

# Undergraduate Timeline for the Pre-Medical Student Applying to Osteopathic Medical Colleges

*This is a general timeline for preparing to apply to medical school.  
Please consult with your pre-health advisor to establish your own personalized schedule.*

## FRESHMAN YEAR

- Meet with your campus pre-med advisor to learn the requirements
- Think about a major and minor course of academic study
- Develop study skills (form study groups or use resources on campus)
- Maintain a competitive GPA
- Begin extracurricular activities
- Volunteer/work in a medical field or setting (clinic, ER, hospital)
- Review medical school admission requirements
- Order or review online [AACOM's Osteopathic Medical College Information Book\\*](#), which includes descriptions of all of the osteopathic medical colleges, admissions criteria, minimum entrance requirements, etc.
- Read books on and learn about Osteopathic Medicine
- Talk to upperclassmen pre-med students
- Get to know an Osteopathic Physician (DO)

## SOPHOMORE YEAR

- Meet with pre-med advisor
- Volunteer/work in a medical field or setting (clinic, ER, hospital)
- Select major and minor courses of study (fine-tune schedule)
- Maintain competitive GPA
- Research medical school entrance requirements
- Order or review online [AACOM's Osteopathic Medical College Information Book\\*](#), which includes descriptions of all of the osteopathic medical colleges, admissions criteria, minimum entrance requirements, etc.
- Consider participating in research (with a faculty member or outside campus)
- Learn more about Osteopathic Medicine (shadowing, classmates, advisor, Internet research)



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## JUNIOR YEAR

- Meet with pre-med advisor
- Maintain competitive GPA
- Volunteer/work in a medical field or setting (clinic, ER, hospital)
- Study and register for MCAT
- Take the MCAT
- Visit schools in which you are interested and attend Open House, recruitment events
- Order or review online [AACOM's Osteopathic Medical College Information Book\\*](#), which includes descriptions of all of the osteopathic medical colleges, admissions criteria, minimum entrance requirements, etc.
- Continue to be involved in pre-health organizations, research and community service activities. Look for leadership opportunities

## SENIOR YEAR

- Meet with pre-med advisor
- Sign up for committee process or letter of evaluation service w/ advisor
- Maintain competitive GPA
- Make list of all medical schools to which you plan to apply
- Order or review online [AACOM's Osteopathic Medical College Information Book\\*](#), which includes descriptions of all of the osteopathic medical colleges, admissions criteria, minimum entrance requirements, etc.
- Request official transcripts of all college work attempted
- Request letters of recommendation/evaluation (begin the summer prior to Senior year)
- Volunteer/work in a medical field or setting (clinic, ER, hospital)
- Continue extracurricular activities and leadership roles on and off campus
- Complete AACOMAS application (begin the summer prior to Senior year)
- Confirm that schools have received your application
- Complete secondary applications and submit letters in timely manner
- Interview at medical schools (make a plan to ensure you do not miss classes, assignments, etc.)
- Complete FAFSA financial aid application
- Consider what you will do this summer (accepted or not accepted)
- Accept offer
- Write thank-you notes to references and medical school admission officers
- Thank your pre-med advisor for their assistance

