



# 4-YEAR TIMELINE TO MEDICAL SCHOOL

## (JUNIORS: NO GAP YEAR) UC San Diego Health Beat

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

*\*\*\*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 (84<sup>th</sup> percentile or 510)
- ❑ **Clinical experience/patient contact hours**
  - Volunteer experience:
    - Pathmaker, UCSD Health System, Scripps, etc.
    - Call pool, discharging, transporting, or other interactions with patients
  - Paid experience:
    - 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
  - Principle 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

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