

4-Year Pre-Med Timeline

Each student's pre-med journey is unique. This timeline is meant to serve as a guide. Be sure to meet with a Health Professions advisor to create a plan that fits your goals and timeline. This plan can be adjusted to be a 5-year plan by adding an additional year between years 2 and 3.

Year 1

Fall

- ❖ Begin taking classes at WOU
- ❖ Develop Pre-Med academic plan with Health Professions advisor
- ❖ Join Pre-Med Club (optional)

Winter

- ❖ Begin researching Med Schools
- ❖ Continue developing good study habits
- ❖ Utilize academic support resources

Spring

- ❖ Finalize Summer plans (taking classes, shadowing, volunteering, work)
- ❖ Continuing researching medical schools and career paths (M.D. vs. D.O.)

Summer

- ❖ Take courses if needed
 - ❖ Gain experience for applications (shadowing, volunteer, work)
 - ❖ Check in with your advisor if your plan needs adjusting
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Year 2

Fall

- ❖ Continue gaining experience for applications
- ❖ Begin to finalize list of med schools
- ❖ Look into research opportunities (if interested)

Winter

- ❖ Continue taking prerequisites and making progress towards degree
- ❖ Discuss MCAT and application timelines with Health Professions advisor

Spring

- ❖ Finalize Summer plans
- ❖ Identify faculty/mentors for future letters of recommendation

Summer

- ❖ Take courses if needed
 - ❖ Begin making plans to study for the MCAT
 - ❖ Gain experience for application (Shadowing, volunteer, work)
 - ❖ Check in with your advisor if your plan needs adjusting
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Year 3

Fall

- ❖ MCAT prep

- ❖ Become familiar with AMCAS and AACOMAS application requirements and deadlines
- ❖ Talk to faculty, physicians, volunteer coordinators, mentors, etc. for letters of recommendation (early in the term)

Winter

- ❖ MCAT prep
- ❖ Confirm application deadlines (if not done already)

Spring

- ❖ Finish prerequisites and continue taking classes to complete degree
- ❖ Take MCAT (Once pre-reqs are done)
- ❖ Begin med school applications
 - AACOMAS (D.O. Programs) open in early May
 - AMCAS (M.D. Programs) open in late May

Summer

- ❖ Finish applications (early July - program dependent)
- ❖ Complete secondary applications
- ❖ Retake MCAT if needed (early in the summer)
- ❖ Continue gaining experience

Year 4

Fall

- ❖ Meet with major advisor to confirm graduation timeline
- ❖ Apply for graduation
- ❖ Complete secondary application (if needed)
- ❖ Prepare for med school interviews (program timeline dependent)

Winter

- ❖ Prepare for med school interviews (program timeline dependent)
- ❖ Begin contingency planning (plans if you don't get into med school first time applying)
 - Gap year
 - Additional experiences
 - Course/MCAT retakes

Spring

- ❖ Finish degree requirements
- ❖ Monitor email for admission decisions and next steps
- ❖ Make alternate plans if waitlisted or denied admission
- ❖ Graduate!! 🎓

Tips for Success

- ❖ Utilize campus resources
 - Advisors
 - Faculty

- Academic support (tutoring)
- Center for Professional Pathways
- ❖ Meet with your advisor every term
- ❖ Track all clinical, volunteer, shadowing, and leadership hours
- ❖ Submit your primary application early (June/July)
- ❖ Use summers wisely: experience matters as much as coursework
- ❖ Ask for help early - advisors are here to support you!