

FRESHMAN/SOPHOMORES

A. Coursework

Prepare and study efficiently to maintain a high GPA (one of the two numeric values emphasized by admissions committees).

- a. Know course requirements for most medical schools
- b. Plan schedules accordingly to fit in all the required courses to meet pre-requisite expectations
- c. Most common pre-requisites (vary by school):
 - i. 1 year of Biology
 - ii. 1 year of Physics
 - iii. 1 year of English
 - iv. 2 years of Chemistry (basic and organic)
- d. Maintain GPA

B. Extracurricular Activities

Get involved on campus. Your involvement doesn't have to be medically oriented. Choose organizations, volunteer opportunities, and activities that reflect your interests.

- a. Volunteer and community engagement (see volunteer resource list)
- b. Research experience
- c. School organizations – that meet your interests
- d. Clinical experience
- e. Keep track of involvement
- f. Shadowing

C. Letters of Recommendation Considerations

- a. Get to know faculty (attend office hours, etc.)
 - i. This includes non-science course professors
- b. Keep track of involvement (activities sheet)
- c. Consider experiences you'd like to include in your personal statement