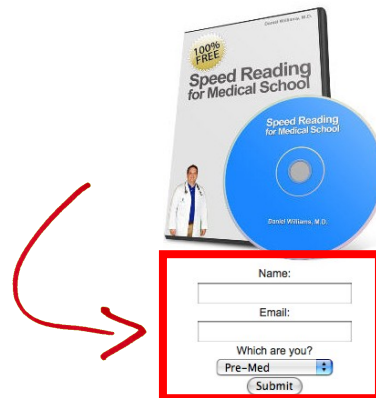


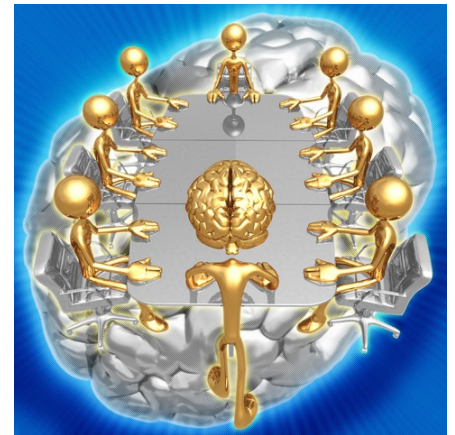


## Quick Start Checklist

- Sign up for the free [Speed Reading for Medical School](#) course to get on the email list:



- Common tools for Medical Students and Pre-Meds:
  - Take the self-assessment form to determine areas for improvement:  
<http://www.surveymonkey.com/s/VR63VLX>
  - [Identifying Your Innate Learning Style](#)
  - [Comprehensive Study Techniques Course](#)
  - [About Mastermind Support Groups](#)
  - [Call in on our next teleconference](#)
  - [Lecture presentations you missed](#)
  - [3rd Annual Medical School LIFE Conference](#)
  - [Frequently Asked Questions](#)



- [CD of the Month Club](#)
  - PreMed Checklist – **PAGE 2 (below)**
  - Medical Student Checklist – **PAGE 3 (below)**



## Pre-Med Checklist

- Bookmark The [Pre-Med Home Page](#)
- [CD of the Month Club](#)



## 14-Module Pre-Med Course

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- Step 1 = [Getting Started Guide](#)
- Step 2 = [Premedical Decision-Making Factors](#)
- Step 3 = [Organizing All Of Your Experiences](#)
- Step 4 = [Building Character Into Physician Training](#)
- Step 5 = [Application Components – Dr. Dan’s Real Application!](#)
- Step 6 = [Writing Your Personal Essays](#)
- Step 7 = [Choosing Your Top Medical Schools](#)
- Step 8 = [Counting The Costs – Financial, Emotional, Spiritual](#)
- Step 9 = [Grades, GPA Improvement, & Standing Out Anyway](#)
- Step 10 = [Sizing Up Your Competition And Learning From Them](#)
- Step 11 = [5-Step Study Method](#), a prelude to the [Comprehensive Study Techniques Course](#)
- Step 12 = [Personalized Feedback On Your Pre-Med Progress](#)
- Step 13 = [What To Do After You’ve Submitted Your Med School Application](#)
- Step 14 = [Maintaining The Edge You Have After Steps 1-13](#)

## MCAT Preparation

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- [MCAT Notes](#)
- [MCAT Videos from Dr. Brett Ferdinand’s Gold Standard MCAT Course](#) (starting on Disk #2)



## Medical Student Checklist

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- Bookmark The [Medical Student Home Page](#)
- [USMLE Question Bank](#) (community-voted favorites “allegedly” the same as [USMLEWorld.com](#))
- [Anatomy of a Malignant Residency Program \(Disk #2\)](#)
- [Medical School Exams](#)
- [USMLE Prep - Scribe Notes by Medical Students](#)
- [Residency Match and Scramble Course](#)
- [Burnout Prevention](#)
- Evolution of a Physician-In-Training
  - Phase 1: [The Pre-Med Syndrome – remember how we started out?](#)
  - Phase 2: [Adapting to the Overwhelm – drinking water from a hydrant](#)
  - Phase 3: [Assimilating Into Medical School LIFE](#)
  - Phase 4: [The Let-Down – Disappointment With The System & People](#)
  - Phase 5: [Re-emergence – Personal and Professional Development](#)
- [CD of the Month Club](#)

