

## **Premedical Timeline**

### **Things to always do throughout your undergraduate studies:**

- ❖ Develop and maintain a relationship with your advisor.
- ❖ Learn about current medical research and clinical issues. Read published literature.
- ❖ Review the Association of American Medical College's (AAMC) Medical School Admissions Requirements book <http://www.aamc.org> to check each medical schools requirements. You may view a copy of this book located in OPPAF.
- ❖ Plan out premedical coursework in preparation for the application process.
- ❖ Familiarize yourself and Prepare for MCAT – Read, Read, Read!
- ❖ Research medical schools and attend medical school visits.
- ❖ Explore the field of medicine – conduct informational interviews, volunteer/intern in medical settings.

### **Freshman Year**

#### **Fall/Spring Semesters**

- Register and open a file as a pre-health professions student with the Office of Pre-Professional Advising and Fellowships (OPPAF), Levermore Hall 304.
- Attend Freshman/Sophomore Pre-Health Professions Information Session.
- Build rapport with your professors and supervisors for future evaluation letters.

### **Sophomore Year**

#### **Fall Semester**

- Attend Freshman/Sophomore Pre-Health Professions Information Session.
- Plan when you will take the MCAT and start to prepare.  
<http://www.aamc.org/students/mcat/start.htm>
- Continue to build rapport with professors and supervisor for future recommendation letters.

#### **Spring Semester**

- Develop study habits for MCAT. Research prep courses for MCAT.

### **Junior Year**

#### **Fall Semester**

- Start studying for the MCATs.
- Participate in volunteer/community service.
- Make sure you have asked at least five people to write you letters of evaluation (three of which must be science and/or math faculty).

#### **Spring Semester**

- Take the MCAT.
- Start filling out the AMCAS application online.
- Obtain non-AMCAS school applications (where applicable).
- Research and visit medical schools and develop your target list.
- Have your personal statement critiqued and completed.
- Submit AMCAS application starting June 1st.

**IMPORTANT!!!** Have you pre-health professions file completed by no later than **April 1st** in OPPAF with the following:

- at least 5 evaluation letters (5 or more, 3 must be from science/math faculty)
- copy of any outside transcripts from other institutions
- MCAT scores
- copy of AMCAS application including a list of all schools you will apply to
- copy of personal statement
- resume/autobiography
- copy of any outside evaluation letters

Make sure your file is complete so that Adelphi's Premedical Council will be able to evaluate your application and write a composite letter on your behalf in a timely fashion. If you do not meet the deadline the committee may decline writing your composite letter.

### **Summer before Senior Year**

- Complete secondary applications.
- Take MCAT in August if you haven't done so in April.
- Start preparing for interviews.
- Research Financial Aid options. <http://www.aamc.org/md2>

### **Senior Year**

#### **Fall Semester**

- Prepare for your interviews. Sign up for a mock interview with the Office of Pre-Professional Advising and Fellowships or speak with your advisor for assistance.
- Research medical schools that you are applying to.
- Research financial aid options. <http://www.aamc.org/md2>

#### **Spring Semester**

- Update your advisor and OPPAF staff on the outcome of your applications; where you are granted interviews, invitations /rejections.