Goals

- Academics. The junior year includes the physics sequence, Biomedical Science research, and science elective courses. Select science electives based primarily on your interest in graduate or professional school, but also consider the courses in which you will be most interested or can earn the best grades.
- Successfully complete any remaining prerequisites for your graduate or professional program. Graduate and professional programs will be interested in seeing as many grades as possible for the courses that are required for the program.
- Finalize plans for completing a minor (if applicable). The junior and senior years of the Biomedical Science major provide some flexibility in course selection of minor and GEC courses. Select courses wisely and intentionally.
- Have a minimum cumulative grade point average (GPA) of 3.5. If you have maintained a high GPA in your freshman and sophomore years, you should continue to do so. Remember that if your cumulative GPA is a 3.5, only grades of A and A- will improve your GPA. A B+ and below will lower your GPA.
- Have a minimum math/science GPA of 3.5.

Honors

- Earn a minimum of 15 more hours points in the junior year. At this point, you will be focusing more on Leadership and Service activities and Research and Teaching activities.
- Submit Yearly Honors Report by June 1st. The Honors Report needs to be submitted each year.
- Continue service and leadership activities that appeal to you. In the junior year, you may have the opportunity to take a leadership role in an organization or develop a special project or activity in a service experience. Take advantage of the opportunity to continue your leadership experiences.

Research

- Present research at the Denman Undergraduate Research Forum. The Denman is a great opportunity to practice developing the ability to cogently organize your research and present it to faculty members throughout the University.
- Pursue opportunities presented by your PI, such as attending a conference, participating in lab meetings, or joining a journal club. Not only are these good experiences to highlight in graduate and professional school applications, but you will learn about additional aspects of medical research.

Graduate/Professional School Preparation

- Apply for, study for, and complete required standardized tests. While the availability of standardized tests for graduate school can be flexible, deadlines are critical. You don’t want your application to be penalized because of a missed or late deadline.
- Develop a list of schools to which you will apply; do this in collaboration with your advisor. Using an Excel worksheet that organized the schools to which you plan to apply can be helpful. Students often do research on the web and sometimes do the same research over and over again. Take notes of the schools you research.
- Request and collect reference letters. Use the Requesting Letters of Recommendation professional resource to help with this task.
- Develop personal statement. Don’t wait until the last minute. The writing process for personal statement is as important as the process you would use for writing a paper.
- Develop your resume or curriculum vitae. You should have lots of information to include on a resume or vitae. Additionally, there are plenty of resources to provide feedback on this.
- Start AMCAS or other application tool. The AMCAS website provides lots of information about how to successfully complete this or other applications.
- Request a mock interview. Nearly every graduate or professional program will interview final candidates and while your academic credentials may have gotten you to the interview, the interview will get you in the program.

Nonacademic

- Start narrowing down the list of possible careers you’ll pursue. Do shadowing and informational interviews so you can gain more insight into selected careers.

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