Factors to Consider Before Applying

1. **Competitive GPAs:** Cumulative GPA and science/BCPM GPA both at or above 3.5? If not, may consider post-bacc. programs.

2. **Competitive MCAT Score:** Composite score at or above the 50th percentile (501+)? If not, retake?

3. **Extracurricular Involvement**
   - **Shadowing:** Able to shadow a variety of physicians in various settings?
   - **Clinical Experience:** Work or volunteer experience, ideally with direct patient contact?
   - **Volunteering (Non-Medical):** Any service or volunteer work in the local community or your hometown?
   - **Research:** Did you participate in undergraduate research?
   - **Other** (Student org. involvement, non-medical work, athletics, study/travel abroad, etc.)

4. **Personal Statement:** Draft or Final Draft completed?

5. **Letters of Recommendation:** Requested and tentative date of application has been communicated to writers?

*Remember, quality is always better than quantity, and long-term involvement is usually more meaningful than short stints.*