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