Selecting Programs
Decide approximately how many applications you will submit. You should do at least two “safety schools” (based on profile information), two programs right around your profile, and a couple “reach schools.” If there is a dream school for you, consider applying even if it appears to be a significant reach; you don’t want to spend the rest of your life saying “I wonder if…” The weaker your academic record, the more applications you should submit.

Available Resources
- Curriculum Director on the AAMC website: http://services.aamc.org/currdir/start.cfm
- Medical School Admission Requirements: Lori has a copy you can browse or you can purchase your own. http://www.aamc.org/students/applying/msar.htm
- School websites, personal contacts, visits, college tours
- Graduate School Fairs
- Student Doctor Network http://www.studentdoctor.net/
- Ratings, such as U.S. News and World Report

Factors to Consider
Geography/Quality of Life
What parts of the country are acceptable to you? What parts are not? Urban/suburban versus rural; what size city? Does climate matter…do you need sunshine or great snow skiing? Do you want major sports teams, strong arts, etc.?

Your profile versus a school’s profile
Test scores (MCAT, GRE, etc), GPA, and Math/Science GPA

Special Opportunities
International opportunities, research opportunities, or opportunities to work with special populations

Curriculum/Grading System
Problem based, independent study; dual degree or opportunities to minor; amount of elective time; Letter grading system versus pass/nonpass

Admission Preferences
Does the school give a preference to state residents or any other population?

Significant Others
Is there someone in your life who will be following you, and what are the career/education opportunities for him/her? If a significant other will be in another city, what is an acceptable distance? Do you have family obligations that will dictate where you can live?

“Feel”
Visit the college and talk to people. Does it feel right for you? Can you see yourself there for four or more years?

Everything else
Tuition and scholarships, residency placements, success with passing boards, academic reputation (overall and with specialty interests), clinical facilities, etc

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