

Health Professions Check List 2018

Check List for those applying to attend medical school in 2018:

- Inform the Health Professions Office of your intention to apply to professional school by February 2nd.
- Register for CareerLink, a program offered by the Career Center. Go to <http://umaine.edu/career>.
- Pre-meds should either be participating in the MCAT review class or have a MCAT study plan in place.
- Complete Scholarship Application (deadline TBA).
- Request letters of recommendation before Spring Break. The Health Professions Office should receive your letters by April 1st. Your writers need to email a copy of their letter in a word document to samantha.wheeler1@maine.edu and postal mail a signed copy to the letter to: Samantha Wheeler, STEM/Health Professions Career Consultant, 5748 Memorial Union, Room 300, University of Maine, Orono, ME 04469.
- Decide if you want a composite letter or letter packet.
 - Identify and meet with composite letter writer by May 2nd.
 - If you want a letter packet, identify who will write your evaluative cover letter.
- Register for a spring MCAT.
- Identify the schools to which you want to apply.
- Complete your Health Professionals File by **May 2nd**.
 - A completed file contains:
 - 5 – 7 letters of recommendation for medical school. Both electronic and hard copies of your letters should be sent to the Career Center by April 1st.
 - An autobiographical statement. This will be shared with your composite letter writer and is an opportunity to discuss your goals, tell why you aspire to a career in medicine, and an overview academic and work history. This is a place to share any outstanding issues that may impact your application. Additional information to include: your choice of major, honors received, research, employment experience, medically related experiences (mentoring, job shadowing, volunteering) and extracurricular activities.
 - Unofficial transcript.
 - Resume.
 - Copies of “Letter of Recommendation Release Form.”
 - List of schools, with addresses, to which you plan to apply.
 - Composite letter writer/ Evaluative cover letter writer.
- Visit the website of your central application service, note the opening date of application period. You should download an application so that you know what materials you should be gathering in order to complete your application.
- Draft a personal statement.
- Schedule a check-in meeting with Samantha Wheeler, STEM/Health Professions Career Consultant.

Health Professions Check List 2018