

ORGANIZE YOUR PREPARATORY ACTIVITIES  
FOR MEDICAL SCHOOL!  
HANDY HINTS AND GUIDELINES INCLUDED!

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DR ANTON SCHEEPERS

## How to make the most of this resource:

*Judging by the numerous questions on Internet pre-medical forums regarding requirements for admission to medical school, a "to the point" guideline/workbook has long been overdue!*



Long gone are the days where one could secure a place in medical school by simply applying, even with your excellent academic results, as the sole evidence offered to the admission officers or selection committee. Due to the highly competitive arena and the number of excellent students who want to study medicine, one needs to impress the committee with a lot more complimentary activities, studies and, if at all possible, research. In addition to showcasing your academic excellence, illustrate that you are a well-balanced individual with leadership characteristics.



Plan your complimentary activities well. Also, ensure that your planned extracurricular activities are in line with your vision and with the goals that you have set for your life.



Starting with your early high school age, log all relevant activities carefully. Include the relevant details, dates and — importantly — signatures and contact information for your various teachers, mentors and medical professionals.



Although there are no specific number of hours for each subcategory, we recommend that you aim for a total of not less than 200 hours. There is no maximum. However, attempt to maintain a fair spread between all the various types of extracurricular activities (courses, volunteering, shadowing, clubs, charity, trips, cultural, art, sport etc.)



Your story (what inspired you to choose medicine as a career) is more important than your number of hours. A smaller number of well-suited hours (caring for a terminally ill patient, for example) is better compared to a large number of irrelevant hours (e.g., being a documents courier at a hospital). Tell your story at the "Personal Statement" section.



Keeping a healthy balance in your life is more important than having thousands of hours that illustrate what you have done at the expense of your physical, mental health or spiritual well-being.



There might be some overlap in the various categories. If so, use the most appropriate category to fit your situation.



At the end of the day you want to impress the university / medical school admission officers / selection committee. With that in mind, write your own life story with the intention of showing that you are serious about becoming a great medical professional.



Excelling in academics is still your primary motive — with special reference to mathematics and science (physical science, chemistry and life sciences/biology).



During the medical school years, one needs to absorb an immense amount of information. In this regard, a good 'study methodology' and a 'memory expansion course' are virtually essential for success; [Contact Us](#) for more information.



Goal setting is important! If you need a great goal-setting tool, the Apprentice Doctor® offers a very useful E-Book on goal-setting for aspiring medical professionals. This is available [from our website](#).



You do not need to make a final decision at your high school or premed stage on the specific specialty field (e.g., anesthetics or dermatology, for instance) that you intend pursuing. In any event, you will first need to become a general doctor. During your years in medical school you will be exposed to all of the various medical disciplines. This will provide you with more than enough time to gravitate to the field within medicine that interests you and suits you the most. Download your free E-book "Which Branch of Medicine is for You?" [\[Click Here\]](#)



Stay focused, be tenacious and persistent: In other words, **NEVER GIVE UP!**

# This Book is Dedicated to:

List the names of persons who inspired you to follow medicine as a career and those who made your journey possible up to this point in time.

Number	Name	Role (e.g., parent, teacher, mentor, etc.)	More information about the person and the reason for listing them

## About this Activity Logbook

*A handy resource and guide for preparing an impressive résumé (C.V.)  
for applying to university for pre-medical training and/or to medical school*

- Logging all your preparatory activities related to your prospective medical career
- Guidelines on how to prepare your application
- Guidelines on how to prepare for your Interview
- The ultimate way to log and organize all your medical and related activities
- A list of handy resources to assist with your dream of becoming a great medical professional
- Impress the Admission / Selection Committee with a well organized application

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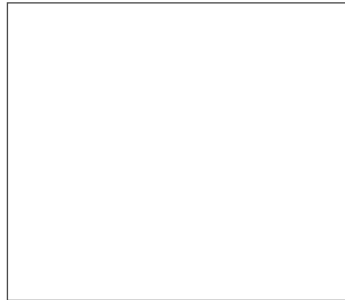
# My Activities Logbook

*Sponsored by The Apprentice Doctor®*

Name/s:

Identification Number (ID / SSN):

My Photo



My Personal Mission Statement (please keep it short and to the point):

Date:

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## Courses

List of courses (including online and distance learning courses) that you have completed and/or attended related to your envisaged career:  
 (e.g., Apprentice Doctor Course / Camp / First Aid / AHA Basic Life Support / Other)

Number	Course	Details (Presenting institution, level etc.)	Date	Hours	Website/Reference	Course presenter Signature	Telephone number
Example	The Apprentice Doctor Premedical Camp 2015 at Tampa FL, USA	This was an incredible eye opener to me and I firmly renewed my commitment of becoming a doctor. We received a great amount of information, and gained useful medical skills like a hands-on practical on phlebotomy, Pulse Oximetry, How to Suture Wounds! See addendum 3 for a transcript of the program.	dd/mm/yyyy to dd/mm/yyyy	Total of 40 hours	<a href="http://www.TheApprenticeDoctor.com">www.TheApprenticeDoctor.com</a>	A Scheepers	Apprentice Doctor - Office: 916-724-6415
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## Extracurricular Activities / Experiences

*Make a list of all hospital volunteering, shadowing of medical professionals, charity work as well as medical and related trips - locally and abroad. Log repetitive activities regularly at the end of each day. Categorize the activity (e.g. hospital volunteering / shadowing / charity).*

Number	Type of activity	Details (Type of experience/work/activity)	Date	Hours	Reference Person's	Signature	Contact Person and Telephone Number
Example	Shadowing	<i>Dr Anton Scheepers at his practice in Tampa - he consulted patients with various problems and went to operating theater in the afternoon. He operated on 8 cases - various oral surgical cases. Of special interest was the repair of a badly fractured mandible and the removal of a cyst in the upper jaw.</i>	<i>dd/mm/yyyy</i>	<i>9 (7.30 am to 5.30 pm)</i>	<i>Dr Anton Scheepers Maxillofacial Surgeon</i>	<i>A Scheepers</i>	<i>Dr Scheepers - Office: 916-724-6415</i>
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## Extracurricular Activities / Experiences (continue)

*Make a list of all hospital volunteering, shadowing of medical professionals, charity work as well as medical and related trips.*

Number	Type of activity	Details (Type of experience/work/activity)	Date	Hours	Reference Person	Signature	Contact Person and Telephone Number
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10.							
11.							
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## Extracurricular Activities / Experiences (continue)

*Make a list of all hospital volunteering, shadowing of medical professionals, charity work as well as medical and related trips.*

Number	Type of activity	Details (Type of experience/work/activity)	Date	Hours	Reference Person	Signature	Contact Person and Telephone Number
18.							
19.							
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## Extracurricular Activities / Experiences (continue)

*Make a list of all hospital volunteering, shadowing of medical professionals, charity work as well as medical and related trips.*

Number	Type of activity	Details (Type of experience/work/activity)	Date	Hours	Reference Person	Signature	Contact Person and Telephone Number
28.							
29.							
30.							
31.							
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## Chapters / Clubs / Organizations

*List of any academic chapters / clubs / organizations that you are a member of: (Specifically: medical / premedical / scientific/academic)*

Number	Type of Chapters / Clubs / Organizations	Details (What did you do / experience / see?)	Date	Hours	Reference Person:	Signature	Contact Person and Telephone number
Example	<i>The Apprentice Doctor Medical Chapter at Solid Rock School Trinity FL, USA</i>	<i>This afternoon we covered the Cardiovascular system - we saw a Video of open heart surgery . We did heart sounds and heart rate practical and discussed career opportunities like becoming a cardiothoracic surgeon.</i>	<i>dd/mm/yyyy</i>	<i>3</i>	<i>Life sciences teacher: John Smith</i>	<i>Mr. J Smith</i>	<i>Solid Rock, Mr. Smith - School: 916-724-6415</i>
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## Scientific and Medical Publications and Newsletters

List the scientific and medical publications and newsletters that you are subscribed to (and, by implication, read / study):

Number	Name of Journal / Publication / Newsletter	Published by:	Frequency e.g., Monthly / Weekly...	Subscriber Since	Paper/ Online	Comments
Example	Scientific American	Nature America, Inc.	Monthly	2014 to present	E-Zine	Staying abreast with current scientific developments is very important to me
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## Cultural, Social, Art , Music and Sport Achievements

*List of all cultural, social, art, music and sports achievements (e.g., piano playing, golf, etc.):*

Number	Type of Activity / Achievement	More Information — Please Provide Details	Year	Reference Person's Signature	Contact Person and Telephone number	Comments
Example	Music	Member of our school choir - Solid Rock School	2013 to 2015	Mr Dale Smith (choir director)	Tel: 916-724-6415	Staying abreast with current scientific developments is very important to me
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# Leadership

List of all leadership positions that you have held (e.g., Leader of the Apprentice Doctor® Medical Chapter):

Number	Type of Group	More information (if applicable)	Year	Reference Person's Signature	Contact Person and Telephone Number	Comments
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# Medical Skills

List all medical skills that you are confident doing on a patient or on a simulator (e.g., taking blood pressure, heart rate, etc.):

Number	Type of Skill	Please Offer Information (if applicable)	Yes / No	Date / Year Acquired	Mentor's Signature	Contact person and Telephone number
1.	Proper Hand Washing and Alcohol Rub					
2.	Scrub for Surgery					
3.	Manual Blood Pressure Reading					
4.	Heart Rate					
5.	Respiratory Rate					
6.	Measure SpO2					
7.	Pupil Light Reflex					
8.	Phlebotomy					
9.	Set up an IV line					
10.	Basic Injection Techniques					
11.	Basic Surgical Knot Tying					
12.	Basic Suturing					
13.	Urinalysis					
14.	Basic Heart Sounds					
15.	Basic Respiratory Sounds					
16.	Basic Abdominal Sounds					
17.	Snellen Visual Acuity Test					
18.	Endotracheal Intubation					
19.	Other (specify):					
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# Research

List of all research projects that you have been involved in:

Number	Academic Institution	Describe the Research Project (Attach the findings or published article)	Your Role	Published: Yes/No	Journal/ Publication reference	Date / Year	Project Leader's Name and Signature	Contact Person and Telephone Number
Example	University of South Florida - Department of Emergency Medicine.	A Retrospective Study on the Incidence of Needle Stick Injuries in the Emergency Room at the Tampa General Hospital.	I assisted with data collection and capturing by accessing the department's data base from January 2010 to December 2014.	Submitted for publication - copy attached as Addendum 5	The International Journal of Emergency Medicine	2015	Professor Brian Goldberg B Goldberg	Prof. Goldberg's office: 916-724-6415
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# Letters of Evaluation

Guidelines for Writing a Letter of Evaluation for a Medical School Applicant

*The following is a useful guideline from the AAMC.*

*Print it out and give it to all the people that you want to write you a "Letter of Evaluation" to accompany your application.*



Number	Letter of Evaluation (3-5)	Person/ Committee	Capacity e.g., School Principal	Date	Addendum Number:
1.					
2.					
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10.					

## Scholarships, Rewards, Commendations and Prizes

Number	Scholarship, Reward, Commendation and Prize	Awarded by:	Year	Value (if applicable)	Reference/ Contact Person	Contact Details
<i>Example</i>	<i>The Apprentice Doctor Best 2015 Camp Student Prize</i>	<i>The Apprentice Institute</i>	<i>2015</i>	<i>\$750</i>	<i>Ms. Jane Smith</i>	<i>Apprentice Institute: 916-724-6415</i>
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## Post Grade 12 Qualifications

Qualification / Description of Degree / Certificate / Diploma	University / College	Country / State	City / ZIP	Date Completed	Add Copy of Certificate: Addendum Number

## ACADEMIC TOTALS AND SUMMARY

MCAT (Year taken):	
My MCAT score is:	
Premed Degree:	
Year Completed:	
University:	
University Address:	
Graduation Year:	
Major:	
List of Subjects:	
Year 1	
Year 2	
Year 3	
Year 4	
Cumulative GPA	
Distinctions and Academic Excellence (list if applicable):	
Medical and Related Activities	Hours
Structures Accredited Courses	
Hospital Volunteering	
Job Shadowing	
Member of Clubs/Chapters/Organizations	
Charity	
Mission and/or Humanitarian Trips	
<b>TOTAL HOURS:</b>	
High School:	
High School Name:	
High School Address:	
Telephone Number:	
Grade 12 Year:	
List of Subjects:	
Grade 10:	
Grade 11:	
Grade 12:	
Cumulative GPA	
Distinctions and Academic Excellence (list, if applicable at "Awards")	

## My Personal Statement

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### WHAT ARE THE MOST IMPORTANT THINGS I SHOULD WRITE ABOUT IN MY PERSONAL STATEMENT?

See the following guidelines by the [AAMC](#)

[Six Personal Statement Do's and Don'ts](#)

[Sample Letters](#)

My Personal Statement	Heading	Addendum number:
Primary Application		
Secondary Application		
Secondary Application		

## Medical School Interviews

**ASK THE EXPERTS: PREPARING FOR THE INTERVIEW**



[\[CLICK HERE\]](#)

**MEDICAL SCHOOL INTERVIEW TIPS**



[\[CLICK HERE\]](#)

**MEDICAL SCHOOL INTERVIEWS: SIX COMMON MISTAKES**



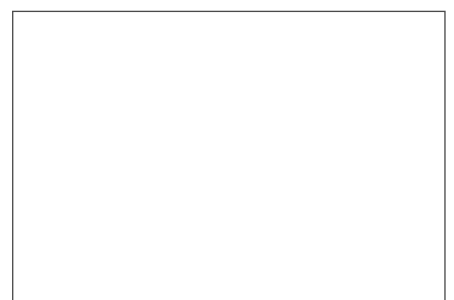
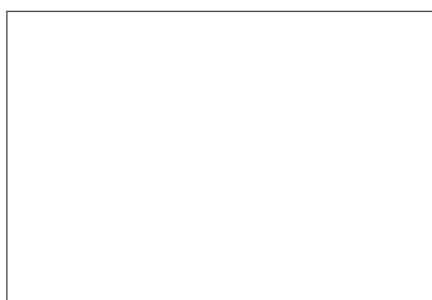
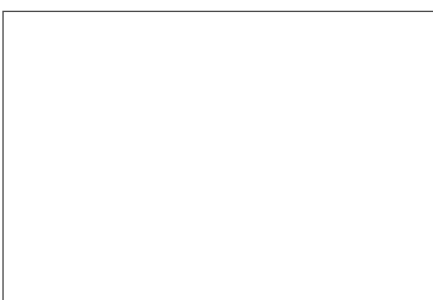
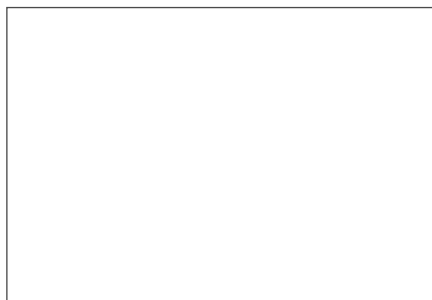
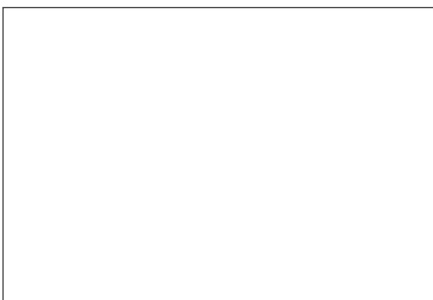
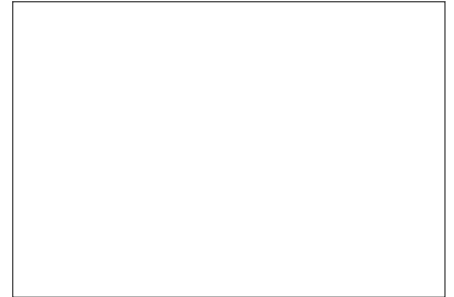
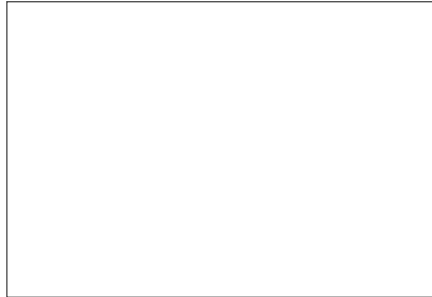
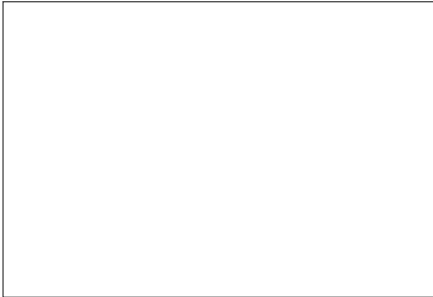
[\[CLICK HERE\]](#)

**MEDICAL SCHOOL INTERVIEW ATTIRE**



[\[CLICK HERE\]](#)

## My Journey to Medical School — Highlights





## Goal Setting Check-list

Item	Goals Description	Set Goals (e.g., hours, if applicable)	Check if Completed / Goal Reached
1	Map4life Goal Setting Workbook		
2	Academic Goals High School		
3	Structured Accredited Courses		
4	Hospital Volunteering		
5	Job Shadowing		
6	Charity		
7	Mission and/or Humanitarian Trips		
8	Member of Clubs/Chapters/Organizations		
9	Scientific and Medical Journals		
10	Social and Cultural, Art and Music		
11	Leadership		
12	Skills		
13	Research		
14	Letters of Evaluation		
15	Scholarships, Rewards, Commendations and Prizes		
16	University / College / Other Qualifications		
17	Personal Statement		
18	Prepare for Your Interview		
19	Add Some Fun Photos		
20	Study Methodology Course		
21	Memory Enhancement Course		
22	Other (specify)		
23			
24			
25			

## Worthwhile Resources

**AMERICAN ASSOCIATION OF MEDICAL COLLEGES (AAMC)**



[\[CLICK HERE\]](#)

**AMERICAN MEDICAL COLLEGE APPLICATION SERVICE (AMCAS)**



[\[CLICK HERE\]](#)

**APPRENTICE DOCTOR® RESOURCES COURSES AND MEDICAL SKILLS KITS**



[\[CLICK HERE\]](#)

**BRAIN EXPANSIONS SCHOLASTIC TRAINING (B.E.S.T. PROGRAM)**



[\[CLICK HERE\]](#)

**FACEBOOK - THE APPRENTICE DOCTOR SOCIAL MEDIA**



[\[CLICK HERE\]](#)

**HOSPITAL VOLUNTEERING ABROAD**



[\[CLICK HERE\]](#)

**MAP4LIFE GOAL SETTING**



[\[CLICK HERE\]](#)

**MEDICAL SCHOOL ADMISSIONS CONSULTING**



[\[CLICK HERE\]](#)

**STUDENT DOCTOR FORUMS**



[\[CLICK HERE\]](#)

**WHICH BRANCH OF MEDICINE IS FOR ME?**



[\[CLICK HERE\]](#)

[premedical training](#)

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