

The Premed Timeline Checklist

A physician's semester-by-semester roadmap from freshman year to acceptance

Freshman Year

- ☐ Build strong intro science study habits
- ☐ Meet your premed advisor
- ☐ Explore clinical volunteer options
- ☐ Find one volunteer commitment to sustain
- ☐ Introduce yourself to a research lab
- ☐ Avoid overloading before academics are solid

Summer After Freshman Year

- ☐ Shadow physicians in 2-3 specialties
- ☐ Deepen your volunteer commitment
- ☐ Pursue summer research bench time
- ☐ Review general chemistry before organic chem

Sophomore Year

- ☐ Prioritize organic chemistry and physics
- ☐ Maintain consistent clinical exposure
- ☐ Take on one small leadership role
- ☐ Move from observing to contributing in research
- ☐ Start logging all hours (clinical, volunteer, research)

Junior Year

- ☐ Complete MCAT prerequisite coursework
- ☐ Begin dedicated MCAT prep (winter/spring)
- ☐ Ask for letters of recommendation (spring)
- ☐ Reflect on personal statement themes
- ☐ Build your school list
- ☐ Check committee letter process/deadlines
- ☐ Register for CASPer / PREview if required
- ☐ Map your application timeline for summer

Summer Before Senior Year

- ☐ Submit AMCAS as early as possible (June)
- ☐ Track verification status closely
- ☐ Draft secondary essay responses in advance
- ☐ Begin structured interview practice

Senior Year

- ☐ Respond quickly to interview invitations
- ☐ Send letters of update where appropriate
- ☐ Track acceptance & deposit deadlines
- ☐ Compare financial aid packages carefully
- ☐ Weigh fit alongside prestige when choosing

If Taking a Gap Year

- ☐ Choose one clear, sustained purpose
- ☐ Consider research, scribing, or EMT/MA work
- ☐ Consider a post-bacc or SMP if GPA repair is needed
- ☐ Avoid an unfocused "extra year" with no throughline

Want an honest, physician-led read on where your application stands?

Schedule a consultation with MedTrackMentors | Dr. Mario Tomei, MD, MBA, MHA, CHSE | medtrackmentors.com