystem.edu).

ONE YEAR BEFORE YOU PLAN TO ATTEND MEDICAL SCHOOL

Prehealth Advisor Activities

Meet regularly with your prehealth advisor to discuss:

- Letters of evaluation and committee letters (if available).
- Your education options, such as a post baccalaureate premedical program (apps.aamc.org/postbac) or gap year.
- The status of your applications and the admission process for schools to which you've applied.

Campus Activities

Ask instructors, mentors, and advisors to write letters of evaluation for you.

Work and Activity Experiences

Seek new meaningful clinical experiences, other medically related activities, volunteer work, and research and/or leadership experiences.

Application Activities

- Complete the AMCAS application.
- Complete and submit secondary applications.

AAMC Resources

- Become familiar with Application and Acceptance Protocols for:
 - Admission officers (students-residents.aamc.org/admission-off).
 - Applicants (students-residents.aamc.org/applicants).
- Prepare for interviews and campus visits.

GAP YEAR(S)

- Seek meaningful employment, education, and/or experience, if possible, in a medically related environment.
- Pay down credit card and/or undergraduate debt as much as possible. Review the AAMC's financial resources and information (students-residents.aamc.org/financial-aid).
- Continue to meet regularly or keep in touch with your prehealth advisor throughout the process.

AFTER YOU'RE ACCEPTED TO MEDICAL SCHOOL

- Receive program acceptances.
- Make interim and final decisions about medical school choice.
- Notify medical schools on or before the deadline given that you will not be attending.
- Ensure all IRS and financial aid forms are completed and submitted as early as possible.
- Purchase books and equipment and make appropriate living arrangements.
- Attend orientation programs and matriculate into medical school!