

# Med School Prep Guide

## Year One:

- Meet with one of the pre-med faculty advisers and CLBR advisor to help you create your medical school preparation strategy. This long-term process requires early planning.
- Subscribe to and join the Pre-Health Club mailing list to keep informed about campus programs and related off-campus opportunities.  
<https://groups.google.com/a/groups.reed.edu/g/pre-med-health> (Must be logged in with Reed email to join)
- Familiar yourself with key resources: visit career services, and the med school & health careers web site: <https://www.reed.edu/beyond-reed/graduate-school/medical-school.html>
- Establish ongoing **volunteer work & physician shadowing** for exposure to the field of medicine and to give back to the community.
- If you are a non-science major, make a plan with your pre-health advisor to take pre-requisite courses during your time at Reed.
- If you are a science major, plan to take all prerequisites at Reed.
- Maintain close contact with your academic adviser for an honest appraisal of your academic performance and options.

## Year Two:

- Update your medical school prep in a meeting with your pre-med Faculty and CLBR advisers.
- Establish a position in medical research and/or research at Reed during the school year and summer.
- Attend health care careers information sessions and pre-health club meetings offered throughout the academic year.
- Continue -- and expand -- your med school community service activities.
- Arrange for a substantive medical experience during summer break.
- Maintain close contact with your academic adviser for an honest appraisal of your academic performance and options.
- Take an MCAT preparatory course during the summer to prepare to take MCAT during winter or spring of your junior year.
- If you plan on taking a gap year or more, plan to prepare for the MCAT 2 years prior to your intended medical school start semester (ex: if you plan on starting med school in Fall 2028, start preparing for the MCAT in Fall 2026). Please note, an MCAT score is valid for 3 years.

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### Year Three:

- Update your medical school prep in a meeting with your pre-med faculty and CLBR advisers.
- Take MCAT in January or February for May [AMCAS](#) (American Medical Colleges Application Service). MCATs are offered 30 times/year. Taking an MCAT during January or February allows you the opportunity and time to retake the test if you'd like to improve your scores.
- Identify target medical schools (6-10) and their admission criterion. [MSAR](#) (Medical School Admissions Requirements) directory is available through an appointment with CLBR.
- Start writing your personal statement and submit it to your pre-med faculty or CLBR advisor for review. **Allow plenty of time** for several rewrites.
- Continue your **volunteer work and clinical experiences**. Take responsibility of understanding factors of health care delivery and issues of health care policy.
- Attend health care careers info sessions with emphasis on developing (1) personal goals in medicine and (2) your passion for medicine.
- Participate in the mock medical school admissions interview programs.
- Continue medically-focused research.
- **Submit AMCAS application as early as possible.** June 1 is the first day for submission.
- Request non-AMCAS school applications directly from schools.
- Arrange for substantive medical experience during summer break or winter break.
- Contact and meet those whom you identified to write recommendation letters (min. of 2 Reed science faculty, internships and research supervisors, other medical doctors who know your work.).
- See guidelines for **letters of recommendation** on [CLBR](#) and [AMCAS](#) webpage.
- Keep in close contact with your academic adviser for an honest appraisal of your academic performance and options.

### Year Four:

- Update your medical school prep in a meeting with your pre-med faculty and CLBR advisers.
- During the first month of school, complete any application requirements still pending AMCAS, etc.
- Attend health care careers sessions. Emphasize developing (1) personal goals in medicine and (2) your passion for medicine.
- Complete and submit secondary applications ASAP (within 2 weeks of receipt).
- Continue in ongoing **volunteer work and clinical experiences**.
- Take responsibility of understanding factors of health care delivery and issues of health care policy.
- Schedule interviews/campus visits as appropriate.
- Participate in mock medical school interviews offered through career services and AAMC
- Choose between medical school offers by designated date in mid-May.
- Finish all academic requirements/graduate!