

JUNIORS

NOTE: MCAT prep is roughly a 6-month commitment. Research what study tools you're interested in using and consider a Kaplan course. Begin studying approximately 5-6 months prior to your MCAT test date.

Month	What you should be doing
September	<ul style="list-style-type: none"> • School starts • Stay involved on campus - involvement doesn't have to be medically oriented. Choosing organizations and activities that reflect your interests are of equal importance. • Get to know new faculty and maintain relationships with former course instructors – keep in mind that letters of recommendation will be required from both science and non-science course professors. • Get in the habit of tracking your involvement using an activities sheet. This should include the number of hours involved, a leadership position you held, whether it was community or health based, and a brief description of the activity and reflection.
October	<ul style="list-style-type: none"> • Pursue leadership and volunteer opportunities • Shadow a physician
November	<ul style="list-style-type: none"> • Don't let finals sneak up – start studying and seeking out additional resources if you think you need assistance • MCAT preparation – consider what study tools you'd like to use (books, flashcards, prep course, etc.) and purchase these. Research MCAT prep courses offered by Kaplan and decide if you're interested (these courses provide study materials).
December/January	<ul style="list-style-type: none"> • Finals • Break – take some time to relax and recoup from the semester. This is a great time to acquire more shadow and volunteer experience. Consider alternative volunteer opportunities (missions, medical trips, etc.) • Start studying for the MCAT – during the semester, you will have to balance studying for your courses and studying for the MCAT. Starting MCAT studying early will ease your workload for the semester. • Schedule MCAT
February	<ul style="list-style-type: none"> • Start the semester off in the same manner that you did for the fall – talk to new professors and maintain relationships with former course instructors • Set study goals – schedule time in for MCAT studying



	<ul style="list-style-type: none">• Begin drafting personal statement• Make sure activities sheet is up to date• Ask for letters of recommendation – provide copies of your activities sheet and personal statement draft to aid letter writers. Be sure to let them know what you'd like them to emphasize in your letter and when it needs to be completed soon.• Schedule MCAT (if you haven't already)
March	<ul style="list-style-type: none">• Purchase MSAR – this resource lists all of the MD and DO schools in the US and provides requirements and statistics for each school (MCAT score, GPA, research experience, course requirements, etc.). Get an idea for where you'd like to apply and set goals that will help you get into these schools.• Make sure to be taking practice exams
April	<ul style="list-style-type: none">• Prepare for finals• Take MCAT
May	<ul style="list-style-type: none">• Finals• Remind letter writers of your deadline (consider providing a deadline that is earlier than your actual deadline)• Inquire about getting your transcript from the registrar's office• Application becomes available May 1st – start filling it out now. Most schools offer interviews on a rolling basis, so you want your application to be ready for submission on the day submission opens.
June	<ul style="list-style-type: none">• Submit your application
July	<ul style="list-style-type: none">• Complete secondary applications in a timely manner• Continue working, volunteering, shadowing, etc.
August	<ul style="list-style-type: none">• Possible interviews – Early Decision programs might offer interviews as early as August.• Begin Interview preparation – meet with your school's pre-health advisor and career services to practice interview skills