

# I want to become a doctor – now what?

## High School

While in high school take as much math and science as you can.

Start to clarify your thinking about why you want to become a doctor.

Spend some time shadowing physicians

Volunteer in a medically orientated area

Work with those less fortunate than yourself

## Summer before you start at Washington State University

Sign up for summer orientation program – Summer Alive!

Take math placement at least two weeks prior to your orientation session so you can retake it if necessary.

## First year

Join the American Medical Student Association (AMSA) Minority Axxx Pxxx Sxxx (MAPS) , and/or Alpha Epsilon Delta AED, Pre-med club. Participate in their activities.

Meet with your pre-medical specialist at least once a semester to discuss your long term plans.

Meet with your academic advisor to choose classes and to discuss your intended degree.

Take general chemistry and other courses recommended by your academic advisor and the pre-medical specialist.

Continue to volunteer and work with those less fortunate than yourself.

Stay up to date on current events especially in relation to medicine, science, and technology. The [New York Times](#) is a great resource for in depth articles on these subjects.

Continue to refine your thinking about why you want to be a doctor.

## Summers and holiday breaks

Shadow physicians at home during holiday breaks and summers. Shadow both primary care and specialty care physicians. Make sure to spend enough time with at least one of them to develop a sufficient relationship that he/she can write a substantive letter of reference for you.

## Sophomore year

Investigate undergraduate research. Meet with mentors from the Office of Undergraduate Research. Learn how to find a research opportunity. Follow their guidance and start an undergraduate research project.