Freshman and Sophomore Years

• Earn good grades. Good grades will not get you in to graduate or professional school, but bad grades will certainly keep you out.

• Get to know some faculty members. Graduate and professional schools will request letters of recommendation and often require a recommendation from a faculty member. To establish a relationship with faculty you can meet during office hours, attend study sessions, get involved in an organization in which a faculty member is involved.

• Engage in service/leadership activities. Graduate and professional schools like to see that students were able to handle more than just their academic courses. Get involved.

Junior Year

Autumn Quarter

• Start your personal statement. Use other professional resources on the BMS site about writing a personal statement.

• Meet with potential recommenders. Keep your recommenders updated on the progress of your applications.

• Study for MCAT, GRE, or applicable exam. Some students elect to complete a course on the evenings or weekends to prepare for the exam. Others start with a resource from the bookstore.

Winter Quarter

• Update your resume. Use the career resources from the BMS website to help with this.

• Compile letters of recommendation and submit to the academic advisor in BMS.

• Continue working on your personal statement. The best personal statements are typically those that have been developed over a longer period of time and have been revised and reviewed by peers, faculty, and the writing center or other similar campus resource.

• Make a list of all activities your plan to report on your application, including student organization involvement, leadership experiences, awards and honors, research experience, and volunteering.

Spring Quarter

• Complete Personal Statement.

• Take the MCAT or other standardized exam if not already done.

• Start AMCAS or other primary application and complete in June or July. Once again, start early, the AMCAS or other primary application can request information that you may have be unaware. Starting early will give you time to track down any necessary information.

What happens next...

• Interested schools will invite you to complete secondary applications, based on AMCAS or other centralized application information. This will continue through summer and fall.

• Invitations for interviews can start as early as summer (provided YOU do everything early!) and run though Winter quarter.

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