



## JUNIOR YEAR CHECKLIST

### Academic Development Preparation

Meet with your advisor to declare a major (or obtain acceptance into a professional college)

- Begin taking upper level and/or advanced level science courses: Upper Level Biology; Physics with Lab; Genetics; Physiology; Anatomy or Comparative Anatomy; Biochemistry; Cell or Molecular Biology
- Complete courses required for your degree and continue to complete basic premedical courses
- To reinforce scientific knowledge, consider serving as a tutor or supplemental instruction leader

### Personal/Professional/Career Development Preparation

- Continue a balance between academic and personal goals
- Continue to emulate characteristics of a good physician
- Continue to develop professional attributes
- Develop a financial plan to minimize debt
- Continue to research the field of medicine
- Continue to learn about health care issues
- Continue volunteer work or employment in a medical related facility or organization
- Continue to talk with doctors and/or shadow physicians
- Get involved in extracurricular activities that you enjoy and add to your personal development
- Assume active involvement and/or leadership within your premedical organization
- Continue involvement in community service activities
- Get involved in activities which enable you to experience cultural differences
- Consider involvement in a research project during the academic school year
- Continue to utilize your summers wisely. Consider additional medical experience, summer enrichment or research programs

## MCAT and Medical School Application Preparation

- Continue to meet with your advisor to review application/admissions procedures
- Request information from medical schools to which you are interested in applying. Consult websites and if possible, visit schools
- Continue to attend admissions seminars, workshops or conferences offered by your college and/or other institutions
- Continue to visit medical schools, tour campuses, meet with Deans, Directors, and students
- Check for MCAT preparation courses and/or workshops. These courses should assist you in becoming familiar with the exam and help you develop test-taking and other skills necessary for taking the MCAT
- Obtain MCAT practice exams from study guides or those available on the internet
- Develop an MCAT preparation plan
- Register to take the April or August MCAT
- To assist you in completing your application, request all of your college transcripts
- Carefully prepare, organize and write your personal statement. Ask someone to proof read it for you
- Complete online [AMCAS](#) application
- Apply to medical schools consistent with your medical career goals and other needs
- Continue to request letters from faculty and other professionals who: 1) know you well, 2) can write positive and meaningful letters of recommendation and 3) can give you their highest recommendation
- Monitor and update your letters of recommendation file