



Name:	Email:
A Number:	Year in School:
Major(s):	Current GPA: Science GPA:
Minor(s):	Expected Graduation Date:
Previous Degrees:	Expected Date of Application:
State of Residence:	Are you applying as an international student?
Issues I need assistance with / want to discuss:	

As you begin this Action Plan, here are a few important things to consider:

- Review the [Pre-Medical](#) webpage before you complete this Action Plan, or as you are working on it.
- No matter if you are a freshman or a senior, it's important to consider what medical schools you plan to apply to, as that will drive your choice of prerequisite courses.
- At the end of this document, there is a section where you can start researching medical schools and review their application profile.
- Remember - the more you fill out and the more specific you are in your answers, the better Dr. Gonzales will be able to help you.
- When you have filled out this document to the best of your ability, you may make an appointment to discuss your plan with Dr. Gonzales. To schedule an appointment, follow the "Make an Appointment" link on the Health Professions home page.



Medicine (DO) Action Plan

Academics & Prerequisites	Courses Completed or In Progress:	Grade	Courses Planned:
<p>Status of prerequisite courses for Osteopathic Medicine (D.O.) Schools I'm targeting. Include grade received for courses completed.</p> <p>Visit this link for the most up-to-date list and details regarding TAMU-CC Pre-Medical prerequisites.</p> <p><i>Remember:</i> Prerequisites can vary from one school to another, it is important for you to research those programs for which you are interested in applying to. Learn about other Osteopathic Medicine (D.O.) Schools by reviewing the Osteopathic Medical College Information Book.</p>	Ex. BIOL 1406	A	

This is not a checklist! These activities should be a reflection of your interests and passions.

Experiences	Completed or in progress:	Time (length of commitment)	New or future experiences you plan to gain & when:
<p>Work Employer, position</p>			
<p>Volunteer Organization, position</p>			



Shadowing Who, where			
Research Where, topic			
Learning Abroad Destination, topics studied			
Student Organizations Organization, position			

Letters of Recommendation	List the people you plan to ask to write you a letter. Describe who they are and why you are choosing them.
Identify 2-3 people who could complete a letter of recommendation for you. Read what the AACOM says about letters of recommendation.	1. 2. 3.

Medical College Admission Test (MCAT)	
The MCAT is required by almost all U.S. Osteopathic Medicine (D.O.) Schools. Learn more about the MCAT on the AACOM website.	I plan to take the MCAT on the following date: If already complete, list your score. Please list your composite score and breakdown of scores by section: Composite Score _____ Chemical and Physical Foundations of Biological Systems Section _____



	Critical Analysis and Reasoning Skills Section _____ Biological and Biochemical Foundations of Living Systems Section _____ Psychological, Social, and Biological Foundations of Behavior Section _____
--	---

Personal Statement

Assistance from the Pre-Pro Website	Writing Your Application Essays
Write a draft of your statement	I wrote a draft of my personal statement - Yes / No. What number draft am I on? _____
Seek advice on your draft! It can be helpful to get different people's perspectives.	

Application

Complete this section if you are starting the process of completing/submitting your Osteopathic Medicine (D.O.) School application.

AACOMAS Many (most) Osteopathic Medicine (D.O.) Schools use AACOMAS (American Medical College Application Service) for their application.	I have reviewed the AACOMAS Instruction Manual : Yes / No
Transcripts: Request/obtain official and unofficial copies of transcripts from all schools attended.	Received/requested copies of official transcripts: Yes / No
Letters: Work with letter writers to submit letters in the format needed (by application service/system).	Communicated with letter writers about how to submit letters & deadlines: Yes / No
Completion date	I plan to have the AACOMAS submitted by the following date:



Interviewing

Get assistance from Career Services!

Encouraged, but optional
http://career-services.tamucc.edu/current%20students/mock_interviews.html

Osteopathic Medicine (D.O.) School Research

When researching Osteopathic Medicine (D.O.) Schools that you would like to apply to, it can be helpful to compare different schools is by first deciding what criteria is important to you. In the following table, we included some criteria to get you started on this process.

Step 1: Medical School Comparisons

Search programs by using the American Association of Colleges of Osteopathic Medicine [online directory](#). Expand this table to match your number of schools and criteria!

<u>School Name</u> ↓	<u>Criteria 1</u> GPA/MCAT (averages for matriculants)	<u>Criteria 2</u> In-State Residency /Out-of-state %	<u>Criteria 3</u> Required number and type of LOR	<u>Criteria 4</u> Expected Prerequisites



Step 2: Other Criteria Selection

Choose criteria that are important to you. Feel free to add to the table above (or make a new one) to consider other criteria. Here are some questions to consider when choosing what schools to apply to - [Choosing Medical Schools](#) (Yale Office of Career Strategy).

- ✦ Application fee
- ✦ Tuition
- ✦ Financial aid options
- ✦ Number of applicants / Percent accepted
- ✦ Specialty choices
- ✦ Student body/School size
- ✦ Accredited program?
- ✦ Combined degree programs
- ✦ Early Decision Program?
- ✦ Residency rates (In-state vs. Out-of-state)
- ✦ Secondary application required?
- ✦ Percent of students with advanced degrees
- ✦ Is on-campus housing available?
- ✦ Community service required (as part of the curriculum)?
- ✦ Research / Thesis required (as part of the curriculum)?
- ✦ Diversity of student body
- ✦ Location and climate
- ✦ Applications accepted from international applicants?