

ARCOM

ARKANSAS COLLEGE OF OSTEOPATHIC MEDICINE

Undergraduate Road to Success

FRESHMAN

1 MEET WITH YOUR ADVISOR

Meet with your school's health professions advisor to discuss your degree plan. The committee will want to see a student has successfully completed multiple semesters with at least 3 science courses to prepare for the realistic rigors of medical school. Remember to reach out for help on study tips, scheduling/time management, and developing a growth mindset.

2

GET INVOLVED

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

3

BEGIN SCHOOL SEARCH

Begin looking at medical schools. Think about:
What is the difference between osteopathic and allopathic medicine?
What is the mission of the school?
What are the admissions requirements?

4

BUILD RELATIONSHIPS

Your professors will have office hours. 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.

5

FIND 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.

6

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. The same warnings go for your criminal record, as well.

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SOPHOMORE

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.

1

2

CONTINUE SCHOOL SEARCH

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.

CONTINUE TO BUILD RELATIONSHIPS

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

3

4

GAIN CLINICAL EXPERIENCE

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

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.

5

6

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 \$55 for each additional program. If a program wants to move your application forward they may also have a secondary application fee. The MCAT is \$330 plus the cost of study materials. In addition to that, think of the cost of travel if you are invited to interview on campus.

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JUNIOR

PREREQUISITES & IMMUNIZATION

Ensure you are on track to complete prerequisites. 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.

In addition, start gathering your immunization records and see our [Immunization Requirements](#).

1

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!

2

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.

Do not take the exam unless you are ready!

3

ROLLING ADMISSIONS

ARCOM starts admitting students immediately after interviews begin in July. The longer you wait to apply the higher your chance of being wait-listed.

4

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

5

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 natural science faculty members. Request letters early, since they can take a while to write.

6

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Your ARCOM Admissions Team



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