



# The Pre-Med Program at HPU

Welcome to your road map to success!

This checklist will help you plan your years at HPU and prepare you for applying to medical school. Please contact the Pre-Health Professions Specialist, Dr. Allison Bachlet ([abachlet@hpu.edu](mailto:abachlet@hpu.edu)) with any concerns or questions at any step of the way.

**MEDICAL SCHOOLS ARE LOOKING FOR CANDIDATES WHO EXCELL IN FOUR AREAS:**

**Thinking & Reasoning: (Critical thinking skills, scientific inquiry, written communication)**

**Science: (Living systems, human behavior)**

**Interpersonal: (Service orientation, social skills, cultural competence, teamwork, oral communication)**

**Intrapersonal: (Ethical responsibility, reliability, dependability, adaptability, resilience)**

## Freshman / Sophomore Year

- Meet with pre-health professions specialist and discuss future ideas and plans
- Work with science advisors to plan out course selection
- Attend seminars on careers in the health care field
- Join the Pre-Health Club & / Honor Societies
- Get volunteer experience in health care

## Sophomore / Junior Year

- As for freshman year PLUS:
- Assess GPA and reality of attaining goals
- Explore other options in health care to make sure medicine is what you really want
- Assess your financial status and explore options for financing medical school
- Start researching schools
- Explore AAMC website and get familiar with AMCAS application process ([www.aamc.org](http://www.aamc.org))
- Take practice MCAT tests on-line
- Expand volunteer experience
- Make contacts with professors / supervisors to build relationships for future reference letters

## Junior / Senior Year - Application Year

### Fall

- Meet with pre-health specialist to discuss application plans and timeline
- Complete the pre-health professions readiness assessment and self-evaluation
  - Provided by Dr. Bachlet \*\* Due January 1st \*\*
- Continue with clinical and volunteer experiences
- Ensure all pre-requisites for medical school and MCAT are met (see MSAR - medical school application requirements at [www.aamc.org](http://www.aamc.org))
  - Biology, physics, chemistry, organic chemistry, biochemistry, cell and molecular biology, genetics, psychology, sociology and english

### Spring

- Enroll in MCAT preparatory course and book test date
- Create AMCAS account
- Collect letters of reference from professors and clinical supervisors \*\* Due June 1st\*\*
- MCAT exam = April / May
- Participate in Committee Interview = April / May
- Submit application = June