

JANUARY

TO DO LIST

- Choose an MCAT date & study schedule if you haven't already taken it
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NOTES

MON	TUE	WED	THU	FRI	SAT/SUN

FEBRUARY

TO DO LIST

- Start gathering contact info, dates & hours for extracurriculars
- Start a rough outline of your personal statement
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NOTES

MON	TUE	WED	THU	FRI	SAT/SUN

MARCH

TO DO LIST

- Request letters of recommendations
- Complete the 1st draft of your personal statement then get feedback from a friend, mentor, or advisor
- Aim to have half of your EC descriptions done & choose your 3 most meaningful
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NOTES

LOR: Ideally 2 science professors, 1 non-science, and 1 from a physician you shadowed *DO schools require 1 LOR from a physician. If possible, ask more people than you need in case one or two falls through

MON	TUE	WED	THU	FRI	SAT/SUN

APRIL

TO DO LIST

- Register for CASPer *the dates start in May which is a great time to take it!
- Request official transcripts from all schools attended
- Research schools and start making a list of the ones you plan to apply to
- Finish writing descriptions for the rest of your extracurriculars
- Continue to revise your personal statement & get feedback from others
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NOTES

The MSAR is an amazing tool to help you make a good list of MD schools.

IF you have extra time, you could really get ahead by starting to pre-write your secondaries! But if you have the MCAT coming up or school, just focus on those things!

MON	TUE	WED	THU	FRI	SAT/SUN

MAY

TO DO LIST

- Once the application opens you can enter coursework, demographics, etc.
- Finalize your EC essays and personal statement
- Have someone read your application from front to back in case you missed typos!
- Reach out to any LOR writers who haven't uploaded their letters yet*
- Submit your primary application!
- Take the CASPer test*
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- _____

NOTES

IMPORTANT DATES

AACOMAS & TMDSAS applications open **and can be submitted** in early May (for example in 2020 they opened 5/5 and 5/1 respectively)

AMCAS application opens in early May, **but can't be submitted until late May** (in 2020 it opened 5/4 and could be submitted on 5/28)

*You CAN submit your primary application without all your letters, CASPer score, and MCAT score in

Once you submit, verification takes 4-6 weeks. If you are waiting on your MCAT score, you can submit your app with 1 school and can always add more after!

MON	TUE	WED	THU	FRI	SAT/SUN

JUNE

TO DO LIST

- Time to start pre-writing secondaries if you haven't done so already!
- Take a professional headshot (iPhone pics are OK). Some secondary apps will require one.
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NOTES

How do you know what secondary essays you will have?

Google "medical school secondary application essay library". The top website should be Dr. Gray's and you can find all the essay prompts for the school's you applied to (MD & DO!)

IMPORTANT DATES

MD, DO, & TX schools start receiving primary applications.

TMSAS & AACOMAS: in 2020 schools started receiving primaries on 6/1 and 6/15 respectively

AMCAS: usually sends apps to schools at the end of June. In 2020 they sent them on 7/10 but this was only due to COVID

MON	TUE	WED	THU	FRI	SAT/SUN

JULY

TO DO LIST

- Start submitting your secondary applications! _____
- Continue to pre-write secondary essays for the schools you haven't received an application from yet. _____
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NOTES

How soon you get an invite to complete a secondary application depends on the school.

Some send them immediately after receiving your primary app and some pre-screen first so they take longer to send out secondary applications.

** Make a system for recording the date you receive each secondary application and aim to submit it within 2 weeks

MON	TUE	WED	THU	FRI	SAT/SUN

AUGUST

TO DO LIST

- Start preparing for interviews!*
- Continue to work on your secondaries and pre-write essays for the apps you have yet to receive
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NOTES

*Interview prep suggestions:
Read Dr. Gray's interview book
Google "common medical school interview questions" and record yourself practicing.

MON	TUE	WED	THU	FRI	SAT/SUN

SEPTEMBER

TO DO LIST

- Plan flights, days off work/school, & save some travel \$\$ for upcoming interviews
- Continue to prepare for interviews*
- Send TY letters to your awesome LOR writers!
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NOTES

*Google "ethics in medicine uw interview"

UW (University of Washington) has an amazing page on their website dedicated to various ethics topics. **Especially** great to prepare for MMIs!

Mock interviews are a must! Either ask a friend or career services from your undergrad institution or pay a med school prep company if you are able

MON	TUE	WED	THU	FRI	SAT/SUN

OCTOBER

TO DO LIST

- Plan flights, days off work/school, & save some travel \$\$ for upcoming interviews
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NOTES

IMPORTANT DATES

10/15 The earliest date that MD schools can offer an acceptance

10/30 TMDAS deadline to submit your primary application *ideally, submit it much earlier than this!!

MON	TUE	WED	THU	FRI	SAT/SUN

NOVEMBER

TO DO LIST

- Plan flights, days off work/school, & save some travel \$\$ for upcoming interviews _____
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NOTES

MON	TUE	WED	THU	FRI	SAT/SUN

DECEMBER

TO DO LIST

- Complete the FAFSA _____
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NOTES

If you already have an acceptance, CONGRATS! Start making a list of pros and cons to start narrowing down where you want to go if you have multiple acceptances.

If not, don't worry! You can still be moved off a waitlist or receive interview invites after the Christmas Holidays. Stay positive and make a back up plan for IF you don't get in this cycle.

MON	TUE	WED	THU	FRI	SAT/SUN

RESOURCES

Guide to Secondary Essays - <https://itslifebymaggie.com/secondary-essays/pre-med/>

How I Scored in the 93rd Percentile on the MCAT - <https://itslifebymaggie.com/achieve-your-dream-mcat-score/pre-med/>

Scheduling your MCAT - <https://students-residents.aamc.org/applying-medical-school/taking-mcat-exam/register-mcat-exam/>

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

TMSAS - <https://tmdsas.com/>

AACOMAS - <https://aacomas.liaisoncas.com/applicant-ux/#/login>

MSAR - <https://apps.aamc.org/msar-ui/#/landing>

CASPer - <https://takecasper.com/>

Dr. Gray's Personal Statement Book - <https://amzn.to/32WLYXE>

Dr. Gray's Interview Book - <https://amzn.to/302Yz9N>

PS: The links to Dr. Gray's books contain affiliate links which means I may make some extra coffee money at no expense to you!

GOOD LUCK!

I am sending you all the positive
vibes and wish you the best of luck
with your premed journey!