

THE PATH TO MEDICAL SCHOOL

PREMEDICAL STUDENT CHECKLIST



PRE-COLLEGE

- Talk with your high school counselor regarding the desire to go into a health professions career and create an academic plan.
- Develop strong time management and study skills.
- Work to obtain and keep a competitive GPA.
- Utilize on-campus services, such as the tutoring center, to assure that you have a strong understanding of the math and science curriculum.
- Take advanced placement math and science classes to prepare for more difficult college level coursework.
- Take elective classes that help develop a background in health professions and strong communication skills.
- If your high school offers a pre-health tract, work with your counselor to enroll in the courses.
- Join (or develop) a student organization that is geared toward health careers.
- Investigate Partner Programs institutions at KCU and weigh your competitiveness and interest in the program.

YEAR ONE

- Meet with your university's pre-health advisor to discuss overall premedical curriculum. If your college does not have a health professions advisor, view resources at the National Association of Advisors for the Health Professions.
- Begin prerequisite coursework –
 - » Biological Sciences - 12 semester hours (18 quarter hours)
 - » Biochemistry - 3 semester hours (4.5 quarter hours)
 - » Chemistry - 13 semester hours (19.5 quarter hours)
 - » Physics - 8 semester hours (12 quarter hours)
 - » English - 6 semester hours (9 quarter hours)
- Develop strong study skills by forming study groups and/or using academic resources on campus.
- Maintain a competitive GPA for all 4 years. If needed, immediately reach out to academic resources on campus for assistance (i.e., tutoring services.)
- Become involved in pre-health organizations and extracurricular activities on campus – keep records of your experiences, for all 4 years
- Build relationships with upperclassmen about how they gained experiences in the health professions or about their medical school application process.
- Work to develop a relationship with your science faculty members through office hour visits, extracurricular activities, etc.
- Begin to inquire and research opportunities to gain clinical experience in healthcare fields. These can include shadowing, volunteering, employment (i.e. CNA, EMT), and internship opportunities – keep records of your experiences throughout your undergraduate career.
- Learn more about the osteopathic medical profession and philosophy by reading books, researching online, etc.
- Begin researching medical schools online. Examine their similarities and differences in curriculum and clinical experiences. Determine what learning style fits you best.
- Review admissions requirements for medical schools you are interested in. Use average entering student statistics to set personal benchmarks for your future (i.e., GPA, MCAT, extracurricular, etc.).
- Attend on campus pre-health recruitment events to learn more about the profession.
- Visit one or both of KCU's two campuses over the summer.

YEAR TWO

- Meet with your pre-health advisor to discuss current coursework, activities, and to begin thinking about preparation for the Medical College Admission Test (MCAT).
- Focus on building relationships with professors, advisors, and medical professionals as they are future resources for evaluations/letters of recommendation.
- Stay involved in pre-health organizations and get involved in community service – look for leadership opportunities.
- Consider getting involved in a medical mission opportunity such as global health brigades
- Join or start a Pre-Student Osteopathic Medical Association (Pre-SOMA) chapter at your undergraduate college.
- Look for opportunities to shadow an osteopathic physician in a clinical setting.
- Consider participating in undergraduate research through graduation.
- Attend health professions fairs in your area to learn more about schools of interest.
- Consider visiting our campus location in Kansas City or Joplin over the summer.
- Begin researching the cost of applying to medical school. Application fees, traveling to interviews, and matriculation fees can become costly if you are not prepared.



**Kansas City
University**

COLLEGE OF
OSTEOPATHIC MEDICINE

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YEAR THREE - FALL

- Consult with your pre-health advisor regarding letters of evaluation/recommendation (inquire about the availability of a pre-health committee).
- Meet with KCU admissions counselors at an open house event. (See College Recruiting Events for a list of opportunities to visit local campuses.)
- Begin serious preparation for the MCAT exam.
- Set aside time to work on your personal statement. Revisit and rework the statement over an extended period of time.
- Research and plan how you will pay the application fees to apply to medical school. Keep in mind that the average applicant applies to 9 colleges of osteopathic medicine.

VISIT KCU

www.kansascity.edu/visit

YEAR THREE - SPRING

- Meet with your pre-health advisor to review the details of your application.
- If possible, enroll in upper-level sciences courses, such as Immunology and Anatomy.
- Contact those who will be writing evaluations for you. Give them plenty of time to write a quality letter of recommendation.
- Research medical schools that are of interest to you. Contact each school to inquire about their specific admissions criteria, and if possible, schedule a time to visit campus
- Review AACOM's Osteopathic Medical College Information Book to assist with your medical school research and instructions for submitting your primary application.
- If you are ready take the MCAT exam.
- Start the AACOMAS application process and arrange to have your transcripts sent to the AACOMAS Transcript Processing Center.

YEAR THREE - SUMMER

- Apply to AACOMAS as early as possible. Applications can be submitted starting in May for entrance in the fall of the following year.
- Take the MCAT Exam if you have not already done so.
- Work with evaluators to submit letters of recommendation.
- Order all official transcripts and have them submitted to AACOMAS.
- Submit secondary application materials upon receipt.
- Periodically contact each school to verify your application status.

YEAR FOUR

- Maintain a competitive GPA (See General Admissions Requirements for the average GPA for entering students).
- Meet with your pre-health advisor and/or career center to work on interview skills. If possible, complete a mock interview.
- Contact KCU to verify your application status or with any questions you have.
- Accept interview invitations and complete interviews.
- Share news of upcoming interview and acceptance and thanking those who helped along the way – pre-health advisors, professors, physicians, family, and friends.
- If accepted, complete the FAFSA application for financial aid.
- Turn in pre-matriculation paperwork by posted deadlines (immunization forms, background check, transcripts, etc.)
- Attend Accepted Student Day at KCU with your family.
- Search for housing in the Kansas City or Joplin area.
- Consider post-application plans, whether you are accepted or not accepted. Think about what you will do between the time you are accepted and begin school or the steps you will take should you need to reapply?
- If you are waitlisted or not accepted, explore next steps to increase your competitiveness, including, but not limited to, gaining additional clinical experience; retaking MCAT; enrolling in a master's program or post-baccalaureate certificate program; taking additional high level science courses; reapplying for admission.

POST-COLLEGE (GAP YEAR OR NON-TRADITIONAL CAREER CHANGER)

- Stay in contact with your pre-medical advisor to gain perspective on your competitiveness for medical school or on your career goals.
- Build relationships with individuals who will be able to write you letters of recommendation.
- Take additional courses if prerequisite courses are more than five years old and/or to strengthen background in sciences.
- Gain additional clinical experience to strengthen background in the health professions and confirm desire to go to medical school.
- Retake the MCAT exam, if needed, or if your scores are older than three years old.
- Reassess career goals. Evaluate if you should continue to pursue becoming a physician or if there are other professions that would be fulfilling.