



FRESHMEN	SOPHOMORE	JUNIOR	SENIOR
<p>ACADEMICS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Chem 6A,B,C, 7L (Gen Chem) <input type="checkbox"/> BILD 3 <input type="checkbox"/> Math 10A,B,C or 20A,B,C <input type="checkbox"/> English Comp <input type="checkbox"/> AP Credit: Review MSAR or school websites to learn more about schools' AP policies <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"> <input type="checkbox"/> Chem 40A,B,C, 43L (Ochem series + lab) <input type="checkbox"/> BILD 1, 2 <input type="checkbox"/> Physics 1A ,1Al, 1B, 1Bl, 1C, 1Cl OR 2A, 2Al, 2B, 2Bl,2C <input type="checkbox"/> Choose a MAJOR that is interesting to YOU <p>HELPFUL HINT: → Take multiple classes from the same professor so you can get to know them better</p>	<p>ACADEMICS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Upper division Bio lab (4 units) <input type="checkbox"/> Take: Biochemistry, Physiology, Anatomy(MCAT) <input type="checkbox"/> Consider taking Medical Sociology & General Psychology (MCAT) <p><i>***sample plan ONLY. Individual plans may vary***</i></p>	<p>ACADEMICS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Upper division science courses: consider taking, cell biology, genetics, immunology, etc. (especially if BCPM is not strong)
<p>PROFESSIONAL PREPARATION</p> <ul style="list-style-type: none"> <input type="checkbox"/> Health Beat Newsletter: Sign up. Consider joining relevant student orgs <input type="checkbox"/> Visit: healthbeat.ucsd.edu <input type="checkbox"/> Keep journal of activities and experiences you have <input type="checkbox"/> Attend Health Beat info sessions <input type="checkbox"/> Attend group & drop-in 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"> <input type="checkbox"/> Get to know professors → Office hours → Dine/Coffee with a Prof (3x/quarter) → Research or lab work → More suggestions at healthbeat.ucsd.edu <input type="checkbox"/> Meet with a pre-health advisor <input type="checkbox"/> Plan out your timeline <input type="checkbox"/> Attend Health Beat Med School Prep workshops <input type="checkbox"/> Leadership: become a UGIA, tutor, sit on board, committee, etc. 	<p>PROFESSIONAL PREPARATION</p> <ul style="list-style-type: none"> <input type="checkbox"/> Interview Prep: practice with Big Interview & mock interview with prehealth advisor (SU) <input type="checkbox"/> 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>PROFESSIONAL PREPARATION</p> <p>HELPFUL HINT: → Since you will only have 3 (vs. 4) years of education and experience when applying junior year, make sure your application is strong <i>on its own</i> as your senior year will NOT be on your application</p>
<p>MEDICAL SCHOOL PREP</p> <ul style="list-style-type: none"> <input type="checkbox"/> Health Care Experience: Begin exploring opportunities for summer or the following year (can take 3-6 months) <input type="checkbox"/> Service: Begin exploring volunteer and service opportunities for underserved communities <input type="checkbox"/> Research: Explore opportunities (if interested) <input type="checkbox"/> Learn the AAMC 15 Core Competencies <input checked="" type="checkbox"/> SUMMER: Begin accruing clinical, service, research hours 	<p>MEDICAL SCHOOL PREP</p> <ul style="list-style-type: none"> <input type="checkbox"/> Health Care Experience: Continue accruing hours <input type="checkbox"/> Service: Continue working with underserved communities <input type="checkbox"/> Shadow a doctor <input type="checkbox"/> Research: Get involved (if interested) 	<p>MEDICAL SCHOOL PREP</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> MCAT: Register EARLY. Opens Oct (Jan-Jun) <input checked="" type="checkbox"/> TAKE MCAT: January or April (Fall prep) <input type="checkbox"/> LORs: Confirm letter writers <input type="checkbox"/> MSAR: target schools based on GPA & MCAT (FA) <input type="checkbox"/> AAMCAS: review instruction manual (SP) <input checked="" type="checkbox"/> SUBMIT Appl (Jun) <input type="checkbox"/> Secondaries (Jul/Aug) 	<p>MEDICAL SCHOOL PREP</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> INTERVIEW: September - December <input checked="" type="checkbox"/> GRADUATE! June

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



UC San Diego Health Beat

4-Year Timeline (NO Gap Year)

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