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| January-April |
| * Take your final MCAT * Request and Obtain your letters of recommendation * Brainstorm, outline, and write your personal statement * Brainstorm outline and write your MD-PhD essay (if you plan to apply to MD-PhD programs) |
| May |
| * Submit your applications ASAP (no rocky)   + AAMCOMAS (for DO)   + AAMCAS (for MD)   + TMDSAS (for Texas MD) * Finalize your school list * Begin to pre-write your secondary applications * Remind recommendation letter writers to send in their work * Order official transcripts from every college/university attended * Register for CASPer Test |
| June |
| * Again, submit your applications if you have not already (without sacrificing quality) * Make sure official transcripts and recommendation letters have been sent and received * Continue prewriting secondary applications |
| July-August |
| * Submit secondary applications (as soon as possible after receiving them, without sacrificing quality of course) * Prepare for Interviews * Send letters of [interest](https://www.shemmassianconsulting.com/blog/how-to-write-medical-school-letter-of-intent-or-letter-of-interest), with updates, prior to receiving interviews, if appropriate (i.e., if you have significant updates to share and at least a month has passed since submitting your secondary) |
| September-April |
| * Review admission and financial aid offers * Negotiate financial aid offers * Select a program to attend * Ball out |

APPLICATION YEAR (as early as your Junior year of undergrad)

This is the year before you plan to matriculate into medical school. (If I plan to attend medical school in 2024, then 2023 is my application year)