

KU PREHEALTH : YEAR BY YEAR

COLLEGE YEAR 1	<ul style="list-style-type: none"> • Talk with an academic advisor about selecting fall semester courses, discuss the best way to sequence your classes. • Make an appointment with a pre-health career coach to introduce yourself, discuss the best way to get acquainted with campus resources for pre-health students. • Attend pre-health meetings on campus and sign-up for the Pre-Health Newsletter to get relevant updates and information through KU Career Communities. http://career.ku.edu/joinacommunity • Seek opportunities to volunteer, shadow a health professional, and, if interested, identify research opportunities on your campus. • Develop relationships with faculty, advisors, and mentors on your campus. • Identify summer volunteer, paid, research and leadership opportunities related to medicine. • Follow pre-health professional associations on social media.
SUMMER Following college year 1	<ul style="list-style-type: none"> • Work or volunteer in a medical field; consider internships, research and leadership opportunities on campus. Keep a journal about your experiences to use later for essays and interviews. • Consider participating in summer enrichment or research programs. • Take summer courses through a university if desired or necessary.
COLLEGE YEAR 2	<ul style="list-style-type: none"> • Check-in with your pre-health career coach; attend all pre-health meetings, and make sure you're still on email lists to receive information and updates. • Pursue meaningful clinical experience, medically-related activities, volunteer work, research and/or leadership roles • Continue to develop relationships with faculty, advisors, and mentors on your campus. • Apply for summer research, internship, or enrichment programs such as the Summer Medical and Dental Education Program (www.smdep.org). • Consider returning to your previous summer position, or apply for a new summer volunteer, paid or research position related to medicine. • Your academic advisor can help you make sure you're on-track for second year premedical coursework and other school-specific degree requirements.
SUMMER following college year 2	<ul style="list-style-type: none"> • Work or volunteer in the health field; consider internships, research opportunities and leadership positions on campus or in your local community. • Participate in summer enrichment, research, or internship programs. • Take summer courses through a university if desired or necessary. • Investigate the centralized application service process for your field. • Find entrance exam testing dates for upcoming academic year. • Look into any fee assistance programs that may be available.

<p>COLLEGE YEAR 3</p>	<ul style="list-style-type: none"> • By this time, you should have a well-established relationship with your academic advisor and pre-health career coach, and should be actively participating in pre-health activities. • Identify and pursue leadership opportunities within the pre-health organizations on your campus. • Consider which faculty, advisors and mentors on your campus, with whom you've developed relationships, you'll approach to write letters of recommendation for your applications. • Continued on next page • Continue your participation in meaningful clinical experiences, other medically related activities, volunteer work, research and/or leadership roles on campus; if possible, consider taking on a more substantial role. • Meet with your pre-health career coach to strategize about your application timeline, whether it be for immediately following graduation or after one or more gap years. • Meet with your academic advisor to discuss your schedule for completing remaining premedical coursework and other school-specific degree requirements. • Premedical students: • If you're prepared and ready, register for and take the MCAT exam in spring. • If you are considering a gap year, investigate a meaningful paid or volunteer medically-related experience to complete during that time. • Familiarize yourself with the application process for the schools you are applying for. These are often called Centralized Application Services (CAS). • Complete third year premedical coursework and other school-specific degree requirements.
<p>SUMMER following college year 3</p>	<ul style="list-style-type: none"> • Continue your involvement with meaningful paid, volunteer, internship, medically related, research and leadership experiences. • If applying to begin medical school following your senior year: • Complete AMCAS application. • Work on secondary applications. • Ask instructors, mentors, and advisors to write letters of recommendation for you. • When you're prepared and ready, if you haven't taken the MCAT exam yet, or if you want to take the exam again, sign up to take the MCAT exam.

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COLLEGE YEAR 4	<ul style="list-style-type: none">• You should be regularly consulting with your pre-health career coach to:• Discuss letters of recommendation.• Review your medical education options, such as a post baccalaureate premedical program (http://services.aamc.org/postbac/).• Discuss the status of your applications and the admission process for schools to which you've applied.• Continue with your meaningful clinical experiences, other medically related activities, volunteer work, research and/or leadership experiences.• When you're prepared and ready, if you have not previously taken the MCAT exam or want to retake the exam, sign up to take the MCAT exam in the spring.• Become familiar with Application and Acceptance Protocols – Applicants (www.aamc.org/students/applying/recommendations/380672/trafficrulesforapplicants-2015amcas.html).• If applying for enrollment immediately following senior year:• Complete supplementary application materials for schools to which you've applied.• Prepare for your interviews and campus visits at medical schools.• Receive acceptances!• Make interim and final decisions about your medical school choice.• Notify medical schools that you will not be attending on or before the deadline given.• Ensure that all IRS and financial aid forms are completed and submitted as early as possible.• Complete degree requirements and graduate.
GAP YEAR(S)	<ul style="list-style-type: none">• Seek meaningful employment, education and/or experience.• Pay down credit card and/or undergraduate debt as much as possible.• Complete supplementary application materials for schools to which you've applied.• Interview and take campus tours at medical schools.