

Checklist & Timetable for Students Applying to Medical School and/or Doctor of Osteopathy

Freshmen Year

- Begin taking your first Biology and Chemistry courses (with corresponding labs)
- Focus on grades! To be competitive for medical school, you need at least a ~3.7 GPA (~3.5 for DO)
- Begin building relationships with professors who can later serve as mentors, offer you the opportunity to participate in research, or write recommendations on your behalf

Sophomore Year

- If you haven't already, consider participating in extracurricular activities, which will enhance you as a medical school applicant
- Spring/Summer of sophomore year
 - Start prepping for the MCAT
 - Seek out opportunities for internships (research and/or shadowing medical professionals, especially doctors)
 - Research potential medical schools & visit their campuses.

Junior Year

- Fall of junior year
 - Take an MCAT prep course
 - Begin writing personal statement
 - Seek out recommendation letters
- Spring of junior year
 - Take the MCAT (average competitive score: ~505; ~500 for DO)
 - Check application deadlines for schools
- Summer of junior year
 - Complete AMCAS application
 - Submit all application materials by August/September

Senior Year

- Send thank you notes to your recommenders
- Prepare for interviews (mock interviews)

Required Courses:

- 8 hours of general biology with laboratory
 - 8 hours of general/inorganic chemistry with laboratory
 - 8 hours of organic chemistry with laboratory
 - 8 hours of general physics with laboratory
 - 6 hours of English
 - 3 hours of Statistics
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