

# LET'S MAKE A PLAN

PRE-MEDICAL PLANNING SHEET		
First Year		
Fall	Spring	Winter/Summer
Things to do:		
Second Year		
Fall	Spring	Winter/Summer
Things to do:		
Third Year		
Fall	Spring	Winter/Summer
Things to do:		
Fourth Year		
Fall	Spring	Winter/Summer
Things to do:		

Extra-curricular Activities
Aim for 1- 3 with 1 leadership position

Admissions Test Prep
4 to 6 months – when to start



When to apply

## Patient care hours (Where, when, total hours, what, who)


Letters of Recommendation for Committee letter (5 letters minimum, 10 letters max for Committee Letter)

1. Science Faculty	
2. Science Faculty	
3. Professional in your discipline of choice	
4. Other Faculty outside of science	
5. Other Faculty or Professional	

- Students should take apx 15 credit hours per semester in the fall and spring and they are welcome to take classes during the summer and/or winter sessions. However, it is encouraged that science classes are taken during fall and spring terms, so students have more time to learn and retain the material.
- Protect your GPA: Overall GPA and Science GPA Matter (Biology, Chemistry, Physics and Math) Aim for a 3.5 or better. All pre-reqs should be taken for a letter grade.
- Choose a major that appeals to you and add your general education courses, major courses and pre-reqs to the schedule on the other side of this sheet. Be aware of course pre-reqs for upper level courses. DPR is your friend.
- Don't overload your schedule during your freshman year and the second semester of your junior year (this is the semester most students take admission exams). BURNOUT IS REAL!
- Extra-curricular activities are important for networking and learning more about your discipline. Feel free to diversify here and get involved with what you like, don't just join clubs because they sound "sciencey" or you think they look good on your resume.
- **Be proactive in your planning; do not passively accept a "recipe." Make your education, your education. Advocate for yourself!**
- Depending on your admissions test (MCAT, DAT, GRE, OAT, etc...) you will want to develop a study plan. Most preparations take 4 to 6 months for the MCAT (apx 350 hrs), 2-4 months the OAT and DAT (apx 250 hrs), and 1 to 2 months for the GRE (100-150 hrs). Every prep should start with a diagnostic exam/prep...DO NOT PUT THIS OFF! Knowing your starting point, helps students know how far they must go and how much work they have to do.
- When asking for letters of recommendation, provide a copy of your resume and ask in person if possible.
- Patient care hours are out there and easy to find, if you look. Google "medical volunteering near me", google "volunteering at local hospitals", get a job as a pharmacy technician (like Rite-aid, CVS, Walgreens, etc...), volunteer at the Red Cross, or at a Hospice care Center. If you want a job in health care, the first step is to make sure you want a job in health care.
- **DON'T SAY IT, SHOW IT!**
- When applying to professional schools, you typically need to apply 12+ months in advance. Professional schools having rolling admissions, so the earlier you apply the better chance for an interview. Planning will help prepare for that.
- Personal Statement – Start early, WCU has a writing center...use it., Don't get fancy, START EARLY. Be sure to include the following...Why do you want to go into medicine? What have you done to reinforce that decision? One or two personal patient care experiences. Conclusion.