

TIMELINE FOR MATRICULATION IN FALL OF _____

INDIVIDUAL COURSE SELECTIONS SHOULD BE MADE WITH YOUR ADVISOR

FIRST YEAR _____

- Establish connections with teachers/advisors...they will be writing your letters later
- Consult MSAR re: requirements of schools you are interested in
- Campus involvement (activity not just membership)
- Establish good study habits
- Develop a mentor relationship with a Dr to shadow
- Altruistic volunteer hours (length over time more important than type/hours)
- Apply for Summer Research Programs Oct-Feb if interested

SUMMER _____

- Meaningful activity that is of interest to you
- Research experience, volunteer, related work if possible
- Try to avoid 'Core' pre-med classes if doing summer terms

SECONDYEAR _____

- Seek out leadership opportunities in ECs
- Continue Shadow/Healthcare Experience
- Organic Chem (Try to finish before MCAT, not concurrently)
- Apply for Summer Research Programs Oct-Feb if interested

SUMMER _____

- Same as last, greater depth/breadth

FALL SEMESTER (2 yrs out) _____

- Take last of 'Pre-MCAT' necessity classes (physics, gen bio/chem., orgo, cell/molec, etc)
- Continue to improve altruistic, leadership, and healthcare experiences for your resume
- Consider Preparing a CV or Resume if not already done (useful for completing apps)
- Apply for Summer Research/SURF programs
- Full Length Diagnostic MCAT in controlled setting (Library & a stopwatch)

SPRING SEMESTER _____

- Lighter Course Load
- MCAT preparation – course or self-study
- Prepare personal statement, review and rework at time intervals
- **Have LORs and checksheets forwarded to Advisor**

Mid April _____

- MCAT administration
- Well rested
- Complex carb, low sugar/low caffeine breakfast
- Scope out location ahead of time to prepare/reduce stress
- Remember Photo Admission Card and photo ID

TIMELINE FOR MATRICULATION IN FALL OF _____

May _____

- AMCAS goes online, fill out and have proofread
- **Send in Transcripts ASAP, won't start verification if missing one**
- Make EC descriptions concise (make them want to learn more about your uniqueness)

Mid June _____

- April MCAT scores released
- Online, hardcopy to follow

AMCAS Submission: June _____

- Do as close to first day as possible... Early bird catches the worm!!
- If you scored well on practice tests do not wait on scores
- Processed in order received; shorter time for verification

Secondaries Arrive: June- Fall _____

- 50-100 Dollars norm (2004)
- Give yourself a deadline: Two week turnover max
- Provide New Information and Proofread
- LORs submitted at this time

Interview Season: Sept – March _____

- \$\$= Clothes, Tickets, Hotels
- Dark Conservative Suit
- Research Interview experiences on SDN
- Stay abreast of current events and healthcare policy
- Mock interview with common questions
- Remember to keep up grades!
- SUBMIT FAFSA ASAP in January, include parent info even if independent

April _____

- Receive Financial Aid packets to aid in final decision

May 15 _____

- Must relinquish all seats at schools you will not attend

May- First Week of Classes _____

- If you have an acceptance:
Don't let grades slip, remember to send in final transcripts
Insure funding, prepare to relocate
- If you haven't been accepted yet:
May still be called off waitlist at anytime
Continue to update schools with new grades, awards, pubs, experiences, etc.
Call and demonstrate interest in program
Continue to enhance application for this or next cycle

TIMELINE FOR MATRICULATION IN FALL OF _____

ADDITIONAL INFO:

TOP SIX FACTORS to getting interviews:

- GPA
- MCAT
- Personal, Thoughtful LORs
- Volunteer Activity
- Extra Curricular sans Leadership
- Research

Money Stuff

- Current cost of Princeton Review Prep Course \$1495
- AMCAS \$160 first school, \$30 each additional
- Secondaries \$50-100 each
- Interviews \$\$\$ Suit, Airfare, Hotels, etc.
- Hold seats 100+ each
- Keep your debt down and credit good
 - Supplemental loans based on credit score
 - FA worked to support only med school based needs (NOT CC debt, family, new car loans, etc)

2003 National Matriculant Data (www.aamc.org/data/facts/2003/mcatgpastatemat.htm)

- Mean MCAT 2003: VR 9.5, PS 9.9, BS 10.2, WS P
- Mean BCPM GPA: 3.55
- Mean Overall GPA: 3.62
- 2003: 34,786 applicants for 16,538 matriculants

2003 Area Schools Data (www.usnews.com Grad School Directory Premium Subscription)

	OVERALL GPA	MCAT (comp aver)	Applied	Interviewed	Accepted
ETSU (instate)	3.51	9.2	423	148	95
Meharry	Not Released				
U of KY (instate)	3.65	9.3	400	242	145
U of L (instate)	3.59	9.3	397	211	178
*UT	3.58	9,9,10	1268	375	150
Vanderbilt	3.77	10.8	3,507	895	270

* from UT Admissions Packet