

Need MCATBROS Application Strategy/Essay Editing/Brainstorming/Feedback Services? Email mcatbros@gmail.com with your needs. We comprehensively address your application in a consulting capacity and make sure you are ready to apply, edit your essays, guide you on how to approach the application, and create a curated school list! We work with you throughout the application season.

Our new website has lots of resources at mcatbros.com

Also check this out:

https://aamc-orange.global.ssl.fastly.net/production/media/filer_public/50/74/5074e78f-3f39-401c-ae58-e071fde87ef1/aamc-anatomy-applicant-workbook_final_for_web.pdf

MCATBROS

The MCATBROS Premed Tracker & AMCAS/AACOMAS/TMDSAS Application Worksheet

This is a tracker to help you get through your premedical and medical school application journey regardless of who you are and where you are in the process. With so many moving parts - we wanted to make sure you can log them all in one concise place. Over time we will be adding articles and information that goes along with each of these parts and updating/adding information to this to make it more comprehensive. This is MCATBROS Premed Tracker & Application Worksheet Version 1. Feel free to ask any questions via DM @mcatbros or [facebook.com/groups/mcatbros](https://www.facebook.com/groups/mcatbros) regarding any part of your premed journey. This will slowly be cleaned up and there will be better organization in the future.

Please make a copy to edit it yourself AND keep this bookmarked to see future changes.

Who is it for: For any premedical student and medical school applicant

BY: MCATBROS TEAM

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Please fill this out for your own records throughout your journey and/or before the application opens so you can have everything organized for when you decide to apply for medical school. Please also feel free to share this tracker with your mentor, premed advisor (if they're willing to accept it and/or you trust them with it), with us (mcatbros@gmail.com) if you would like, and with yourself as well.

Important Dates to Remember:

2020-2021 Applications Open for Submission on the following dates:

AMCAS - May 28

TMDAS - May 1

AACOMAS - unannounced. May 2 last year

The goal should be to have this completely finalized by March of your application year (which is a bit over 1 year before you matriculate into medical school). This allows you to then spend a few months to gain feedback and perfect everything from various sources. It also allows you to meet your pre health committee deadline (which will require much of what this document contains). To do this the optimal goal should be January MCAT the year you apply (obviously later is okay, but this is OPTIMAL to plan for even though you may hear otherwise from other places).

MCATBROS Mission & Purpose of this Document: MCATBROS mission is to make the premedical & MCAT journey more productive with information and guidance and allow students to achieve their goals. We believe this centralized mock application system & premedical tracker will allow students to do just that.

We created this document to allow students to easily input their information as they go through pre-med so they can “work on their application” before it opens and know what the key elements of the application look like. Over time we will be adding more tips and advice to this document to help you along with your premedical journey. We believe in “DOING” rather than “reading about doing” and as a result we think the exercise of trying to fill this out will illuminate your application piece by piece and allow you to seek guidance (if/when you need it).

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**THIS IS AVAILABLE FOR FREE BUT WE DO NOT WANT YOU TO DISTRIBUTE IT
BECAUSE WE DO MAKE UPDATES to it.**

Please fill out this Form to Receive This Document and stay updated on our FREE MCAT & Application Advice:

https://docs.google.com/forms/d/e/1FAIpQLScR1XR5S_k5Y_DVzX5mbJ8NJ80nF-7nlN1oCb9nu9HrKzLIJw/viewform (Signing up means you will be the first to know about a cool

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feature we are going to be releasing soon!). You can also ask students to DM us @mcatbros to receive this planner.

MCATBROS retains all rights to the following file.

If you have suggestions for improvement or would like to make additions - email: mcatbros@gmail.com - We will consider paying \$50 for any approved substantial improvement suggestions + implemented improvements you make (including writing blogs).

Please save this link so you can refer back to new/updated versions.

Have questions? Did you know you can get FREE help on our facebook group: www.facebook.com/groups/mcatbros regarding any aspect of your premed journey or DM us at @mcatbros for our Pre Med advising team (FREE)! We also have subsection groups at:

**<https://docs.google.com/document/d/1pqskGVyngOWxQLpfLonSx5Hj2frYuTihAOj1aCCxHk/edit>
www.tiny.cc/MCATchat**

This tracker can be used for personal needs and it can also be submitted to us for feedback whenever you request services - either our MCAT services or our application related services. The feedback regarding this document is included complimentary in the service level you purchase.

-Our email for MCAT services - mcatbros@gmail.com [\$200 Planning + follow up service and \$50/hr tutoring] - Our mcats services REPLACE any course that you need.

-Our email for application services (personal statement and activities feedback)

is: mcatbros@gmail.com

-We also provide interview prep/MMI prep mcatbros@gmail.com

Checklist/Timeline of Application Year (begins 2 years before you wish to start medical school)

-Take the MCAT (and prepare for it) (mcatbros@gmail.com for planning/academic/tutoring help with this component)

-Contact Letter of Recommendation (LOR) Writers and/or go through committee process

-Fill this activities log (activities descriptions & Most meaningful essays) and personal statements (and write additional essays if required). You should have 2 science, 1 non science, 1 research (if applicable), 1 EC, 1 physician letter ideally.

-Research & Finalize School List (MSAR to help with this for MD and school websites, ChooseDO and DO school explorer for others). Create a school list as if you want to GO to that school. Don't apply to a place you WILL NOT GO and research everything about the school BEFORE you apply so you do not WASTE \$\$\$. We have a free metrics sheet embedded in this document as well (includes MD and DO metrics).

-May 4: Start Application + Order Transcripts from All Schools you have attended (even if it was 1 class) and submit to AMCAS (AACOMAS/TMDSAS opening dates/earliest submission dates are around this time as well). Transfer all the data from here into your application. You do not need to wait for spring grades for your transcript for AMCAS/AACOMAS but if these grades make a big difference to your overall/science GPA

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it may be worth waiting. If they make a negative impact - don't wait, if they come back mid-may and have a positive impact you can wait. If they come back late may/june and have no impact/marginal impact - don't wait. TMDSAS you will have to wait for spring grades.

-Register & Prep and Take CASPer in May-July if possible (must have an application ID open to register - register for a school that allows the first dates, you can always submit to more schools later).

-May 28 - Submit your medical school application and its components for AMCAS (TMDSAS is open for submission May 1/AACOMAS is open around this time) - DO NOT WORRY IF YOU CAN'T get it in day 1 but try to get AMCAS/TMDSAS in by June 5 - AACOMAS doesn't really matter. The earlier you submit the better - but being more competitive is FAR more important - so if Late June = better mcat score -that is okay for AMCAS. July is the latest MCAT we recommend for the same cycle for AMCAS. For Texas the latest we recommend is May. For DO = september mcat is fine. The most ideal is you take the MCAT January-March the year you apply at latest.

Notes: you can submit your application without Letters of Rec (LOR) and MCAT score. Apply to ONE school (a throwaway school you DO NOT care about or a safety) until your MCAT scores come back if you are in the position to submit without MCAT as you do not want to submit it blind to a whole host of schools. Submitting w/o an MCAT or w/ an anticipated higher MCAT score (retake) leads to no benefit (does not yield you a secondary application) so there is no point to submit to more than 1 school until your MCAT score is back.

The whole name of the game is to get the interview invite as fast as possible and the earlier you submit a primary the earlier you can get a secondary (requires an mcat score/complete application to receive) the earlier you can get a interview invite (secondary may require CASPER/and will require LORs submitted by this time).

After you submit primary application (or before if you have time):

-look into secondary databases from last year and begin to pre-write secondaries (you can do this prior to your primary submission if you are feeling ambitious and have the time). We recommend prewriting as this process can get very overwhelming. If you look at secondaries before primaries you can also get a good idea of what a school likes and start to make a more cohesive application. Furthermore looking at a secondary may make you realize you don't want to necessarily apply to a school with a 8 page secondary. If you submit a primary and then never submit a secondary - you just wasted \$\$. Understand secondary application fees as well when applying.

When you receive secondaries:

-Aim to complete them ASAP and IDEALLY within 2 weeks of receiving them.

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After completing secondaries:

- Start preparing for interviews and look up common questions
- Start preparing for MMI interviews and looking for resources on how to help you prepare for this.

After Interview:

- Send Thank You letter to each interview invite you receive
- Send Thank You letters to your letter of recommendation writers and keep in touch with them
- Wait for an acceptance. Check spam email and check your voicemail as well.

After an Acceptance(s)

Evaluate schools and finalize a school you wish to go to.
Evaluate Aid Packages.

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If you choose to email us for personal statement or activities editing services - please give us edit access to this document and also answer these following questions in addition to completing the part of the document (at minimum) for which you are seeking help.

Email Information (if you are requesting services from MCATBROS):

- 1. What Services are you seeking? (MCAT tutoring, MCAT personal MCAT plan/guidance, personal statement editing and/or activities descriptions feedback & editing, secondary essay, editing, interview prep)**
- 2. What are your primary and questions concerning your application, premed, MCAT?**
- 3. What are your main concerns right now with the application process?**
- 4. What questions do you have for us and/or your advisor?**
- 5. What services are you applying through?
(Canada/AACOMAS/AMCAS/TMDSAS/SMP/Masters/Post bacc)**
- 6. Where are you in the application process?**
- 7. Do you have any red flags in your application?**
- 8. Anticipated Med School Start Date:**
- 9. Anticipated Application Date:**
- 10. Are you classified as disadvantaged in medicine, underrepresented in medicine, first generation in medicine, or have a specific criteria you fit?
[We would like to know what percentage of our students fit these criteria for our records]**
- 11. How did you find out about MCATBROS?**
- 12. Contact Information:**
 - a. Name:**
 - b. Email:**
 - c. Cell #:**
 - d. Are you International:**
 - e. Instagram Handle (if applicable):**
- 13. Please include any additional information here:**

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-----START OF MOCK APPLICATION -----

Making a school list. Each school you apply to requires additional \$\$ (look at finances portion to learn more).

Please refer to medical schools of interest for EXACT metrics. Please also refer to the below section regarding creating a proper school list. We have made a rough metrics sheet: https://docs.google.com/spreadsheets/d/1oyiiDbCDhRoIclOzRADV_7SwvdaGJdCTu9y1vgNNnp0/edit?usp=sharing (This is 2019 date)

In addition - Choose DO explorer + DO Information handbook (<https://www.aacom.org/docs/default-source/cib/aacom-cib-2019-all-web.pdf>) (FREE) + MSAR (MD) (FREE for FAP otherwise paid) for your application year (or the year before). Calling schools for additional data. Looking at their websites. We are also going to be collecting reviews from medical students soon and posting them as a document so you can learn about the subjective component from students.

https://www.aacom.org/docs/default-source/presentations/student-guide-for-web-5-28-19.pdf?sfvrsn=4aab3d97_2

-For AACOMAS check out FAP the same month you apply for AMCAS check out FAP the year before you apply or the January The year of when you apply.

Personal Statement

- 5300 characters, w/ spaces (hard return = 2 characters) (AACOMAS is same word limit, TMDSAS is 5000 characters) [Please aim to follow these guidelines before sending it to us]
- Unofficial Prompt: Why Medicine?

Free Group To Ask questions and exchange:

www.facebook.com/groups/medschoolapplications

www.facebook.com/groups/mcatbros

Telegram Group: <https://t.me/joinchat/NczbQxsIpDkdQfnDAjCm2Q>

Personal Statement Facebook: www.facebook.com/groups/medschoolpersonalstatements

Friends/medical school students you know/english experts/family/physicians and more can also be of great help.

Please copy and paste your draft here + answer the red questions if seeking our personal statement service

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Checklist before seeking our service (if you decide):

- 1. Have you copy and pasted your working draft (and maybe considered the free avenues for help - see Appendix)**
- 2. Describe your biggest challenges with your personal statement and annotate it as required.**
- 3. What additional questions do you have in regards to the personal statement?**
- 4. Who has helped you with this personal statement so far? Have you paid any services? What did you think of the edits?**
- 5. Have you used this personal statement in an application before?**
- 6. How much time have you spent on your personal statement?**
- 7. What personal statement resources have been helpful to you?**
- 8. Have you ever applied to medical school before - what do you think went wrong the last time. Have you gotten any feedback from an adcom?**
- 9. Have you looked at some of the below useful resources.**

Useful resources:

1. <https://phpladvising.ucf.edu/wp-content/uploads/sites/16/2017/06/Medical-School-Guidelines-and-Sample-Essays-Ohio-Wesleyan.pdf> - VERY USEFUL
2. <https://ocs.yale.edu/get-advice/writing-personal-statement-medical>
3. <https://ocs.yale.edu/sites/default/files/files/The%20Art%20of%20the%20AMCAS%20Personal%20Essay.pdf>
4. <https://medicine.yale.edu/news-article/15006/>
5. <https://students-residents.aamc.org/choosing-medical-career/article/advisor-corner-crafting-your-personal-statement/>
6. <https://seaver.pepperdine.edu/graduate-fellowships/improveyourchances/personalstatements.htm>
7. <https://www.hs.iastate.edu/wp-content/uploads/2018/10/Personal-Statement-Worksheet.pdf>
8. https://owl.purdue.edu/owl/job_search_writing/preparing_an_application/writing_the_personal_statement/index.html
9. https://www.healthdiversity.pitt.edu/sites/default/files/SNMAPersonalStatementsvol2_2_.pdf
10. <https://ocs.fas.harvard.edu/personal-statement>
11. <https://cstw.osu.edu/sites/cstw.osu.edu/files/Pre-med%20Personal%20Statements.pptx>
12. <https://hpo.rutgers.edu/docman-lister/interview-worksheet/97-personal-statement-tips/file>
13. <https://www.kecksci.claremont.edu/prehealth/PersonalStatement.asp>
14. <https://www.kecksci.claremont.edu/prehealth/Grammar.pdf>

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15. <https://education.uwmedicine.org/student-affairs/career-advising/year-4/residency-applications/personal-statement/>
16. <https://webcampus.drexelmed.edu/cdc/medpsSample.asp>
17. https://www.reddit.com/r/premed/comments/5l5m55/the_personal_statement_and_my_thoughts_on_how_to/
18. https://seaver.pepperdine.edu/career-services/content/students/gradprep/personal_statement_guide.pdf
19. https://www.healthcareers.umn.edu/events/online-workshops/personal-statements-health-program?fbclid=IwAR3qw6Qx3QPgh0V4RQ1ObWNfmIRfhFVhB2sEeoux0SoYNxJitLKCwMNQL_Y
20. like the "You're Doing It Wrong, Part 1: Personal Statement" and "A Guide to the Personal Statement: A General Advice Forum" posts on SDN, personally. I think both get to the crux of what "show, don't tell" actually means. Also, check out the "Advisor Corner: Crafting Your Personal Statement" page on the AAMC website.
21. https://uni.edu/~gotera/gradapp/stmtpurpose.htm?fbclid=IwAR10cToa3Cg1vNjfmSshIbv_OSwwq-NTTpa92kxhbh2-eaPuChoy53CLfUk

Activities

- 15 experiences, 700 characters each (AACOMAS is 600 characters and TMDSAS is 300 characters w/ No limit of # of experiences - these systems don't have a "most meaningful" essay)
 - How much time you spend, responsibilities and accomplishments, impact you made, qualities you demonstrated
- Choose 3/15 as "most meaningful," additional 1,325 characters each
 - What you learned and how you grew, be reflective, how you helped, describe/demonstrate your pre professional competencies, show don't tell, should be a story (not list format)
- Types: Artistic endeavors, community service/volunteer – medical/clinical, community service/volunteer – not medical/clinical, conferences attended, extracurricular activities, hobbies, honors/awards/recognition, intercollegiate athletics, leadership – not listed elsewhere, military service, other, paid employment – medical/clinical, paid employment – not medical/clinical, physician shadowing/clinical observation, presentations/posters, publications, research/lab, teaching/tutoring/teaching assistant
 - **Limited to 4 activities in each of the above categories!**
- TMDSAS Types: Academic Recognition, Non-Academic Recognition, Leadership, Employment, Research Activities, Healthcare Activities, Community Service, Extracurricular & Leisure Activities, and Planned Activities

Notes: You do not need to complete all 15. Your Most Meaningful Experiences shouldn't be copy and pasted to your personal statement. Most meaningful does NOT need to be all clinically related. Ideally pick different experiences than your personal statement (if possible). DO NOT COPY AND PASTE essays under any circumstance.

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Useful resources:

<https://students-residents.aamc.org/applying-medical-school/article/core-competencies/>
<https://www.pdx.edu/clas/sites/www.pdx.edu.clas/files/Med%202017%20work-activities%20and%20personal%20statement.pdf>
<https://students-residents.aamc.org/applying-medical-school/preparing-med-school/getting-experience/>
<https://www.aamc.org/system/files/c/2/462316-mcatguide.pdf> (please refer to page 14)
<https://www.med.umn.edu/sites/med.umn.edu/files/the-hand-of-a-phenomenal-pre-med.pdf>
MUST READ.

This is another way to input this that is similar to the AACOMAS and AMCAS format:

<https://docs.google.com/document/d/1Q0PC0V-hUM5CGlaXWlch30C5KrHbk8Z-lxNvqtDgAjc/edit> - PLEASE USE THIS

Free Group To Ask questions and exchange:

www.facebook.com/groups/medschoolapplications

www.facebook.com/groups/mcatbros

www.facebook.com/groups/medschoolactivities

Telegram Group: <https://t.me/joinchat/NczbQxdn1lWK8gfXr2LSZw>

Friends/medical school students you know/english experts/family/physicians and more can also be of great help.

1.

Experience Name (most meaningful experience):

Experience Type (select from one of above)

Organization Name:

Type:

Start-End Dates: (can have multiple start ends) || Total Hours:

Contact Name & Title:

Contact Email:

Contact Phone #:

Organization Name:

Address:

City/State/Country:

Experience Description (700 characters):

Most Meaningful Experience Remarks (1,325 characters):

May we Contact this Organization:

2.

Experience Name (most meaningful experience):

Experience Type (select from one of above)

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Organization Name:

Type:

Start-End Dates: (can have multiple start ends) || Total Hours:

Contact Name & Title:

Contact Email:

Contact Phone #:

Organization Name:

Address:

City/State/Country:

Experience Description (700 characters):

Most Meaningful Experience Remarks (1,325 characters):

May we Contact this Organization:

3.

Experience Name (most meaningful experience):

Experience Type (select from one of above)

Organization Name:

Type:

Start-End Dates: (can have multiple start ends) || Total Hours:

Contact Name & Title:

Contact Email:

Contact Phone #:

Organization Name:

Address:

City/State/Country:

Experience Description (700 characters):

Most Meaningful Experience Remarks (1,325 characters):

May we Contact this Organization:

4.

Experience Name:

Experience Type (select from one of above)

Organization Name:

Type:

Start-End Dates: (can have multiple start ends) || Total Hours:

Contact Name & Title:

Contact Email:

Contact Phone #:

Organization Name:

Address:

City/State/Country:

Experience Description (700 characters):

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May we Contact this Organization:

5.

Experience Name:

Experience Type (select from one of above)

Organization Name:

Type:

Start-End Dates: (can have multiple start ends) || Total Hours:

Contact Name & Title:

Contact Email:

Contact Phone #:

Organization Name:

Address:

City/State/Country:

Experience Description (700 characters):

May we Contact this Organization:

6.

Experience Name:

Experience Type (select from one of above)

Organization Name:

Type:

Start-End Dates: (can have multiple start ends) || Total Hours:

Contact Name & Title:

Contact Email:

Contact Phone #:

Organization Name:

Address:

City/State/Country:

Experience Description (700 characters):

May we Contact this Organization:

7. Name

Experience Name:

Experience Type (select from one of above)

Organization Name:

Type:

Start-End Dates: (can have multiple start ends) || Total Hours:

Contact Name & Title:

Contact Email:

Contact Phone #:

Organization Name:

Address:

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City/State/Country:

Experience Description (700 characters):

May we Contact this Organization:

8. Name

Experience Name:

Experience Type (select from one of above)

Organization Name:

Type:

Start-End Dates: (can have multiple start ends) || Total Hours:

Contact Name & Title:

Contact Email:

Contact Phone #:

Organization Name:

Address:

City/State/Country:

Experience Description (700 characters):

May we Contact this Organization:

9.

Experience Name:

Experience Type (select from one of above)

Organization Name:

Type:

Start-End Dates: (can have multiple start ends) || Total Hours:

Contact Name & Title:

Contact Email:

Contact Phone #:

Organization Name:

Address:

City/State/Country:

Experience Description (700 characters):

May we Contact this Organization:

10.

Experience Name:

Experience Type (select from one of above)

Organization Name:

Type:

Start-End Dates: (can have multiple start ends) || Total Hours:

Contact Name & Title:

Contact Email:

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Contact Phone #:

Organization Name:

Address:

City/State/Country:

Experience Description (700 characters):

May we Contact this Organization:

11.

Experience Name:

Experience Type (select from one of above)

Organization Name:

Type:

Start-End Dates: (can have multiple start ends) || Total Hours:

Contact Name & Title:

Contact Email:

Contact Phone #:

Organization Name:

Address:

City/State/Country:

Experience Description (700 characters):

May we Contact this Organization:

12.

Experience Name:

Experience Type (select from one of above)

Organization Name:

Type:

Start-End Dates: (can have multiple start ends) || Total Hours:

Contact Name & Title:

Contact Email:

Contact Phone #:

Organization Name:

Address:

City/State/Country:

Experience Description (700 characters):

May we Contact this Organization:

13.

Experience Name:

Experience Type (select from one of above)

Organization Name:

Type:

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Start-End Dates: (can have multiple start ends) || Total Hours:

Contact Name & Title:

Contact Email:

Contact Phone #:

Organization Name:

Address:

City/State/Country:

Experience Description (700 characters):

May we Contact this Organization:

14.

Experience Name:

Experience Type (select from one of above)

Organization Name:

Type:

Start-End Dates: (can have multiple start ends) || Total Hours:

Contact Name & Title:

Contact Email:

Contact Phone #:

Organization Name:

Address:

City/State/Country:

Experience Description (700 characters):

May we Contact this Organization:

15.

Experience Name:

Experience Type (select from one of above)

Organization Name:

Type:

Start-End Dates: (can have multiple start ends) || Total Hours:

Contact Name & Title:

Contact Email:

Contact Phone #:

Organization Name:

Address:

City/State/Country:

Experience Description (700 characters):

May we Contact this Organization:

Add additional Activities for AACOMAS/TMDSAS if you have more. For AMCAS you need to find your best 15 activities. You do not need to complete all 15 activities.

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Please copy and paste your draft here + answer the red questions if seeking our personal statement service

Checklist before seeking our service for activities feedback & description editing:

- 1. Have you copy and pasted your working draft (and maybe considered the free avenues for help - see Appendix)**
- 2. Describe your biggest challenges with your activities & descriptions**
- 3. What additional questions do you have in regards to your activities & descriptions**
- 4. Where do you feel like you are most lacking in your activities?**
- 5. Who has helped you with the activities descriptions so far? Have you paid any services? What did you think of the edits?**
- 6. How have these activities been improved if you have applied before?**
- 7. How much time have you spent on writing your descriptions for your activities?**
- 8. What personal statement resources have been helpful to you in planning your activities & descriptions**
- 9. Have you ever applied to medical school before - what do you think went wrong the last time. Have you gotten any feedback from an adcom?**

Other Questions That May or May Not Be Relevant

- Previous matriculation: Answer *Yes* to this question if you have ever matriculated into any medical school, regardless of what country it was in. Your matriculation status may not be dependent upon registration, enrollment, or the initiation/completion of coursework. Check with the medical school if you have any questions regarding your matriculation status. Failure to accurately answer this question will result in an investigation. If you answer **Yes**, you may use the space provided to explain why you are reapplying to medical school at this time; this space is 1325 characters or approximately one-quarter of a page in length.
 - Have you ever matriculated at or attended any medical school as a candidate for a medical degree? (1325 characters)
- Institutional Action: Medical schools require you to answer this question accurately and provide all relevant information. Medical schools understand that many individuals learn from the past and emerge stronger as a result. Full disclosure will enable the medical schools to more effectively evaluate this information within the context of your credentials. You must answer *Yes* to this question if you were ever the recipient of any Institutional Action resulting from unacceptable academic performance or a conduct

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violation, even if such action did not interrupt your enrollment or require you to withdraw. You must answer *Yes* even if the action does not appear on or has been deleted from your official transcripts due to institutional policy or personal petition.

- Were you ever the recipient of any institutional action by any college or medical school for unacceptable academic performance or conduct violation? If yes, explain (1325 characters).
- Languages: What languages do you speak? For each language, also rate your proficiency and use in your childhood home.
 - Proficiency: Native/functionally native, advanced, good, fair, basic
 - Use in Childhood Home: Never, rarely, from time to time, often, always

Language	Proficiency	Childhood Home

Disadvantaged: Do you wish to be considered a disadvantaged applicant by any of your designated medical schools, which may consider such factors (social, economic or educational)?

- If yes, please explain why (1325 characters).
- Have you ever been convicted of a felony? (1325 characters)
- Have you ever been convicted of a misdemeanor? (1325 characters)

M.D. – Ph.D.

- State your reasons for deciding to pursue the combined M.D. – Ph.D. degree (3000 characters).
- Please describe your significant research experience (10,000 characters).

TMDSAS Extras:

Second Essay (not in AMCAS OR AACOMAS) (REQUIRED)

Learning from others is enhanced in educational settings that include individuals from diverse backgrounds and experiences. Please describe your personal characteristics (background, talents, skills, etc.) or experiences that would add to the educational experience of others.

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Optional Essay:

Briefly state any unique circumstances or life experiences that are relevant to your application. This is not an area to continue your essay or reiterate what you have previously stated - this area is provided to address any issues which have not previously been addressed. (2500 characters)

Secondary Essay Extras:

Look into the secondary essays for schools of interest to you.

Note: Even as a premed this can give you lots of insight on what to be doing for your application.

Non essay Components of your Application:

Personal Data and Background (there is MUCH more that we have not yet included here)

1. Country of Citizenship:
2. **What is your ethnicity?**
3. **Phone #**
4. **Cell #**
5. **Email:**
6. **Military Status:**
7. **Family Info (occupational/First Name/Last Name?Gender/State/County/Country/Highest Education Level) (both parents)**

What is your MCAT SCORE

Input your MCAT Score(s) (with breakdown and dates taken).

Notes: Medical Schools see all exams taken, they do not see if you took it with accommodations or see if you voided/rescheduled/or cancelled your MCAT. It is ideal to take the MCAT as few times as possible but if a retake means +5 points that is ideal. A balanced score is preferable but students get in with unbalanced scores all the time. Aim for 124 minimum per section. We

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absolutely recommend rescheduling 31 days before if you are not within 10 points and 14 days before if you are not within 5 points of the minimum you would accept. Typically students can see 3-5 points/month of full time/intense part time studying.

Most medical schools consider the most recent score the most but they all see all the scores. Taking the test multiple times is mentally draining and financially MORE expensive and also takes MORE time than just preparing for it once (although you may feel like you are “getting it over with” taking it the first time unprepared).

We recommend you register for your test with 1-2 months of studying down that way there is no chance of rescheduling. This means that you should ideally be starting to study before February for June-->September dates and before October for January-June dates so you can get a routine before the test registration opens (and get the first possible dates). Registering early as possible maximizes the chances of getting a date/location you pick but can increase chances of rescheduling (which does come with fees) so weigh the pros/cons. If you are flexible with location/date you can register closer to your test USUALLY with no problem (remember that premeds often register unprepared so a month before they often will reschedule their test and you can snag their seat). You CANNOT reschedule September MCAT dates or January dates for a past June date - you must cancel in these situations.

Added Questions for our Info (don't appear on application):

How did you prepare for each exam?

If you do not have an MCAT score - list what your plans are with your MCAT and what your diagnostic scores are here. Include Date you are taking the test.

Update each practice test you have here until you have an official score.

Calculate your GPA:

(We are in the process of building a calculator)

AMCAS:

https://aamc-orange.global.ssl.fastly.net/production/media/filer_public/78/1c/781c2478-d685-4f1e-ae78-07a765ad4e61/amcas_grade_conversion_guide_students.pdf

<https://docs.google.com/spreadsheets/d/1rp8nxhDexmFvWlUhT1bzh6nqyc6olRJl68gEI7sT4c0/edit?usp=sharing>

AMCAS Science or Non Science Classification Help:

https://aamc-orange.global.ssl.fastly.net/production/media/filer_public/e5/68/e5687e03-f55e-4ce6-a4e4-892eaab328dc/amcas_course_classification_guide.pdf

<https://students-residents.aamc.org/applying-medical-school/article/course-classification-guide/>

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AACOMAS:

[https://help.liaisonedu.com/AACOMAS Applicant Help Center/Submitting and Monitoring Your AACOMAS Application/Verification and GPA Calculations for AACOMAS/3 Calculating Your GPAs](https://help.liaisonedu.com/AACOMAS_Applicant_Help_Center/Submitting_and_Monitoring_Your_AACOMAS_Application/Verification_and_GPA_Calculations_for_AACOMAS/3_Calculating_Your_GPAs) ---> Download the GPA calculator from the website.

[https://help.liaisonedu.com/AACOMAS Applicant Help Center/Filling Out Your AACOMAS Application/Academic History/5 AACOMAS Course Subjects](https://help.liaisonedu.com/AACOMAS_Applicant_Help_Center/Filling_Out_Your_AACOMAS_Application/Academic_History/5_AACOMAS_Course_Subjects)

TMDSAS: Same as AMCAS but no + or - system

How AMCAS Views your GPA (fill this out)

Status	BCPM (Biology/Chemistry /Physics/Math)		AO (all Other Credits)		Total				
	GPA	Hours	GPA	Hours	GPA	HOURS			
Highschool College Credits									
Fresh man									
Sopho more									
Junior									
Senior									
Post-Bac c									
Cumulati ve Undergr aduate									
Graduat e									

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Supplemental Hours	P/F-Pass:		P/F: Fail		A/P		CLEP		OTHER:
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Freshman = first year in school, sophomore = second year in school, junior = third year in school, senior = all other years in school. Community college, classes taken in HS, repeat classes (count as two separate classes and enter both grades) ALL COUNT.

Colleges Attended and CourseWork

School #1:

Degree:

Attendance Dates:

State:

Country:

Major:

Major 2:

Minor:

School #2

Degree:

Attendance Dates:

State:

Country:

Major:

Major 2:

Minor:

School #3

Degree:

Attendance Dates:

State:

Country:

Major:

Major 2:

Minor:

----END OF MOCK APPLICATION -----

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Make sure to read AACOMAS application handbook, TMDAS application handbook, AMCAS application handbook to learn about the exact details of each application system.

-----START OF PREMED PLANNER - -----

Before College:

- Think carefully about where you want to go to university
- Go to a place you will succeed.
- Some schools are known for grade deflation. Grades matter in premed.
- Think about finances even if parents are helping. 80k/yr vs 10k/yr is a big difference .
- think about your priorities
- consider the opportunities afforded to you
- does your college offer the major that interests you?
- Do you want a big or small school? Both have pros and cons.
- Don't believe the BS of 90% of our students get into medical school. It's garbage made up statistics.
- No shame in going to community college if you need to to save money/gain maturity before a 4 year degree.
- Online prerequisites are a no no in most situations.Call schools if you are going to go the online route.
- Learn Financial management. Learn to cook at home.Skills you develop now will pay huge dividends as you get older. Financial management is YOUR responsibility.
- Find a roommate you jive with. Really ask: living habits, drinking habits, smoking habits, major, similar background (if it's important to you), religion, music listening habits, sleeping habits, etc etc. Facebook is a great place to vet and seek roommates.
- Network with an upperclassmen and ask them if book purchasing is mandatory. Avoid the bookstore on campus at all costs. If it's mandatory- buy it used BEFORE you show up on campus. Ask if buying an old edition textbook works. For classes that are 1 year - avoid renting as it's often cheaper to buy then resell. Always try to buy used - and resale can mean it's cheaper than renting. Remember that the underclassmen at your uni have the same professors/textbooks once you are done.

How to plan your classes:

- Make sure to ask upperclassmen for the inside scoop. You can find these people in clubs you are involved in.
- Check Rate my Professor (the chilli doesn't matter)
- Avoid (Drop) any classes that you know are going to ruin your GPA even if you were automatically placed in them and add classes that are easier. Take a light semester (first semester) if required to get adjusted to college life.

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-College is NOT highschool unless you 1.) go to an easy university to 2.) went to a very competitive highschool.

-If you took AP classes - if it is a prerequisite - it can be a good idea to retake these classes. It can get you adjusted to college life and buffer your GPA + build an even stronger foundation for your MCAT.

Enter all Your Grades & Plan your Classes (the tips are a work in progress to become more comprehensive for all situation)

To make sure you are meeting all requirements - please look into the websites of ALL your schools of interest. Take required and recommended course work. Also make sure you are meeting all your major requirements.

Common Prerequisite Classes (aim to take by end of Junior year) (but not required - most medical schools only require your prerequisites to be taken by the time you matriculate) : Chemistry, Biology, Physics, Organic Chemistry (all with lab and 2 semesters each), biochemistry, sociology, psychology (1 semester each), calculus, statistics, 2 upper division biology classes (pick from: physiology, genetics, cell bio, molecular bio for best mcat prep - immunology/microbio can also be okay).

Make sure to enter in time to study for your MCAT (ideally a summer with light responsibilities + a light semester) (yes both). Aim to take the MCAT 1.5 years before you apply. Most (but not all) prerequisites should be completed by this time.

Studying for your MCAT alongside your final prerequisite classes works perfect.

**College-Credits taken in HighSchool:
Sorry. These count. Now you know.**

COURSE PREFIX	COURSE Title	COURSE SUBJECT	GRADE	TERM GRADE	TERM CREDITS

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Freshman

Take it light tiger! Focus on classes (not partying and drinking). Thirsty Thursday should NOT be in your vocabulary. IF you are to drink - drink responsibly and know the risks (write up by RA can mean disciplinary action that can show up on transcripts). Don't cheat. Don't plagiarize. Don't get arrested. Don't break the law. Find like minded friends and join clubs that interest you. If you do bad on your first test - partying should be out of the window. Limit Ws and seek help EARLY. What makes college different than highschool is that there is less direction, more freedom, and less homework & more exams. Professors don't spoon feed you - they expect you to come for help. The other major difference is that there are fewer quizzes and exams are far less often so they count for far more - this requires you to be a disciplined student. Classes are also optional - but they are NOT as a premedical student looking to make an impression, get research opportunities, get letters of rec and more. Ideally come PREPARED to class and do not be afraid to use outside resources for help (youtube lectures are amazing).

Let's look at this chart to get our expectations right regarding GPA and MCAT:

https://www.aamc.org/system/files/2019-11/2019_FACTS_Table_A-23.pdf

Look into other data charts and AAMC websites to familiarize yourself with the application process.

Build Study Strategies:

- The Pomodoro technique - 45-1 hr on, 10 minute break etc.
- Consistent sleep schedule
- no cramming
- review the material 2-3 times before each test
- use/learn to use anki/quizlet
- see the material in many ways - lecture, videos, youtube, textbook, notes, etc.
- do all assignments
- stay up with the material (maybe even ahead)
- week before your test is for review - not learning new information
- adapt your study techniques for different classes.
- solve as many practice questions for a subject as you can get your hands on (teacher created and textbook are ideal)
- DO not be afraid to supplement resources
- use mnemonics and memory tools
- search google for blogs/memory tools/mnemonics
- seek help - TA/office hours/SI/tutoring center/writing center/our facebook group - easier to do this if you are ahead and not cramming
- study at a library
- find 2-3 students to keep you accountable and to ask questions for each class. Maybe get together before each test for quick rapid review.
- Limit pass/fail classes
- Take W vs C- or lower in most instances, debate w/ C. And retake the class later.
- Limit Ws (ideally none)
- Limit online prerequisites (ideally none) and find out if your schools of interest take online to begin with.

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Calculate your GPA (in the GPA chart above). What is your year of science GPA? Year GPA?
Year Non Science GPA?

What went wrong with your classes:

What could be improved:

What are you going to do differently:

Do you have any professors who can write you a letter of recommendation?

Are you competitive GPA wise for your schools of interest?

Do you understand that all grades count for your application (even if you elect to retake or if grades are expunged?)

Do you have any C- or below in your prerequisites - how/when are you planning to retake these?

Your Goal in all circumstances should be >3.5 OVERALL And SCIENCE GPA. Depending on your goal school and ethnicity you will need (in an ideal world) a 3.4-4.0 (science and non science). The level of school expects different levels of GPA to be competitive. Many programs (MD) have 3.7+ averages, and for DO 3.5 averages. Some schools have 3.9+ GPA average. 3.0-3.4 can work for some ethnicities/situations/with great experiences/with some goal schools/with good MCAT. Again - 3.0-3.4 should not be a goal, but may be able to gain you an acceptance depending on the rest of your situation. If you have any GPA (even a semester gpa/year of 1.0) - you can STILL GET INTO MEDICAL SCHOOL - it just will require more work in the following years! If you have a low GPA - calculate what performance it will take for the next 2-4 years (gap year, 2 gap years vs not, as the GPA you apply with is the one at the end of junior year as a traditional applicant) to get an X GPA (x GPA should ideally be 3.5 minimum, but is not always possible so you can settle for 3.2 if needed)...or calculate how long it will take

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to raise to 3.5 and apply at the end of that (based on estimated future performance) . Higher is always better even if your goal school does not require that high of an average as your goals may change and a high GPA can compensate for other issues in your app in the future (if they arise). It can also qualify you for scholarships/school awards etc.

End of year Analysis: Did I get involved clinically, with volunteering, with research, with my interests/passions on campus? In what way? How did I further my interests in medicine and how did I demonstrate that?

Save 1000 bucks.

Sophomore

Slow down here if you did bad your freshman year - we don't need to overburden ourselves if our GPA is low. Classes will get harder now as you have not seen the material before in highschool but you have now built study habits hopefully and adjusted to college.

Try to find a research opportunity and clinical opportunity and volunteer opportunity.

Begin to do 30 hours of volunteering/clinical experience per month (15 of each)

Your Grades take priority always. Long term bad grades cost you more than whatever job/side gig you have. Your opportunity for clinical work can be paid or unpaid. Volunteering clinically is good but non-clinical is also good.

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End of sophomore year: CONTACT MCATBROS for help with your MCAT plan. mcatbros@gmail.com and @mcatbros (IG/snapchat) and start thinking about your MCAT. Take a diagnostic test:

https://nextsteptestprep.com/free-resources/free-mcat-practice-bundle?lead_srcid=4947

What was your diagnostic score? DO NOT SIGN UP FOR TUTORING OR A PREP COURSE NO MATTER HOW TEMPTING THE DEAL OR OFFER YOU DO NOT NEED IT. The entire internet and your “non profit” clubs, and advisors get endorsed directly/indirectly by these companies so they make you believe you need them. The first and final step is you make an MCAT plan and get guidance on your MCAT. Get AAMC Fee assistance (but don’t activate it) if you believe you qualify. If you believe you need accommodations for your MCAT for any reason - begin this process early as well. Med schools don’t know if you test with accommodations. Look into MCAT resources.

Calculate your GPA (in the GPA chart above). What is your year of science GPA? Year GPA? Year Non Science GPA? What is your overall science GPA? Overall GPA? Overall Non-science GPA?

What went wrong with your classes:

What could be improved:

What are you going to do differently:

Do you have any professors who can write you a letter of recommendation?

Are you competitive GPA wise for your schools of interest?

Do you understand that all grades count for your application (even if you elect to retake or if grades are expunged?)

Do you have any C- or below in your prerequisites - how/when are you planning to retake these?

Your Goal in all circumstances should be >3.5 OVERALL And SCIENCE GPA. Depending on your goal school and ethnicity you will need (in an ideal world) a 3.4-4.0 (science and non science). The level of school expects different levels of GPA to be competitive. Many programs (MD) have 3.7+ averages, and for DO 3.5 averages. Some schools have 3.9+ GPA average. 3.0-3.4 can work for some ethnicities/situations/with great experiences/with some goal schools/with good MCAT. Again - 3.0-3.4 should not be a goal, but may be able to gain you an acceptance depending on the rest of your situation. If you have a low GPA - calculate what performance it will take for the next 1-3 years (gap year, 2 gap years vs not, as the GPA you apply with is the one at the end of junior year as a traditional applicant) to get an X GPA (x GPA should ideally be 3.5 minimum, but is not always possible so you can settle for 3.2 if needed)...or calculate how long it will take to raise to 3.5 and apply at the end of that (based on

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estimated future performance) . Higher is always better even if your goal school does not require that high of an average as your goals may change and a high GPA can compensate for other issues in your app in the future (if they arise). It can also qualify you for scholarships/school awards etc.

End of year Analysis: Did I get involved clinically, with volunteering, with research, with my interests/passions on campus? In what way? How did I further my interests in medicine and how did I demonstrate that?

What grades do I need in the following years to raise my GPA to 3.5+.

Bank account should have 3000 bucks.

Junior

Maybe consider a 3.5 year plan if you are doing well and want to save tuition cost. A 3.5 year plan can give you time to enjoy before medical school starts (traditional) or give you time post-graduation to take the MCAT (one gap year).

Include MCAT prep here if needed. Include finalizing LORs and experiences here. Start working on making a school list, personal statement, application, casper prep, activities descriptions/essays.

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Calculate your GPA (in the GPA chart above). What is your year of science GPA? Year GPA? Year Non Science GPA? What is your overall science GPA? Overall GPA? Overall Non-science GPA?

What went wrong with your classes:

What could be improved:

What are you going to do differently:

Do you have any professors who can write you a letter of recommendation?

Are you competitive GPA wise for your schools of interest?

Do you understand that all grades count for your application (even if you elect to retake or if grades are expunged?)

Do you have any C- or below in your prerequisites - how/when are you planning to retake these?

Your Goal in all circumstances should be >3.5 OVERALL And SCIENCE GPA. Depending on your goal school and ethnicity you will need (in an ideal world) a 3.4-4.0 (science and non science). The level of school expects different levels of GPA to be competitive. Many programs (MD) have 3.7+ averages, and for DO 3.5 averages. Some schools have 3.9+ GPA average. 3.0-3.4 can work for some ethnicities/situations/with great experiences/with some goal schools/with good MCAT. Again - 3.0-3.4 should not be a goal, but may be able to gain you an acceptance depending on the rest of your situation. If you have a low GPA - calculate what performance it will take for the next 1-3 years (gap year, 2 gap years vs not, as the GPA you apply with is the one at the end of junior year as a traditional applicant) to get an X GPA (x GPA should ideally be 3.5 minimum, but is not always possible so you can settle for 3.2 if needed)...or calculate how long it will take to raise to 3.5 and apply at the end of that (based on estimated future performance) . Higher is always better even if your goal school does not require that high of an average as your goals may change and a high GPA can compensate for other issues in your app in the future (if they arise). It can also qualify you for scholarships/school awards etc. **Regardless of who you are, try to aim this year to be 3.8 if possible as the upward trend is very favorable to all schools.**

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Am I ready to apply analysis should happen midway through this year, and application for traditional students happens in the spring semester of junior year to finally submit at the end of junior year.

Checklist of am I ready to apply?

- Can I have my MCAT done by MCAY/June Latest for US-MD (AMCAS)and TMSAS applicants (September for US-DO/Canadaian applicants)
Less ideal: July for AMCAS can be maybe okay for people looking to submit a bit later and in some states/for some schools, also URM students seem to have better luck with July-September MCATs than ORM).
- Can I/do I/will I have a competitive MCAT score somewhat soon.
- Can I get my Letters of Recs in order
- Do I have research, clinical experiences, volunteer experiences
- Do I have the finances/time/mental fortitude to apply
- Do I want to apply and start medical schools without a gap year
- Do I have the grades to apply for my target schools (check the data spreadsheet we have) (am I close to average at least on my MCAT/GPA for my degree of interest and/or my medical school for my ethnicity at minimum)
- Do I need to fix deficiencies to reach my target or do I want to see where I can get in/just start medical school right away?
- If you are below 3.0 GPA (science or cumulative) AND below 500 - there is a very very high chance you will not be accepted to either US-MD, US-DO or canadian medical schools. What is competitive is based on your goal, your ethnicity, your ECs, the degree you are seeking, the state you live in, and more.
- missing prerequisites that won't be all completed by time of matriculation (you can have missing prerequisites when you apply)
- Do I want to explore other interests before medical school?

Technically for US-DO you can apply January of your SENIOR year and gain an acceptance (no gap year) as well if required to help improve some of these things but it is LESS THAN IDEAL but possible. Foreign countries (Lebanon) typically have a January MCAT acceptance policy as well.

If no - you will be taking a gap year (or multiple) depending on your situation! You need to figure out why you are taking this gap year and make sure you begin to address any deficiencies to reach your goals starting your senior year.

Can't get MCAT in time (end of junior year)? Decide when to take the MCAT. Will it be the end of junior year summer, or spring time your senior year (one gap year). Can you graduate in 3.5 years so you can study for the MCAT full time for a few months before the application opens up? Just because you are taking a gap year doesn't mean you should delay it for after graduation (this will delay your application for US-MD as we discussed earlier, can be okay for US-DO/Canada-MD). If you are taking 2 gap years - you can decide to take the MCAT after you graduate as well.

Can't get prerequisites done by the end of senior year? Find a university to finish any remaining prerequisites after you graduate and apply at the end of your senior year.

Do I need \$\$? Find a clinical job ideally that pays the most. Begin the training now. Or find any job that pays the most and continue clinical/volunteer experiences through senior year to apply at the end of your senior year

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Mentally need a break/want to relax? Find something fun to do but also continue to stay involved with experiences! In this situation you can apply your senior year and take a light gap year to do whatever you want while you are applying.

Need grade enhancement? If you can bring up your grades by senior year - that will be one gap year. Project how much higher YOUR GPA will go at the end of your senior year based on projected grades. If this is not enough - you will also need a post bacc (formal or DIY) , extra year in university, or Special Masters program (sometimes a science masters is also okay). Choose one depending on your goals/finances/situation. Higher MCAT can compensate instead of spending money on a program many times - while other times it cannot. If you have C- or lower prerequisites you need to address these your senior year (so one gap year) or your gap year (2 gap years). What GPA do I need to have a solid chance at my goal schools? Can I compensate for my low GPA with a high MCAT/good experience or do I need a post bacc/SMP? If I do this program - what will my GPA become? (Note that not in all instances will your GPA go through infinity but with 2 years of solid upward trend (read: 3.75-4.0 ideally) you can often still get in (coupled with a high mcats))

Do I lack clinical experiences/volunteering/research? Work on these your senior year and take one gap year OR work on these in your gap year and take 2 gap years.

Do I want more than 2 gap years? In this situation finding a job, or something like a program can help. You can get jobs in research, pharmaceuticals, clinical coordinator, NIH Post-bacc IRTA, etc etc. A job that helps your app and pays more than the basic jobs can help alot. Work on other things besides that. Also consider if you can pick up a minor/classes/skills that make you more employable.

End of year Analysis: Did I get involved clinically, with volunteering, with research, with my interests/passions on campus? In what way? How did I further my interests in medicine and how did I demonstrate that?

IF I haven't taken the MCAT yet -wrap it up this summer (traditional applicant and 1 gap year).

Bank accounts should have 6000 saved. More is better. Doesn't mean you have to use it all for med apps - can be a nice fund for medical school.

Senior (add all classes that are in your 4th year of undergrad and beyond your senior year)

-For those who applied who believe they have a strong chance, technically you can let loose/take a less strong course load this year. This can help for interviews (and attending classes) and also because you are being evaluated on the last 3 years. You should still continue

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to do well in case you need to reapply (until you gain an acceptance you like at a minimum) and/or send update letters to schools of interest.

-Should still continue clinical experiences/volunteer/research until you are granted an acceptance at minimum

-For those who didn't apply - crushing it this year will be important with clinical/volunteer/research, GPA and MCAT (undergo application checklist above and junior year things for this year) (1 gap year). GPA goal should be very high and MCAT should be very high as you are probably taking a gap year due to deficiencies. If it is not due to deficiencies - aim high still to maximize your chances at great schools - by this time you are very mature as a student (hopefully) and doing well in classes= study habits for med school.

COURSE PREFIX	COURSE Title	COURSE SUBJECT	GRADE	TERM GRADE	TERM CREDITS

Calculate your GPA (in the GPA chart above). What is your year of science GPA? Year GPA? Year Non Science GPA? What is your overall science GPA? Overall GPA? Overall Non-science GPA?

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What went wrong with your classes:

What could be improved:

What are you going to do differently:

Do you have any professors who can write you a letter of recommendation?

Are you competitive GPA wise for your schools of interest?

Do you understand that all grades count for your application (even if you elect to retake or if grades are expunged?)

Do you have any C- or below in your prerequisites - how/when are you planning to retake these?

Your Goal in all circumstances should be >3.5 OVERALL And SCIENCE GPA. Depending on your goal school and ethnicity you will need (in an ideal world) a 3.4-4.0 (science and non science). The level of school expects different levels of GPA to be competitive. Many programs (MD) have 3.7+ averages, and for DO 3.5 averages. Some schools have 3.9+ GPA average. 3.0-3.4 can work for some ethnicities/situations/with great experiences/with some goal schools/with good MCAT. Again - 3.0-3.4 should not be a goal, but may be able to gain you an acceptance depending on the rest of your situation. If you have a low GPA - you may need a post bacc or SMP at this point (can also see what a 5th year will do). See which one is better for your finances/situation. This will mean 2 gap years (as you apply at the end of these programs, unless it's an automatic interview/bridge program which is rarer but do exist - more often with DO schools). Depending on your GPA it may not raise much - but the upward trend (3.8-4.0) is what you need to demonstrate here (and either show a strong SMP performance and bring your GPA up as well + strong ECs + strong MCAT). **Regardless of who you are, try to aim this year to be 3.8 if possible as the upward trend is very favorable to all schools.**

Am I requiring a post bacc or SMP? If so - when do I need to take the MCAT to apply for these programs or do my programs not require an MCAT (in which case you should still sometimes consider taking the MCAT before the program begins to build study habits. Some won't require mcat - but it is good to study/start studying for it when you have the chance/opportunity (even if the program comes with mcat prep - which is not necessarily required).

End of year Analysis: Did I get involved clinically, with volunteering, with research, with my interests/passions on campus? In what way? How did I further my interests in medicine and how did I demonstrate that?

For MCAT - if you are taking 1 gap year - you can consider finishing MCAT by January your senior year (no gap year for DO if you want), and can be as late as May (Texas Apps/Texas schools), May-June (ideal US-MD) or July-September (ideal Canada-MD and US-DO). If taking 2 - you can finish it by the end of summer after your senior year or january of your gap year (depending on how much time you need)

For application considerations - see above. Same timeline/checklist as junior year but this year. (you apply this year if you want to take 1 gap year). If applying this year - finalize gap year plans

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(same as above discussed under junior year). If not applying this year (see application considerations) - fix missing components in gap year and apply a year after (2 gap years often and plan out both gap years).

If applied last year and got in - congrats.

Post Bacc /SMP/DIY post bacc/5th year

COURSE PREFIX	COURSE Title	COURSE SUBJECT	GRADE	TERM GRADE	TERM CREDITS

Again - undergo application checklist. By this time if you did well in your post bacc you should apply unless you still have issues with your app in which case you need to solve those issues and continue academic enhancement or other weak areas.

OR/and finally:

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Graduate School

COURSE PREFIX	COURSE Title	COURSE SUBJECT	GRADE	TERM GRADE	TERM CREDITS

Again - undergo application checklist. By this time if you did well in your post bacc you should apply unless you still have issues with your app in which case you need to solve those issues and continue academic enhancement or other weak areas.

GPA QUESTIONS:

What current/future plans do you have regarding your GPA if it is on the weaker side: (Options to consider: DIY Post bacc, formal post bacc, SMP, extra year in undergraduate). Factors to evaluate: Cost, location, linkage, student happiness, curriculum, success rate, support. Project your future GPA based on the performance you can have.

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If you have a low GPA or are a reinvention candidate - have you contacted schools if your application will be considered? Have you analyzed what is causing this low GPA? What are your plans to fix it?

What is your GOAL GPA?

What is your CURRENT GPA?

What is your GOAL Science GPA?

What is your CURRENT science GPA?

Track & Journal Your Activities

Resource: <https://www.missouristate.edu/bms/cmb/PremedJournal.htm> & <https://hpa.princeton.edu/news/question-week-journaling-pre-health-student>

Core Competencies:

<https://students-residents.aamc.org/applying-medical-school/article/core-competencies/> & <https://www.aamc.org/services/admissions-lifecycle/competencies-entering-medical-students>

Experience Diary (can have multiple entries to then help you form your activities of your application):

1. (copy and paste this entry as many times as required)

Experience Type:

Date:

Hours:

Contact Information (Name, Address, Supervisor, Phone #,):

Experience Description:

What stood out to you:

What were your responsibilities

How did you demonstrate AAMC core competencies:

What did you learn:

What advice did you get:

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What did you dislike:

How did this further your desire to be a physician (or ____):

Plan for each 8 months before it happens. This is because the deadlines for many things are far earlier than when you anticipate them to be.

What Are My Plans for Freshman year winter break?

What are my plans for Freshman-Sophomore summer?

What Are My Plans for Sophomore year winter break?

What are my plans for Sophomore-Junior summer?

What Are My Plans for Junior year winter break?

What are my plans for Junior-Senior summer?

What Are My Plans for Senior year winter break?

What are my plans for Senior-Med School?

What are my Gap Year Plans:

When is my MCAT planned for:

When am I starting my MCAT prep (start 2 years before you want to start medical school ideally)

EXPERIENCE TRACKER:

List what you have (remember the QUALITY and longevity of your experiences is very important)

Shadowing (Goal: 100 hours). Notes; USA shadowing preferred/required. Shadow a DO if possible. A few different specialties if possible (3 different specialties).

How many hours do you have?:

Volunteer Experiences (Goal: 400 hours) (200 of each nonclinical and clinical)

<https://hpa.princeton.edu/faqs/activities-faq/clinical-experience#volunteering>

How many hours do you have?:

Research

Research Experiences (Goal: 1000 hours) Any type of research is fine

Clinical Experiences (Goal: 200 hours beyond shadowing):

Experience Type (GOAL:)

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MCAT TIPS;

Free exams + how to review tests + FAQ: www.reddit.com/r/mcatbros/wiki/practiceexams

Low cost practice - dm mcatbros

Take a practice test before you start. You should take this at the end of sophomore year and reach out to MCATBROS

Take your classes/prerequisites seriously.

Don't take a course - our schedules really do the job. No matter how "discounted it is"

Don't hire a tutor as step 1 - it's step 10 if and only if you need it

Raw-> score converter:

<https://docs.google.com/spreadsheets/d/1v6KWM4qhiyvFnqstXMKIc97I4Vr3sHxucQXRzgUPpYo/edit#gid=1589606973>

Khan Academy Notes: Facebook Group

Equations sheet: Facebook group

AAMC Solutions Key: Facebook Group

Mnemonics Document: Facebook Group

QUicksheets: Facebook Group

Anki Free Comprehensive Flashcards: Facebook Group

How to study: Check out some live sessions

Mcat books: If you would like to get them with your classes or end of sophomore year.

MCATBROS For a discussion/recommendations.

Some prefer to study for the MCAT and go through a content book alongside their classes, others prefer to study once all their prerequisites are done, others prefer to study during their last prerequisites. Figure out a timing that works for you. Some are able to study with school while others vastly prefer a summer break. Some wait till they graduate to start studying for the MCAT which can mean 2 gap years (for US-MD) depending on how much time you need to study. For US-DO and Canada and US-MD-PR it can be one gap year still.

APPLICATION TRACKER:

Identify your Letter of Recommendation Writers

You should identify 2 science letters, 1 non-science, 1 physician (one MD and one DO if applying to DO schools), and 1 EC letter ideally. Research if applicable.

*Identify Committee Process if Present and go through that system - which will often require the above. *

How have I made a good impression with my professors?

What teachers can vouch for me?

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Does my teacher hold me in high regard?

Can the teacher speak to the following:

<https://www.aamc.org/system/files?file=2019-09/lettersguidelinesbrochure.pdf>

Waive right to see your letter of recommendation ALWAYS.

Who can write me a STRONG LETTER

Letter Writer #	Letter Writer Name	Letter Writer Email	Is this letter complete?	Thank You Note Sent?	Status of Letter	Letter Category (science/non science etc)	Rate the Quality of this Letter
1							
2							
3							
4							
5							

Create a School List:

Things to consider:tuition, class size, location, cost of living, match list, special programs, mission of school, curriculum, MCAT and GPA averages, international friendly or not, out of state friendliness, and more.

-school websites, choosedo explorer, and MSAR can all help with this process. (we had links to average GPAs/MCAT) for all medical schools above, which can be used!

Spreadsheet Template:

<https://docs.google.com/spreadsheets/d/1FV6U8JW2t-Eu00F77hsIMXnY2n3gJjIKYy84OY0Gz64/edit?usp=sharing>

1. Have you checked that you meet the requirements for all medical schools you are applying for? Including prerequisites, GPA minimum for consideration, MCAT and more.

Keep Yourself Organized With The Application Process:

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School #	School	Primary Date Submission	Secondary Date Received	Secondary Date Submitted	Date Interview Invite Received	Interview Date	Thank You Email to School	Acceptance Status	Other Notes
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									
14									
15									
16									
17									
18									

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19									
20									
21									
22									
23									
24									
25									
26									
27									
28									
29									

Interview Guide:

<https://docs.google.com/document/d/1ClcHeBaCoASDdzDiMUrsxwTsbBHCvhiJRu1d-S60nlw/edit?usp=sharing>

Sample Interview questions:

https://docs.google.com/document/d/1-y5qIGSMZUYR4LwQYVXyacuSKNWaCJyxM2sa-Qu_jk8/mobilebasic

<https://docs.google.com/file/d/0B6Xt-tlSCG13RnJxM2xkLWxobFE/edit?pli=1>

<https://docs.google.com/file/d/0B6Xt-tlSCG13ek1JZUZkcG5RMjg/edit?pli=1>

https://docs.google.com/document/d/1aoaPVqFKXJZjfoqK5wXpKFDmqj4hhFwJQOPQ0crHqc8/mobilebasic?utm_source=share&utm_medium=ios_app

Interview GroupMe: https://groupme.com/join_group/58099360/KjpKHST1

Financials

Can I afford applying to medical school right now?

How much Do I have saved up?

Do I qualify for the AAMC Fee Assistance Program

(<https://students-residents.aamc.org/applying-medical-school/article/eligibility/>) :

Yes or No

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Please note that this system relies on your whole family income regardless of dependency status.

If yes - apply the year before you wish to start medical schools but do not activate MCAT materials until your test date becomes closer.

Do I qualify for the AACOMAS Fee Assistance Program

(<https://www.aacom.org/become-a-doctor/how-to-apply-to-osteopathic-medical-college/application-fee-waiver>) [Note that the requirements for this are different]

Yes or NO

Please note that this system takes your dependency status into account however the income thresholds to qualify are smaller. **Once approved you must submit your application within 14 days so only apply when your application is close to ready**

MCAT

Cost of Exam: \$320 (Fee Assistance: \$130)

Cost of AAMC Official Materials: \$268 (Fee Assistance: FREE)

Cost of MCAT Preparation Services: MCATBROS \$200 (OPTIONAL)

Cost of Practice Exams: www.reddit.com/r/mcatbros/wiki/practiceexams (FREE-\$150 MAX)

Cost of Qbanks: Free (khan academy or none) → \$220 MAX

Cost of MCAT books: FREE (libraries) → \$250 MAX (Contact MCATBROS for recommendations)

Total Cost:

COST BREAKDOWN:

x = # of medical schools

Primary Application:

TMDSAS - $\$185 + 0(x)$

AACOMAS - $\$195 + 45(x)$ [If Fee Assistance Program subtract 195]

AMCAS: $\$130 + 40(x)$ [If Fee Assistance: $40 \cdot x$ for $x > 20$]

Editing Service (Optional): \$25-\$100/personal statement & \$25--100/activities descriptions (Can be Free)

Secondary Application:

TMDSAS: $\$0 - 75 (50 \text{ average} \cdot X)$

AACOMAS: $\$0 - 150$ [Free if you qualify for Fee Assistance Program] (75 average $\cdot X$) =

AMCAS: $\$0 - 150$ [Free if you qualify for Fee Assistance Program] (75 average $\cdot x$) =

Editing Service (Optional): \$25/school mcatbros@gmail.com (Can be Free)

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Interfolio Service (if used): \$50

Interview Related Expenses:

Assume 5-10 Interviews

Clothing/Attire/Shoes: \$300

Flight/Travel & Transportation on a Budget: \$250/interview

Stay on a Budget: \$50/interview (one day stay/per)

Food on a budget: \$20/interview

Total Cost: 300+ 320/interview =

Deposit for Medical School:

AMCAS: \$100 refundable per school

AACOMAS: \$1000-3000 per school due within a few weeks of gaining an acceptance

How am I financing medical school applications?

Who can help me with my process?

Do I have enough saved up?

(this is a rough guide- aim to save \$10-15k within 4 years of your medical school application in ideal world, \$5-6k of that ideally before you apply (1 year before)

4 years before I start medical school Savings Goal: \$1000

3 years before I start medical school Savings Goal: \$3000

2 years before I start medical school Savings Savings Goal: \$6000

1 year before I start medical school Savings Goal: \$6000

Start Medical School Savings Goal: \$6000

CURRENT SAVINGS _____

Free Help throughout the process:

Communities by MCATBROS:

<https://docs.google.com/document/d/1pqskGVyngOWxQLIpfLonSx5Hj2frYuTihAOj1aCCxHk/edit>

Helpful Links:

<https://students-residents.aamc.org/applying-medical-school/applying-medical-school-process/applying-medical-school-amcas/>

<https://students-residents.aamc.org/applying-medical-school/article/what-admission-officers-wish-premeds-knew-applying/>

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Free Service & Paid Options as a Premed:

At MCATBROS we are very busy and we also want to ensure you can take advantage of free avenues you may not know about to reduce your costs. The quality and difficulty to get some of these free services vary but these are some places you can check out! You can check these avenues out and consider them! The best thing to always do is educate yourself and know your options.

Academic Help during Premed:

Here are free ways to get academic Help during your premed journey: writing center at your university, Teachers Assistance, other classmates, [facebook.com/groups/mcatbros](https://www.facebook.com/groups/mcatbros) (post your question), google, youtube, supplemental instruction, teacher office hours, your textbook.

Here are paid ways to get academic assistance during premed: [facebook.com/groups/mcattutor](https://www.facebook.com/groups/mcattutor) or your local tutors known at your school. Ideally try to find someone who has taken the same classes as you.

MCAT Guidance:

Free: Studyschedule.org and www.facebook.com/groups/mcatbros (search schedules or post any question you have) Youtube, reddit, SDN may be of help as well. <https://offers.aamc.org/mcat-study> , yourself.

Paid: MCATBROS- mcatbros@gmail.com - \$200

Various other companies/freelancers????

Personal Statements Editing & Feedback:

Free Avenues:

1. Exchange on GroupMe: https://groupme.com/join_group/58099346/l2m8YqUR
(Full List of groups: https://docs.google.com/document/u/1/d/1pqskGVyngOWxQLlpfLonSx5Hj2frYuTihAOj1aCCxHk/edit?fbclid=IwAR0OE89ezykC_svjLf4ZazNXAdZ1-WxfDzUFWnx13ACCqBycy1LgRTXdrE8 - Feel free to Join any - great place to ask your questions and connect with others for all things premed)
2. Exchange on MCATBROS Facebook Page: [facebook.com/groups/mcatbros](https://www.facebook.com/groups/mcatbros)
3. Exchange on MCATBROS Facebook Page (2): [facebook.com/groups/medschoolapplications](https://www.facebook.com/groups/medschoolapplications)
4. Free blogs, websites, youtube videos to discuss personal statement writing
5. Libraries for books on how to write your personal statement
6. Your pre health advisor, pre-professional center

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7. Med School students you know in real life.
8. Your writing or tutoring center
9. Professors you know in real life
10. Physicians you know in real life
11. Med students you know in real life
12. Personal Statement examples online
13. AMCAS/TMDAS/AACOMAS Websites
14. Just Grammar: Word & Grammarly (Premium) & Any Grammar fanatic you know
15. Yourself
16. Podcasts
17. Friends and fellow students applying
18. Pre-Professional Center at your Uni

:

Paid Avenues: MCATBROS personal statement editing service, mcatbros@gmail.com - by quote. (Typically: \$200 for your personal statement project start to finish with brainstorming, feedback, grammar/spelling, phone call, 3 edits)

Free lancers: www.facebook.com/groups/mcattutor . Available for as low as \$10 for 3 edits.

Activities & Most Meaningful Descriptions:

Free Avenues: Same as above

Paid Avenues: MCATBROS activities editing service , mcatbros@gmail.com - (Typically: \$200 for your activities project start to finish with brainstorming, feedback, grammar/spelling, phone call, 3 edits)

Free Lancers: www.facebook.com/groups/mcattutor . Available for as low as \$10 for 3 edits.

Secondary Essays

Free Avenues: Same as above

Paid Avenues: MCATBROS activities editing service , mcatbros@gmail.com \$20 per essay (and 10 essays minimum) (feedback, grammar/spelling, phone call, 2 edits)

Free Lancers: www.facebook.com/groups/mcattutor . Available for as low as \$5 for one secondary

Interviews

Free Avenues: Same as above +

<https://docs.google.com/document/d/1ClcHeBaCoASDdzDiMUrsxwTsbBHCvhiJRu1d-S60nlw/edit?usp=sharing>

Paid Avenues: MCATBROS MMI/Interview prep: mcatbros@gmail.com

Free lancers: www.facebook.com/groups/mcattutor . Available for as low as \$25/hr.

Study Tips:

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Learn how to use Anki - steep learning curve but beneficial long term: MCATBROS ANKI GUIDE

https://lookaside.fbsbx.com/file/The%20Beginners%20Guide%20to%20Anki%20for%20Pre-Meds.pdf?token=AWxmHA-3UqQand_XOakN4WTfVHRquAlmB1tkebIP0-mJ8PVJHKGR4AjaudwBXiS0LwzqBZaAOdKd4u2QS-VrUthNq81H69N_pPN9inqcjCDtTrBTINGQZsuMhXSB9jdskR3jIGGAfMgwuHF2ZZIjcV6b7yVITvN7Na4siBmdDfh_A

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