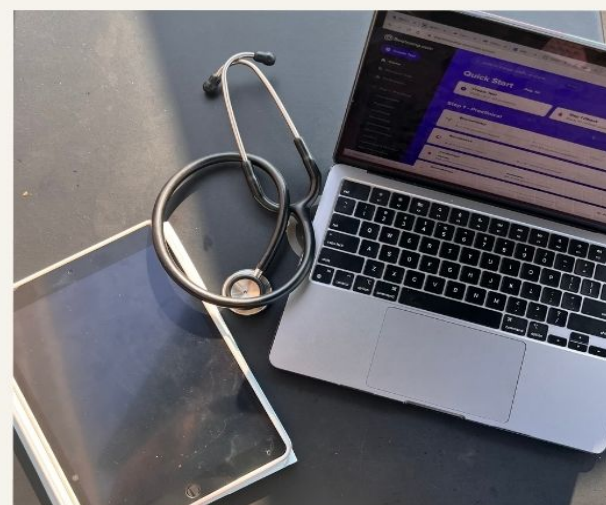


Let's Get Started

CREATING THE PATH TO MEDICAL SCHOOL ACCEPTANCE

IN THIS WORKBOOK, WE'LL GO OVER THE BASICS
OF BUILDING YOUR APPLICATION, AND THEN
DIVE INTO SPECIFICS FOR STANDING OUT
AMONGST OTHERS.





HEY, I'M KRISTEN

If you follow me on instagram, then you know me as yourfitdoc. I am a 2nd year medical student at the University of North Carolina at Chapel Hill and am about to start my rotations soon!

A Little bit about Me

I was a Division I Track & Field athlete and personal trainer before I decided that I wanted to become a physician. I took the MCAT twice (*and increased my score by 7 points... we'll talk about that later*) and took **3** gap years where I worked as a hospital pharmacy technician and medical scribe. How did I end up at one of the top medical schools in the country? How did I make myself stand out?

Stick around to find out!

LET'S DO IT!

Yourfitdoc xoxo



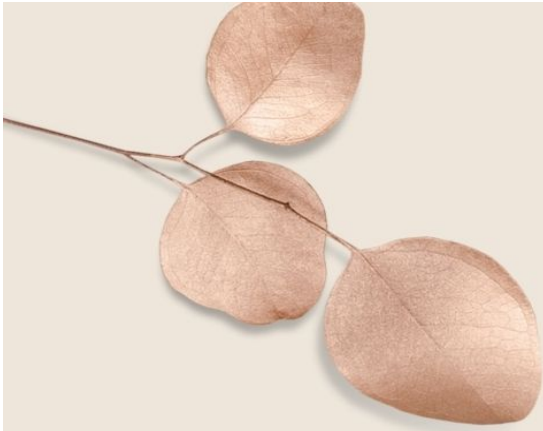


TABLE OF CONTENTS

1. INTRO
2. WHY MEDICINE?
3. MEDICAL SCHOOL TIMELINE
4. MONTHLY GOALS
5. CLINICAL EXPERIENCES
6. CHECKLIST
7. MCAT RESOURCES
8. BIOCHEMICAL PATHWAYS
9. PHYSICS EQUATIONS

IN THIS E-BOOK, WE'LL COVER THE TIMELINE OF APPLYING TO MEDICAL SCHOOL ALONG WITH GIVING YOU TOOLS ON BUILDING A STELLAR APPLICATION.





EVERY MOMENT IS
AN OPPORTUNITY
TO CHANGE YOUR
PERSPECTIVE.

01

WHY MEDICINE?

if you've downloaded this workbook, its safe to assume that you're interested in medicine. But why? What experiences have molded your reasoning behind becoming a doctor? **"To help people"** is a common BORING reason. But lets get into the nitty gritty. How have you helped people or created a positive impact or how has someone helped you? Lets brainstorm some reasons why you want to become a physician.

LET'S DO IT!



YOUR NOTES: *Write down experiences/ thoughts/ feelings that have compelled you to apply to medical school.*



**WHAT IS FOR
YOU WILL NOT
PASS YOU.**

The most important thing that you need in this process is **persistence.**

trust the process



COME UP WITH A TIMELINE

When are you planning to apply to medical school?

When are you planning to take the MCAT?

Are you aware that there are different timelines for DO and MD applications?

Are you aware that the MCAT is not offered year round?

You need to prepare accordingly.

02

#1 RULE WHEN APPLYING TO MEDICAL SCHOOL

APPLY EARLY!

If you fail to plan, you plan to fail.

Applying early to medical school is the first step in maximizing your chances of getting accepted.

Think of applying to medical school as a highway. When you're on the highway early in the morning, there is less traffic and it's easier to get to your destination. The last thing that you want is to get caught in traffic when everyone is trying to get to the same place.

Go to the next page
for your personalized timeline

LET'S DO IT!



TIMELINE FOR NON-TRADITIONAL MEDICAL STUDENTS

MAY
2023

START DEDICATED
MCAT STUDY.

~ Ideally, if you're working part/full-time, you should spend 6-8 months of studying before taking the MCAT ~

JANUARY
2024

TAKE THE MCAT

~ Make sure that you have some form of clinical experiences. Remember that some jobs require certifications that can take 6+ months to receive ~

MARCH
2024

Reach out to advisors & professors for letters of recommendations

~ You should have received your MCAT score back. Do you need to retake it? ~

APRIL
2024

ASSESS.

~ This is the time to restart MCAT studying if needed. (You should be feeling refreshed) Plan to retake it by July. This will give you 4 months to master what you didn't the first time. ~

MAY
2024

The primary application opens this month. Start inputting basic information, transcripts, activities, etc.

~ The application opens but cannot be submitted to any schools until June ~

JUNE
2024

AAMC can start verifying applications.

~ Aim to apply by early July. It takes 6-8 weeks for applications to be verified ~

AUGUST
2024

Secondary applications should be rolling in after application verification & should be completed within 2 weeks of receiving a secondary invite

TIPS THAT YOU SHOULD KNOW

- THE MCAT IS OFFERED JANUARY - SEPTEMBER. IT IS NOT OFFERED FROM OCTOBER - DECEMBER.
- THE PRIMARY APPLICATION FOR AAMC IS OPEN FROM MAY 2ND - DECEMBER
- THE PRIMARY APPLICATION FOR AACOMAS IS OPEN FROM MAY 4TH UP UNTIL APRIL OF THE FOLLOWING YEAR

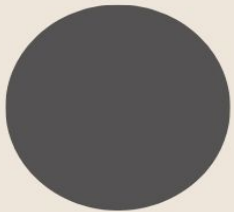
By the end of August/early September, your application should be verified, MCAT score and LOR's would have been received and secondary applications should be complete and *interviews should be awaiting you...*

Create your own timeline on the next page



WRITE DOWN YOUR MONTHLY GOALS

If you fail to plan, you plan to fail.





CLINICAL EXPERIENCES

There are plenty of clinical experiences to choose from when obtaining exposure to the medical field.

- Medical Assistant
- Nursing Assistant
- Phlebotomist
- Emergency Medical Technician
- Clinical Research Assistant
- Home Health Aide
- Shadowing

NON-CLINICAL EXPERIENCES

- Pharmacy Technician
- Non-Clinical Research Assistant
- Non-Profit Organization Leader
- Teaching Assistant/Mentorship
- Volunteer
- Lab Assistant/Technician
- Medical Scribe

TIPS THAT YOU SHOULD KNOW

- To become an EMT, courses often take a full semester (6 months) to become certified & the National Registry of EMT exam must be passed to be certified.
- You don't have to be certified to work as a medical assistant. Some jobs will certify you on the job. Certifications can take 6 months at the least
- Medical scribing is technically not considered clinical experience because you are not allowed to touch or talk to the patient. Some jobs may offer medical assistant & scribing combined and in this case, it is clinical experience



CHECKLIST: Print this page to hold yourself accountable week by week

Month: Week:

Tasks	Su	Mo	Tu	We	Th	Fr	Sa
	✓						

About the MCAT

Biological & Biochem Foundations of Living Systems	95 minutes	59 questions
Chemical & Physical Foundations of Biological Systems	95 minutes	59 questions
Critical Analysis & Reasoning Skills	90 minutes	53 questions
Psychological, Social, & Biological Foundations of Behavior	95 minutes	59 questions

FREE Resources



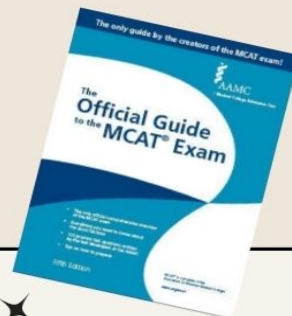
- AAMC MCAT Official Prep Practice Exam
- AAMC MCAT Official Prep Free Sample Test
- The Princeton Review Free Practice Test
- Kaplan Free MCAT Test & Starter Pack
- UWorld 100 MCAT Practice Questions

Check out the biochem pathways that I created on the next page

CHEAP Resources



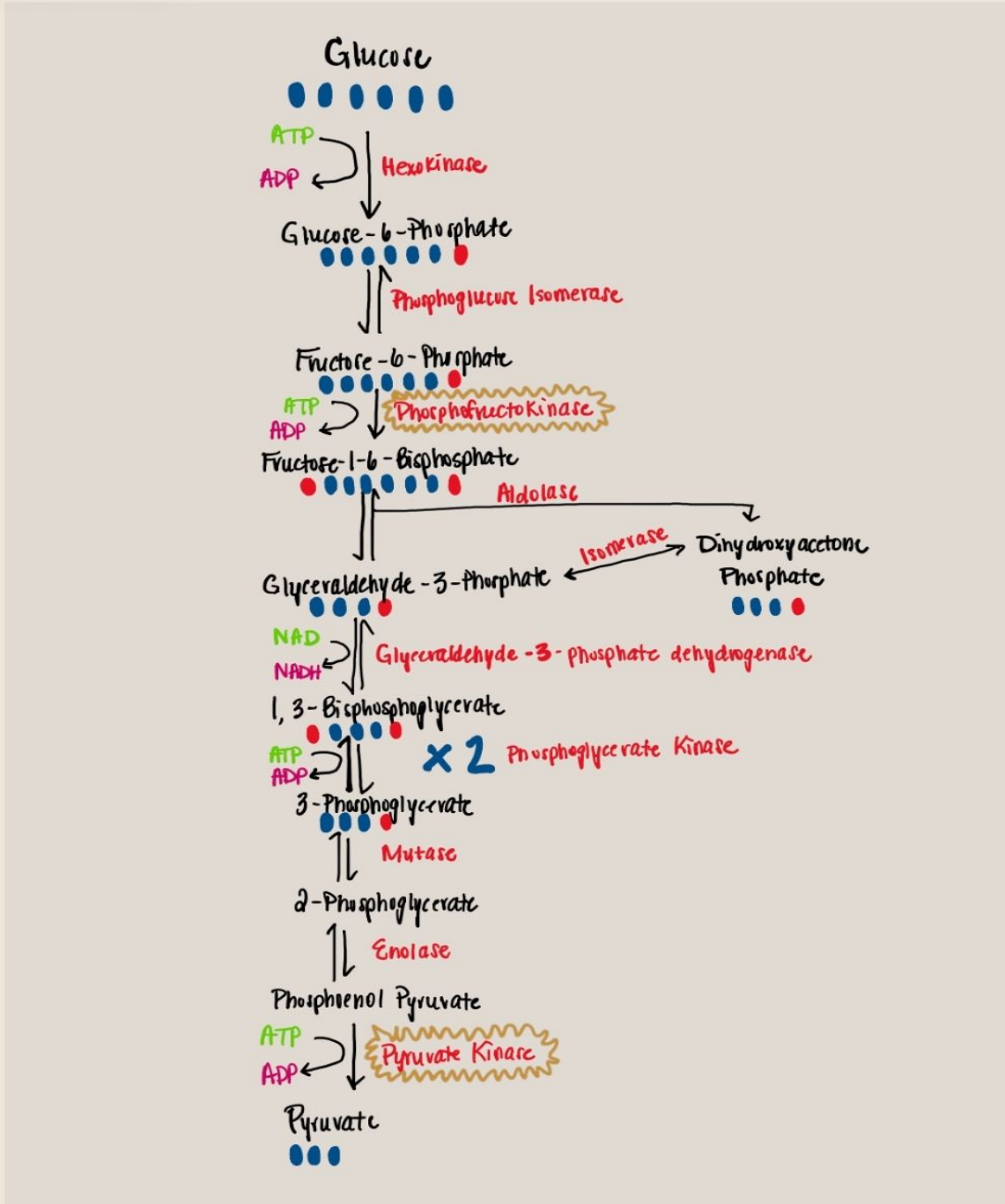
- The Official Guide to the MCAT
- Kaplan Seven Subject Review



BIOCHEMICAL PATHWAYS

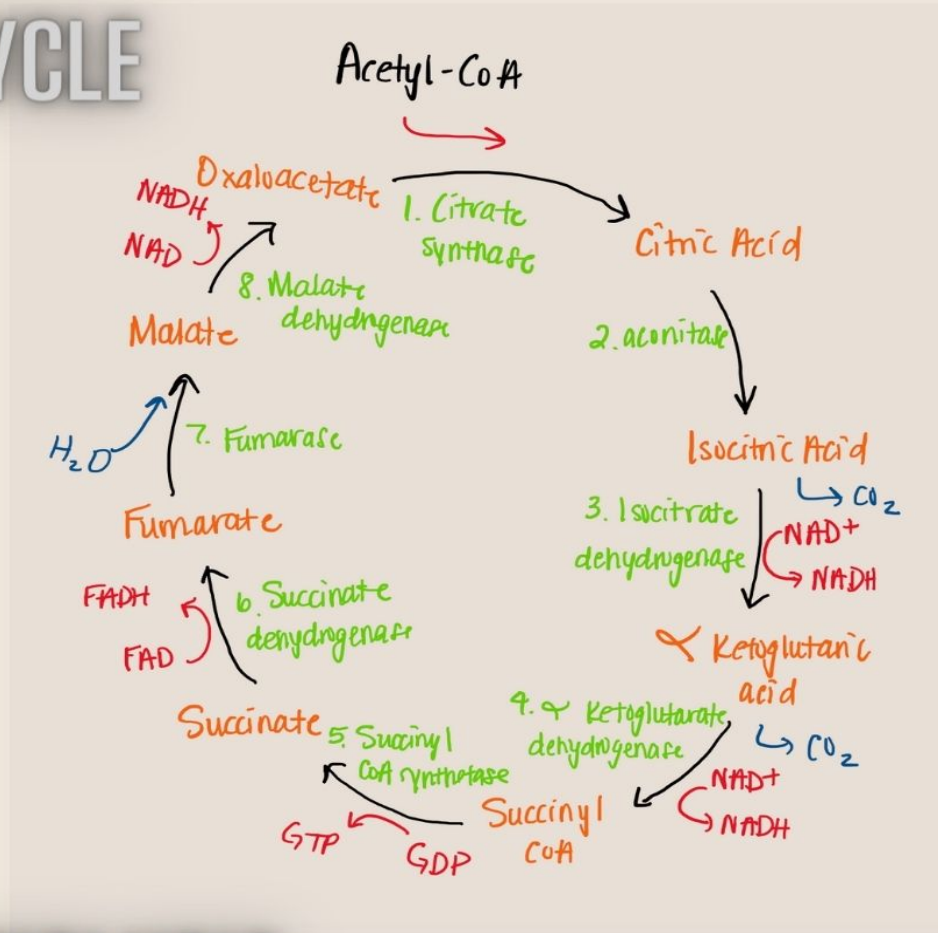
These are the high yield pathways
that you should know for the MCAT

GLYCOLYSIS

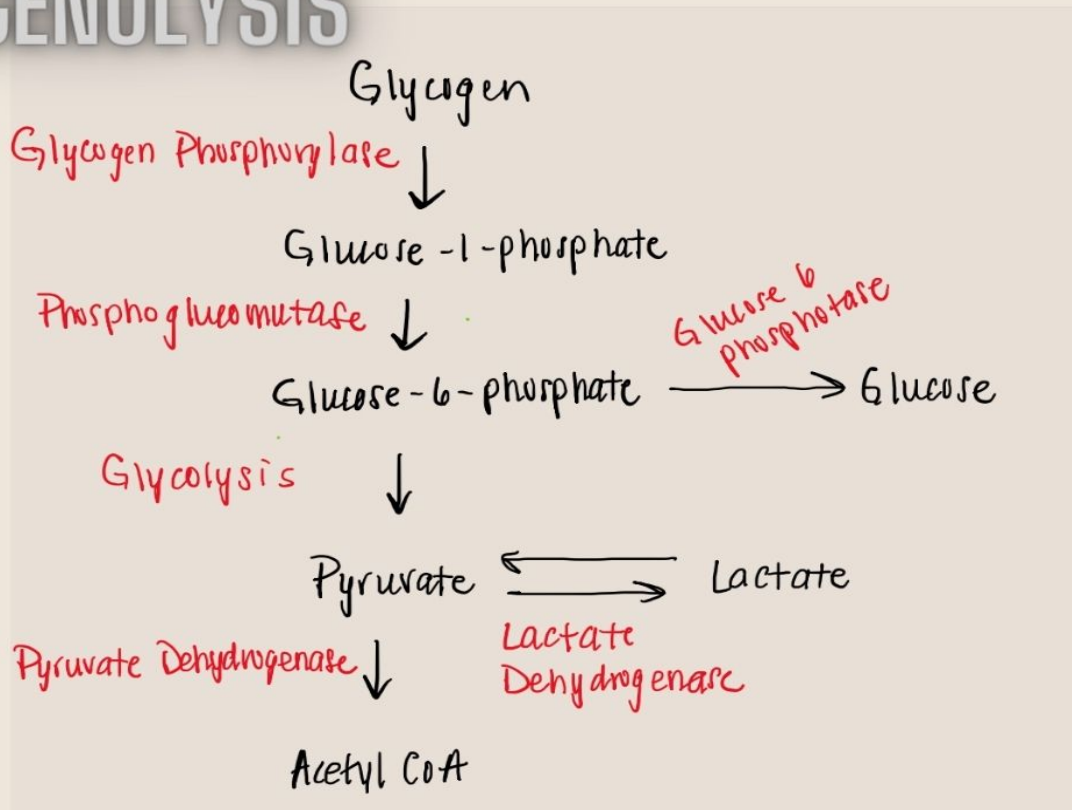


BIOCHEMICAL PATHWAYS

KREBS CYCLE

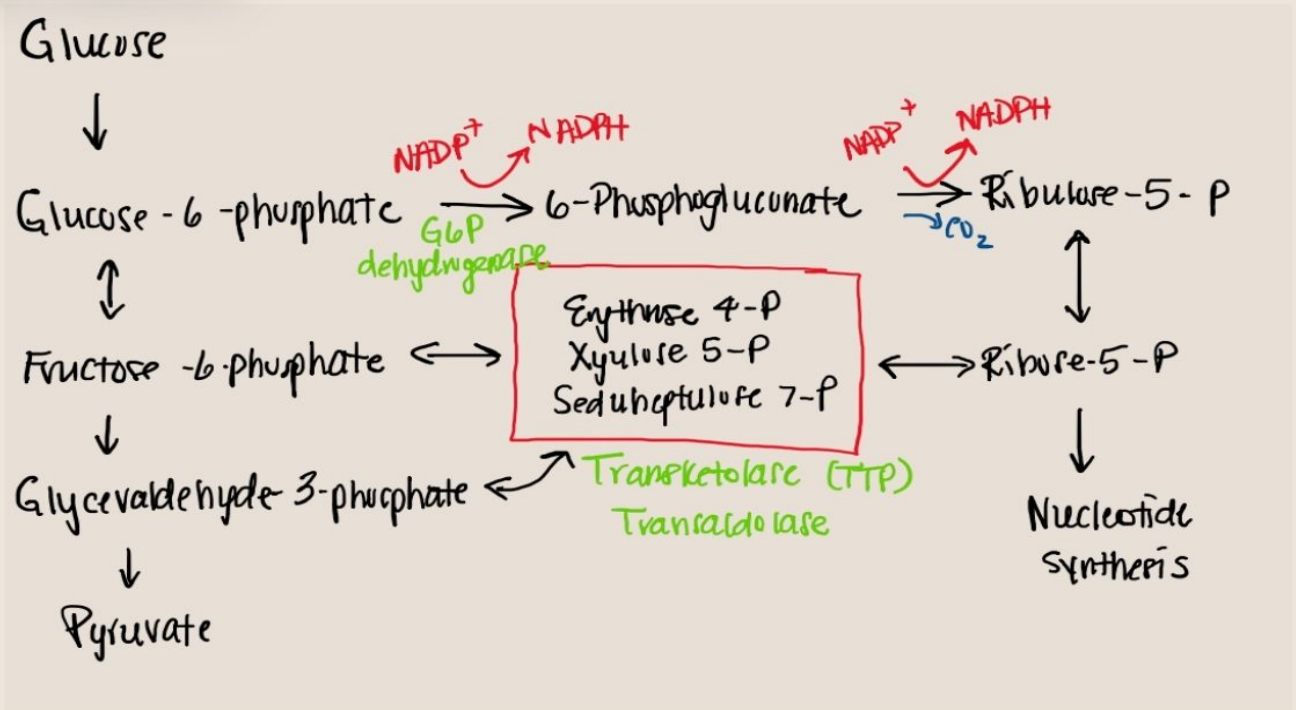


GLYCOGENOLYSIS



BIOCHEMICAL PATHWAYS

PENTOSE PHOSPHATE



Check out the next page where I share important physics equations to know!



PHYSICS 1 EQUATIONS

Constants & Unit Conversions=

$$1 \text{ mile} = 5280 \text{ ft}$$

$$2\pi \text{ radians} = 360^\circ$$

$$G = 6.67 \times 10^{-11} \frac{\text{N} \cdot \text{m}^2}{\text{kg}^2}$$

$$R_E = 6.38 \times 10^6 \text{ m} \quad g = 9.8 \text{ m/s}^2$$

Constants:

$$e = 1.6 \times 10^{-19} \text{ C}$$

$$1 \text{ eV} = 1.6 \times 10^{-19} \text{ J}$$

$$\epsilon_0 = 8.85 \times 10^{-12} \frac{\text{C}^2}{\text{Nm}^2}$$

$$k = \frac{1}{4\pi\epsilon_0} = 9 \times 10^9 \frac{\text{Nm}^2}{\text{C}^2}$$

$$\mu_0 = 4\pi \times 10^{-7} \frac{\text{Tm}}{\text{A}}$$

$$c = 3 \times 10^8 \text{ m/s}$$

$$m_e = 9.11 \times 10^{-31} \text{ Kg}$$

$$m_p = 1.67 \times 10^{-27} \text{ Kg}$$

$$N_A = 6.02 \times 10^{23} / \text{mole}$$

$$h = 6.63 \times 10^{-34} \text{ J} \cdot \text{s}$$

$$h = 4.14 \times 10^{-15} \text{ eV} \cdot \text{s}$$

$$g = 9.8 \text{ m/s}^2$$

Prefix for Power of ten in Metric units

Abbreviation	Power
p (pico)	10^{-12}
n (nano)	10^{-9}
μ (micro)	10^{-6}
m (milli)	10^{-3}
k (kilo)	10^3
M (mega)	10^6
G (giga)	10^9

Kinematic Equations for constant acceleration:

$$v = v_0 + at$$

$$\Delta x = v_0 t + \frac{1}{2} at^2; \quad \Delta x = x_f - x_0$$

$$v^2 = v_0^2 + 2a\Delta x$$

(for free fall or vertical motion, change x to y and substitute the appropriate value for "a")

Kinematic Equations for rotational motion with constant acceleration:

$$\omega = \omega_0 + \alpha t$$

$$\Delta \theta = \omega_0 t + \frac{1}{2} \alpha t^2; \quad \Delta \theta = \theta_f - \theta_0$$

$$\omega^2 = \omega_0^2 + 2\alpha\Delta\theta$$

Forces, Work, Energy and Power:

$$\Sigma \vec{F} = m\vec{a}$$

$$f_k = \mu_k F_N, \quad f_s \leq \mu_s F_N$$

$$F_G = \frac{Gm_1 m_2}{r^2}; \quad F_g = mg$$

$$W = Fd \cos \theta; \quad d = |\Delta x|$$

$$KE = \frac{1}{2} m v^2; \quad PE_g = mg\Delta y;$$

$$W_{net} = \Delta KE$$

$$\text{Conservation of energy: } KE_f + PE_f = KE_0 + PE_0$$

$$W_{nc} = \Delta E = \Delta KE + \Delta PE \\ = (KE_f + PE_f) - (KE_0 + PE_0)$$

$$P = \frac{W}{t} = \frac{\Delta E}{t} = F_{ave} v$$

Spring Force, Energy and Simple Harmonic Motion:

$$|F_{spring}| = k|\Delta x|; \quad \Delta x = \text{distance from equilibrium}$$

$$PE_{spring} = \frac{1}{2} k(\Delta x)^2$$

$$x = A \cos(\omega t);$$

$$v = -\omega A \sin(\omega t);$$

$$a = -\omega^2 A \cos(\omega t);$$

$$f = \frac{1}{T}, \quad \omega = 2\pi f = \frac{2\pi}{T}, \quad \omega = \sqrt{\frac{k}{m}}$$

PHYSICS 2 EQUATIONS

$$q = \pm N(e), \quad |\vec{F}| = K_e \frac{|q_1 q_2|}{r^2}, \quad k_e = \frac{1}{4\pi\epsilon_0}$$

$$\vec{E} = \frac{\vec{F}}{q_0}, \quad |\vec{E}| = \frac{k|q|}{r^2}, \quad \Delta V = \frac{\Delta(PE)}{q} = \frac{-W_{F_e}}{q},$$

$$|\vec{E}| = \frac{\Delta V}{\Delta x}$$

$$PE = \frac{kq_1 q_2}{r}, \quad V = \frac{kq}{r},$$

$$\Phi_E = (E \cos \theta)A = E_{\perp} A = \frac{Q_{\text{enclosed}}}{\epsilon_0}$$

$$F_B = qvB \sin \theta, \quad F_B = ILB \sin \theta$$

$$\mu = NIA, \quad \tau = \mu B \sin(\theta) = NIAB \sin(\theta)$$

Circle: $F_{\text{net}} = \frac{mv^2}{r}$

$$B_{\text{wire}} = \frac{\mu_0 I}{2\pi r}, \quad B_{\text{loop}} = N \frac{\mu_0 I}{2R}$$

$$B_{\text{solenoid}} = \mu_0 n I, \quad n = \frac{N}{L}$$

$$F = \frac{\mu_0 I_1 I_2 L}{2\pi d}$$

$$\Phi_B = (B \cos \theta)A = B_{\perp} A$$

$$|\mathcal{E}| = \left| N \frac{\Delta \Phi_B}{\Delta t} \right|, \quad |\mathcal{E}| = vBL$$

Generators: $\mathcal{E} = NBA\omega \sin(\theta) = NBA\omega \sin(\omega t)$

$$n_1 \sin(\theta_1) = n_2 \sin(\theta_2), \quad n = \frac{c}{v} = \frac{\lambda_0}{\lambda}, \quad \sin \theta_c = \frac{n_2}{n_1}$$

$$\frac{n_1}{p} + \frac{n_2}{q} = \frac{n_2 - n_1}{R}, \quad M = \frac{h'}{h} = -\frac{n_1 q}{n_2 p}$$

Lens-maker's eq.: $\frac{1}{f} = (n_{\text{lens}} - n_{\text{med}}) \left(\frac{1}{R_1} - \frac{1}{R_2} \right)$

$$M = \frac{h'}{h} = -\frac{q}{p} \quad \text{and} \quad \frac{1}{p} + \frac{1}{q} = \frac{1}{f} = \frac{2}{R}$$

$$I_t = I_i \cos^2(\theta)$$

$$\tan(\theta_p) = \frac{n_2}{n_1}$$

$$c = \frac{1}{\sqrt{\epsilon_0 \mu_0}}, \quad c = \frac{E}{B}, \quad c = f\lambda, \quad E = hf$$

$$Q = C(\Delta V), \quad E = \frac{\sigma}{\epsilon_0}, \quad C_0 = \frac{\epsilon_0 A}{d}$$

$$C_d = \kappa \frac{\epsilon_0 A}{d} = \kappa C_0 \quad (\kappa = 1 \text{ for air/vacuum})$$

$$C = \frac{\kappa \epsilon_0 A}{d} \quad (\kappa = 1 \text{ for air})$$

$$\text{Energy} = \frac{1}{2} Q(\Delta V) = \frac{Q^2}{2C} = \frac{1}{2} C(\Delta V)^2$$

Parallel: $C_{\text{eq}} = C_1 + C_2 + C_3 + \dots$

Series: $\frac{1}{C_{\text{eq}}} = \frac{1}{C_1} + \frac{1}{C_2} + \frac{1}{C_3} + \dots$

$$I = \frac{\Delta Q}{\Delta t} = nq(v_d)A, \quad \Delta V = IR, \quad R = \rho \frac{L}{A}$$

$$\rho = \rho_0 [1 + \alpha(T - T_0)], \quad R = R_0 [1 + \alpha(T - T_0)]$$

$$P = I(\Delta V), \quad P_R = I(\Delta V) = I^2 R = \frac{(\Delta V)^2}{R}$$

$$V_{\text{battery}} = \mathcal{E} - I(r), \quad I = \frac{\mathcal{E}}{R + r}$$

Series: $R_{\text{eq}} = R_1 + R_2 + R_3 + R_4 + \dots$

Parallel: $\frac{1}{R_{\text{eq}}} = \frac{1}{R_1} + \frac{1}{R_2} + \frac{1}{R_3} + \dots$



MCAT Resources

(This workbook isn't meant to be primarily focused on the MCAT)



Check out my website for a copy of an MCAT study plan

YOUR FIT DOC

Hey there!


I'M KRISTEN!

I created this page to guide pre- medical students on their path to medical school. I was a Division 1 Track & Field athlete and didn't recognize my passion for becoming a physician until the end of my undergraduate career. I took the MCAT twice and gathered clinical experiences after graduating with my degree in Exercise Science.

I am now a 2nd year medical student at one of the top Universities in the country on scholarship.

To learn about me, click the link below!

[ABOUT ME](#)



WWW.YOURFITDOC.COM



PUT IT ALL TOGETHER



BE EARLY IN LINE

When planning out when to apply to medical school, focus on applying early. If your MCAT timeline or clinical experiences won't be ready until October-ish of the year that you plan to apply, I would strongly consider waiting a year to cultivate meaningful experiences and study thoroughly for the MCAT to yield the highest score possible



BUILD RELATIONSHIP

As an undergraduate student, build relationships with your science professors because you will eventually need a letter of rec from them. For non-traditional students, reach out to your post-bac professors and professors from undergrad at least 3-4 months before applying to medical school (*just in case they want to meet with you to learn more about you*). Explain your story.



STORYTELLING

When creating your personal statement and filling in your activities section, remember to tell a story and don't be afraid to be vulnerable. Talk about an experience that has impacted you from a personal or professional perspective.



TRUST YOURSELF

Imposter syndrome is real but have confidence in yourself and persistence to pursue your dreams no matter what obstacles come your way!

TESTIMONIALS



PLEASE SEND ME AN EMAIL IF YOU
THOUGHT THIS WORKBOOK WAS
HELPFUL.



LET ME KNOW WHAT ELSE YOU'RE
LOOKING FOR FROM A PRE-MED MENTOR!



I HOPE YOU ENJOYED!



support@yourfitdoc.com



THANK YOU FOR READING!



KRISTEN WILLIAMS
MICRO-INFLUENCER
& MEDICAL STUDENT

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