



# MED-SCHOOL ACCEPTANCE CHECKLIST

## ACADEMIC PREPARATION

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|---|---|
| <input type="checkbox"/> Complete required pre-med coursework (biology, chemistry, physics, etc.) | <input type="checkbox"/> Gain clinical experience (shadowing, volunteering, or working in healthcare) |
| <input type="checkbox"/> Maintain a competitive GPA (target 3.5 or higher)                        | <input type="checkbox"/> Participate in research (optional but beneficial)                            |

## PRE-MED COURSEWORK TO COMPLETE

1. Biology (2 Intro Level)
2. General Chemistry & Organic Chemistry
3. Physics
4. Biochemistry
5. Math (Calculus, Statistics, or other relevant courses)
6. Psychology & Sociology (Some schools require these; they are helpful for the MCAT)

## TIPS

Focus on building a strong academic foundation early on to set yourself up for success on the MCAT and in medical school. Aim for a balance of coursework, clinical experience, and research involvement to make your application stand out.

## CLINICAL EXPERIENCE FOR MEDICAL SCHOOL APPLICANTS

- Shadowing Physicians
- Volunteering in Hospitals or Clinics
- Medical Scribe
- Emergency Medical Technician (EMT)
- Nursing Assistant (CNA)
- Research Assistant in a Clinical Setting
- Medical Volunteering Abroad
- Paramedic
- Health Educator
- Patient Transporter
- Volunteer at Hospice or Palliative Care Facilities
- Phlebotomist
- Surgical Assistant
- Clinical Volunteer in Specialized Areas

## QUICK NOTES

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## MCAT PREPARATION

- Register for the MCAT early
- Set up a study schedule that includes content review and practice questions
- Take regular timed practice exams to assess progress
- Achieve a competitive score (typically 510 or higher)

## HOW TO REGISTER FOR THE MCAT

1. Visit the AAMC website and create an account.
2. Choose a test date and location that allows adequate prep time (ideally 6-9 months in advance).
3. Pay the registration fee (check for any discounts or fee waivers).

## TIPS

Start early and stick to a consistent study schedule. A structured approach will reduce stress and help you build confidence before test day.

## BEST RESOURCES FOR MCAT REVIEW

- **MedLife MCAT Course:** MCAT strategy-focused program with personalized support from multiple 515+ scorers.
- **Kaplan MCAT Prep:** Comprehensive study materials and practice exams.
- **AAMC Official MCAT Prep:** Utilize official AAMC practice exams to get a feel for the real test.
- **UWorld MCAT QBank:** Excellent resource for practicing questions and reviewing explanations.

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## MEDICAL SCHOOL RESEARCH & SELECTION

- Research schools based on curriculum, faculty, and program strengths
- Understand each school's admissions requirements

- Consider location, cost of living, and climate
- Apply to a mix of reach, target, and safety schools

### CURRICULUM STYLES

- **Problem-Based Learning (PBL)**

Small groups solve clinical problems, promoting self-directed learning.

*Tip:* PBL schools encourage collaboration and critical thinking.

- **Traditional Lectures:**

Professors deliver lectures to large groups, with some small group discussions.

*Tip:* Lecture-based schools offer structured, less self-directed learning.

### FACTORS TO CONSIDER

- **Residency Match Rates:** Look at the match rates for the specialties you're interested in.
- **School Culture:** Visit the school, if possible, or connect with current students to understand the environment.
- **Location & Cost of Living:** Urban schools may have more clinical opportunities but come with higher living costs, while rural schools may offer a more tight-knit community.

### TIPS

Take the time to research medical schools thoroughly, considering factors like curriculum style, residency match rates, location, school culture, financial aid options, and proximity to family to ensure the best fit for your goals.

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## APPLICATION PROCESS

- Create an AMCAS account and start filling out your application
- Write a compelling personal statement  
Obtain letters of recommendation (3-5)
- Complete secondary applications for each school
- Submit official transcripts and application fees

## INTERVIEW PREPARATION

- Prepare for common medical school interview questions
- Research each school's values and curriculum
- Schedule mock interviews with mentors or advisors
- Practice professional behavior and body language

## PERSONAL STATEMENT TIPS

1. **Be Honest and Authentic:** Your personal statement should reflect why you want to be a doctor, not what you think admissions committees want to hear.
2. **Highlight Key Experiences:** Focus on significant moments that shaped your desire to pursue medicine, such as volunteer work, clinical experience, or research.
3. **Keep it Focused:** Avoid a laundry list of achievements—connect the dots between your experiences and why they make you a strong candidate.

## COMMON INTERVIEW QUESTIONS

1. "Why do you want to be a doctor?"
2. "Tell us about a time you overcame a challenge."
3. "How do you deal with stress?"
4. Tip: Practice answering these questions, but don't memorize your responses. Let your answers feel natural.

## TIPS

Interviews are a chance to showcase your personality, motivations, and passion for medicine. Be prepared, confident, and highlight why you're a great fit for medical school.

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## WAITLIST & ACCEPTANCE

- Follow up with thank-you notes after interviews
- Send updates on any new achievements
- Carefully evaluate offers once received

## FINANCIAL PLANNING

- Research scholarships and financial aid options
- Submit FAFSA for federal aid
- Review loan options and calculate medical school expenses
- Apply for external scholarships and grants

## HOW TO HANDLE WAITLIST

1. **Stay Positive:** Many students get accepted off the waitlist later in the cycle.
2. **Send Updates:** If you have new accomplishments or scores, send a brief update to schools where you're waitlisted.
3. **Consider Backup Options:** Keep researching other schools in case you need to make alternative plans.

## KEY RESOURCES FOR FINANCIAL AID

1. **FAFSA:** The first step to accessing federal student loans and grants.
2. **School-Specific Scholarships:** Many medical schools offer merit-based or need-based scholarships. Research them on each school's financial aid page.
3. **External Scholarships:** Look for scholarships from medical organizations, foundations, and other institutions.

## TIPS

Stay proactive while waiting for decisions. Keep your profile strong and respond promptly to offers.

## TIPS

Start planning early to reduce the financial burden of medical school. Be aware of loan options and financial aid opportunities.

## PREPARING FOR MEDICAL SCHOOL LIFE

- Organize housing near campus or clinical rotations
- Establish self-care routines to handle stress
- Develop time-management and study strategies
- Join medical school support networks online

## MEDICAL SCHOOL SUPPORT RESOURCES

1. Academic Advisors
2. Peer Mentorship Programs
3. Counseling Services
4. Tutoring Services
5. Career Services
6. Research Opportunities
7. Financial Aid Office
8. Student Networks

## TIPS

Start developing healthy habits and effective time-management skills now to better handle the demanding workload of medical school, ensuring balanced well-being and academic success throughout your studies.

## ESSENTIAL SKILLS TO DEVELOP

- **Time Management:** Medical school is demanding. Learn how to prioritize tasks and allocate time effectively.
- **Self-Care:** Medical school can be stressful. Make sure to include time for physical activity, relaxation, and social interactions in your schedule.
- **Study Strategies:** Begin practicing active recall and spaced repetition to enhance memory retention for your studies.

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