

# PRE MED

## Getting-and-Staying-On-Track Checklist

### FRESHMAN

- Begin Basic Science Courses
- Meet With Your Pre-Med/  
Pre- Health Advisor
- Join Your Pre-Med/Pre-Health  
Club
- Take Study Skills Classes
- Get Involved With Community  
Service/Organizations
- Get To Know Your Professors

### SOPHOMORE

- Choose a Major
- Explore Health Career Options
- Consider Running for an Office
- Become Familiar with the MCAT
- Seek a Summer Internship In  
Health Field
- Seek Honors and Scholarships
- Discuss Your Program With Your  
Pre-Health Advisor
- Maintain Relationships With  
Professors

### JUNIOR

- Make a List of Schools Of  
Interest
- MCAT: Sign-Up, Study, Take  
Exam (Consider MCAT Prep  
Course)
- Ask For Letters Of  
Recommendation
- Work On Personal Statement
- Complete Your Pre-Med File
- Fill Out AMCAS Application  
(Summer)

### SENIOR

- Retake the MCAT Is Necessary
- Check Your Graduation  
Requirements
- Complete Secondary Applications
- Prepare For Interviews
- Take Med School Prep Courses If  
Needed
- Confirm Your Commitment

**NOTE: Please use this checklist as you review the document titled "Premed Timeline: Plan Your Success!"  
to verify that you are on track.**