**Year 1- PBPM Enrollment**

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| **June** | **July** | **August** | **September** | **October** | **November** |
| Focus on Gen Chem  Rank Clinical Volunteering Options | Focus on Gen Chem  Complete volunteer site-specific paperwork/ orientation | Work on Experiences assignment  Look at timelines for applying to glide year jobs | Meet w/ advisor to review Experiences assignment & Competencies Assessment | Submit Personal Statement Rough Draft  Meet w/ Advisor to review | Create Interfolio Account  Confirm List of Letter Writers |
| **December** | **January** | **February** | **March** | **April** | **May** |
| Consider glide year jobs & apply  Finalize Experiences & PS drafts | Post-Test Competencies Assessment Due  Focus on Spring courses | Focus on Spring courses | Apply for Glide Year jobs (clinical or medical positions preferred) | Focus on Spring courses | Begin MCAT studying  Register for MCAT in late summer |
|  | **Year 2- MCAT Prep & Work** |  |  |  |  |
| **June** | **July** | **August** | **September** | **October** | **November** |
| Study for MCAT  Ensure all Letters of Rec are in Interfolio | Study for MCAT  Secure Glide Year(s) job (clinical/medical preferred) | Study for MCAT | Take MCAT  Begin Glide Year job (clinical  /medical focused) | Work and/or volunteer | Work and/or volunteer |
| **December** | **January** | **February** | **March** | **April** | **May** |
| Work and/or volunteer | Work and/or volunteer  Meet w/ an advisor to review School List | Work and/or volunteer  Finalize Experiences & Personal Statement | Work and/or volunteer  Request additional Letters of Rec | Work and/or volunteer  Register for CASPer & PREview exams | Work and/or volunteer  Order official transcripts to be sent to AMCAS &/or AACOMAS  Submit primary applications |
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| **June** | **July** | **August** | **September** | **October** | **November** |
| Take Casper & PREview exams  Finalize School List  Work and/or volunteer | Complete & return ALL Secondary applications within 1-2 weeks  Work and/or volunteer | Schedule Mock Interview with advisors  Work and/or volunteer | Be ready for interviews  Work and/or volunteer | Be ready for interviews  Work and/or volunteer | Be ready for interviews  Touch base with advisors  Work and/or volunteer |
| **December** | **January** | **February** | **March** | **April** | **May** |
| Be ready for interviews  Work and/or volunteer | Be ready for interviews  Work and/or volunteer | Be ready for interviews  Touch base with advisors  Work and/or volunteer | Be ready for interviews  Work and/or volunteer | Finalize Medical School of choice by April 30th  Work and/or volunteer | Get ready for Medical School! |

**Year 3- Apply to Medical School!**

**MCAT Preparations**

We have seen more and more PBPM students elect to take an additional Glide Year to prepare for the MCAT exam and to get more clinical/volunteer experience.

***Summer Sessions***

Learn and do well in General Chemistry. This content will help prepare you for the Chemical and Physical Foundations of Biological Systems section of the MCAT.

***August Break***

It is never too early to get started on CARS practice, however the following suggestions are optional given your 2-year timeline:

* Review Road Map to CARS: <https://www.aamc.org/media/47701/download>
* Practice Khan Academy CARS Questions: <https://www.khanacademy.org/test-prep/mcat/critical-analysis-and-reasoning-skills-practice-questions>
* *Optional Psych/Soc Prep:* Coursera offers [a free Intro to Psychology course](https://www.coursera.org/learn/introduction-psychology) along with [Khan Academy’s Behavior Unit](https://www.khanacademy.org/test-prep/mcat/behavior), [Individuals & Society](https://www.khanacademy.org/test-prep/mcat/individuals-and-society), [Society & Culture](https://www.khanacademy.org/test-prep/mcat/society-and-culture), and [Social Inequality](https://www.khanacademy.org/test-prep/mcat/social-inequality).

***Fall Semester***

* In Physics,you may not need to memorize formulas for your physics exams you will need to have them memorized for the MCAT.

***Winter Break***

Week 1:

Take some time to relax, reconnect with loved ones, and rest!

Begin learning how to draw and/or identify an amino acid structure or abbreviation - this is a huge component of both Biochemistry and the MCAT. You cannot answer complex problems without this essential basic vocabulary so start to memorize the 20 amino acids.

* Draw out all structures and label 2x per day
* Must memorize 3 and 1 letter abbreviations
* Would be helpful to memorize pKas of side chains
* It is a good idea to draw out and label the amino acids and put them up somewhere you will see them every day.
* Watch this (and other) videos for more background information: <https://www.khanacademy.org/test-prep/mcat/biomolecules/amino-acids-and-proteins1/v/classification-amino-acids>

Week 2:

* Continue to draw and label the 20 amino acids 2x per day

Weeks 3-4:

* Draw amino acids and label until comfortable
* *Optional Psych/Soc prep:*

1. **Watch** the Khan Academy Psych/Socio videos (includes practice passages/questions)

<https://www.khanacademy.org/test-prep/mcat/behavior>

<https://www.khanacademy.org/test-prep/mcat/individuals-and-society>

<https://www.khanacademy.org/test-prep/mcat/society-and-culture>

<https://www.khanacademy.org/test-prep/mcat/social-inequality>

2. **Take** one of the following free Intro Psychology &/or Sociology courses or podcast series

<https://www.coursera.org/learn/introduction-psychology>

<https://podcasts.apple.com/us/podcast/intro-to-psychology-lectures/id200199659>

<https://www.edx.org/course/fundamentals-of-sociology>

3. **Read** a Psychology or Sociology textbook using Road Map to MCAT Content in Psychology & Sociology to focus study: <https://students-residents.aamc.org/media/8666/download>

***Spring Semester***

* Focus on doing well in all your classes!
* Attend General Chemistry review hosted by Professor Mattson. Date TBD (after final exams).
* Choose your MCAT date and register for your preferred location.

***June-September***

* Activate UWorld account (6-month access).
* [Take the free *full length* *AAMC Sample Test*](https://students-residents.aamc.org/prepare-mcat-exam/free-planning-and-study-resources) *under the same conditions and timing* as the “real” exam.
* Review completed test and write out missed questions with answers in MCAT Notebook
* Schedule time to work on UWorld practice passages (Make *small goals*- you don’t have to do 59+ questions every time!)
* **Identify and overcome weak areas -** note Biology content that was not covered in your UVA courses.
* Create flashcards to reinforce specific content.
* Purchase AAMC Full-Length Practice Exams: <https://store.aamc.org/mcat-prep/full-length-exams.html>
* Schedule a minimum of 5 full-length practice exams throughout the summer. Use AAMC practice exams closest to your exam date.

***Quick Access Links***

* [Testing Year 2025 MCAT Essentials](https://students-residents.aamc.org/media/11711/download)
* [Testing Calendar](https://students-residents.aamc.org/media/15141/download) and [Deadline Dates](https://students-residents.aamc.org/register-mcat-exam/us-mcat-calendar-scheduling-deadlines-and-score-release-dates-0)
* [MCAT Fee Assistance Program (FAP)](https://students-residents.aamc.org/fee-assistance-program/fee-assistance-program-fap)
* [MCAT Exam Registration](https://mcat.aamc.org/mrs/)
* [Preparing for the MCAT YouTube Playlist (AAMC Sponsored)](https://www.youtube.com/playlist?list=PL2ALHNlitsuSqsav3eiAHFoTNyJRtmzg8)
* [Kahn Academy MCAT Site (AAMC Sponsored)](https://www.khanacademy.org/test-prep/mcat)
* [Study Plan Documents](https://image.email.aamc.org/lib/fe8e13727c63047f73/m/3/cc156c7b-33df-4df0-aa57-c5ca41bc7cfd.pdf)