

Xavier University of Louisiana

Biomedical Honor Corps/Freshman Premed

Introduction Meeting

I. General Timeline for XU Students Applying to Medical, Dental, etc. School

Freshman Year

- ✓ Keep grades up
- ✓ Attend/Complete all eighteen (18) weekly Freshman Premed Workshops
- ✓ Check email daily for messages and reminders from the Premed Office
- ✓ Visit with medical, dental, etc. school recruiters
- ✓ Research/Apply to summer enrichment or research program*

Sophomore Year

- ✓ Keep grades up
- ✓ Attend/Complete two (2) Sophomore Premed Workshops
- ✓ Consider applying to early acceptance programs
- ✓ Check email daily for important messages and reminders from the Premed Office
- ✓ Visit with medical, dental, etc. school recruiters
- ✓ Research/Apply to summer enrichment or research program

Junior Year

- ✓ Keep grades up
- ✓ Attend three (3) one-one-one meetings with Premedical Advisers in preparation for application to medical, dental, etc. school
- ✓ Enroll in discounted, on-campus Medical College Admission Test (MCAT) test preparation course in January of junior year
- ✓ Take the MCAT or similar test in April or May of junior year
- ✓ Visit with medical, dental, etc. school recruiters
- ✓ Research/Apply to summer enrichment or research program
- ✓ Finalize medical, dental, etc. school application components

Summer after Junior Year

- ✓ Check email daily for medical, dental, etc. school application advising
- ✓ Start working on medical, dental, etc. school applications to submit in July

Senior Year

- ✓ Keep grades up
- ✓ Complete medical, dental, etc. school secondary or supplemental applications
- ✓ Prepare for medical, dental, etc. school interviews
- ✓ Prepare for graduation!!!

*XU's Premedical Office encourages students interested in medicine, dentistry, etc. to attend **at least one** summer enrichment or research program before APPLYING to health professions school; additionally, clinically-related paid or volunteer work is also encouraged (as time permits) in an effort to express a sincere and demonstrated interest in medicine, dentistry, etc.

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II. General Overview of Medical* Education

First Year

- ✓ Basic Sciences

Second Year

- ✓ Basic Sciences
- ✓ United States Medical Licensure Examination (USMLE) Step 1

Third Year

- ✓ Clinical Rotations
- ✓ United States Medical Licensure Examination (USMLE) Step 2-Clinical Knowledge and Step 2-Clinical Skills

Fourth Year

- ✓ Clinical Rotations
- ✓ Electives
- ✓ Residency Program Application/MATCH via the National Resident Matching Program
- ✓ Prepare for graduation!!!

Residency Training

- ✓ Paid training in specific medical specialty
- ✓ 3-7 years, depending on specialty
- ✓ United States Medical Licensure Examination (USMLE) Step 3- Usually during 1st or 2nd year of residency

Post-Residency Options

- ✓ Private Practice
- ✓ Hospital
- ✓ Fellowship programs to train in more specialized fields of medicine
- ✓ Research
- ✓ Board Certification

*Students who pursue dental, podiatric, etc. education follow similar schedules.

III. XU Alumni Panel Discussion. Confirmed guests include:

Dr. Tara Benjamin, Harvard University Medical School c/o 2007, OB/GYN
Dr. Tasha Benjamin, Meharry Medical College c/o 2009, General Dentistry
Dr. Ariane Stevens Carrier, Tulane U Medical School c/o 2005, Emergency Medicine
Ms. Wonestta Collins, LSU New Orleans Medical School c/o 2012
Mr. Byron Jasper, Tulane University Medical School c/o 2010
Ms. Joyce Muruthi, LSU New Orleans Medical School c/o 2013
Mr. Byron Young, Tulane University Medical School c/o 2010

**NEXT Freshman Premed Meeting: Tuesday,
8/25/09, 4:15pm OR 5:15pm (attend at either**

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