



4-YEAR TIMELINE TO MEDICAL SCHOOL (GAP YEAR)

UC San Diego Health Beat

FRESHMEN	SOPHOMORE	JUNIOR	SENIOR
<p>ACADEMICS</p> <ul style="list-style-type: none"> Chem 6A,B,C, 7L (Gen Chem) BILD 3 Math 10A,B,C or 20A,B,C English Comp AP Credit: See advisor. Re-take courses or take upper division coursework <p>HELPFUL HINT: → Med school prep is overwhelming so focus mostly on your ACADEMICS/GRADES during your first year</p>	<p>ACADEMICS</p> <ul style="list-style-type: none"> Chem 140 A,B,C, 143L (Ochem series + lab) BILD 1, 2 Choose a MAJOR that is interesting to YOU <p><i>***sample plan ONLY. Individual plans may vary***</i></p>	<p>ACADEMICS</p> <ul style="list-style-type: none"> Physics 1A,1AL, 1B, 1BL, 1C, 1CL OR 2A, 2AL, 2B, 2BL, 2C Upper division Bio lab (4 units) Take: Biochemistry, Physiology, Anatomy (MCAT) Consider taking Sociology 70 & General Psychology (MCAT) 	<p>ACADEMICS</p> <ul style="list-style-type: none"> Upper division science courses: consider taking, cell biology, genetics, immunology, etc. (especially if your BCPM is not strong)
<p>PROFESSIONAL PREPARATION</p> <ul style="list-style-type: none"> HMP3 Newsletter: Sign up. Consider joining relevant student orgs (AMSA, TSH) Visit: prehealth.ucsd.edu Keep JOURNAL of activities and experiences you have Attend any health-related info sessions Attend group and individual On-the-Spot pre-health advising <p>HELPFUL HINT: → Use EVERY summer to accrue clinical or service hours; or to get additional training (EMT, CNA, scribe)</p>	<p>PROFESSIONAL PREPARATION</p> <ul style="list-style-type: none"> Get to know professors → Office hours → Dine/Coffee with a Prof (3x/quarter) → Research or lab work → More suggestions at healthbeat.ucsd.edu Meet with a pre-health advisor Plan out your timeline Attend Health Beat Med School Prep workshops Leadership: become a UGIA, tutor, sit on board, become principle member of student org, etc. 	<p>PROFESSIONAL PREPARATION</p> <ul style="list-style-type: none"> Get to know professors: continue... Leadership: continue... <p>HELPFUL HINT: → Take multiple classes from the same professor so you can get to know them better</p>	<p>PROFESSIONAL PREPARATION</p> <ul style="list-style-type: none"> Attend Health Beat Med School Prep workshops Interview Prep: practice with Big Interview & mock interview prep Personal Essay: attend workshop & have advisor or mentor read draft <p>HELPFUL HINT: → Network at your internship, research position, or class so you can expand your opportunities</p>
<p>MEDICAL SCHOOL PREP</p> <ul style="list-style-type: none"> Clinical/Patient contact: Begin exploring opportunities for summer or the following year (can take 3-6 months to start) Service: Begin exploring volunteer and service opportunities for disadvantaged and underserved communities Research: Explore opportunities (if interested) Learn the AAMC 15 Core Competencies SUMMER: Begin accruing clinical, service, research hours 	<p>MEDICAL SCHOOL PREP</p> <ul style="list-style-type: none"> Clinical/Patient contact: Continue accruing hours Service: Continue working with disadvantaged and underserved communities Shadow a doctor Research: Get involved (if interested) 	<p>MEDICAL SCHOOL PREP</p> <ul style="list-style-type: none"> MCAT Prep: plan your course of study for the summer (i.e. prep course, self-study) REGISTER MCAT: Feb (Jul-Sept) Clinical/Patient contact: continue ... Service: continue ... Shadow: continue... Research: continue (if interested)... 	<p>MEDICAL SCHOOL PREP</p> <ul style="list-style-type: none"> MCAT: Register Oct (Jan-Jun) TAKE MCAT: Sept or Jan LORs: Confirm letter writers MSAR: target schools based on GPA & MCAT (FA) AAMCAS: review instruction manual (SP) GRADUATE! June Submit Application (June) Secondaries (July/August) Interview prep (Interviews: Sept-December of Gap Year)

This is a general guideline to follow. Everyone's course schedule and timeline will vary.



CHECKLIST FOR MEDICAL SCHOOL

- ❑ **GPA** (National averages: 3.7 overall, 3.64 BCPM)
- ❑ **MCAT** score (84th percentile or 510)
- ❑ **Clinical experience/patient contact hours**
 - Volunteer experience: Call pool, discharging, transporting, charting, feeding, bathing, etc.
 - Pathmaker, UCSD Health System, Scripps, etc.
 - Paid experience: Taking histories, vitals, charting, first aid
 - EMT
 - CNA (certified nursing assistant)
 - Phlebotomist
 - Medical assistant
- ❑ **Service** with underserved and disadvantaged communities
- ❑ **Research** (if interested): participate in research you are interested in
- ❑ **Leadership**
 - Undergraduate Instructional Apprentice (UGIA), tutor
 - Principal member of student org or committee
- ❑ **Letters of Recommendation (LORs)**
 - 2 from science professors
 - 1 from non-science professor
 - PI (if you did research)
 - Supervisor (work, volunteer)
 - Doctor
- ❑ **Personal Essay:**
 - Personal narrative
 - What experiences have you had that are motivating you to pursue medicine vs. any other health discipline?
- ❑ **15 Core Competencies**
 - Be able to demonstrate how your experience, education, and training meet all of these competencies
 - Use the competencies as a framework for your entire application through your LORs, personal essay, and interview

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