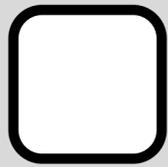




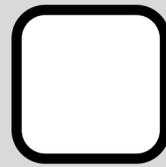
## Freshman Checklist

## Sophomore Checklist



### MEET WITH YOUR ADVISOR

Meet with your university's health professions advisor to discuss your degree plan. Create a long-term plan outlining your degree requirements and your projected graduation date. Be sure to upload and save your long-term plan for future reference.



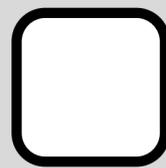
### START SAVING

Now is a good time to start saving money to prepare for testing and application fees. The application service charges \$195 for the first program you apply to and \$45 for each additional program. If a program wants to move your application forward they may also have a secondary application fee. The MCAT is \$315 plus the cost of study materials. In addition to that, think of the cost of travel if you are invited to interview.



### GET INVOLVED

Get involved in pre-health organizations and extracurricular activities on campus. Keep records, as you will need to provide the amount of hours and types of experiences you were involved in when the time comes to fill out your admissions application.



### ATTEND EVENTS

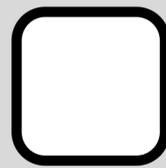
Many schools host pre-med conferences, open houses, and other events that give you the opportunity to visit different campuses. Take advantage of these opportunities.



### BEGIN YOUR RESEARCH

Begin looking at medical schools. Here are some questions to help get you started:

- What is the difference between osteopathic and allopathic medicine?
- What is the mission of the school?
- What are the admissions requirements?



### CONTINUE YOUR RESEARCH

You should be checking each school's admissions requirements, average or minimum MCAT score, average or minimum overall GPA, average or minimum science GPA, cost of secondary application, options for fee waivers, and prerequisite courses.



### START BUILDING RELATIONSHIPS

Many, if not most, of your professors will have office hours and are open to students dropping in. Use this time to get extra help on material for class and to begin building relationships for future letters of recommendation. ARCOM requires a letter of recommendation from two science faculty or a pre-health committee.



### CONTINUE BUILDING RELATIONSHIPS

It is important to build and maintain professional relationships with science faculty. Look for leadership opportunities to help grow your professional network.



### LOCATE CAMPUS RESOURCES

Take advantage of the different resources offered by your college. These can include but are not limited to free tutoring, academic coaching, interview preparation, writing centers, library services, counseling centers, and health clinics.



### GAIN CLINICAL EXPERIENCE

Gain clinical experience through volunteering or employment (CNA, EMT, Scribe, etc.). Be sure to document your hours and experiences.



### BE MINDFUL OF YOUR ACTIONS

Freshman year is exciting and fun but don't let this negatively impact your GPA. Repairing your GPA can be an uphill battle that can delay your graduation, have financial repercussions, and create an academic record that will follow you forever. Same goes for criminal records.



### SHADOW AN OSTEOPATHIC PHYSICIAN

DoctorsThatDO.org is a great resource in locating a DO to shadow. A letter of recommendation from a DO is required when applying to ARCOM.



# ARKANSAS COLLEGE OF OSTEOPATHIC MEDICINE

## Junior Checklist

## ARCOM Admissions



### PREREQUISITES

Ensure you are on track to complete prerequisites for ARCOM. These do not need to be completed before you apply, only before you enroll at ARCOM. However, having these courses completed will better prepare you to take the MCAT.



Kelly Dewitt

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### SCHEDULING YOUR MCAT

Testing dates should be considered when planning for the MCAT, as it is not offered Oct-Dec. Most applicants choose to take it the summer between junior and senior year. You **DO NOT** need to have the MCAT completed to submit your application and can update it when your score is available. It is recommended to apply early.



Dusan Stojanovic

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### PREPARING FOR THE MCAT

It is important to determine how you best study, the time you have to devote to it, and to develop a planned schedule. The recommended study time is between 300 and 350 hours over the course of 3 months.



Janie Price

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### PRE-HEALTH COMMITTEE LETTER

Determine when your school's Pre-Health Committee will begin interviews for letters of recommendation. If your school does not have a Pre-Health Committee, ARCOM will accept a letter of recommendation from two separate science faculty members. Request letters early, since they can take a while to write.



Lindsey Hargrave

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### ROLLING ADMISSIONS

ARCOM starts admitting students immediately after interviews begin in August. The longer you wait to apply the higher your chance of being wait-listed. If you are unable to obtain a Pre-Health Committee letter early in the application cycle, it is in your best interest to use two science faculty in its place.



### AACOMAS

AACOMAS is a centralized application service used to apply to ARCOM and other DO schools nationwide. Familiarize yourself with their application process, timelines, fees, and website.

