

Minnesota's Future Doctors

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My Road Map to Med School

First Year	Fall semester	Semester One	My Status
Select a Major	<p>Select a major or take a hard look at your declared major. Is this something you want to do over the next four (or more) years?</p> <p>Med schools don't require a "pre med" or biology major. They do, however, require very specific courses for admission into med school.</p> <p>Become aware of the courses that are required for you to graduate in a timely way. Clearly understand what courses are needed for entrance into med school.</p> <p>Make one course list. Include courses required for your major and courses required for admittance for med school.</p>		
Review Medical School Web Sites	<p>Go to three medical school web sites and check them out. Are they places that you can see yourself in four years?</p> <p>For a full list of medical schools, go to www.aamc.org and search member medical schools. You'll find a list of campuses.</p> <p>While at the med school sites, print off a list of courses that these medical schools require for admittance.</p>		
Make a 4 Year Course Planning Sheet	<p>Compare your declared major required courses and the med school required courses.</p> <p>Your four year college/university course plan should include a variety of courses that interest you. Make certain you have biology and chemistry courses in your schedule for the first or second semester.</p> <p>Register for a wide range of courses for Spring Semester. Include a mix of science, mathematics, fine arts, social and behavioral studies, English, and foreign languages.</p>		
Visit your Academic or Pre-Med Advisor	<p>Meet with a pre med or academic advisor to discuss your interest in medicine.</p> <p>Take your course planning sheet, the required coursework for your major, and a list of the required courses for</p>		

	<p>application to med school to your advisor. How do they match up?</p> <p>Meet with your advisor at least once every semester to discuss your grades, courses, financial aid, and any concerns that you may have.</p>	
Develop a Study Plan	<p>Develop a study plan.</p> <p>If you spend one hour in a lecture or lab, you should spend at least two hours studying. If you don't have a two hours studying to one hour in lecture/lab study plan, you are not studying enough. You will not earn the grades you need to be attractive to most med schools.</p> <p>If your extra curricular activities don't allow for you to have two hours of study time for each hour in class/lab, rethink your priorities. Choose one activity that you find rewarding.</p> <p>If you are working or taking care of family members, create a weekly calendar that allows you enough study time and sleep.</p>	
Interested in studying abroad during your college years?	<p>Make a plan now that includes studying abroad in your sophomore year or the fall semester of your junior year. Why then? You need freshman year to acclimate to college. Sophomore year would be an excellent time to travel. The first semester of Junior year is also excellent. The spring of Junior year, you'll be studying for your MCAT exam. Who wants to do that abroad? Senior year is a difficult year to travel - because you will likely be interviewing for medical schools between October and March of your senior year of college. Plan ahead!</p>	
Find Pre Med or Science Extracurricular Activities	<p>Look for campus activities/clubs that support pre med, chemistry, or biology students.</p> <p>If you can't find the clubs you're looking for on the web, ask your academic advisor for insight.</p>	
Familiarize Yourself with Minorities in Medicine Information	<p>If you are a minority pre-med student, go to the AAMC Minorities in Medicine web information located at: www.aamc.org/students/minorities/start.htm</p> <p>Another great source is www.AspiringDocs.org.</p> <p>Ask your advisor for the names and email addresses of students who have recently graduated from your campus, who are now attending med school.</p>	
Volunteer One to Four Hours Per Month in a Multicultural Medical or Health Setting	<p>Start to explore the field of medicine by volunteering or working at least one hour to four hours per month at a hospital, clinic, or nursing home. Do this during your first year in college and continue to do it until you graduate. This small effort will pay off heavily when you are applying for medical school.</p> <p>Consider looking for volunteering roles within the medical community that will expose you to persons from different ethnic and cultural backgrounds. Individuals that pay attention to the diversity in their own communities are attractive medical student applicants.</p>	

<p>Look at dual degrees in medicine. MD/PhD, MD/JD, MD/MPH,</p>	<p>Start looking at options in healthcare that blend two types of interests. Medicine and law, medicine and public health, medicine and research. What is needed? Look at one college, the U of M Med School or Mayo Medical School and think about what both degrees require.</p>	
<p>Look at the Medical College Admissions Test (MCAT)</p>	<p>Look at the AAMC web site and search for the Medical College Admissions Test. Become familiar with the topics presented on the test during your first year of college.</p> <p>Go to this web site and the MCAT exam pages every month.</p> <p>Challenge yourself by taking the mock MCAT test online at least once per semester throughout your college career. Find a friend on campus with similar goals. Set an MCAT study plan.</p>	
<p>Search for "Pre Med" Summer Opportunities</p>	<p>At the end of your fall semester, do a web search of programs that will be available to "pre meds" and "science focused" undergrads in the summer.</p> <p>One excellent opportunity is Minnesota's Future Doctors program. Email jopete@umn.edu for information.</p> <p>Many programs will require you to apply and have a recommendation letter by the end of February. Do not be the last to apply.</p> <p>Early summer program applicants always get much more attention from program staff. Feel free to email or call program staff early in the application process to make your name known to them. Staff will remember you fondly if you are interested in their program and ask your questions with professionalism.</p>	

First Year Spring Semester Semester Two

<p>Meet with your Academic Advisor</p>	<p>Meet with your academic advisor when you return from winter break. Discuss your Fall semester grades.</p> <p>If you are not maintaining a GPA of 3.5 or higher in the sciences, work with your advisor to create a balanced plan that includes time in class/lab, study time, volunteerism, work (if needed), and extra curricular activities.</p>	
<p>Apply for Summer Opportunities</p>	<p>Apply for summer employment or volunteer activities in medically related settings. Consider a mix of paid and volunteer opportunities.</p> <p>OR</p> <p>Make plans to attend summer school if needed.</p>	
<p>Continue to Volunteer Monthly in a Cross Cultural Healthcare Settings</p>	<p>Volunteer at least one to four hours per month in a healthcare setting. This is critical for your medical school application.</p> <p>Look at hospitals and clinics in your area. Many have volunteer web sites and applications. Complete yours. If they ask you to come in for an orientation, accept that offer and know this time will be extremely rewarding to you as a person and as a potential med school applicant.</p>	
<p>Research Scholarship Opportunities for "Pre Meds"</p>	<p>Take one Saturday afternoon to research scholarship opportunities online every semester. Look for funds that help rural, economically disadvantaged, minority, immigrant, and other students pay for college.</p> <p>The average student receives 1 in every 5 scholarships that he or she applies for. Set time aside to apply for scholarships. It is worth your time and energy.</p>	
<p>Look into Early Acceptance Programs at Specific Med Schools</p>	<p>Determine if your campus has a pre-med early acceptance relationship with a med school. Typically, this only occurs if your undergraduate campus has a med school physically connected to it.</p> <p>The University of Minnesota Twin Cities and University of Minnesota Duluth have early acceptance programs for U of M students.</p> <p>You may be eligible to attend an undergraduate program designed specifically for pre med students.</p>	
<p>Shadow a Doctor</p>	<p>Find one doctor in your community. Ask that doctor for an hour where you will shadow him or her at work.</p> <p>Make plans to do this activity in February of every year while you are in college.</p> <p>Shadowing doctors is critically important for med school applications and during the med school interviewing process. You must be able to discuss when and where you have experienced medicine in action.</p> <p>Finding shadowing opportunities may be a difficult task, but it is critical to your success.</p>	

Start Spending at Least Two Hours a Week with MCAT	<p>Start taking a hard look at the MCAT exams and frequently asked questions provided at the www.aamc.org web site. The AAMC provides technically current, up to date information on the test.</p> <p>You may consider looking at the Kaplan Review and Princeton Review books and CDs offered on line. However, keep in mind that all MCAT information comes directly from the AAMC web site. The AAMC must be your primary source for MCAT test information.</p> <p>Give yourself one to three hours a week to study the MCAT questions found on free tests at the AAMC web site.</p>	
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Second Year Fall Semester Semester Three

<p>Update Your Academic Plan with Your Advisor</p>	<p>Discuss your grades and coursework from year one. Discuss the benefits and pitfalls of your summer experience.</p> <p>Discuss your current course load, financial concerns, and extra curricular activities.</p>	
<p>Participate in Pre Med Activities</p>	<p>Take time to attend one pre med or health-related presentation or club meeting each month.</p>	
<p>Continue to Volunteer Monthly, Exploring Diversity in Your Community</p>	<p><input type="checkbox"/> Continue participation in volunteer/paid medically related activities</p>	
<p>Maintain Excellent Grades</p>	<p>Your GPA is important. Make certain you are studying enough and understand the material presented in every class.</p> <p>Start making appointments with professors that you particularly enjoy. You will eventually need letters of recommendation for summer activities, scholarships, and med school. You will need these relationships.</p>	
<p>Spend a ½ day at the AAMC Web Site</p>	<p>Review the American Association of Medical Colleges “Applying to Med School” area.</p> <p>Create a study plan which includes two or more hours of MCAT study prep each week.</p> <p>Review the American Medical College Application Service (AMCAS) and familiarize yourself with the med school process.</p> <p>Do a web search on the American Association of Colleges of Osteopathic Medicine Application Service (AACOMAS)</p>	
<p>Shadow and Meet with a Doctor in Your Home Town</p>	<p>Take one hour to meet with a doctor in your community or your hometown. Ask him or her to discuss a community health concern. Get insight on his or her road through med school.</p> <p>Talk about the different areas of medicine, and what is required to serve in those areas.</p>	
<p>Look for Paid, Summer Internship or Research Opportunities in the Medical Profession or Bioscience Field</p>	<p>Get moving on your search for summer opportunities. Do your homework on various organizations that offer paid opportunities locally, statewide, nationally, or internationally.</p>	

Year Two**Spring Semester****Semester Four**

Tour a Hospital	<p>Check out local hospital web sites and look for opportunities to tour the full facility.</p> <p>Start taking these tours at least once per year at different locations.</p>	
Update Your Course Schedule with your Advisor	<p>Meet with your academic or pre med advisor to discuss your coursework, pre med goals, volunteering and work activities.</p> <p>Update your course schedule if needed to ensure that you are meeting all major coursework requirements and pre med course requirements.</p>	
Apply for Summer Opportunities in Medicine	<p>Apply for summer experiences that will add to your pre med resume of experiences. These may include, but not be limited to:</p> <ul style="list-style-type: none"> • Working in a lab as a technician • Working in a hospital, clinic or nursing home • Working in a cross cultural clinic or service organization related to healthcare • Participating in a summer pre med program 	
Develop Your Leadership Skills	<p>As your advisor for assistance in developing your leadership skills on campus. Make a point of bringing a healthcare speaker onto campus, developing health-related opportunities for your fellow students, or leading a major community health service event.</p>	
Attend Student Healthcare "Pre Med" Conferences	<p>Look for student-focused conferences related to healthcare.</p> <p>If the conferences you've identified are expensive or are located out-of-state, ask your student senate or academic advisor if there are funds to cover your travel expenses. You may be pleasantly surprised about what funds are available to students.</p>	
Volunteer Monthly	<p>Change your volunteering or working activities, if needed. Start to look for volunteering activities, within medicine, that allow you to have contact with doctors, patients, and other health care workers.</p> <p>These opportunities will give you excellent insight as you develop your personal statement for med school applications. Having a well rounded view of medicine is necessary to your application.</p>	
Study for the MCAT Twice a Week	<p>Pick up books, CDs and free/paid online information, which will prepare you to take the MCAT. Remember that the AAMC is the source for all information on the test.</p> <p>All other organizations provide MCAT prep and materials as a profit making business. Be wary of how you are spending your time and money.</p> <p>You need to start studying now, a minimum of four hours per week for the MCAT.</p>	

Year Three

Fall Semester

Semester Five

<p>Review the AAMC Web Site for Any Changes in Pre Med and Med School Pathways</p>	<p>Review the AAMC web site. Make certain you are aware of all updates related to MSAR, MCAT, and AMCAS.</p>	
<p>Review Your Three to Six "Choice" Med Schools by Visiting them Online.</p> <p>Consider Taking a "Road Trip" to One or More of These Med Schools During Winter Break</p>	<p>Go to three med school web sites and look at the admissions requirements, data regarding the types of applicants that have been accepted to the program, and any changes that the med school may have made related to the admissions process.</p> <p>Make appointments with med school leaders, faculty, med students, or admissions leaders at med schools. You will have a much better understanding of the types of med school environments that you are attracted to, after having visited more than one location.</p>	
<p>Know Your Standing with Your Academic Advisor and a Trusted Professor</p>	<p>Discuss your third year plans with your academic advisor and a trusted instructor or professor.</p> <p>Make certain you are comfortable with this advisor and professor. You will need letters of recommendation for medical school applications. You must create relationships with individuals who will give you excellent letters of recommendation. Do not wait to form these important relationships.</p>	
<p>Enhance Your MCAT Study Plan</p>	<p>Set a study plan for the MCAT that includes six to ten hours of study time per week throughout this academic year.</p> <p>Select a "study friend" on campus and make a commitment to meet, study, gather information, and meet with professors who can help you.</p> <p>Consider attending an MCAT study prep program. These programs are expensive. 1/2 of med students find them very useful; others felt they were not necessary. Again, look to the AAMC for updated tests and information on the exam.</p>	
<p>Register for a Late Spring MCAT</p>	<p>Study regularly; but, remember to take care of yourself.</p>	
<p>Maintain an Excellent GPA</p>	<p>Keep your grades up. Consistent studying - done on a daily basis - is the key to excellent grades.</p>	
<p>Continue Your Volunteering or Find Paid Work in Medicine</p>	<p>Continue participation in volunteer/paid medically related activities</p>	
<p>Meet with Your Advisor to Ensure that You are On Track to Graduate</p>	<p>Schedule for completion of school-specific requirements for advisor/committee evaluation</p>	
<p>Look for Paid Summer Experiences in Medicine</p>	<p>Select a new summer opportunity that will broaden your understanding of the medical profession.</p> <p>Consider working in a hospital setting, doing unique research, or serving a specific population with healthcare concerns.</p>	

Year Three Spring Semester Semester Six

<p>Take the Spring MCAT</p>	<p>Take the Spring MCAT Your goal should be a minimum "30" score.</p>	
<p>Review the AAMC Web Site for Updated Information on Medical Schools</p>	<p>Know which schools are particularly interesting to you. Visit them if you have the time and money.</p> <p>Review the AAMC Curriculum Directory Web site (http://services.aamc.org/currdir) for information about medical school curricula and joint, dual, and combined-degree programs offered throughout the country.</p> <p>Select several (6) medical schools that you find interesting. Visit two of them, if possible.</p>	
<p>Know the Responsibilities for Applying to Med School</p>	<p>Review the Applicant Responsibilities document (www.aamc.org/students/applying/policies)</p> <p>Review the □AAMC Recommendations Concerning Medical School Acceptance Procedures for First-Year Entering Students document at www.aamc.org/students/applying/policies</p>	
<p>Find Work in the Medical Profession</p>	<p>Build your med school applicant resume by finding rewarding work within medicine.</p>	

Year Three**Summer****After Year Three**

Apply to Several Medical Schools	Mark June 1 on your calendar. Start applying for medical schools on that date if you feel prepared to do so.	
Work in the Medical Field	Participate in a medically-related summer experience or take summer courses if necessary	
Take the MCAT Again if Needed	If you did not get a "30" Score or you feel you could do better, take the MCAT test again. Study for the MCAT daily Spend a critical amount of time with those areas where you can improve your score.	

Year Four**Fall Semester****Semester Seven**

Keep Track of Your Med School Application Materials and Stay Current with Requests for Supplemental Information	<p>Keep a central file of all applications and supplemental material that you have sent.</p> <p>Complete supplementary application materials for schools applied to in a timely way. Punctuality does count.</p>	
Review AAMC Procedures	<p>Review the <input type="checkbox"/> AAMC Recommendations Concerning Medical School Acceptance Procedures for First-Year Entering Students document at www.aamc.org/students/applying/policies</p>	
Maintain your GPA	<p>Your coursework does matter to the med schools of your choice. Make certain you are maintaining an excellent grade point average.</p>	
Continue to Volunteer or Work in the Medical Field	<p>Continue participation in volunteer/paid medically related activities</p>	
Prepare for Medical School Interviews	<p>Accept offers for medical school interviews graciously. Remember that kindness toward staff at every level is appreciated and discussed within the med schools.</p> <p>Ask trusted advisors and mentors to conduct mock interviews with you. Listen carefully to their feedback. Your handshake, smile, tone of voice, and manners are exceptionally important.</p> <p>Stay current with medical discoveries and medical issues that are in the national spotlight. Pay particular attention to global health, research that is being conducted at the institutions where you are interviewing, and reflect on the medical experiences (paid and volunteer work) that you have done.</p> <p>Create a suitable wardrobe for interviewing. Most admissions staff will tell you to dress extremely conservatively, in black or blue business attire.</p>	
Find Some Balance in Your Academic Coursework	<p>Take advanced science coursework within your undergraduate plan. Balance that coursework with non- science requirements for graduation.</p>	

Year Four**Spring Semester****Semester Eight**

Continue to Interview with Med Schools	See every interview as an opportunity to build on your interviewing skills.	
Consider Your Medical School Offers	<input type="checkbox"/> Make interim and final decisions about your medical school choices. Immediately notify the medical schools that you will not be attending.	
Review Financial Aid Planning on the AAMC Web Site	Find the financial aid planning documents on the AAMC.org web site.	
Work with the Financial Aid Team on Your Med School Campus Early	Complete all financial aid forms required by your med school. Ensure that all IRS forms are submitted as early as possible. Ask your financial aid liaison for all information on scholarships related to their med school. Give yourself a full day to research scholarships related to med school. Apply for at least five scholarships, with the expectation that you may receive one.	
Stay on Track with Your Coursework	<input type="checkbox"/> Successfully complete second-semester elective science and non-science coursework and other degree requirements	
Graduate	Enjoy your success as a graduate. Consider using this summer as an opportunity to relax and see the world.	
Prepare for Med School	Attend orientation programs. Prepare for medical school enrollment. Make living arrangements; understand the parking and commuting patterns, and purchase supplies and materials. Email current medical students to ask specific questions about logistics, coursework, and instructors.	