



SOPHOMORE YEAR CHECKLIST

Academic Development Preparation

- Continue to meet with your advisor
- Begin taking intermediate science courses:
 - Organic Chemistry with Lab
 - Intermediate Biology and/or Physics with Lab
- Continue to attend study skills seminars and test-taking workshops
- Continue to monitor your academic progress/GPA
- Continue to investigate college majors. Consider one that is challenging and enjoyable

Personal/Professional/Career Development Preparation

- Maintain a balance between academic and personal goals
- Continue to emulate the characteristics of a good physician
- Continue your development of professional attributes
- Continue to research the field of medicine
- Learn about managed care, medical ethics, medical research and other health care issues. Possibly enroll in a sociology or philosophy course that addresses health care concerns. Read materials which cover these topics.
- Consider volunteer work or employment in a health care or patient care facility during the regular academic year. We recommend a minimum of 4 hours a week per semester
- Interview physicians and consider shadowing a doctor in a hospital or clinic
- Get involved in extracurricular activities you enjoy
- Get involved with your premedical association and/ or other campus organizations that relate to medicine and/or science. Consider leadership roles within these organizations
- Continue involvement in community service activities
- Learn about people different from yourself to enhance appreciation for diversity
- Continue to utilize your summers wisely. Consider additional medical experience, summer enrichment or research programs

MCAT and Medical School Application Preparation

- Continue meeting with your premedical advisor
- Continue your awareness of medical schools and the application process by utilizing the [Association of American Medical Colleges web site](http://www.aamc.org) at <http://www.aamc.org>.
- Start thinking about the type of medical school you want to attend. Begin to investigate medical schools and request information.
- Continue to attend admissions seminars, workshops and conferences offered by your college and/or other institutions
- Visit medical schools, tour campuses, meet with Deans, Directors, and students
- Begin informally preparing for the MCAT by utilizing various study guides along with premedical course materials
- Set up a letter of recommendation file with your premedical advisory committee, placement or advising office
- Begin to identify instructors and professionals who: 1) know you well, 2) can write positive and meaningful letters of recommendation and 3) can give you their highest recommendation
- Begin to request letters from faculty and other professionals