

Things to do the year before submitting your application to medical schools

It is recommended you file your application for medical school 14 months before the fall semester you want to start medical school. Below is a checklist of things you would want to have accomplished by the time you file your application.

	Have a strong academic record with at least three semesters of course work without getting grades below a "B" or developing a pattern of withdrawals on your transcript.
	Complete Chem 302, Biol 152, Physics 201 and Physics 202. It is strongly recommended that leading up to the application process to medical school, you present a portfolio of courses where you are taking at least two sciences together during a consecutive period of two to three semesters.
	If completing a bachelor's degree, check with your major program advisor to make sure you can finish your bachelor's degree before you start medical school.
	Have devoted intense preparation time to studying for the MCAT and be registered to take an MCAT exam during an April, May, June or July administration.
	Attend one mandatory orientation session for those participating in the pre-health advisory committee process and for those who are applying to start medical school the semester you wish to begin.
	Attend personal statement and interviewing workshops.
	Participate in the pre-health advisory committee process.
	Request from faculty and health care workers individual letters of evaluation and have at least three individual letters of reference on file with the office of pre-health sciences advising. These are in addition to your committee letter.
	Arrange with the office of records and registration to have VCU transcripts submitted to AMCAS or ACOMAS.
	Arrange with the registrars from other schools where you have completed course work to have those transcripts sent to AMCAS or ACOMAS.
	File your centralized application with AMCAS or ACOMAS.
	Write your personal statement.
	Build a strong resume of health care experiences involving patient contact.
	Attend pre-med society sponsored events.
	Order a copy of the Medical School Admissions Requirements from www.aamc.org and use this publication to select the medical schools to which you will apply.
	Dedicate a significant amount of time during the summer to completing secondary applications.
	Notify Dr. Leibowitz on or after July 17 to have your reference packet transmitted to the medical schools where you will be applying.