

PRE-MED 101: 4 YEAR CHECKLIST

With so many requirements to check off your list before medical school, you need to map out the next four years. Use the following checklist to guide you through the years you will spend here at La Sierra University and ensure you are on the right track for your future career as a doctor.

YEAR ONE

- Verify you are declared as "pre-medicine" to ensure you receive all communication sent out to pre-med students.
- Join clubs that are relevant to your interests such as "Pre-Medical Society".
- Create an **academic plan** on your computer or planner to remind yourself of what prerequisites you need to take.
- Become familiarized with the resources OACS provides to pre health students:
 - Pre-Health Monday Workshops
 - Consultations
 - Pre-Health Website
 - Career Advising
- **Participate** in activities and projects that demonstrate your involvement outside of academics.
- Figure out why you want to be a doctor. Let these motivations guide the extracurriculars that you pursue.

YEAR TWO

- Keep taking your pre-med requirements, meet with your academic advisor to ensure you are on track.
- Narrow down your extracurriculars to those that excite you most. Start applying for leadership positions.
- Familiarize** yourself with the medical school application timeline and components.
- Apply for research and internship opportunities to add to your resume/CV.
- Create a plan on when you will take MCAT including a study schedule.
SUMMER: If you plan to apply during your junior year of college: start studying for the MCAT*.

MCAT

The Medical College Admission Test is a multiple-choice, computer-based, standardized exam that is required for admission to med schools in the United States and Canada. Students usually take it summer after **YEAR 3** and it is not recommended to take more than once.

Students should have completed these subjects prior to taking the test:

- GENERAL BIOLOGY
- GENERAL CHEMISTRY
- ORGANIC CHEMISTRY
- BIOCHEMISTRY
- PHYSICS
- PYSC/SOCI/COMM recommended

YEAR FOUR

- If you're taking a gap year, start looking for jobs early senior year - use your connections to professors and your internship supervisors.
- If your grades aren't up to the mark, start researching additional science classes you can take as a post-bacc student. Develop a plan on when is the best time to apply.
- Ensure you will be complete with all prerequisites prior to matriculating.

YEAR THREE

- Perform a **self evaluation/assessment** to compare your GPA and application profile to the average medical school matriculant.
- Decide whether you will be applying to medical school during this cycle or if you will take a **gap year**. If you decide to apply for matriculation right after you graduate, YEAR 3 is crucial!
- If you don't plan on taking a gap year, register for and take the MCAT!
- Attend **Recommendation Committee** workshop and organize your application packet due by the **end of Winter quarter**.
 - Begin to ask for Letters of Recommendation
 - Attend workshops on Personal Statement Writing and Interview Techniques
- Revisit your academic plan and make sure you're meeting all the requirements for medical school.

RECOMMENDATION COMMITTEE

The Recommendation Committee provides a committee letter for pre-health professional students who are applying to health professional programs. Students applying to medicine, dentistry and pharmacy programs at LLU must have a committee letter.

-RC process begins in the Winter and culminates in the Spring as an interview with a committee member.

-Students are encouraged to go through RC during the year they plan on applying to medical school.

SUMMER:

-Begin medical school application using AMCAS portal. **DUE NOVEMBER 1st!**

-Send transcripts.

-Register for last possible MCAT dates in late August if you have not taken the MCAT already.

-Complete secondary applications.

QUESTIONS?

Visit our website, scan our QR code or contact us at prehealth@lasierra.edu!

