

A 4-year guide for pre-medical or pre-dental students



Be The Difference.

Freshman Year – Hit the ground running!

- ✓ Focus on quality studying from day one. The recommended amount of studying is at least two to three hours per week for every credit you are taking. For example, Chem 1001 is 4 credits, so at a minimum you should study eight to twelve hours per week for Chem 1001. This includes reviewing notes, making flashcards, reading assignments, etc.
- ✓ Gain experience in a health care setting.*
- ✓ Try a service related activity (e.g., tutoring at an elementary school, Noon Run, and more. Visit www.mu.edu/osd/service for more ideas).*
- ✓ Build relationships with your professors, especially in science classes.*
- ✓ Look for summer work in a health care or laboratory setting.*
- ✓ Join the pre-med or pre-dental student organizations on campus.

Sophomore Year – Keep up the momentum!

- ✓ Begin networking to find internships, independent studies, research, volunteer opportunities, etc.*
- ✓ Consider your GPA so far and give some serious thought to your career goals. Why do you want to be a doctor, dentist, etc.? If you can't think of some reasons, maybe you want to consider a new path.
- ✓ Evaluate your extracurricular activities. Are you doing enough? Visit your advisor or the pre-health advisor for help or guidance.
- ✓ Begin to explore admission test preparation options (MCAT, DAT, etc.).
- ✓ Pre-Dental students can take the DAT the summer after sophomore year upon completion of biology, general chemistry, and organic chemistry. Register for the DAT at www.ada.org

Junior Year – Time to apply!

- ✓ Early in junior year, the summer before if possible, research schools and start a list of schools of interest to you. Visit each school's website to find out as much as you can about specific prerequisites, admission data, etc. The earlier you start, the more time you will have to complete additional prerequisites. Refer to the "Researching Programs" handout on the Advising Resource section of the pre-health web site.
- ✓ Register for the MCAT at www.aamc.org or the DAT at www.ada.org in fall of junior year. Be sure to apply for financial aid when you register for the test!
- ✓ **Begin your letter of recommendations file in January of junior year in one of the Pre-Health Advising Office locations.** Be sure to give your letter writers ample time to complete evaluations, and remember to write thank you notes!
- ✓ Continue to realistically evaluate your reasons for wanting to be in health care and of being a competitive applicant. Seek guidance from your academic advisor and/or pre-health advisor.
- ✓ Apply through AMCAS, AACOMAS or AADSAS in May or June of junior year – timing is crucial for admission, and a late application will decrease your chances for acceptance!

Senior Year – What now?

- ✓ Meet with a pre-health advisor and/or career services for interview preparation.
- ✓ Interview with schools.
- ✓ If not accepted, utilize campus resources to help you decide on course of action for next year.

*Continue these activities throughout your 4 years at Marquette University