

Pre-med at SIU

UNDERGRAD YEAR	Theme													
		AUG	SEPT	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	
1	GET INVOLVED		Courses: Gen Chem 1, Biology 1, Writing class					ENJOY WINTER BREAK WITH FRIENDS AND FAMILY	Courses: Gen Chem II, Biology II, Pre-calc				Consider taking EMT or CNA course, seek longitudinal community volunteering opportunities, Create a CV	
			- MAKE FRIENDS Adjust to living situation and course load get involved in 1-2 clubs/groups						Participate in clubs you have joined seek connection and advice from other pre-med students sign up for summer courses (CNA or EMT certification) apply for summer job (scribe)					
2	RESEARCH		Courses: Ochem 1, Calc 1, Anatomy					Enjoy family time and consider volunteering!	Courses: Ochem II, Genetics, Statistics, Physiology				Work for clinical experience (CNA, EMT, scribe, medical assistant, etc.) Continue longitudinal volunteering Consider summer class to lighten load during MCAT prep Continue research	
			Participate in clubs						Seek leadership in clubs/on campus apply for summer job consider registering for summer class					
3	MCAT PREP		Courses: Biochemistry, Writing Class, Physics 1, Cell/molecular biology					Recharge thru Christmas... Start the MCAT grind on Dec. 26	Courses: Physics II, INSERT your choicest undergrad courses (aim for ~12 credits)				Complete and submit secondary applications Work for clinical experience Continue longitudinal volunteering	
			Continue pursuing leadership positions in clubs work for clinical experience						MCAT study period					
4	APP's & INTERVIEWS		Courses: Microbiology, Psychology					Enjoy Winter Break!	Take a backseat on research team, in clubs, etc. Prioritize your sanity and studying				MCAT	Applications
			Continue leadership involvement in clubs Work for clinical experience Continue research involvement						Courses: Sociology, Immunology*					
			Look for med school interview invites: Prepare with mock interviews and discussing questions w/ peers						Wrap up involvement in clubs Finish research Work for money!!				VACATION??? Prioritize recharging Work for MONEY!	
									Wrap up medical school interviews. Connect with med school classmates and arrange living situation					