



FRESHMAN YEAR CHECKLIST

Academic Development Preparation

- Meet with an academic advisor to review premedical requirements
- Begin introductory science courses:
 - General Biology with Lab
 - General Chemistry with Lab
- Be knowledgeable of drop/add course deadlines in the event you need to change your schedule
- Begin to examine/explore academic majors (while you must take science courses to qualify for medical school, keep in mind that you do not need to major in science)
- Identify sources of academic support (i.e. tutors, supplemental instruction, study skills training, study groups, counselors, professors)
- Attend study skills seminars and test-taking workshops to maximize performance in courses
- Monitor your academic progress/GPA

Personal/Professional/Career Development Preparation

- Develop a balance between your academic and personal goals
- Understand and emulate the characteristics of a good physician (i.e. intellectual curiosity, respect for diversity, high moral character, compassion, integrity, honesty, humility and hard work)
- Develop professional attributes (i.e. teamwork, responsibility, reliability and time management)
- Develop and pursue interests outside of your formal education
- Consider joining a premedical organization
- Begin to research the field of medicine

- Begin to investigate /explore opportunities for patient care experience, and/or general exposure to the healthcare field and medical profession (i.e. hospital, clinic, hospice, nursing home)
- Consider community service activities
- Utilize your summer wisely; volunteer or work in a medical related setting for patient care or observational experience

MCAT and Medical School Application Preparation

- Meet with your advisor to review medical school application and admissions procedures
- Explore MCAT preparation, medical schools, and the application process by visiting the website of the [Association of American Medical Colleges](http://www.aamc.org) at <http://www.aamc.org>.
- Attend medical school admissions seminars, workshops and conferences offered by your college and/or other institutions