

	1ST YEAR	2ND YEAR	3RD YEAR	4TH YEAR	GAP YEAR
<b>ACADEMIC PREPARATION</b>	<input type="checkbox"/> Chem 6 a,b,c (Gen Chem) + 7L (Lab) - 1 year	<input type="checkbox"/> Chem 140 a,b,c (O-Chem) + 143A (Lab) - 1 year	<input type="checkbox"/> Physics 1a+1al, 1b+1bl, 1c+1cl OR 2a, 2b+2bl, 2c+2cl series - 1 year	<input type="checkbox"/> <b>Upper division science courses</b> like Biochem or Physiology - consider taking	<input type="checkbox"/> Upper-division science courses consider taking to improve GPA if needed
	<input type="checkbox"/> BILD 3	<input type="checkbox"/> BILD 1,2 Lab - 1 year (or upper division Bio if you have AP credit)	<input type="checkbox"/> Upper division Bio lab (4 units)	<input type="checkbox"/> Statistics	
	<input type="checkbox"/> Math 10 a,b,c or 20 a,b,c (calculus) - 1 year	<input type="checkbox"/> <b>Investigate majors</b> (one that is challenging and enjoyable)	<input type="checkbox"/> *complete school-specific degree <b>requirements</b> or consider the school-specific <b>"recommended" requirements</b> (e.g. biochemistry, anatomy, physiology, microbiology, genetics, etc.)	<input type="checkbox"/> <b>Get to know your professors!</b> 1. Office hours, 2. Dine/Coffee with a Prof (3 per quarter. Invite faculty out to eat or for coffee and get to know them personally) 3. Ask professors for reccs who teach smaller classes like labs	
	<input type="checkbox"/> English composition - 1 year	<input type="checkbox"/> <b>Get to know your professors!</b> 1. Office hours, 2. Dine/Coffee with a Prof (3 per quarter. Invite faculty out to eat or for coffee and get to know them personally). 3. Ask professors for reccs who teach smaller classes like labs <b>Helpful hint:</b> taking classes from the same professor will make it easier to get a letter of recc!	<input type="checkbox"/> <b>Upper division science courses</b> like Biochem or Physiology - consider taking		
	<input type="checkbox"/> If you have <b>AP credit</b> for pre-requisite courses - take upper division courses or see a pre-health advisor regarding your specific situation		<input type="checkbox"/> <b>*Sociology 70</b> (medical sociology) and a general <b>psychology</b> course - consider taking (will be on MCAT) and may eventually become a pre-requisite for medical school		
			<input type="checkbox"/> <b>Get to know your professors!</b> 1. Office hours, 2. Dine/Coffee with a Prof (3 per quarter. Invite faculty out to eat or for coffee and get to know them personally) 3. Ask professors for reccs who teach smaller classes like labs		
			<input type="checkbox"/> Become a <b>TA</b> for a class you did well in; great opportunity to demonstrate leadership <b>AND</b> get a letter of recc		
<b>PERSONAL AND PROFESSIONAL PREPARATION</b>	<input type="checkbox"/> Pre-med <b>student organization</b> - consider joining	<input type="checkbox"/> <b>Clinical experience:</b> in health care setting (patient contact)	<input type="checkbox"/> <b>Clinical experience</b> in health care setting (patient contact)	<input type="checkbox"/> <b>Clinical experience</b> in health care setting (patient contact)	<input type="checkbox"/> Pay down debt, save money, OR work
	<input type="checkbox"/> Sign up for <b>HMP3 newsletter</b> (comprehensive information on clinical opportunities, volunteering, test prep, tutoring, advising, panels and speakers)	<input type="checkbox"/> <b>Shadow</b> a doctor	<input type="checkbox"/> <b>Shadow</b> a doctor	<input type="checkbox"/> <b>Shadow</b> a doctor	<input type="checkbox"/> Seek meaningful clinical experience or research
	<input type="checkbox"/> <b>Shadow</b> a doctor	<input type="checkbox"/> <b>Research</b>	<input type="checkbox"/> <b>Research</b>	<input type="checkbox"/> <b>Research</b>	
	<input type="checkbox"/> <b>Faculty:</b> Begin developing relationships for future letters of recc	<input type="checkbox"/> Volunteer/Service for disadvantaged/underserved communities (e.g. Flying Sam's, Medical Brigades, tutoring, Student Health Advocate, MedLife, etc.)	<input type="checkbox"/> Volunteer/Service for disadvantaged/underserved communities (e.g. Flying Sam's, Medical Brigades, tutoring, Student Health Advocate, MedLife, etc.)	<input type="checkbox"/> Volunteer/Service for disadvantaged/underserved communities (e.g. Flying Sam's, Medical Brigades, tutoring, Student Health Advocate, MedLife, etc.)	

	<input type="checkbox"/> <b>Clinical opportunities</b> - start exploring options to expose yourself to patient care in hospitals and clinics (e.g. Pathmaker)	<input type="checkbox"/> <b>Leadership</b> - get involved with student orgs, sit on boards/committees	<input type="checkbox"/> <b>Leadership</b> - get involved with student orgs, sit on boards/committees	<input type="checkbox"/> <b>Leadership</b> - get involved with student orgs, sit on boards/committees	
	<input type="checkbox"/> Summer enrichment <b>Research</b> programs - consider applying for <b>summer</b>				
	<input type="checkbox"/> Volunteer in the <b>summer</b> (community service)				
	<input type="checkbox"/> <b>KEEP A JOURNAL OF YOUR EXPERIENCES THROUGHOUT YOUR 4 YEARS</b>				
<b>MEDICAL SCHOOL PREPARATION</b>	<input type="checkbox"/> <b>Pre-med info sessions</b> and admissions workshops - attend	<input type="checkbox"/> Meet 1:1 with <b>pre-med advisor</b>	<input type="checkbox"/> <b>AMCAS, TMSAS, AACOMAS</b> (familiarize yourself with med school application services)	<input type="checkbox"/> <b>Interview prep</b>	
	<input type="checkbox"/> Meet 1:1 with a pre-med advisor at Career Services Center to develop <b>timeline to medical school</b>	<input type="checkbox"/> Strategize your <b>Med school application timeline</b> with pre-health advisor (immediately following graduation or after a gap year or two)	<input type="checkbox"/> <b>MCAT</b> : consider prep course in summer or fall (Kaplan, Princeton Review, UCSD Extension) or self-study (Khan Academy videos); take MCAT in January (if ready) or April or June if you intend to begin medical school directly after you graduate	<input type="checkbox"/> <b>Interview</b> - between September - April	<input type="checkbox"/> Keep in mind THIS year will NOT be seen on your application
	<input type="checkbox"/> Thoroughly review the Career Services Center (CSC) pre-med website at: <b>premed.ucsd.edu</b>	<input type="checkbox"/> <b>Med school workshops</b> - continue attending	<input type="checkbox"/> <b>Personal Essay</b> : Begin prep in January or earlier; get support from the Writing Center and see PDF on writing personal statements and submit final draft to professional writer/reviewer at the Career Services Center. More info: prehealth.ucsd.edu	<input type="checkbox"/> <b>Secondary application</b> - submit essays ASAP (this is if you plan on taking a gap year)	
	<input type="checkbox"/> Learn the <b>AAMC's 15 Key competencies</b> for entering medical students and find experiences that will help you meet all of these competencies. <a href="https://www.aamc.org/initiatives/admissionsinitiative/competencies/">https://www.aamc.org/initiatives/admissionsinitiative/competencies/</a>	<input type="checkbox"/> <b>Medical school</b> - explore which types of schools (MD vs. DO. And where); determine which school by reviewing <i>accepted applicant profile</i> (GPA, MCAT score, research, etc. on the MSAR)	<input type="checkbox"/> <b>Review AMCAS Instruction Manual</b> : <a href="https://aamc-orange.global.ssl.fastly.net/production/media/filer_public/54/3c/543c5531-29ce-4049-b278-2edb3998a216/amcas_instruction_manual.pdf">https://aamc-orange.global.ssl.fastly.net/production/media/filer_public/54/3c/543c5531-29ce-4049-b278-2edb3998a216/amcas_instruction_manual.pdf</a> <input type="checkbox"/> <b>Apply</b> : Opens in May; submit by early June	<input type="checkbox"/> Retake MCAT if necessary (if you plan on taking a gap year)	
	<input type="checkbox"/> Attend Health Fair in April (100+ health professional schools in attendance)	<input type="checkbox"/> <b>MSAR</b> (Medical School Admissions Requirements) - \$25 annual membership; review admissions criteria and acceptance rate data for schools (it is critical to target the schools where you match the applicant profile)	<input type="checkbox"/> <b>Letters of Recommendation</b> : request them early (at least two months in advance, but the sooner the better) submitted to AMCAS by July. If your letter writers are willing to write them early, have them submit to <a href="http://www.interfolio.com">www.interfolio.com</a>		
		<input type="checkbox"/> <b>MCAT Prep</b> class (Kaplan, Princeton Review, UCSD Extension, Khan Academy, Next Step, or self study)	<input type="checkbox"/> <b>Secondary application</b> - submit essays ASAP		

		<input type="checkbox"/> <b>MCAT</b> (Medical College Admission Test) - plan to take it after most of your med school pre-reqs are complete (including Biochemistry, Psych, Sociology) - Competitive score - 80th percentile	<input type="checkbox"/> Apply to the Health Interview Program (HIP) in April to prepare you for the Multiple Mini-Interview (MMI) process for medical schools (during the Health Fair)		
		<input type="checkbox"/> <b>FAP</b> (Fee Assistance Program) - research if you qualify			