



5 DAY WORKSHOP

# Workbook

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Let's get you ready to apply to medical school! We have a lot to cover, I hope you are excited!

ITSLIFEBYMAGGIE.COM





Hey there!

I am SO happy you are joining me for this 5 day workshop! Let me share a little background before we get started.

My name is Maggie, I'm 26 years old, and I'm a first year medical student at the University of Colorado.

I had 4 gap years mainly because I had NO idea what I was doing the first time I applied to medical school and it took me a loooooong time to figure it all out.

That's why I'm super passionate now about sharing ALL the things I learned the hard way when I was premed.

Despite 5 C's, a 3.3 GPA, and not knowing what to do for a while, when I applied to medical school the second time I earned 15 interviews, went to 13, and had 10 acceptances. My motto is, **"If I can do it, then YOU can do it too!"**

The goal of this 5 day challenge depends on YOU. If you are applying next cycle, then the goal is to identify any weaknesses or gaps in your application and fix them sooner rather than later!

Whereas, if you are not quite sure whether you should apply next cycle or wait one more year the goal will be to help you decide and make the best decision!

Will there be replays of the live sessions? YES, of course! You will be able to watch the replays in the Facebook group until Sunday December 12th. After that the Facebook group will close.

Anyway, you've probably already heard me say this a million times, but I'm SO excited for this week! I truly hope it is incredibly helpful for you in your premed journey!

# WELCOME

# glad you're here!

Here's a few things to kick off the week:



[Join the Facebook group](#), watch the welcome video & introduce yourself!



Save the following page so you have easy access to the Zoom link. [Click HERE](#).



Share your participation on social media through the week and tag me at @itslifebymaggie! I can't wait to see you all going through this workshop!

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READY TO GET STARTED?

# 5-Day Workshop

DAY 01

**MONDAY** → Talking about Stats

Is my GPA good enough? How do you calculate your cumulative and science GPA? Are you on track to have all the necessary pre-reqs?

☐

DAY 02

**TUESDAY** → Planning & Studying for the MCAT

How the MCAT fits in with the application timeline. How many months should you study? How to make a solid study schedule. How to track your progress & know if you're on track or not

☐

DAY 03

**WEDNESDAY** → Clinical hours & why it's important for your personal statement

What counts as clinical experience? Why you need shadowing. What is the best clinical experience? Why is this important for your primary application?

☐

DAY 04

**THURSDAY** → Extra-curricular activities

Are my extra-curricular activities good enough? How many should you have? What are the various categories? Should you have some in all of them?

☐

DAY 05

**FRIDAY** → Planning a Roadmap (the most fun day!)

Submit the work you've been doing all week and I will give feedback to as many students as time allows. We will also cover the cost breakdown of applying to medical school & when to start on your personal statement.

☐

*Share your progress on social media and tag me @itslifebymaggie!*

## CALENDAR

# week at-a-glance

**GOAL:**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM				
PM				

### TO DO LIST:

1. \_\_\_\_\_ ☐
2. \_\_\_\_\_ ☐
3. \_\_\_\_\_ ☐
4. \_\_\_\_\_ ☐
5. \_\_\_\_\_ ☐

### NOTES



## GET A HEAD-START

# Challenge Pre-Work

FIRST

Consider purchasing the [MSAR](#) if you haven't already. It's an incredibly useful and affordable resource that you'll likely want when choosing your official school list down the road anyway. For the challenge, I will be referencing this alot!



SECOND

Browse the MSAR or medical school websites and choose 1-3 schools you might want to apply to. These don't have to be set in stone by any means! We will just be using these for reference over the next 5 days.



THIRD

If you aren't sure what your GPA is, use a [spreadsheet](#) to calculate it. It's a pretty tedious task so feel free to take a few days on this, but if you don't even have a ballpark guess of your cumulative or science GPA it'll be good to know where you stand.



*Share your progress on social media and tag me @itslifebymaggie!*

DAY ONE

# Stats for Medical School

Questions I have on today's topic:

Notes from today's live session:

Action steps I can take:

NOTES



**LIVE SESSION**

Join us for the Zoom  
session on December 6th  
at 6:30pm MST.

## DAY TWO

# Planning for the MCAT

Questions I have on today's topic:

Notes from today's live session:

Action steps I can take:

NOTES



**LIVE SESSION**

Join for the Zoom  
session on December 7th  
at 6:30pm MST.



## DAY THREE

# Clinical Experiences

Questions I have on today's topic:

Notes from today's live session:

Action steps I can take:

NOTES



**LIVE SESSION**

Join for the Zoom  
session on December 8th  
at 6:30pm MST.

## DAY FOUR

# Extra-Curricular Activities

Questions I have on today's topic:

Notes from today's live session:

Action steps I can take:

NOTES



### LIVE SESSION

Join for the Zoom  
session on December 9th  
at 6:30pm MST.

## DAY FIVE

# Planning a Roadmap

Questions I have on today's topic:

Notes from today's live session:

Action steps I can take:

NOTES



### LIVE SESSION

Join for the Zoom  
session on December 10th  
at 6:30pm MST.

# DAILY TASKS

## DAY 1

CGPA:

SGPA:

Are these within the range of the schools you picked? \_\_\_\_\_

If yes, are they above or below the median? \_\_\_\_\_

Are you on track to finish all pre-requisites by matriculation? \_\_\_\_\_

## DAY 2

TENTATIVE MCAT DATE:

Will you have your score back by June 25th? \_\_\_\_\_

*If you don't already have a clear and detailed study plan, take 15-20 minutes to plan your resources & a detailed study schedule for at least the next month.*

## DAY 3

IN NO MORE THAN ONE SENTENCE, EXPLAIN:

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*Your initial spark for pursuing medicine*

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*Experience #1 that made that spark grow stronger*

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*Experience #2 that made that spark grow stronger*

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*What you hope to do in the future as a physician (communities you want to seave, impact you want to make, etc. Why is this important to you?)*

# DAILY TASKS

## DAY 4

*Who do you want to be portrayed as? How would your friends or family describe you? \*Do you have experiences that back that up?*

<p>Academic</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>	<p>Volunteer/Service</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>
<p>Clinical</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>	<p>Work Experience/Other</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>