

Doctor of Allopathic Medicine (MD) Timeline and Checklist

1st Year

- Register for the Pre-Health Program
- Attend the informational meetings for the Pre-Health Program.
- Make an appointment with the pre-health advisor to discuss how to sequence classes, experiences that will help you prepare for medical school, and the different resources on campus.
- Investigate career information to identify what it means to be an allopathic doctor and the admission requirements for medical school.
- Start taking the core courses that need to be completed before taking the MCAT entrance exam required by the AAMCAS. Focus on academic coursework and how to be a successful college student.
- Look for meaningful opportunities to become involved in research, volunteering, clubs, and mentoring.
- Start shadowing physicians in fields that may interest you (ER, Pediatrics, Women's Health, etc.)
- Start to develop relationships with faculty, staff advisors and faculty mentors at DePaul.
- **SUMMER: Work, volunteer, research, or intern in the health field.**
- **SUMMER: Take summer courses if desired or necessary.**

2nd Year

- Attend the informational meetings for the Pre-Health Program
- Meet with the pre-health advisor to make sure you're progressing through your requirements.
- Continue taking the core courses that need to be completed before taking the MCAT entrance exam required by the medical programs. Focus on coursework and achieving a high GPA.
- Continue to investigate the career information to identify the admission requirements for medical school.
- Look for opportunities to be involved in meaningful activities (volunteering, research, etc.) that will strengthen your application.
- Attend local graduate school fairs and open houses.
- Apply for research opportunities that you can participate in over the school year or summer.
- Once your general chemistry and biology sequence are complete with a C or above, and are ready to apply within the next year, let the pre-health advisor know so you will be signed up for the Pre-Health Advising Committee.
- **SUMMER: Work or volunteer in the health field.**
- **SUMMER: Participate in summer enrichment, research, or internship program.**
- **SUMMER: Learn more about the MCAT and research MCAT prep courses opportunities**
- **SUMMER: Familiarize yourself with the American Medical College Application Service (AAMCAS).**

3rd Year (or the year prior to applying)

- Meet with pre-health advisor and PAC faculty mentor to make sure all coursework is on track.
- Begin compiling a list of specific medical programs that will meet your professional objectives.
- Complete pre-medical coursework that will be covered on the MCAT (biology, Chemistry, Organic Chemistry, Physics).
- Make sure you have established well maintained relationships with your staff advisors, professors, PAC faculty mentor, and healthcare professionals. Start to consider from whom you can receive letters of recommendations.
- Look for opportunities to continue to be involved (volunteering, research, shadowing, etc.) that will strengthen your application.
- Attend a personal statement writing workshop and begin writing your statement early. Be prepared to make multiple drafts as this statement is critical in the review of your application.
- If you are prepared and ready, register for the Medical College Admission Test (MCAT).
- Take the Medical College Admissions Test (MCAT).
- Prepare a "plan b" if you are not admitted to the schools of your choice.
- **SUMMER: If you are intending to start your chosen program immediately following graduation, you should begin the application process, including requesting letters of recommendation from your professors. The AMCAS will open up early May.**
- **SUMMER: Double check dates and deadlines and review, edit, and submit AMCAS application early**
- **SUMMER: Submit transcripts, complete supplemental applications, and contact those who will be submitting LORs for you to check on progress.**

4th Year

- Prepare for interviews by participating in a mock interview.
- Meet with your PAC faculty mentor to discuss status of your application.
- Continue to maintain a strong GPA.
- If admitted, make final decisions about your choice of school and notify schools you will not be attending.
- If admitted to Medical schools, apply for financial aid (FAFSA) by March 1st
- If admitted, pay seat deposit for the institution of your choice.
- Let the pre-health advisor know what schools you were admitted to and which school you will matriculate.

Doctor of Medicine –Allopathic (MD) Checklist

- ____ 1. **RESEARCH** the medical schools you are interested in. The first step for preparing for medical school is finding out what programs you are interested in. The Association of American Medical Colleges (www.aamc.org) has information about due dates, application requirements, prerequisites for each school and other useful information.
- ____ 2. **PREREQUISITES:** each has a different timeline and prerequisite. Research each school carefully to make sure you have met all the requirements for application.

Required	Highly Recommended	
1 Year of General Biology with lab (12 quarter hours)	1 Year English	1 course Biochemistry
1 Year of General Chemistry with lab (12 quarter hours)	1 course Sociology	1 course Cell Biology
1 year of Organic Chemistry with lab(12 quarter hours)	1 Year Psychology	1 course Physiology
1 year of Physics with lab (12 quarter hours)	1 Year Math	1 course Genetics

***This is a typical example of what a medical school may require– make sure you check each school for specific requirements**

- ____ 3. **REGISTER** for the Pre-Health Program, once you have completed the General Chemistry/General Biology sequence with a C or above you will be eligible for PAC. This will allow you to have a faculty mentor that will help you in your junior/senior year prepare for the AMCAS application.
- ____ 4. **GPA:** The higher your GPA, the more competitive you will be. Here is a general guideline for applying to Medical School. The average GPA for Medical Programs in Illinois is a Cumulative 3.725 and a Science GPA of a 3.71.
 - 3.8 or higher: apply to 10-15 programs
 - 3.5 or higher: apply to 15-20 programs
 - 3.3 or higher: apply to 20-25 programs
- ____ 5. **KNOW** the application start date and deadline along with all prerequisites you need for each school you are interested in. The AMCAS application opens late May early June (www.aamc.org). The early decision application is due August 1st. All other application deadlines are set by each school between August and December.
- ____ 6. **SHADOW:** Most schools do not require specific hours for shadowing. However, they expect you to invest time learning more about the healthcare field through shadowing. The more shadowing hours the more competitive candidate you will become.
- ____ 7. **BE INVOLVED:** The more well-rounded your academic career the more competitive you will be. Be involved in activities such as research, community service, work, and extracurricular activities that are meaningful and unique.
- ____ 8. **MCAT:** You should register to take the MCAT 3-5 months beforehand. A good minimum score to keep in mind is a total of a 31 or above. The higher the better, the average score for Medical Schools in Illinois is a 33. For more information or to sign up for the MCAT test <https://www.aamc.org/students/applying/mcat/>
- ____ 8. **RECOMMENDATIONS:** The majority of M.D. programs require a committee letter along with 1 individual letter or 4 individual letters of recommendations. Therefore, line up 3-4 recommendations early on. The AMCAS will tell you which types of recommendations each school requires and accepts. If unsure contact the schools you are applying to directly to determine what types of references they prefer. Recommendations through AMCAS are electronic.
- ____ 10. **COMPOSE:** Start to write your personal essay prior to the application in a word document. Each specific school may have a supplemental essay as well. Once you have completed your essay make sure you edit it carefully and have others edit it as well.
- ____ 11. **REQUEST** official transcripts to be sent to you to aid you in filling out the coursework one month prior to your application open date
- ____ 12. **APPLY/DOUBLE CHECK/SUBMIT:** The earlier you apply the better. Some schools have rolling admission. Get all your application materials ready a month prior to the application open date, fill out the application, double/triple check for errors, and then submit.