

“Getting Your House in Order”

Advice for Students Entering Medical School

During medical school, finding the time and energy to deal with medical, dental, housing, and other important but non-academic issues, can be very difficult. Don't wait until the last minute to take care of these! If you are traveling during the summer before medical school, leave some time to plan and “get your house in order” prior to the start of school.

Simple but time-saving steps can be taken prior to your arrival at medical school, and can help you take care of yourself down the road!

- Obtain any new technology early and spend time *prior to the beginning of classes* getting used to it and practicing how you will actually utilize it for course work.
- Get any current or on-going medical or dental issues taken care of *prior* to arriving at medical school.
- Identify a local primary care physician or other providers as needed. Please see our [web page](#) for more information about identifying a primary care physician.
- Don't make any major changes in medications just prior to medical school.
- Make sure that your current prescriptions are filled and that you have enough refills to last the year.
- If you have needed medications for anxiety, depression or other medical conditions in the past, but aren't sure if you will need them during the year, make sure to obtain a “just in case” prescription that you can fill if needed.
- Come prepared with a year's worth of disposable contact lenses.
- Make sure that any apartment lease you sign does not expire in the middle of an academic block or require you to move just prior to a major exam.
- Do not commit to any weddings, trips or other events (especially ones that require travel) until you have checked the student calendars and inquired about excused absences with your Academy Director. Please see the [student handbook](#) for information about the attendance policy.