

3 DAY WORKSHOP

Workbook

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



Hey there!

I am SO happy you are joining me for this 3 day workshop! Let me share a little background before we get started.

My name is Maggie, I'm 27 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 looooonng 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.

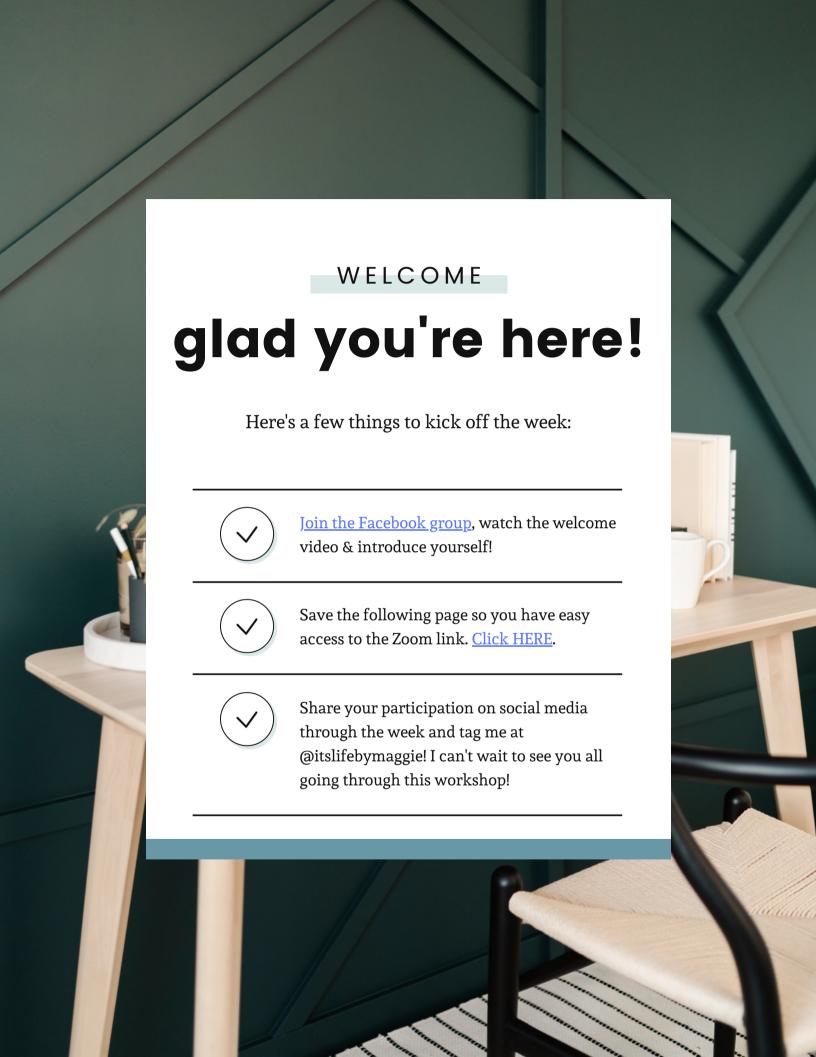
Despite 5 C's, a 3.3 GPA, and not knowing what to do for a while, when I applied to medical school the second time I earned 15 interviews, went to 13, and had 10 acceptances. My motto is, "If I can do it, then YOU can do it too!"

The goal of this 3 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 April 24th. 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!



READY TO GET STARTED?

3-Day Workshop

DAY 01	THURSDAY → Talking about Stats (GPA & MCAT) We will spend the beginning reviewing important dates for the application timeline! Then cover: Is my GPA good enough? How do you calculate your cumulative and science GPA? Are you on track to have all the necessary prereqs? How the MCAT fits in with the application timeline. How to track your progress & know if you're on track or not	
DAY 02	FRIDAY → Extra-Curriculars & Letters of Recommendation Today we will focus on your STORY. We will also cover: What is the best clinical experience? Are my extra-curricular activities good enough? How do you share your unique story without sounding cliche? How do I go about getting LORs/who should I ask? What if the person I asked hasn't responded?	
DAY 03	 SUNDAY → Planning a Roadmap (the most fun day!) You'll be able to submit the work you've been doing all week and for as many students as time allows I will personally give feedback and advice on what to focus on between now and applying! Also: The cost breakdown of applying to medical school Other parts of the application that are easy to overlook 	

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

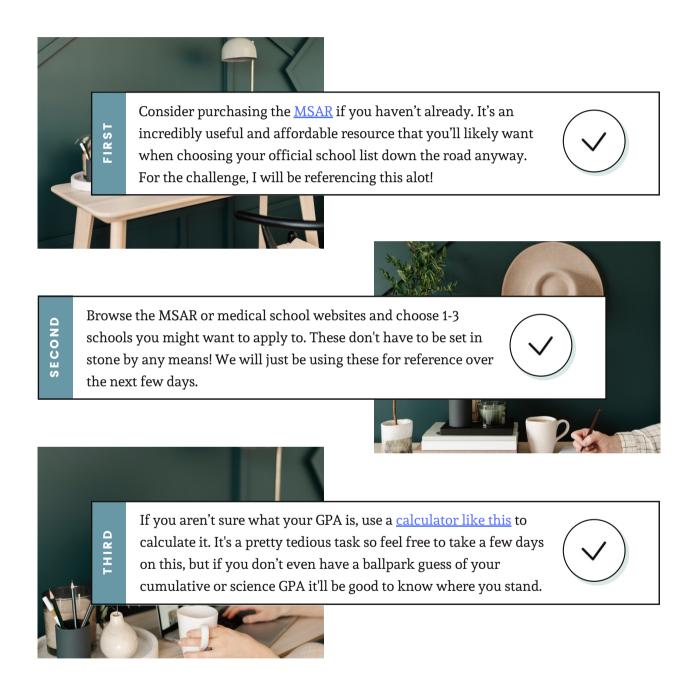
CALENDAR

week at-a-glance

GOAL:				
THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY
АМ				
PM				
TO DO LIST:			NOTES	
1				
2				
3		🗆 📗		
4				

GET A HEAD-START

Challenge Pre-Work



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

DAY ONE

Stats for Medical School

Questions I have on today's topic:	NOTES
Notes from today's live session:	
Action steps I can take:	
	LIVE SESSION
	Join us for the Zoom
	session on April 14th
	at 6:00pm MST.

DAY TWO

Extra-Curriculars & LORs

Questions I have on today's topic:	NOTES
Notes from today's live session:	
A stiers store I con to be	
Action steps I can take:	
	LIVE SESSION
	Join for the Zoom
	session on April 15th
	at 6:00pm MST.

DAY THREE

Planning a Roadmap

Questions I have on today's topic:	NOTES
]
]
Natas from to doub live continu	
Notes from today's live session:	1
	<u> </u>
Action steps I can take:	
	LIVE SESSION
	Join for the Zoom
	session on April 17th
	at 6:00pm MST.

DAILY TASKS

HW 1 SGPA: CGPA: 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? 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. HW 2 IN NO MORE THAN ONE SENTENCE, EXPLAIN: Your initial spark for pursuing medicine Experience #1 that made that spark grow stronger Experience #2 that made that spark grow stronger

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

HW 3

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

Academic	Volunteer/Service
1	1
5	5
Clinical	Work Experience/Other
1	1
2	2
3	3
4	4
5	5
	1