

TIMETABLE FOR PREMEDICAL STUDENTS

Freshman Year -

- Attend College of Science Orientation Session for new Pre-Health Professional Students.
- Meet with Health Professions Advisor regularly to make sure you're on track starting fall of your freshman year. At this first meeting, you'll find out about resources and design a curricular plan.
- Attend Pre-Health Profession Association (PPA) meetings and meet with the Pre-Medical Chair through PPA. You'll also want to join the Pre-Health listserv.
- Find out about volunteer/shadowing activities at hospitals, clinics, nursing homes, and other facilities—either in the area or at home.
- Consider volunteer activities through Saluki Volunteer Corps (SVC): <http://www.cslv.siu.edu/students/svc/index.html> SVC can document your volunteer hours.
- Look through a sample MCAT to get an idea of what the test is like.
- Read more complex magazines, newspapers, essays, novels, etc. outside science to enhance your reading & verbal skills for the MCAT. (The Reading Section is difficult!) Population health and social science reading will also be important.
- Get to know your professors. Remember that some of them will be writing letters for you.
- Get off on the right foot in classes; form study groups, or ask your professor or T.A. for help as necessary. Attend class; practice taking good notes.
- Keep a detailed schedule to manage your time effectively. Schedule studying, free time, etc. too.
- Check out the Association of American Medical Colleges website at aamc.org for general information about medical school, the MCAT, and AMCAS, the central application service for medical schools.

Sophomore Year -

- The AAMC's *Official Guide to the MCAT Exam* may be useful to begin your MCAT preparation while taking relevant classes.
- Look through medical school catalogs or surf the Internet to medical school sites. The Medical School Admission Requirements published by the AAMC is most reliable. See the SIU Pre-Medical page: http://www.science.siu.edu/advisement/health_advisement/information/medical.html.
- Participate in PPA and other organizations which have service activities.
- Begin drafting or journaling ideas for your personal statement (as required for your Preprofessional Committee interview and AMCAS application) and ask the Health Professions Advisor to critique it for you, and/or the Writing Center on campus. (Typically, you will have many revisions.)
- Make sure that you have all required courses for medical school either completed or planned for spring semester of your junior year. Look for research opportunities.
- Consider beginning to ask evaluators to write evaluations for you using the Request for Evaluation form <http://www.science.siu.edu/common/pdfs/premed%20evaluation%20form.pdf>
- Take a good look at yourself. Are you meeting the goals you have set for yourself?

Junior Year -

Fall Semester

- Consider taking SCI 201, Career Preparation Seminar for Health Professions (Fall Only).
- Look into applying for the spring Alumni Association Extern Program; check with the Health Professions Advisor.
- Remind your professors that you will be asking them to write letters of evaluation for you. Use their office hours. Give them a resume or biographical outline (available in the Health Professions Information Office).
- Increase your volunteer or shadowing activities; maybe do something different from past years.
- Begin MCAT preparation, and step it up winter break. You will want to have MCAT prep materials (i.e., AAMC, Khan Academy (free), Kaplan, Examcrackers, Berkley Review) and take as many practice exams as you can. Be sure that you include several timed exams.
- Schedule your spring MCAT exam in the fall; there are limited seats in this area.
- Participate more in PPA activities. Run for office. Act as a mentor to younger students.
- Start researching sources of Financial Aid for medical school, such as RIMSAP, Rural Illinois Medical Assistance Program.
- Ask evaluators to write letters for your Committee interview/review and have them sent to Gail Robinson, Co-Chair of the Health Preprofessional Committee. A Committee letter will be generated at a later date to be sent to medical schools after your Committee interview.

Spring Semester

- Your Health Preprofessional Committee interview will be February, March or April. It is suggested that you interview early in the semester.
- Step up MCAT preparation; take the Kaplan free practice test if offered.
- Take the MCAT in April or May, or possibly June. It is not recommended take it in July or August unless you are repeating it.
- Attend the AMCAS application workshop offered the beginning of May. Fill out the AMCAS application online (available in May) and have it ready to send it in early June. Don't forget transcripts. There is a transcript matching form with the online application. An early application is much stronger!
- Meet with your Health Professions Advisor before you leave campus in May. Ask questions and listen to advice given. If you decide to apply, let her know that you definitely need a Committee letter (some students decide not to apply after their interview). To upload your letters to AMCAS, your AMCAS ID and Letter ID will be needed. Note: The Committee letter is not part of your primary application, and is looked by the medical schools as part of your secondary application.

Senior Year -

- Complete and return all supplemental applications from medical schools promptly.
- You will receive AMCAS status updates about your application.
- Attend an Interviewing workshop or ask for information from your advisor.
- April 30 – AAMC deadline to make your final decision about what school to attend.
- Make sure that all your work toward the baccalaureate degree is completed by August and submit final transcripts.
- Celebrate your acceptance to medical school, or alternatively, re-group and consult with your advisor about what you need to do to change your application to be more competitive. In addition, perhaps consider applying to other health professions programs.