

HOW TO:

STAY ON TRACK WHEN APPLYING TO OSTEOPATHIC MEDICAL SCHOOL

YEAR ONE OF UNDERGRADUATE

1

- Maintain a high GPA and begin to take prerequisite courses
- Join a pre-SOMA organization
- Form relationships with healthcare professionals
- Form strong study habits
- Seek out volunteer, internship, research, and shadowing experiences

YEAR TWO OF UNDERGRADUATE

2

- Begin to study for the MCAT
- Keep your GPA high
- Continue to participate in your campus pre-SOMA
- Strengthen your relationships with healthcare professionals
- Volunteer, internship, research, and shadow in various healthcare fields

YEAR THREE OF UNDERGRADUATE

3

- Familiarize yourself with the application process
- Meet with your pre-health advisor
- Create a list of possible medical schools
- Take the MCAT
- Begin to write your personal statement
- Continue to participate in extracurricular activities and gain hands-on medical experience
- Send in your application as soon as possible

YEAR FOUR OF UNDERGRADUATE

4

- Fill out and send back your secondaries
- Interview session is from September to February
- Decide where you want to go to medical school by May 15
- Fill out the FAFSA
- Thank everyone who helped you

KEY APPLICATION DATES

Beginning of May: AACOMAS application opens and can be filled out

June: Osteopathic schools begin to receive and review application

October to April – Individual school application deadlines
Anytime after the interview, acceptances can be offered.