Freshman Checklist

MEET WITH YOUR ADVISOR
Meet with your university’s health professions advisor to discuss your degree plan. Create a long-term plan outlining your degree requirements and your projected graduation date. Be sure to upload and save your long-term plan for future reference.

GET INVOLVED
Get involved in pre-health organizations and extracurricular activities on campus. Keep records, as you will need to provide the amount of hours and types of experiences you were involved in when the time comes to fill out your admissions application.

BEGIN YOUR RESEARCH
Begin looking at medical schools. Here are some questions to help get you started:
- What is the difference between osteopathic and allopathic medicine?
- What is the mission of the school?
- What are the admissions requirements?

START BUILDING RELATIONSHIPS
Many, if not most, of your professors will have office hours and are open to students dropping in. Use this time to get extra help on material for class and to begin building relationships for future letters of recommendation. ARCOM requires a letter of recommendation from two science faculty or a pre-health committee.

LOCATE CAMPUS RESOURCES
Take advantage of the different resources offered by your college. Theses can include but are not limited to free tutoring, academic coaching, interview preparation, writing centers, library services, counseling centers, and health clinics.

BE MINDFUL OF YOUR ACTIONS
Freshman year is exciting and fun but don’t let this negatively impact your GPA. Repairing your GPA can be an uphill battle that can delay your graduation, have financial repercussions, and create an academic record that will follow you forever. Same goes for criminal records.

Sophomore Checklist

START SAVING
Now is a good time to start saving money to prepare for testing and application fees. The application service charges $195 for the first program you apply to and $45 for each additional program. If a program wants to move your application forward they may also have a secondary application fee. The MCAT is $315 plus the cost of study materials. In addition to that, think of the cost of travel if you are invited to interview.

ATTEND EVENTS
Many schools host pre-med conferences, open houses, and other events that give you the opportunity to visit different campuses. Take advantage of these opportunities.

CONTINUE YOUR RESEARCH
You should be checking each school’s admissions requirements, average or minimum MCAT score, average or minimum overall GPA, average or minimum science GPA, cost of secondary application, options for fee waivers, and prerequisite courses.

CONTINUE BUILDING RELATIONSHIPS
It is important to build and maintain professional relationships with science faculty. Look for leadership opportunities to help grow your professional network.

GAIN CLINICAL EXPERIENCE
Gain clinical experience through volunteering or employment (CNA, EMT, Scribe, etc.). Be sure to document your hours and experiences.

SHADOW AN OSTEOPATHIC PHYSICIAN
DoctorsThatDO.org is a great resource in locating a DO to shadow. A letter of recommendation from a DO is required when applying to ARCOM.
PREREQUISITES
Ensure you are on track to complete prerequisites for ARCOM. These do not need to be completed before you apply, only before you enroll at ARCOM. However, having these courses completed will better prepare you to take the MCAT.

SCHEDULING YOUR MCAT
Testing dates should be considered when planning for the MCAT, as it is not offered Oct-Dec. Most applicants choose to take it the summer between junior and senior year. You DO NOT need to have the MCAT completed to submit your application and can update it when your score is available. It is recommended to apply early.

PREPARING FOR THE MCAT
It is important to determine how you best study, the time you have to devote to it, and to develop a planned schedule. The recommended study time is between 300 and 350 hours over the course of 3 months.

PRE-HEALTH COMMITTEE LETTER
Determine when your school's Pre-Health Committee will begin interviews for letters of recommendation. If your school does not have a Pre-Health Committee, ARCOM will accept a letter of recommendation from two separate science faculty members. Request letters early, since they can take a while to write.

ROLLING ADMISSIONS
ARCOM starts admitting students immediately after interviews begin in August. The longer you wait to apply the higher your chance of being wait-listed. If you are unable to obtain a Pre-Health Committee letter early in the application cycle, it is in your best interest to use two science faculty in its place.

AACOMAS
AACOMAS is a centralized application service used to apply to ARCOM and other DO schools nationwide. Familiarize yourself with their application process, timelines, fees, and website.