Prehealth Checklist

☐ Plan your curriculum with Dr. Larochelle to meet premedical, major, and PLS requirements. [As soon as possible, freshman year.]

☐ Go to the Prehealth Advising Program Office (Sackler, S228) 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 Prehealth Advising Program Office. [By the end of your sophomore year.]

☐ Return signed forms to request letters of reference to Prehealth Advising Program Office, along with names of faculty to whom these forms should be sent (they must be sent by the Prehealth Advising Program 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 https://students-residents.aamc.org/taking-mcat-exam/take-mcat-exam and learn about the MCAT. [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]; see https://students-residents.aamc.org/applying-medical-school-amcas/apply-medical-school-amcas-program. Work with the Prehealth Advising Program Office on all aspects of the application, including your personal essay, your experience descriptions, biographical information, and courses taken. [Start at least by January of your junior year].

☐ Register for the MCAT. Please remember to release your scores to Dr. Larochelle at Clark. [Registration for the January-September exams begins in October; see https://students-residents.aamc.org/taking-mcat-exam/take-mcat-exam for deadlines. **AAMC Fee Assistance Program:** If you are interested in applying, submit your materials at least five business days before the MCAT registration opening. You must be approved for the benefits *before* taking advantage of the discounted MCAT registration fee. Learn more about the program to start gathering the information you need to submit your application early.]

☐ Take the MCAT [junior year] as soon as you are prepared and as early as possible. Remember that if things do not go well during the exam, you may void the exam before you leave.

☐ Finalize your AMCAS application, including working with the Prehealth Advising Program Office on all aspects of the application, and submitting pdf drafts of the application all along the way. [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 Prehealth Advising Program Office). A pdf copy of your submitted (dated) application will be our signal to finalize your composite letter. [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].

☐ Contact Dr. Larochelle to go over the ranking, tone, general tenor, and nonconfidential content of the letter to ensure accuracy of the information, and that the letter is appropriate.

☐ Obtain, sign, and return a form that you can get from our office that indicates that our letter is confidential and that authorizes us to send the letter on your behalf. If you add schools to your application later in the process, be sure to let us know.

☐ Fill out secondary applications you will receive directly from the schools as soon as possible. Check with the Prehealth Advising Program 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. Larochelle. Also check out https://www.clarku.edu/departments/prehealth/applying/interview/ for interview 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 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

☐ Biochemistry 271

☐ Physics 110 or 120

☐ Physics 111 or 121

☐ Math 120 or 124

☐ Math 121 or 125

☐ Psychology 101

☐ Sociology 010

☐ Any English course (usually English 20)

☐ A second course in English

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

☐ Biology 118 (Genetics)

☐ Biology 109 (Microbiology)

☐ Biology 137 (Cell Biology)

☐ Biology 240 (Physiology)

☐ Biochemistry 272

☐ More Psychology

☐ More Sociology