



Tomorrow's Doctors, Tomorrow's Cures®

# Getting Into Medical School

*AAMC Resources and Services  
for Premed Students*



Association of  
American Medical Colleges

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## About the AAMC

Founded in 1876 and based in Washington, D.C., the AAMC is a not-for-profit association representing all 154 accredited U.S. and 17 accredited Canadian medical schools; nearly 400 major teaching hospitals and health systems, including 51 Department of Veterans Affairs medical centers; and more than 80 academic societies. Through these institutions and organizations, the AAMC represents nearly 173,000 full-time faculty members, 89,000 medical students, 129,000 resident physicians, and more than 60,000 graduate students and postdoctoral researchers in the biomedical sciences.

Through its many programs and services, the AAMC strengthens the world's most advanced medical care by supporting the entire spectrum of education, research, and patient care activities conducted by our member institutions. The AAMC and our members are dedicated to the communities we serve and steadfast in our desire to earn and keep the public's trust for the role we play in improving the nation's health.

# Welcome to the AAMC — Your Trusted Resource for Official Guidance and Information for Premed Students!

You are about to embark on the most exciting journey of your education and training, and you'll be making some of the most important decisions of your career.

At the AAMC, we're here to help you navigate the journey — from premed through residency and beyond — with reliable, trusted resources and services.

We hope that you find this booklet helpful in answering many of your questions about embarking on a career in medicine. We encourage you to visit our website to take advantage of the many resources we've created for you, including webinars, podcasts, inspiring stories, tools, and tips.

Also, be sure to connect with AAMC Premed on social media to get the latest information and join us in discussions about premed topics.

We wish you the very best of success in a rewarding and fulfilling career in medicine!

AAMC Premed Team

[aamc.org/students](https://aamc.org/students)



**AAMC PreMed**



**@AAMCPreMed**



## Aspiring Docs

*The AAMC's Aspiring Docs website provides resources and inspiration to help you get started on your path to medicine.*

There's a lot of planning and preparation leading up to applying to medical school — so start exploring the great information on the Aspiring Docs website right away.

You'll find fact sheets with a wealth of information on:

- Partnering with your advisor.
- Deciding if a career in medicine is right for you.
- Getting lab experience, shadowing a doctor, and finding summer programs.
- Preparing to take the MCAT® exam.
- Applying to medical school or MD/PhD programs.
- Making the most of a gap year.
- Experiencing an anatomy lab, seeing a patient for the first time, and other experiences shared by current medical students.
- And much more.

Plus, you'll be able to read inspiring Q&A interviews with medical students, residents, and physicians about their personal stories — some of whom took a unique path to medicine or overcame challenges.

And, finally, be sure to follow premed, medical student, and resident bloggers as they share their experiences, challenges, and what keeps them motivated on their path to a career in medicine on [AspiringDocsDiaries.org](http://AspiringDocsDiaries.org).

[aamc.org/aspiringdocs](http://aamc.org/aspiringdocs)



## Finding Volunteer and Lab Experiences

Two of the most important things that can help you decide if a career in medicine is right for you is getting volunteer experience in a medically related environment and getting lab experience. Volunteering will help you prepare for medical school in addition to enhancing your medical school application.

Each year, the number of medical school applicants who have significant medically related volunteer experience and/or lab experience grows. Many universities now require internships or a capstone course during the senior year of college. Working in a lab setting will help make you a competitive applicant; it will also help you determine if a career in medicine or medical research is right for you. Here are answers to common questions. Find more answers on the Aspiring Docs website at [aamc.org/aspiringdocs](http://aamc.org/aspiringdocs).

### Where can I find out about opportunities?

If you are still in school, your first step should be to talk with your academic or prehealth advisor. Also check to see if there is a campus office of community service or student activities that maintains a website or database. Check the science department bulletin boards or websites for opportunities to assist with faculty research projects. Join premed or service clubs because they're one of the best ways to hear about volunteer and research openings, make friends, and find out about conferences and other opportunities. Hospitals, clinics, labs, research facilities, charities, foundations, or other organizations may have volunteer opportunities listed online.

If you haven't started college or if you've already graduated, focus on networking. Call people you know — some of your best opportunities may come from within your own network of friends, family, and work and school contacts. Ask any of them if they know about open clinical or research positions or other available opportunities. Human resources departments at large research hospitals and universities in your area might be looking for lab technicians. Job opportunities are typically posted on the career pages of their websites.

### Is it better to have one ongoing experience or many different experiences?

It's good to have a variety of experiences, but it's also important to show you've cultivated specific interests and are able to commit to an activity over a sustained period of time. You're more likely to gain significant responsibilities or leadership roles if you regularly volunteer with an organization. This also helps you network and develop relationships with potential mentors and other people who may later write your letters of evaluation.

### When is the best time to look for a position?

According to Rivka Glaser, PhD, adjunct professor of biology at Stevenson University, if you're interested in a research or laboratory position for the following semester, the best time to look for positions is during the middle of the semester, or a week or two before midterms. There also tend to be a lot of research opportunities, both paid and volunteer, in the summer. Remember, typically there are more applicants than available spots, so complete your applications early.

## Medical School Admission Requirements™ (MSAR®)

*One of the most important decisions you'll make is where to go to medical school. Rely on accurate data from a trusted source.*

The AAMC's Medical School Admission Requirements resources provide the most comprehensive, up-to-date information and data.

### ***The Official Guide to Medical School Admissions: How to Prepare for and Apply to Medical School***

This is the most complete and trusted guide for medical school admissions and includes crucial information about the application process, financial resources, interview tips, and admissions criteria. Receive exclusive insight from the experts who manage the MCAT exam and AMCAS® application, and learn about how admission decisions are made, diversity in medical schools, paying for medical school, applicant and matriculant data, and more. It includes worksheets to help you make strategic decisions during the application process. Available in print and e-book formats.

### **Medical School Admission Requirements for U.S. and Canadian Medical Schools**

When you're ready to start researching medical schools, the Medical School Admission Requirements website is the most accurate resource for requirements, data, and information. This is the only comprehensive resource with current data that come directly from the AMCAS application and MCAT exam. The site is mobile friendly, with detailed search and filter options, dynamic charts, and an expanded compare feature. Review information about each school's admission timeline, premedical coursework requirements, demographics of the entering class, admissions statistics, and more. Your one-year subscription allows you to search, sort, and save information.

[aamc.org/msar](https://aamc.org/msar)

## Mission and Interview Questions Worksheet

Medical schools give weight to specific characteristics that align with their missions. Be aware of each school’s mission statement and how your personal traits align with it. Examples could include research inquisitiveness, empathy, teamwork, curiosity, and a desire for knowledge about the health care delivery system. You can find each medical school’s mission statement under the “About” section in the Medical School Admission Requirements website. You don’t need a subscription to view this section. Go to [aamc.org/msar](http://aamc.org/msar), and click on “preview the website for free.”

School name: \_\_\_\_\_

Factor	Ideal fit	Good fit	No opinion	Unsure	Not a fit	Notes
Course offerings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Class size	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Location	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Research programs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Technology	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Interviews and/or meetings with faculty	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Reputation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Technology	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Tuition and financial aid	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Programs for minority or disadvantaged students	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Teaching methods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Combined-degree offerings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Campus tour	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Rural or community offerings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Residency placement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Impression of school:  Favorable  Undecided  Unfavorable

Likelihood of applying:  Will apply  Undecided  Unlikely to apply

Follow-up questions to ask: \_\_\_\_\_

For a list of interview questions, see the article “Selecting a Medical School: 35 Questions I Wish I Had Asked” at [aamc.org/35questions](http://aamc.org/35questions).

## Summer Health Professions Education Program

*The Summer Health Professions Education Program (SHPEP) is a FREE (full tuition, housing, and meals) six-week academic enrichment summer program for qualified undergraduate freshmen and sophomores from:*

- Racial and ethnic groups that historically have been underrepresented in health professions — African American, Hispanic/Latino, and American Indian.
- Rural areas, economically disadvantaged areas, or groups that historically have received substandard health care (regardless of racial or ethnic background).

SHPEP offers students a variety of academic and career experiences that will support their preparation within the health professions:

- Academic enrichment in the basic sciences and quantitative topics.
- Learning and study skills development, including methods of individual and group learning.
- Clinical exposure through small-group clinical rotations and full-group clinician seminars. This is limited to 5% of program time for all sites.
- Career development sessions, including the exploration of the health professions, admissions process, and an individualized education plan to identify other appropriate enrichment activities.

Housing, meal, and travel costs are covered by the program. Scholars are provided with a \$600 stipend, which typically is distributed midway and at the end of the program.

There are many other summer enrichment programs and pipeline and outreach programs for students who are not eligible for SHPEP. Talk with your advisor, check the list of resources on [shpep.org](http://shpep.org), and visit [aamc.org/aspiringdocs](http://aamc.org/aspiringdocs) for more information.

[shpep.org](http://shpep.org)

 [facebook.com/shpepconnect](https://facebook.com/shpepconnect)

 [@SHPEPconnect](https://www.instagram.com/SHPEPconnect)

 [@SHPEPconnect](https://twitter.com/SHPEPconnect)

SHPEP is a national program funded by The Robert Wood Johnson Foundation with direction and technical assistance provided by the Association of American Medical Colleges and the American Dental Education Association.



## Medical Minority Applicant Registry

*The Medical Minority Applicant Registry (MedMAR) is used by U.S. medical schools to identify U.S. applicants who self-identify as members of a racial or ethnic group historically underrepresented in medicine, or who are economically disadvantaged.*

When you register for the MCAT exam, you'll get a chance to participate in the Medical Minority Applicant Registry. The registry was created to enhance admissions opportunities for U.S. students who are members of a racial or ethnic group historically underrepresented in medicine, or who are economically disadvantaged. Please see the website for specific eligibility requirements. The registry provides basic biographical information and MCAT exam scores to minority and admissions offices at AAMC-member medical schools, which may choose to send information to students.

[aamc.org/medmar](https://aamc.org/medmar)



## Fee Assistance Program

*The AAMC Fee Assistance Program assists those who, without financial assistance, would be unable to take the MCAT exam and/or apply to medical schools that use the AMCAS application.*

Fee Assistance Program benefits include reduced registration fees for the MCAT exam, official MCAT preparation materials, complimentary access to the Medical School Admission Requirements website, waiver of AMCAS fees, and more.

Be sure to check the Fee Assistance Program eligibility requirements before you register for the MCAT exam, submit your AMCAS application, or purchase any AAMC products as benefits are not retroactive.

[aamc.org/fap](https://aamc.org/fap)



## Anatomy of an Applicant

Many medical schools are progressing to a competency-based admissions process. In addition to your grades and test scores, these schools evaluate you based the 15 Core Competencies that demonstrate your preparedness for medical school. To show how successful applicants have demonstrated these competencies in many different ways, Anatomy of an Applicant is a free resource that shares interviews from real medical students, their prehealth advisors, and the admission officers who accepted them. You can also complete a workbook with self-assessment worksheets to track your own competencies.

### Preprofessional Competency: Teamwork

**Definition:** Works collaboratively with others to achieve shared goals; shares information and knowledge with others and provides feedback; puts team goals ahead of individual goals.

CURRENT COMPETENCY LEVEL:    PLANNING    PROGRESSING    DEMONSTRATING

How I demonstrate(d) this competency:

---



---

Why it's important:

---



---

What this says about me:

---



---

What I learned or how I grew from this experience:

---



---

How this prepared me or influenced my interest:

---



---

MY PLAN(S) TO DEVELOP THIS COMPETENCY

Next steps:

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Timeline:

---



---

Notes:

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# A Premed Student's Steps to Medical School

Getting Into Medical School



**College Freshman Year**

1

**Explore Your Options for Careers in Medicine**

Visit Aspiring Docs website  
Meet with an advisor  
Attend prehealth meetings  
Apply to summer programs  
Explore financial aid options

**Summer**

2

**Get Some Experience**

Participate in enrichment programs  
Volunteer or intern in the field

**College Sophomore Year**



**Stay on Track for Medical School**

3

5

**Make a Game Plan With Your Advisor**

Taking a gap or growth year  
Post-bacc programs  
When to take the MCAT exam  
Letters of recommendation  
Premed and other required course work



Things to discuss with your advisor

**College Junior Year**

Get research or internship experience  
Review AMCAS application process  
Look into Fee Assistance Program  
Review the MCAT registration process

4

**Get More Experience and Look at Resources**

**Summer**

Work with your prehealth advisor  
Attend prehealth meetings  
Volunteer/work in a medical-related field



6

**Register for the MCAT Exam**

Register early!  
Use Medical School Admission Requirements to compare schools  
Begin filling out AMCAS application

**Summer**

Finalize and submit your AMCAS application  
Continue to volunteer/work

**College Senior Year**

7

**Prepare for Medical School Interviews**

Consult with your advisor  
Get interview tips from Aspiring Docs website

**Receive Letters of Acceptance or Rejection**

8

This infographic represents a basic timeline of the steps toward medical school. Your advisor and AAMC resources can help you individualize the timeline and steps.

[aamc.org/students](http://aamc.org/students)

9

**Get Ready for Medical School**

Buy books  
Find a place to live  
Attend orientation programs and matriculate

**College Graduation**

**If waitlisted or rejected:**  
Talk with your advisor  
Consider a gap year or post-bacc program  
Explore at [students-residents.aamc.org/postbacc](http://students-residents.aamc.org/postbacc)

**If accepted:**  
Decide which medical school you want to attend  
Complete FAFSA and financial aid forms; visit FIRST at [aamc.org/FIRST](http://aamc.org/FIRST)



## Medical College Admission Test® (MCAT®)

*The AAMC develops and administers the MCAT exam — a standardized, multiple-choice test that has been part of the medical school admissions process for more than 85 years.*

The MCAT exam is designed to help better prepare tomorrow's doctors for the rapid changes in science and medical education. It reinforces the diversity of interests and preparation that medical school admissions committees look for in their applicants.

The MCAT exam is designed to test not only what you know, but how you apply that knowledge by assessing your problem-solving and critical-thinking skills and knowledge of natural, behavioral, and social science concepts and principles, all of which are necessary to the study and practice of medicine.

You'll find a variety of resources to help you prepare for the exam, including MCAT practice exams and other materials written by the developers of the exam, video and review questions in the Khan Academy MCAT collection, and more!

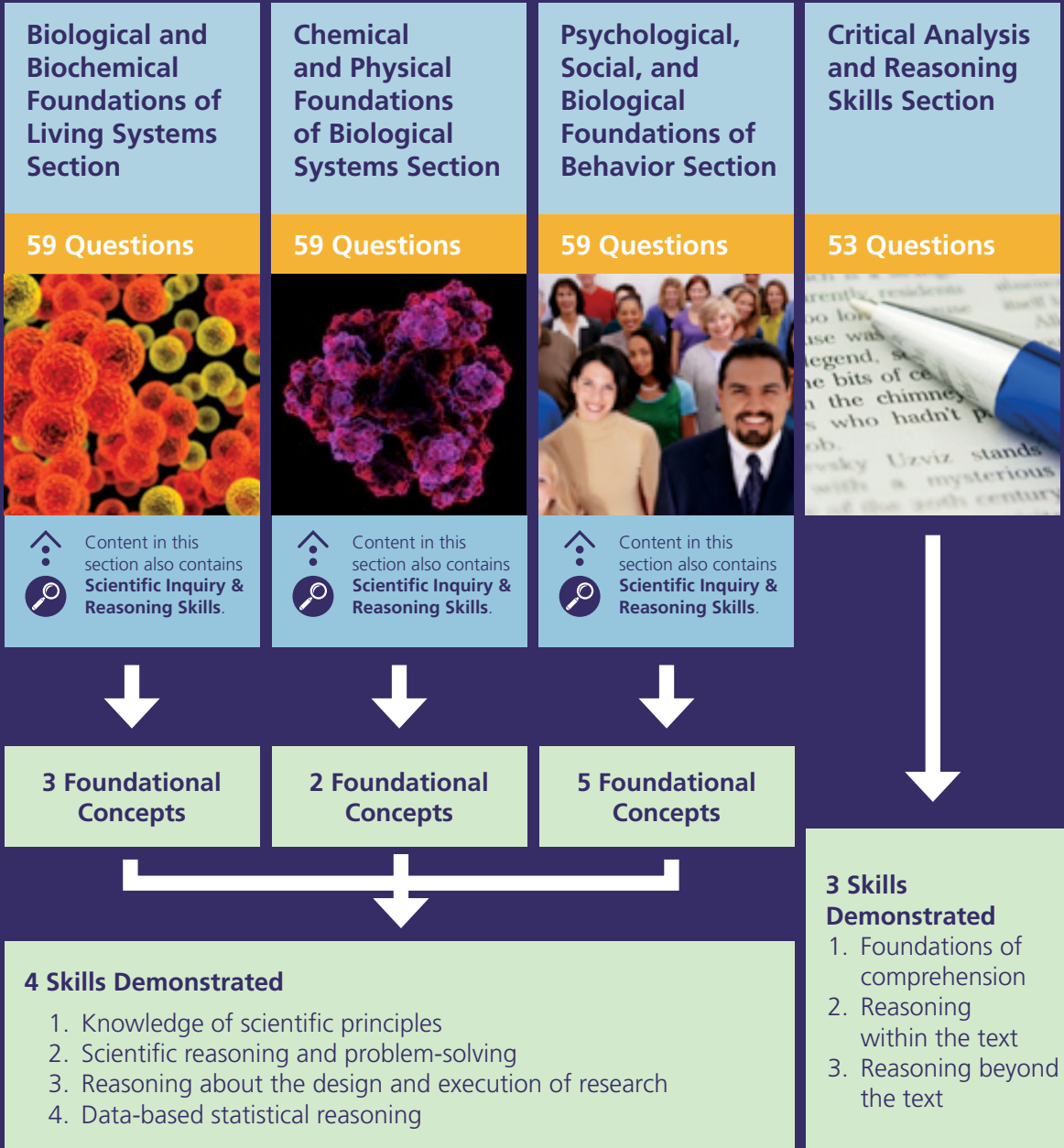
To learn more about the MCAT exam, including what's on the exam, test preparation, and scoring, visit [aamc.org/mcat](https://aamc.org/mcat).

[aamc.org/mcat](https://aamc.org/mcat)



@AAMC\_MCAT

# What's on the MCAT Exam?



Get all the details at

[students-residents.aamc.org/mcatexam](https://students-residents.aamc.org/mcatexam)

## American Medical College Application Service® (AMCAS®)

*Did you know that each premed student applies to an average of 17 medical schools?*

The best part, however, is that when you use the AAMC's centralized application service, you only need to submit one primary application, regardless of the number of medical schools to which you apply.

AMCAS is available to individuals applying to first-year entering classes at participating U.S. medical schools. If you are applying to an MD or a combined MD program (e.g., MD/PhD), you most likely will use the AMCAS service to complete and submit your application materials. If you are an advanced-standing or transfer applicant, you should contact the medical school directly for assistance.

AMCAS collects and delivers your verified application information, letters of evaluation, and MCAT exam scores to each school you choose. Each participating school is then responsible for making its own individual admissions decisions.

Most medical schools also administer a secondary application and host in-person interviews, which you may be invited to complete. Visit medical school websites for more information about their application and review processes.

### Contacting AMCAS

AMCAS representatives are available to answer your questions and assist you in completing your application from Monday through Friday, 9 a.m.-7 p.m. ET. Closed Wednesday, 3-5 p.m. ET.

202-828-0600 | [amcas@aamc.org](mailto:amcas@aamc.org)

[aamc.org/amcas](https://aamc.org/amcas)



@AMCASinfo

## How Does AMCAS Work?



### Application Submitted

Online application completed and submitted to AMCAS

Fees paid (or Fee Assistance Program award used)



### Application Processed

All required official transcripts arrive at AMCAS

Verification of coursework and calculation of AMCAS GPAs



### Application Delivered

Verified application sent to designated medical schools

Letters delivered as they are received

MCAT scores automatically delivered as they become available

## Preparing for AMCAS

- The AMCAS application opens in May of each year for applicants who plan to begin medical school in the following year. When you are ready to begin the application, you should start by visiting the AMCAS website ([aamc.org/amcas](http://aamc.org/amcas)). The documents and video tutorials available in the Resources section are updated for each application cycle with the most current information.
- AMCAS does not advise applicants on making decisions related to their application, so we encourage you to work with your school's advising office and to review the Medical School Admission Requirements.
- Using the online application, you will enter information about yourself and your background. You will have your official transcripts sent directly to AMCAS, where AMCAS staff will verify your coursework and normalize your GPA based on your school's grading scale. Along with your letters of evaluation, AMCAS then sends your verified application data to the medical schools to which you have chosen to apply.
- For regular applications, your official transcripts must be received by AMCAS within 14 calendar days after the application deadline.
- You can submit your AMCAS application before your official transcripts and letters of evaluation reach AMCAS.
- June-September is the peak application submission period, which means your application may take about six weeks, after all materials are received, to be processed.
- After your application is submitted, you may check its verification status using our automated system or on Twitter @AMCASinfo.

Find FAQs, video tutorials, an application guide, and more at

[aamc.org/amcas](http://aamc.org/amcas)



## Financial Information, Resources, Services, and Tools (FIRST)

*Most medical students borrow at least a portion of the money they need to finance their education, and there are many options to repay.*

Financial Information, Resources, Services, and Tools (FIRST) is the AAMC's financial aid and debt management program — and it's packed with FREE materials to help you make wise financial decisions. You will find:

- A library of financial aid fact sheets to help you with budgeting, understanding credit, borrowing loans, loan repayment, debt management, and more.
- Videos that provide answers to many financial aid-related questions.
- The MedLoans® Organizer and Calculator — a tool specifically designed for medical students at AAMC-member medical schools.
- Free access to the AAMC's Financial Wellness program ([aamc.org/financialwellness](http://aamc.org/financialwellness)) an online financial education program that provides practical information and interactive lessons on money management, budgeting, credit, and more.

With FIRST, you will find the information you need to make educated borrowing decisions and develop sound debt management skills.

[aamc.org/first](http://aamc.org/first)

## You CAN Afford Medical School

*You want to be a doctor or physician scientist — that's a good career choice, both socially and financially. You probably know that medical school is expensive, but what you may not know is that once you are admitted to medical school, there are options for financing your education. The key is to find the solution that best meets your goals.*

### Things to Think About

There are many different ways you might choose to pay for your education, but student loans are a reality for most students. The keys to successful borrowing and loan repayment are careful planning and budgeting, learning how to effectively manage your debt, and educating yourself on the various repayment and forgiveness options.

### Have a Plan

One of your first stops on the road to creating a sound financial plan is AAMC's FIRST program. FIRST provides extensive information on the cost of applying to medical school, various types of loans, repayment information, and other related topics. Even with these resources, the process of financing medical school may be a bit overwhelming at times, so your next step is identifying a financial aid advisor to assist you.

### Get Good Advice

The importance of getting sound, accurate, and timely advice cannot be overstated. Whether it's your prehealth advisor, a current medical student or resident, or the admissions or financial aid officer where you are applying, there are people who can help you navigate this often complex process. Look at each school's financial aid office website to see what information is available. Bring your financial aid questions with you when you visit schools, and stop by the financial aid office to get your questions answered.

### Learn About Repayment Options

It may seem too early to learn about loan repayment options, but being aware of them can help ease the fear of student loan repayment down the road. There are various repayment plans currently available, and it's important to know that you have options when it comes to selecting the plan that works best for your financial situation. Another opportunity for repayment can be found with service repayment programs. These programs can help you repay your loans while practicing in a medically underserved area, or through public or military service. For more information, review the financial aid fact sheets at [aamc.org/first/factsheets](http://aamc.org/first/factsheets).

### Final Thoughts

Stay true to your passion. Explore your options. Find a good advisor/mentor. If you can, enter medical school with little or no credit card debt and be aware of the status of your undergraduate loans. The less debt you begin medical school with, the less debt you will have at the end. Do what you can to not put application and interviewing costs (fees, travel, hotels, etc.) on credit cards. Frankly, there will be no room in your medical school budget to pay off that debt. Lastly, remember the financial aid office; they will be essential to you throughout medical school. They are there to help, so make sure you get the help you need.

[aamc.org/first](http://aamc.org/first)

## Budget Worksheet for Students

For an interactive PDF of a student's budget, visit [aamc.org/studentbudget](http://aamc.org/studentbudget).

### MONTHLY INCOME:

Financial aid \_\_\_\_\_  
 Investment income \_\_\_\_\_  
 Gifts \_\_\_\_\_  
 Other \_\_\_\_\_  
**Total Monthly Income** \_\_\_\_\_

### MONTHLY FIXED EXPENSES:

Tuition and fees \_\_\_\_\_  
 Books and supplies \_\_\_\_\_  
 Savings \_\_\_\_\_  
 Rent/mortgage \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Taxes (federal, state) \_\_\_\_\_  
 Vehicle payments \_\_\_\_\_  
 Other transportation \_\_\_\_\_  
 Personal loans \_\_\_\_\_  
 Education loans \_\_\_\_\_  
 Insurance (life and health) \_\_\_\_\_  
 Home/renter insurance \_\_\_\_\_  
 Auto insurance \_\_\_\_\_  
 Auto registration/taxes \_\_\_\_\_  
 Other \_\_\_\_\_  
**Total Fixed Expenses** \_\_\_\_\_

### MONTHLY VARIABLE EXPENSES:

Food/household supplies \_\_\_\_\_  
 Dining out \_\_\_\_\_  
 Clothes \_\_\_\_\_  
 Laundry/dry cleaning \_\_\_\_\_  
 Gas, oil, auto maintenance \_\_\_\_\_  
 Parking \_\_\_\_\_  
 Medical/dental/eye care \_\_\_\_\_  
 Entertainment \_\_\_\_\_  
 Travel/vacation \_\_\_\_\_  
 Utilities \_\_\_\_\_  
 Music/books/journals \_\_\_\_\_  
 Personal care \_\_\_\_\_  
 Subscriptions \_\_\_\_\_  
 Cable TV and internet \_\_\_\_\_  
 Credit card payments \_\_\_\_\_  
 Charity/contributions/gifts \_\_\_\_\_  
 Savings for interviews/relocation \_\_\_\_\_  
 Test prep course/materials \_\_\_\_\_  
 Exam/licensing fees \_\_\_\_\_  
 Other \_\_\_\_\_  
**Total Variable Expenses** \_\_\_\_\_  
**Plus Total Fixed Expenses** \_\_\_\_\_  
**Equals Total Monthly Expenses** \_\_\_\_\_  
  
**Total Income** \_\_\_\_\_  
**Less Total Expenses** \_\_\_\_\_

**Equals Total Discretionary Income  
 (or Deficit)** \_\_\_\_\_

## My Path to Medical School: Checklist

	✓	Date
College Year 1	Talk with academic advisor about selecting fall semester courses.	
	Appointment with a prehealth advisor.	
	Add prehealth meetings to my calendar and get on email lists.	
	Find opportunities to volunteer, shadow a doc, etc.	
	Explore options for careers in medicine on Aspiring Docs website.	
	Apply to summer enrichment programs (if eligible).	
	Explore premedical coursework requirements and application policies in MSAR Online.	
	Learn about financial aid and financing strategies through FIRST's website ( <a href="http://aamc.org/first">aamc.org/first</a> ).	
Summer	Volunteer/work in medical field; internship, research, leadership.	
	Participate in summer enrichment programs.	
	Take summer courses as necessary or desired.	
College Year 2	Check in with prehealth advisor.	
	Add prehealth meetings to my calendar and double-check that I'm getting emails.	
	Volunteer/work in medically related activities.	
	Develop relationships with faculty, advisors, and mentors on campus (important for getting letters of recommendation later).	
	Apply for summer research/enrichment programs (if eligible).	
Summer	Volunteer/work in medical field; internship, research, leadership.	
	Participate in summer enrichment programs.	
	Take summer courses as necessary or desired.	
	Check out the AMCAS website resources and review the process of applying ( <a href="http://aamc.org/amcas">aamc.org/amcas</a> ).	
	Look at the process of applying and preparing for the MCAT® exam ( <a href="http://aamc.org/mcat">aamc.org/mcat</a> ).	
	Look at the Fee Assistance Program ( <a href="http://aamc.org/fap">aamc.org/fap</a> ) eligibility requirements.	
College Year 3	Pursue leadership opportunities in prehealth organizations on campus.	
	Consider which faculty, advisors, and mentors to approach for letters of recommendation.	
	Continue with volunteer/work in meaningful clinical experiences, and possibly take on a more substantial role.	
	Meet with prehealth advisor to: Strategize my medical school application timeline and whether I want to take a gap year; discuss letters of recommendation; review medical education options; and discuss my schedule for completing premedical and other required coursework.	
	Register for a spring date for the MCAT exam (if not taking a gap year).	
	Explore premedical coursework requirements and application policies in MSAR Online.	
	Learn about financial aid and financing strategies through FIRST's website ( <a href="http://aamc.org/first">aamc.org/first</a> ).	
Summer	Continue with volunteer/work in meaningful clinical experiences, research, and leadership experiences.	
	Complete AMCAS application; work on secondary applications.	
	Request letters of recommendation from faculty, advisors, mentors.	
College Year 4	Continue with volunteer/work in meaningful clinical/research experiences.	
	Consult with prehealth advisor on application status, medical education options, etc.	
	Complete supplementary application materials for schools I've applied to.	
	Prepare for interviews and campus visits at medical schools.	
	Receive acceptances and make a decision on which medical school to choose.	
	Notify the medical schools I will not be attending by the deadline date given.	
Summer	Complete FAFSA and financial aid forms.	
	Purchase books and equipment, and make my living arrangements.	
	Attend orientation programs and matriculate into medical school.	

## The AAMC Wants to Hear From You!

*The AAMC strives to meet the needs and interests of premedical students, medical students, residents, and fellows. In order to do this well, we need to hear from you. We regularly invite input through surveys, focus groups, and feedback panels to understand your needs, interests, concerns, and pressing questions.*

### Learner Feedback Panel

The AAMC hosts an ongoing Learner Feedback Panel of premeds, medical students, MD/PhD students, residents, and fellows. Panel members serve for a total of 1-2 hours each month over the course of a year, responding to mostly online and email requests for input from the AAMC. This is a great chance for students and trainees to build peer networks and boost their CVs while providing key input on AAMC resources and services.

To learn more about the AAMC's work to obtain learner feedback and how to contribute your voice, please contact [learnerinput@aamc.org](mailto:learnerinput@aamc.org).







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