

PRE-MED (MD/DO) PLANNING GUIDE

PERSONAL INFORMATION:

Name:	Email:
Major(s):	Minor(s):
GPA:	State of Residence:
Expected Graduation Date:	Expected Application Date:
Previous Degree(s):	Are you applying as an international student?

PART 1: IDENTIFY TARGET SCHOOLS.

Identify the medical schools to which you might be interested in applying. The AAMC publishes [a list of medical schools with links to their websites](#). Use this chart to record information about your target schools.

SCHOOL NAME	MINIMUM MCAT	MINIMUM GPA	MINIMUM SCIENCE GPA	REQUIRED EXPERIENCES	NON-RES. INTL.*

*Use this column to record whether this school admits non-resident (of the state) and/or international students (if this applies to you).

PART 3: RECORD YOUR EXPERIENCES.

Record work, shadowing, volunteer, research, study abroad, student organization, and other experiences here. Copy this page as needed.

EXPERIENCE AND/OR POSITION TITLE	ORGANIZATION	SUPERVISOR NAME AND CONTACT INFO.	RESPONSIBILITIES	DATES

PART 4: PREPARE FOR AND TAKE ANY REQUIRED STANDARDIZED TESTS.

Most med schools require applicants to take the [Medical College Admission Test](#) (MCAT). Most applicants take the MCAT no later than early spring of their application year (the year before they hope to begin medical school). Applicants who plan to take the MCAT more than once may want to take it for the first time before their application year. Some may also require the [Computer-Based Assessment for Sampling Personal Characteristics](#) (CASPer) situational judgment test. Check with your target programs to see which standardized tests they require.

I TOOK/PLAN TO TAKE THE MCAT ON THE FOLLOWING DATE(S):			
PRACTICE TEST(S)	SCORE	MCAT	SCORE
Composite Score		Composite Score	
Chemical and Physical Foundations of Biological Systems		Chemical and Physical Foundations of Biological Systems	
Critical Analysis and Reasoning Skills		Critical Analysis and Reasoning Skills	
Biological and Biochemical Foundations of Living Systems		Biological and Biochemical Foundations of Living Systems	
Psychological, Social, and Bio. Foundations of Behavior		Psychological, Social, and Bio. Foundations of Behavior	

I TOOK/PLAN TO TAKE THE CASPER TEST ON THE FOLLOWING DATE(S):		
STANDARDIZED SCORE	PERCENTILE RANK	QUARTILE RANK

PART 5: REQUEST LETTERS OF RECOMMENDATION.

Identify three to five people who might be willing to write a letter of recommendation on your behalf. Check the requirements of the school(s) to which you are applying to find out how many and what kind of letters are required.

NAME	TITLE/POSITION	CONTACT INFORMATION	ASKED (DATE)	LETTER SUBMITTED

PART 6: PLAN AND WRITE YOUR PERSONAL STATEMENT.

Your medical school application will contain a prompt for and space to write a personal statement that is approximately 5,300 characters long. For allopathic medical school applicants, the personal statement prompt is usually some variation of the question, “Why do you want to be a doctor?” For osteopathic medical school applicants, the prompt is usually some variation of the question, “Why do you want to practice osteopathic medicine?”

As early as possible in your academic career, open a Google Doc to use to collect your thoughts about this prompt. Jot down ideas about your statement whenever they occur to you. Don’t worry about grammar or structure at first. You can take care of those details later. When the time comes to write your essay, you will have some ideas with which to begin.

PART 7: COMPLETE YOUR APPLICATION.

You will submit your medical school application through the [American Medical College Application Service](#) (AMCAS; for allopathic medicine) or through the [American Association of Colleges of Osteopathic Medicine Application Service](#) (AACOMAS; for osteopathic medicine) approximately one year before you hope to begin medical school. These centralized application services allow you to complete one application to apply to each of the programs in which you are interested.