

Pre-Med Mentoring with Candicee!

SO YOU WANT TO TAKE A GAP YEAR?

What is a gap year?

A "gap year" is the period of time between the end of your undergraduate education and the start of medical school. It may be more than one year as well. (AAMC)

Why do pre-med students consider this option?

Want more time to: grow personally want, improve application/GPA, study for the MCAT, gain more experiences, plan out applying, pursue passions/interests, take care of family obligations, make money, etc.

What are the pros and cons?

PROS

Gain Experience (Work or Medical)
Rest, Recharge and Regroup
Explore Opportunities/Interests/Passions
Gain New Life Skills/Personal Growth
Earn/Save Money

CONS

Difficult to Transition Back to School
Lose Motivation
Expensive
Requires Persistence and Planning

What options will provide you a more meaningful gap year?

Enrolling in a post-bacc program
Enrolling in a Special Master's Program (SMP)
Enrolling in a Master's in Public Health (MPH) or Health Admin (MHA) program (or other medically relevant program)
Studying for the MCAT
Pursuing a professional medical experience (e.g., working as a scribe, EMT, medical assistant)
Conducting medical (or medically relevant) research
Miscellaneous experiences (e.g., growing your nonprofit organization, working as a medical sales rep, joining a startup)
Travel Abroad/Service Opportunities