

Premed Checklist

- Plan your curriculum with Dr. Thurlow to meet premedical, major, and PLS requirements. [As soon as possible, freshman year.]
- Go to the Premed Office (SSC, N207) and get the packet of forms you will need to set up a file. [As soon as possible, freshman year.]
- Fill out forms with contact information and lists of outside activities, and return them to the Premed Office. [By the end of your sophomore year.]
- Return signed forms to request letters of reference to Premed Office, along with names of faculty to whom these forms should be sent (they must be sent by the Premed Office!) [Anytime starting your sophomore year, up until March of your junior year, but the sooner the better!]
- Plan extracurricular activities (volunteering, research, EMT, etc.) that will provide you with medically related experiences, which can be the basis for your personal essay and interview. [Anytime starting your freshman year. The sooner the better, and the more the better.]
- Start preparing for the MCAT. Go to <http://www.aamc.org/students/mcat/> and learn about the MCAT. Study guides and practice exams are also on closed reserve in the Science Library and Clark's prehealth Web page (<http://www.clarku.edu/departments/prehealth/>) has more advice. [The sooner the better, but during your first semester as a junior at the latest.]
- Start to fill out your AMCAS application [on or about May 1 of your junior year]. Work with the Premed Office on your personal essay. [Start at least by January of your junior year].
- Register for the MCAT. [Registration for the January exam begins in November; see <http://www.aamc.org/students/mcat/> for other deadlines; financial assistance deadline may be about a month earlier.]
- Take the MCAT [junior year] as soon as you are prepared and as early as possible.
- Finalize your AMCAS application, including your personal essay [June-August of your junior year, or earlier if possible].
- Register for retaking the MCAT, if it is necessary.
- Retake the MCAT, if necessary.
- Send in your AMCAS application, if you think your MCAT scores are good enough (consult with the Premed Office). [Application deadlines vary from school to school. The earliest you can submit is June 1; early decision deadline is August 1, and others range from October 15 to December 15].
- Fill out secondary applications you will receive directly from the schools as soon as possible. Check with the Premed Office if you have any questions on how to phrase your answers. Any delay in returning these forms might be interpreted as a lack of interest and could hurt your chances of being admitted.

Prepare for interviews by having a mock interview with Dr. Thurlow. Also check out Clark's prehealth website for advice. [At the latest, start soon after you return secondary applications.]

If you are accepted, fill out financial aid forms (FAFSA) immediately. [Some deadlines are as early as February or March.]

If you receive more than one acceptance, withdraw from the school(s) you do not intend to attend. You may have to wait for financial aid information, which is why you should get in your FAFSA forms in as soon as possible [the deadline for holding multiple acceptances is May 15].

Take the following courses that are required by medical schools:

Biology 101

Biology 102

Chemistry 101

Chemistry 102

Chemistry 131

Chemistry 132

Physics 110 or 120

Physics 111 or 121

Math 120 or 124

Math 121 or 125

Psychology 101

Any English course (usually English 20)

A second course in English

Consider taking the following courses to help prepare you for the MCAT:

Biology 118 (Genetics)

Biology 109 (Microbiology)

Biology 137 (Cell Biology)

BCMB 271 (Biochemistry I)

BCMB 272 (Biochemistry II)

Biology 240 (Physiology)