WHAT TO DO AND WHEN TO DO IT
A Brief Guide for the Perplexed Premedical Student

Freshman Year

- For email announcements of interest to premeds, subscribe to the healthcareersadvising@lists.wm.edu listserv. To join, do the following:
  - 1) Log in to lists.wm.edu;
  - 2) Click on "Academic" on the list of types of lists;
  - 3) Scroll down to healthcareersadvising@lists.wm.edu and click on the name of the listserv;
  - 4) Click the Subscribe link on the left side of the page to subscribe.
- Consider joining the Health Careers Club. All premeds (even non-members) are welcome to attend HCC meetings in order to get first-hand information on health career-related fields and opportunities and to become acquainted with other health career students. Meetings will be announced in advance via the healthcareersadvising@lists.wm.edu listserv.
- Get to know your freshman advisor, your instructors, and Professor Beverly Sher, the College’s Premedical Advisor. Schedule an appointment with her during your first year on campus. (email: btsher@wm.edu)
- Talk to medical school representatives when they come to William and Mary. Their visits will be announced via the healthcareersadvising@lists.wm.edu listserv.
- Talk with upperclassmen who have been through the program. They will frequently have insight (maybe they just had an interview) not available from your advisor. You can meet them at Health Careers Club meetings.
- Get involved in extracurricular, service, and clinical activities. Winter break is a good time to do some shadowing or volunteer work in a clinical setting.
- Start reading the medicine-related articles in a good daily newspaper, such as the Washington Post or New York Times.

Sophomore Year

- Continue your involvement with the Health Careers Club.
- Continue contact with Professor Sher – review your progress to date.
- Continue your involvement in extracurricular, service, and clinical activities.
- If you are interested and qualified, apply to the EVMS and VCU early assurance programs. EVMS program applications will be available outside Dr. Sher’s office in ISC-2, room 2131 immediately after Thanksgiving and due on Valentine’s Day; VCU program applications will be available outside Dr. Sher’s office right before spring break, and due in late March. Both applications require three recommendation letters from your professors: two science, one non-science.

Junior Year

- Decide when to take the MCAT, and think about how you will prepare for the exam; give yourself at least four months to study. MCAT registration information is available at www.aamc.org. Test center spaces are limited, so register early. You should plan to take the MCAT no later than June of the year in which you intend to start applying to medical school.
- Schedule an appointment with Professor Sher in the fall semester to review your program and plans.
- Continue membership in the Health Careers Club and your extracurricular, service, and clinical activities.
- Attend Professor Sher’s annual presentation on the application process in mid-April (this will be announced via the listserv.)
- By the end of the spring semester, set up an Interfolio account through the Career Center to manage your letters of recommendation.
- Visit the AMCAS section of the AAMC web page (www.aamc.org), and familiarize yourself with the AMCAS application process; open and start the AMCAS application when it becomes available in early May. Learn about the application procedures for the non-AMCAS schools.
- By the end of the final exam period, make sure you have done the following:
  - Requested letters of recommendation (you’ll need 3 or 4, at least 2 or 3 science)
  - Prepared a brief summary of extracurricular activities and honors for your recommenders
  - Prepared a statement answering the question, “Why do you want to become a doctor?” for the use of your recommenders.
  - Requested that transcripts be sent to AMCAS by your Registrar’s Office; be sure to provide your AMCAS transcript request form when you request your transcript and to ask that the transcript not be sent to AMCAS until spring grades are available.
- Complete a Letter of Recommendation Background Information form, if you want Professor Sher to write a letter for you (highly recommended by medical schools). These forms are available outside Dr. Sher’s office in ISC-2, room 2131.
- Apply to medical schools over the summer (the AMCAS application can be submitted in early June.) VCU advises applicants to file the AMCAS application by August 1, and UVA says that AMCAS applications filed after September 1 are considered late. Don’t wait until the official fall deadlines to submit your medical school applications!
- Complete secondary applications within two weeks of the date that they arrive in your in-box.

Senior Year

- Discuss your application progress with Prof. Sher. She will be happy to answer your questions.
- Continue membership in the Health Careers Club, and extracurricular activities.
- Maintain your academic standards – it’s not over yet!
- Prepare for interviews by scheduling a mock medical school interview with the Career Center.
- Keep up your HOPE. You may be accepted as late as the summer after graduation.