



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!

ITSLIFEBYMAGGIE.COM



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 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 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!

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!

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 pre-reqs? 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 cliché? 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:	
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THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY
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 few days.



THIRD

If you aren't sure what your GPA is, use a [calculator like this](#) 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 April 14th at 6:00pm MST.

DAY TWO

Extra-Curriculars & LORs

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 April 15th at 6:00pm MST.

DAY THREE

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 April 17th at 6:00pm MST.

DAILY TASKS

HW 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? _____

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

1. _____
2. _____
3. _____
4. _____
5. _____

Volunteer/Service

1. _____
2. _____
3. _____
4. _____
5. _____

Clinical

1. _____
2. _____
3. _____
4. _____
5. _____

Work Experience/Other

1. _____
2. _____
3. _____
4. _____
5. _____