

B. EXAMPLES of ACADEMIC PLANS (PRE-MED): If a student intends to apply to medical school, below are some common strategies for completing pre-med prerequisites, each one prioritizes different goals.

- See below for guidance on prerequisite courses needed in other health professions
- Application timelines differ widely depending on the type of graduate professional school.

1) **Strategy A- The fast track:** For students who want to go to medical school right after graduation. In this scenario, students will need to complete Biochemistry during the fall semester of junior year while also studying for the MCAT. A January MCAT date will then position students to have all application materials ready when the system opens (~June 1). Late summer/fall of senior year would hopefully include secondary applications and interviews.

A	FALL	SPRING	NOTES
1YR	Gen Chem I (CHEM 111) Intro Psych (PSYCH 100)	Gen Chem II (Chem112) Genetics (BIOL 190)	
2YR	Organic Chem (CHEM 211) Cell Biology (BIOL 200) Physics I (PHYS 126 or 226)	Organic Chem (CHEM 212) Physics I (PHYS 127 or 227) Statistics (STAT 155)	
3YR	Biochem I (BIOL/CHEM 351)		Take MCAT January of JR year and apply over summer before SR year.
4YR			

2) **Strategy B-Plan for gap/bridge year(s):** This plan allows students more flexibility for taking prerequisite courses and spreading them out. You could take the MCAT right after you graduate or take some time to study for it and then take it.

B(1)	FALL	SPRING	NOTES
1YR	Gen Chem I (CHEM 111) Genetics (BIOL 190)	Gen Chem II (Chem112) Intro Psych (PSYCH 100)	
2YR	Organic Chem (CHEM 211) Cell Biology (BIOL 200)	Organic Chem (CHEM 212)	
3YR	Physics I (PHYS 126 or 226)	Physics I (PHYS 127 or 227)	
4YR	Biochem I (BIOL/CHEM 351)	Statistics (STAT 155)	Take the MCAT sometime during senior year and apply after graduation

Another example:

B(2)	FALL	SPRING	NOTES
1YR	Gen Chem I (CHEM 111)	Gen Chem II (Chem112) Genetics (BIOL 190)	
2YR	Organic Chem (CHEM 211) Cell Biology (BIOL 200)	Organic Chem (CHEM 212) Statistics (STAT 155)	
3YR	Physics I (PHYS 126 or 226)	Physics I (PHYS 127 or 227)	
4YR	Biochem I (BIOL/CHEM 351) Intro Psych (PSYCH 100)		Take MCAT in January of senior year or after you graduate

- 3) **Strategy C—Plan for a study away:** You could study away in either semester of your junior year and then take Biochem in the opposite semester of your junior year or during your senior year. *The plan below assumes a gap/bridge year.* Students would need to employ Strategy A to fit in a study away *and* begin medical school in the year after graduation.

D	FALL	SPRING	NOTES
1YR	Gen Chem I (CHEM 111) Genetics (BIOL 190)	Gen Chem II (Chem112)	
2YR	Organic Chem (CHEM 211) Cell Biology (BIOL 200)	Organic Chem (CHEM 212) Statistics (STAT 155)	
3YR	Biochem I (BIOL/CHEM 351) Or Study Away Semester	Study Away Semester Or Biochem I (BIOL/CHEM 351)	Take Biochem in fall or spring (opposite the study away). Consider research
4YR	Physics I (PHYS 126 or 226)	Physics I (PHYS 127 or 227)	Take the MCAT sometime during senior year and apply after graduation

CO-CURRICULAR MAP**Example:**

Pre-med student who would like to start medical school immediately after undergrad

- 1) *When will the student apply?*
- 2) *When should the student take the MCAT?*
- 3) *What experiences should the student have in order to confirm this is what they want to do and also become a competitive applicant*

<p>YR1 FALL</p> <p><i>JOIN HPSC</i></p> <p><i>FIND COMMUNITY (JOIN A STUDENT ORG, ETC)</i></p> <p><i>FOCUS ON ACADEMIC SUCCESS! (VISIT THE MAX CENTER OFTEN)</i></p>	<p>YR1 WINTER</p> <p><i>REACH OUT TO MEDICAL PROFESSIONALS TO ASK ABOUT THEIR EXPERIENCES</i></p>	<p>YR1 SPRING</p> <p><i>CONNECT WITH ALUMNI (PANEL OR INDIVIDUALLY)</i></p> <p><i>LOOK FOR SUMMER OPPORTUNITIES OF INTEREST</i></p>	<p>YR1 SUMMER</p> <p><i>VOLUNTEER, SHADOW, WORK, CONNECT WITH YOUR MISSION</i></p> <p><i>REFLECT ON YOUR FIRST YEAR OF COLLEGE</i></p> <p><i>MAKE A LINKEDIN PROFILE</i></p> <p><i>UPDATE RESUME</i></p>
<p>YR2 FALL</p> <p><i>ASSESS STUDENT ORG INVOLVEMENT—TOO MUCH?</i></p> <p><i>GET TO KNOW YOUR PROFESSORS!</i></p>	<p>YR2 WINTER</p> <p><i>APPLY FOR SUMMER RESEARCH</i></p>	<p>YR2 SPRING</p> <p><i>APPLY FOR A LEADERSHIP POSITION IN YOUR STUDENT ORG</i></p> <p><i>APPLY FOR SUMMER JOB, DEPENDING ON RESEARCH APPLICATION OUTCOME</i></p>	<p>YR2 SUMMER</p> <p><i>RESEARCH IN A FIELD OF INTEREST, VOLUNTEER IN HEALTHCARE SPACE</i></p> <p><i>DEVELOP LIST OF PROGRAMS YOU ARE CONSIDERING. MAKE A SPREADSHEET.</i></p>
<p>YR3 FALL</p> <p><i>STUDY FOR MCAT</i></p> <p><i>FIND LEADERSHIP OPPORTUNITIES ON AND OFF CAMPUS</i></p>	<p>YR3 WINTER</p> <p><i>FINAL STUDY FOR MCAT, TAKE TEST IN JANUARY</i></p> <p><i>BEGIN WRITING YOUR PERSONAL STATEMENT</i></p>	<p>YR3 SPRING</p> <p><i>ASK FOR LETTERS OF RECOMMENDATION BY SPRING BREAK</i></p>	<p>YR3 SUMMER</p> <p><i>AMCAS APPLICATION OPENS (JUNE)</i></p> <p><i>RESEARCH, JOB IN HEALTHCARE</i></p>
<p>YR4 FALL</p> <p><i>SECONDARY APPS DUE</i></p> <p><i>INTERVIEWS</i></p>	<p>YR4 WINTER</p> <p><i>EARLY NEWS OF ADMISSION</i></p>	<p>YR4 SPRING</p> <p><i>NEWS OF ADMISSION</i></p> <p><i>FINANCIAL AID INFO</i></p> <p><i>DECISIONS</i></p>	<p>YR4 SUMMER</p> <p><i>CONFIRM PROGRAM AND GET READY TO START!</i></p> <p><i>CONTINUE DOING WORK THAT IS MEANINGFUL TO YOU!</i></p>

CO-CURRICULAR MAP

YR1 FALL	YR1 WINTER	YR1 SPRING	YR1 SUMMER
YR2 FALL	YR2 WINTER	YR2 SPRING	YR2 SUMMER
YR3 FALL	YR3 WINTER	YR3 SPRING	YR3 SUMMER
YR4 FALL	YR4 WINTER	YR4 SPRING	YR4 SUMMER

THIS CAN (AND PROBABLY WILL!) CHANGE OVER TIME, BUT IT IS GOOD TO MAP A PLAN EARLY.