

Mentor Monthly Meeting (Freshman)

Always ask if they have questions/concerns

Fall Semester

August:

- Meet and greet.
- Get to know each other.
- (Why do you want to go to medical school?)
 - Specialties interested in?
- Ask about courses this semester.
- Volunteering.
- Clinical Experience.
- Research experience.
 - Present information/resources about these aspects of the application.
- Monthly Goals
- Semester Goals (GPA, Volunteering, experience, letters of rec, etc.)

September:

- Discuss how classes are going.
 - Tutoring
 - Tips for studying/remembering material.
- Upcoming events/opportunities.
- Plan for Volunteering.
- Plan for Clinical Experience.
- Plan for Research experience.
- Monthly Goals

October:

- Discuss how classes are going.
 - Tutoring
 - Tips for studying/remembering material.
- Upcoming events/opportunities.
- How has Volunteering come along?
- How has clinical experience come along?
- How has Research Experience come along?
 - Discuss ways to increase involvement if lacking.
- Monthly Goals

November:

- How are classes going?
 - Preparing for finals.
- Upcoming events/opportunities.
- Monthly Goals

December:

- Reflect on the semester.
- Consolidate letters of rec, volunteer hours, clinical experience, research.
- Discuss courses for next semester.
- Opportunities over winter break?

Spring Semester**January:**

- Catch up/discuss winter break.
- Classes this semester.
 - Study plan, tutoring, go over medical school required courses.
- Plan for volunteering hours, clinical experience, research.
- Upcoming events/opportunities.
- Establish goals for the semester.
- Establish goals for the month.

February:

- Discuss how classes are going.
 - Are they difficult? (different study tips)
- Are you on track to get the hours you expected? (volunteer, clinical, research)
 - If not, discuss different opportunities.
- Upcoming events/opportunities.
- Monthly goals

March:

- Discuss how classes are going.
 - Are they difficult? (different study tips)
- Are you on track to get the hours you expected? (volunteer, clinical, research)
 - If not, discuss different opportunities.
- Upcoming events/opportunities.
- Monthly goals

April:

- Discuss how classes are going.
 - Are they difficult? (different study tips)
- Are you on track to get the hours you expected? (volunteer, clinical, research)
 - If not, discuss different opportunities.
- Upcoming events/opportunities.
- Monthly goals

May:

- Reflect on the semester.
- Consolidate letters of rec, volunteer hours, clinical experience, research.
- Discuss courses for next semester.
 - Summer courses?
- Opportunities over summer break? (Internships, research, etc.)

Mentor Monthly Meeting (Sophomore)

Always ask if they have questions/concerns

Fall Semester

August:

- Meet and greet.
- Get to know each other/touch base with mentees from last year.
- Ask about courses this semester.
- Volunteering plan.
- Clinical Experience plan.
- Research experience plan.
 - Present information/resources about these aspects of the application.
- Monthly Goals (volunteer, get an A on an upcoming test, sign up for an internship, etc.)
- Semester Goals

September:

- Discuss how classes are going.
 - Tutoring
 - Tips for studying/remembering material.
- Upcoming events/opportunities.
- Volunteering.
- Clinical Experience.
- Research experience.
- Monthly Goals

October:

- Discuss classes.
- Upcoming Events/opportunities.
- Volunteering.
- Clinical Experience.
- Research experience
- Monthly Goals

November:

- Discuss classes.
 - Preparing for finals.
- Monthly Goals

December:

- Reflect on the semester.
- Consolidate letters of rec, volunteer hours, clinical experience, research.
- Discuss Courses for next semester.
- Opportunities over winter break?

Spring Semester

January:

- Catch up/discuss winter break.
- Classes this semester.
 - Study plan, tutoring, go over medical school required courses.
- Plan for volunteering hours, clinical experience, research.
- Upcoming events/opportunities.
- Establish goals for the semester.
- Establish goals for the month.

February:

- Discuss how classes are going.
 - Are they difficult? (different study tips)
- Are you on track to get the hours you expected? (volunteer, clinical, research)
 - If not, discuss different opportunities.
- Upcoming events/opportunities.
- Monthly goals

March:

- Discuss how classes are going.
 - Are they difficult? (different study tips)
- Are you on track to get the hours you expected? (volunteer, clinical, research)
 - If not, discuss different opportunities.
- Upcoming events/opportunities.
- Monthly goals

April:

- Discuss how classes are going.
 - Preparing for finals?
- Are you on track to get the hours you expected? (volunteer, clinical, research)
- Upcoming events/opportunities.
- Monthly goals

May:

- Reflect on the semester.
- Consolidate letters of rec, volunteer hours, clinical experience, research.
- Discuss courses for next semester.
 - Summer courses?
- Opportunities over summer break? (Internships, research, etc.)

Mentor Monthly Meeting (Juniors/Seniors)

Always ask if they have questions/concerns

August:

- Meet and greet.
- Get to know each other/touch base with mentees from last year.
- Ask about courses this semester.
- Volunteering plan.
- Clinical Experience plan.
- Research experience plan.
 - Present information/resources about these aspects of the application.
- Monthly Goals.
- Semester Goals.
- When will you be taking the MCAT?
 - How do you plan to study?

September:

- Discuss how classes are going.
 - Tutoring
 - Tips for studying/remembering material.
- Upcoming events/opportunities.
- Volunteering.
- Clinical Experience.
- Research experience.
- Monthly Goals.
- Started Studying for the MCAT?

October:

- Discuss classes.
- Upcoming Events/opportunities.
- Volunteering.
- Clinical Experience.
- Research experience
- Monthly Goals
- Studying for the MCAT.

November:

- Discuss classes
 - Preparing for finals.
- Monthly Goals
- Studying for the MCAT

December:

- Reflect on the semester.
- Consolidate letters of rec, volunteer hours, clinical experience, research.
- Discuss Courses for next semester.

- **Continue studying for the MCAT.**
 - Prepared?
 - Scheduled the test?
- **Discuss other required tests (AAMC Pre-View Exam/CASPER)**
- Opportunities over winter break?

Spring Semester

January:

- Catch up/discuss winter break.
- Courses this semester
 - Study plan, tutoring, go over medical school required courses.
- Volunteering, clinical experience, research plan
- Study plan for the MCAT this semester.
 - Scheduled a date?
- Establish goals for the month.
- Establish goals for the semester.
- Being brainstorming for Personal Statement.

February:

- Discuss courses.
- Volunteering, clinical experience, research.
- MCAT studying?
 - Scheduled a date?
- Monthly goals.
- Personal statement rough draft.
 - Begin making corrections/editing.
 - Submit to a pre-health advisor/writing center for help.

March:

- Discuss courses.
- Volunteering, clinical experience, research.
- MCAT studying?
 - Scheduled a date?
- Monthly goals.
- Personal statement.
 - Making corrections/editing.
 - Submit to a pre-health advisor/writing center for help.

April:

- Discuss courses.
- Volunteering, clinical experience, research.
- MCAT studying?
 - Scheduled a date?
- Monthly goals.
- Personal statement Final Draft.
 - Last edits?

- Begin asking for letters of recommendation.
- Prepare for when the application opens in may.

May:

- Reflect on the semester.
- Consolidate letters of rec, volunteer hours, clinical experience, research.
- Application questions?
 - Have an AAMC account?