

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 seventeen (17) weekly Freshman Premed Workshops
- ✓ Attend one-on-one assessment meeting with Premedical Advisers in Spring
- ✓ Check email daily for messages and reminders from the Premed Office
- ✓ Visit with medical, dental, etc. school recruiters
- ✓ Cultivate verbal reasoning skills for MCAT, DAT, etc.
- ✓ Research/Apply to summer enrichment or research program*

Sophomore Year

- ✓ Keep grades up
- ✓ Attend/Complete two (2) Sophomore Premed Workshops in Fall
- ✓ Attend one-on-one assessment meeting with Premedical Advisers in Spring
- ✓ 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
- ✓ Cultivate verbal reasoning skills for MCAT, DAT, etc.
- ✓ 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
- ✓ If applying to dental or optometry school, prepare for DAT or OAT by using course materials and study guide beginning 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
- ✓ Study to retake MCAT, DAT, etc. if necessary
- ✓ Attend summer enrichment or research program*

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 PRIOR TO APPLICATION (as time permits) in an effort to express a sincere and demonstrated interest in medicine, dentistry, etc.

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