



MOONPREP

Pre-med Checklist



Freshman

- Research medical school requirements & create course schedule
- Excel in all courses (GPA is an important factor!)
- Join clubs or interest groups
- Community service volunteering (non-medical and medical)
- Seek out mentorship from physicians and professors
- Apply for research internships and clinical shadowing experiences



Freshman year should be focused on adjusting to the transition from high school to college. During this time, it is important to excel in school and start pursuing diverse extracurriculars.

Sophomore

- Continue to excel academically as you begin upper division courses
- Gain leadership skills from various clubs and organizations
- Continue community service volunteering
- Apply for research and clinical opportunities
- Meet with your pre-health advisor to discuss coursework & activities
- Prepare to study for the MCAT



Sophomore year is one of the easiest times to apply for research since most labs are looking for students with a longer time commitment. Be sure to prepare a cover letter and resume.



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Junior

- Maintain competitive GPA
- Begin considering who to ask for a letter of recommendation (Usually 2 science & 1 non-science professor OR composite letter)
- Begin rigorous preparation for the MCAT and take exam by April
- Create a list of medical schools you want to apply to (include targets and reaches). Consider allopathic vs osteopathic medical schools.
- Continue community service volunteering
- Continue research and clinical experiences. This is a good time to begin more projects or ask for more opportunities.
- Begin writing your personal statement in January



Junior year is one of the most critical times to boost your GPA, study for the MCAT, and begin preparing your application.



A medical school application cycle is typically 1 year (June- May). Most schools have rolling admissions. Apply as early as possible!

Senior

- Submit application and letters of recommendations in May/ June
- Submit transcript(s) (including community colleges) & MCAT score(s)
- Begin pre-writing secondary essays and submit them as soon as they are requested by the medical medical admissions offices.
- Continually monitor application portals, emails, and spam folders
- Sharpen interviewing skills by practicing with a skilled interviewer



Submit your secondaries as soon as possible (under 1 week) to show medical schools that you're interested in their program.



Gap year considerations: Excel in school and begin a job search for your gap year experience (clinical or research preferred).