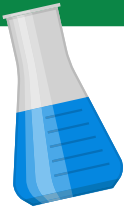


The Ultimate College Planning Checklist for Future Doctors

Becoming a doctor is a long journey that starts well before medical school.

High school is the time to build strong academics, gain meaningful experiences, and explore your interests in healthcare and beyond. Whether you're aiming for a traditional pre-med path, BS/MD, or Early Assurance Program, starting early makes everything more manageable. Use this checklist to stay organized, build confidence, and create a competitive application.



9th Grade: Build Your Foundation



- ☐ **Focus on Academics**
Aim for A's in core classes like Biology, Algebra, English, and History. Take honors courses if available.
- ☐ **Explore Interests**
Join clubs such as science, debate, robotics, or HSAFP. Try different electives to discover what excites you.
- ☐ **Start Volunteering**
Get involved in community service at food banks, tutoring centers, or youth hospital programs.
- ☐ **Build Habits**
Use a planner to keep track of schoolwork, activities, and social time. Practice staying organized and disciplined.
- ☐ **Summer**
Attend a science camp or take an online STEM course to build your knowledge and explore your interests.



10th Grade: Strengthen Your Profile



- ☐ **Course Rigor**
Take challenging courses. Take classes such as advanced Biology, Chemistry, Geometry, or Algebra II.
- ☐ **Volunteer or Shadow**
Volunteer at clinics or nursing homes. Start shadowing doctors in person or online at the [HSAFP online physician-shadowing platform](https://hsafp.org/physician-shadowing).
- ☐ **Extracurriculars**
Take small leadership roles such as planning fundraisers or leading a committee.
- ☐ **Test Prep**
Take the PSAT and begin preparing for the SAT or ACT.
- ☐ **BS/MD Prep**
Research program requirements. Start tracking your activities and experiences in a resume.
- ☐ **Balance Life**
Focus on two or three activities you enjoy. Avoid taking on too much and make time for friends.



11th Grade: Maximize Academics & Experience

- ☐ **Take Advanced Courses**
Take AP or IB classes in Biology, Chemistry, Physics, Calculus, and English.
- ☐ **Deepen Clinical Experience**
Apply for research opportunities, summer hospital programs, or advanced volunteering.
- ☐ **College Research**
Build a list of traditional pre-med and BS/MD programs. Visit campuses if possible.
- ☐ **Summer**
Participate in a medical summer program, do lab research, or intern at a health-related organization.
- ☐ **Test Strategy**
Take the SAT or ACT by fall. Retake if needed.
- ☐ **Leadership**
Run for officer roles in your clubs or lead major projects.
- ☐ **Letters of Recommendation**
Build strong relationships with teachers and mentors who can write detailed recommendation letters.



12th Grade: Finalize & Apply

- ☐ **Stay Strong Academically**
Keep up with challenging courses like AP Biology, AP Chemistry, AP Physics, Calculus or AP Calculus, English, and Government/Economics — colleges pay close attention to your senior year grades.
- ☐ **College Applications**
Write and revise your personal statement. Complete supplemental essays, especially for BS/MD programs.
- ☐ **Finalize Testing**
Complete SAT/ACT by October. Send scores to schools.
- ☐ **Interviews**
Practice traditional and MMI interview formats. Prepare for early winter BS/MD interviews.
- ☐ **Time Management**
Use a calendar to track deadlines. Schedule time for hobbies and stress relief.



Staying Balanced: You Can Do This!

- ☐ Use a planner to manage school, test prep, and social time.
- ☐ Limit distractions while studying to stay focused.
- ☐ Schedule fun time each week to relax with friends and family.
- ☐ Stay active with sports or exercise to reduce stress.
- ☐ Ask for help from teachers, counselors, or mentors when you need it.

