

4-Year Pre-Medicine Timeline

This timeline is intended to serve as a general guide. Each student's path to medical school will look different. A Health Professions advisor can help create a plan based on your coursework, experiences, and goals.

YEAR 1

FALL	• Begin taking classes at WOU • Develop a pre-med academic plan with a Health Professions advisor • Join Pre-Med Club (<i>optional</i>)
WINTER	• Continue developing good study habits • Utilize academic support resources
SPRING	• Finalize summer plans (classes, shadowing, volunteering, work) • Begin 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
By the End of Year 1	☐ Meet with a Health Professions Advisor ☐ Begin gaining experience (shadowing, work, volunteer)

YEAR 2

FALL	• Continue gaining experience for applications • Look into research opportunities (<i>if interested</i>)
WINTER	• Continue taking prerequisites and making progress toward your degree • Discuss MCAT and application timelines with a 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 your application (shadowing, volunteer, work) • Check in with your advisor if your plan needs adjusting

By the End of Year 2	☐ Review MCAT & application timelines ☐ Identify faculty, mentors, and/or physicians for letters of recommendation ☐ Continue gaining experience (shadowing, work, volunteer)
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YEAR 3

Follow this timeline during the year in which you plan to apply to medical school

FALL	• Begin/continue MCAT preparation • Become familiar with AMCAS and AACOMAS application requirements and deadlines • Finalize list of medical schools
WINTER	• Continue MCAT preparation • Confirm application deadlines (if not done already) • Talk with faculty, physicians, volunteer coordinators, mentors, etc. about letters of recommendation <u>early in the term</u>
SPRING	• Finish prerequisites and continue taking classes to complete your degree • Take the MCAT once prerequisites are done (<i>It can be beneficial to take the test shortly after completing pre-reqs</i>) • Begin medical school application(s) ◦ AACOMAS (D.O. programs) opens in early May ◦ AMCAS (M.D. programs) opens in late May
SUMMER	• Finish primary application(s) (mid-July) • Begin secondary application(s) • Retake the MCAT if needed • Continue gaining experience
By the End of Year 3	☐ Request letters of recommendation ☐ Take the MCAT ☐ Submit primary application(s) ☐ Continue gaining experience (shadowing, work, volunteer)

YEAR 4

If applying to medical school during your 4th year, follow the year 3 timeline above

FALL	• Meet with your major advisor to confirm your graduation timeline • Apply for graduation • Complete secondary applications (if needed)
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	• Prepare for medical school interviews (program dependent)
WINTER	• Prepare for medical school interviews (program dependent) • Begin contingency planning: consider plans if you do not get into medical school the first time you apply ◦ Gap year, additional experiences, or course/MCAT retakes
SPRING	• Finish degree requirements • Monitor email for admission decisions and next steps • Make alternate plans if waitlisted or denied admission • Graduate! 🎓
By the End of Year 4	☐ Complete degree requirements & graduate ☐ Have a plan for next steps

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!