Each morning do Kaplan question of the day, Jack Westin CARS, and other daily MCAT prep					DON'T TAKE MCAT DURING THE PROGRAM !!!	
		Week 1				
Date	**Day**	**Time**	**Class**	**Location**	**Note**	**Min**
6/17/2019	**Mon**	9:00 - 12:00	Intro and Orientation	IDW 115 A/B	Intro to PMSS, HIPAA, and other paperwork	180
6/17/2019	**Mon**	12:00 - 1:30	Lunch			90
6/17/2019	**Mon**	1:30 - 3:00	Meeting with Peers and Counselors	IDW 115 A/B	Expectations, what to get out of this program, establish small study groups, fill-out paperwork	90
6/17/2019	**Mon**	3:00 - 9:00	Free time		Relax for tomorrow's exam	360
6/18/2019	**Tue**	8:00 - 3:00	Diagnostic Exam Optional: Essential Campus Tour	RAHN G230	Take it seriously	420
6/18/2019	**Tue**	3:00 - 9:00	Post-full-length Break		You earned it	360
6/19/2019	**Wed**	9:00 - 10:00	Welcome	E2 G104 A/B	Dr. Greenfield	120
6/19/2019	**Wed**	10:00-11:00	Mindfulness/Stress Relief	E2 G104 A/B	Staying Calm during the stressful Times	
6/19/2019	**Wed**	11:00 - 12:00	Lunch			60
6/19/2019	**Wed**	12:00 - 3:00	Chem/Phys 1	E2 G104 A/B	Foundations of MCAT Science	180
6/19/2019	**Wed**	3:00 - 4:00	Afternoon Kaplan Overview		PMSS Counselors Organize lecture notes, review material	60
6/19/2019	**Wed**	4:00 - 6:00	Break		Free time -- eat, relax, and exercise	120
6/19/2019	**Wed**	6:00 - 9:00	Evening Self-Study		By yourself or in small group	180
6/20/2019	**Thu**	9:00 - 12:00	AMCAS Workshop, MCAT Registration	IDW 214 A/B	Filling out AMCAS by self or in small groups. Register for MCAT at this time.	180
6/20/2019	**Thu**	12:00 - 1:00	Lunch/Learn (Professional Attaire)	IDW 214 A/B	Dr. Thomas	60
6/20/2019	**Thu**	1:00 - 4:00	Afternoon Group-Study		Organize lecture notes, review material	180
6/20/2019	**Thu**	4:00 - 6:00	Break		Free time -- eat, relax, and exercise	120
6/20/2019	**Thu**	6:00 - 9:00	Evening Self-Study		By yourself or in small group	180
6/21/2019	**Fri**	9:00 - 11:00	Campus Tour (Groups I and 2)	IDW 214 A/B	SIM center, Clinical Skills, etc.	120
6/21/2019	**Fri**	11:00 - 12:00	Lunch			60
6/21/2019	**Fri**	12:00 - 3:00	CARS 1		Reading Passages The Kaplan Way	180
6/21/2019	**Fri**	3:00 - 4:00	Afternoon Kaplan Overview		PMSS Counselors Organize lecture notes, review material	60

6/21/2019	**Fri**	4:00 - 6:00	Break		Free time -- eat, relax, and exercise	120	
6/21/2019	**Fri**	6:00 - 9:00	Evening Self-Study		By yourself or in small group, yes, even if it's Friday	180	
6/22/2019	**Sat**	8:00 - 12:00	Full Length Test	E2 8111A S	Computer Lab	180	
6/22/2019	**Sat**	12:00 - 1:00	Lunch			60	
6/22/2019	**Sat**	1:00 - 4:00	Resume Full Length Test		Computer Lab	180	
6/23/2019	**Sun**	6:00 - 9:00	Evening Review of Full Length		Review Full Length(s)	180	
		Week 2					
Date	**Day**	**Time**	**Class**	**Location**	**Note**	**Min**	
6/24/2019	**Mon**	9:00 - 11:00	AMCAS Workshop	IDW 214 A/B	Filling out AMCAS by self or in small groups. Register for MCAT at this time.	120	
6/24/2019	**Mon**	11:00 - 12:00	Lunch			60	
6/24/2019	**Mon**	12:00 - 3:00	Bio/Biochem 1	IDW 214 A/B	Attacking MCAT Science Questions	180	
6/24/2019	**Mon**	3:00 - 4:00	Afternoon Kaplan Overview		PMSS Counselors Organize lecture notes, review material	60	
6/24/2019	**Mon**	4:00 - 6:00	Break		Free time -- eat, relax, and exercise	120	
6/24/2019	**Mon**	6:00 - 9:00	Evening Self-Study		By yourself or in small group	180	
6/25/2019	**Tue**	9:00 - 12:00	Personal Statement	IDW 214 A/B	Peer-review personal statement/ counselor session (bring statement)	90	
6/25/2019	**Tue**	12:00 - 1:00	Lunch			60	
6/25/2019	**Tue**	1:00 - 2:00	Admission Process	IDW 214 A/B	Dr. Jeanne McLachlin, COM		
6/25/2019	**Tue**	3:00 -5:00	Afternoon Group-Study		Organize lecture notes, review material		
6/25/2019	**Tue**	6:00- 9:00	Evening Self-Study		By self or in small group		
6/26/2019	**Wed**	9:00 - 11:00	Letters of Recommendation	IDW 214 A/B	Types, who & when to ask	120	
6/26/2019	**Wed**	11:00 - 12:00	Lunch			60	
6/26/2019	**Wed**	12:00 - 3:00	Psych/Soc 1	IDW 214 A/B	Basics of Research Design & Data	180	
6/26/2019	**Wed**	3:00 - 4:00	Afternoon Kaplan Overview		PMSS Counselors Organize lecture notes, review material	60	

6/26/2019	**Wed**	4:00 - 6:00	Break		Free time -- eat, relax, and exercise	120	
6/26/2019	**Wed**	6:00 - 9:00	Evening Self-Study		By self or in small group	180	
6/27/2019	**Thu**	9:00 - 11:30	Education and Course Works	IDW 214 A/B	Counselor Session	120	
6/27/2019	**Thu**	12:00- 1:00	Lunch & Learn (Professional Attair)	IDW 214 A/B	AAMC Student Panel (5)	60	
6/27/2019	**Thu**	1:00 - 4:00	Afternoon Group-Study		Organize lecture notes, review material		
6/27/2019	**Thu**	4:00 - 6:00	Break		Free time -- eat, relax, and exercise		
6/27/2019	**Thu**	6:00 - 9:00	Evening Self-Study		By self or in small group		
6/28/2019	**Fri**	9:00 - 11:00	Editting Application Statements	IDW 214 A/B	Peer-review application information/ counselor session (can bring statement)	120	
6/28/2019	**Fri**	11:00 - 12:00	Lunch			60	
6/28/2019	**Fri**	12:00 - 3:00	Chem/Phys 2	IDW 214 A/B	Scientific Reasoning on the MCAT	180	
6/28/2019	**Fri**	3:00 - 4:00	Afternoon Kaplan Overview		PMSS Counselors Organize lecture notes, review material	60	
6/28/2019	**Fri**	4:00 - 6:00	Break		Free time -- eat, relax, and exercise	120	
6/28/2019	**Fri**	6:00 - 9:00	Evening Self-Study		By self or in small group, yes, even if it's Friday	180	
6/29/2019	**Sat**	8:00 - 12:00	Full Length Test	E2 8111A S	Computer Lab	180	
6/29/2019	**Sat**	12:00 - 1:00	Lunch			60	
6/29/2019	**Sat**	1:00 - 4:00	Resume Full Length Test			180	
6/29/2019	**Sun**	6:00 - 9:00	Evening Review Full Length Test		Review Full Length(s)	180	
		Week 3					
Date	**Day**	**Time**	**Class**	**Location**	**Note**	**Min**	
7/1/2019	**Mon**	9:00 - 11:00	AMCAS Application	IDW 214 A/B	Check application with counselors	180	
7/1/2019	**Mon**	11:00 - 12:00	Lunch			60	
7/1/2019	**Mon**	12:00 - 3:00	CARS 2	IDW 214 A/B	Advanced Reasoning on the CARS Section	180	
7/1/2019	**Mon**	3:00 - 4:00	Afternoon Kaplan Overview		PMSS Counselors Organize lecture notes, review material	60	
7/1/2019	**Mon**	4:00 - 6:00	Break				
7/1/2019	**Mon**	6:00 -9:00	Evening Self-Study		By self or in small group	180	

7/2/2019	**Tue**	9:00 - 12:00	Morning Self-Study	IDW 214 A/B		180	
7/2/2019	**Tue**	3:00 - 4:00	Break		Free time -- eat, relax, and exercise	120	
7/2/2019	**Tue**	4:00 - 6:00	Evening Self-Study		By self or in small group		
7/2/2019	**Tue**	6:00 - 9:00	Evening Self-Study		By self or in small group	180	
7/3/2019	**Wed**	9:00 - 11:00	Chair Yoga	IDW 214 A/B	Rhonda Kinnally	180	
7/3/2019	**Wed**	11:00 - 12:00	Lunch			60	
7/3/2019	**Wed**	12:00 - 3:00	Bio/Biochem 2	IDW 214 A/B	Section Strategy & Answer Choice Analysis	180	
7/3/2019	**Wed**	3:00 - 4:00	Afternoon Kaplan Overview		PMSS Counselors Organize lecture notes, review material	60	
7/3/2019	**Wed**	4:00 - 6:00	Break				
7/3/2019	**Wed**	6:00 -9:00	Evening Self-Study			180	
7/4/2019	**Thu**	All Day	Independence Day		Take a couple of hours to review your notes if possible	60	
7/5/2019	**Fri**	9:00 - 10:00	Financial Aid / Management	IDW 114 A/B	Janice Nottenkamper		
7/5/2019	**Fri**	10:00 - 11:00	What NOT to wear?	IDW 114 A/B	Fashion Show- 1 guy and 1 girl + 2 other students showcasing professional and unprofessional looks	60	
7/5/2019	**Fri**	11: 00 -12:00	Lunch				
7/5/2019	**Fri**	12:00 - 3:00	Psych/Soc 2	IDW 114 A/B	Psychology behind the exam	180	
7/5/2019	**Fri**	3:00 - 4:00	Afternoon Kaplan Overview		PMSS Counselors Organize lecture notes, review material	60	
7/5/2019	**Fri**	4:00 - 6:00	Break		Free time -- eat, relax, and exercise	120	
7/5/2019	**Fri**	6:00 - 9:00	Evening Self-Study		By self or in small group, yes, even if it's Friday	180	
7/6/2019	**Sat**	8:00 - 12:00	Full Length Test	E2 8111A S	Computer Lab	180	
7/6/2019	**Sat**	12:00 - 1:00	Lunch			60	
7/6/2019	**Sat**	1:00 - 4:00	Resume Full Length Test			180	
7/7/2019	**Sun**	6:00 - 9:00	Evening Review of Full Length		Review Full Length(s)	180	

		Week 4					
Date	**Day**	**Time**	**Class**	**Location**	**Note**	**Min**	
7/8/2019	**Mon**	9:00 - 11:00	Professional Photo	IDW 214 A/B	Creative Services		
7/8/2019	**Mon**	11:00 - 12:00	Lunch			60	
7/8/2019	**Mon**	12:00 - 3:00	Chem/Phys 3	IDW 214 A/B	Turning Practice Into Points	180	
7/8/2019	**Mon**	3:00 - 4:00	Afternoon Kaplan Overview		PMSS Counselors Organize lecture notes, review material	60	
7/8/2019	**Mon**	4:00 - 6:00	Break		Free time -- eat, relax, and exercise	120	
7/8/2019	**Mon**	6:00 - 9:00	Evening Self-Study		By self or in small group	180	
7/9/2019	**Tue**	9:00 - 11:00	DO vs. MD	IDW 214 A/B	Apply, cost, job types and other professions		
7/9/2019	**Tue**	11:00 - 12:00	Lunch				
7/9/2019	**Tue**	12:00 - 1:00	Counselor session	IDW 214 A/B	come ask any questions you might have		
7/9/2019	**Tue**	1:00 - 9:00	Self-Study				
7/10/2019	**Wed**	9:00 - 11:00	Tour of NICU	IDW 214 A/B	Dr. Billy Thomas		
7/10/2019	**Wed**	11:00 - 12:00	Lunch			60	
7/10/2019	**Wed**	12:00 - 3:00	Bio/Biochem 3	IDW 214 A/B	Advanced Research & Experimental Design	180	
7/10/2019	**Wed**	3:00 - 4:00	Afternoon Kaplan Overview		PMSS Counselors Organize lecture notes, review material	60	
7/10/2019	**Wed**	4:00 - 6:00	Break		Free time -- eat, relax, and exercise	120	
7/10/2019	**Wed**	6:00 - 9:00	Evening Self-Study		By self or in small group	180	
7/11/2019	**Thu**	8:00 - 12:00	Shadowing	IDW 214 A/B	By signup genius		
7/11/2019	**Thu**	12:00 - 1:00	Lunch & Learn (Professional Attaire	IDW 214 A/B	Dr. Nash		
7/11/2019	**Thu**	1:00 - 500	Shadowing		By signup genius		
7/11/2019	**Thu**	5:00 - 8:00	Evening Self-Study		By self or in small group		
7/12/2019	**Fri**	9:00 - 11:00	MCAT Testing	E2 G137	What to expect Counselors' talk about their experiences		
7/12/2019	**Fri**	11:00 - 12:00	Lunch			60	
7/12/2019	**Fri**	12:00 - 3:00	Science Capstone	E2 G137	MCAT Skills in the Laboratory	180	
7/12/2019	**Fri**	3:00 - 4:00	Afternoon Kaplan Overview		PMSS Counselors Organize lecture notes, review material	60	
7/12/2019	**Fri**	4:00 - 6:00	Break		Free time -- eat, relax, and exercise	120	

7/12/2019	**Fri**	6:00 - 9:00	Evening Self-Study		By self or in small group, yes, even if it's Friday	180	
7/13/2019	**Sat**	8:00 - 12:00	Full Length Kaplan Test	E2 8111A S	Computer Lab	180	
7/13/2019	**Sat**	12:00 - 1:00	Lunch				
7/13/2019	**Sat**	1:00 - 4:00	Resume Full Length			60	
7/14/2019	**Sun**	6:00 - 9:00	Evening Review Of Full Length		Review Full Length(s)	180	
		Week 5					
Date	**Day**	**Time**	**Class**	**Location**	**Note**	**Min**	
7/15/2019	**Mon**	9:00 - 10:00	Test Taking Strategies	IDW 214 A/B	Dr. Vuk		
7/15/2019	**Mon**	10:00 - 11:00	Interactive Group Activity	IDW 214 A/B			
7/15/2019	**Mon**	11:00 - 12:00	Lunch			60	
7/15/2019	**Mon**	12:00 - 3:00	Countdown to Test Day	IDW 214 A/B		180	
7/15/2019	**Mon**	3:00 - 4:00	Afternoon Kaplan Overview		PMSS Counselors Organize lecture notes, review material	60	
7/15/2019	**Mon**	4:00 - 6:00	Break		Free time -- eat, relax, and exercise	120	
7/15/2019	**Mon**	6:00 - 9:00	Evening Self-Study		By self or in small group	180	
7/16/2019	**Tue**	9:00 - 11:00	Mock TBL	IDW 214 A/B	PMSS Counselor (Paige Jones)		
7/16/2019	**Tue**	11:00 - 12:00	How to Survive a Interview?		Ennoid Williams		
7/16/2019	**Tue**						
7/16/2019	**Tue**	6:00 -9:00	Bowling				
7/16/2019	**Tue**						
7/17/2019	**Wed**	9:00- 10:30	SPECTRA Demo	IDW 214 A/B	Dr. Davies		
7/17/2019	**Wed**	11:00 - 12:00	Lunch			60	
7/17/2019	**Wed**	12:00 - 3:00	Simulation Center Case Day		Physical Case Practice	180	
7/17/2019	**Wed**	3:00 - 4:00	Afternoon Kaplan Overview		PMSS Counselors Organize lecture notes, review material	60	
7/17/2019	**Wed**	4:00 - 6:00	Break		Free time -- eat, relax, and exercise	120	

7/17/2019	**Wed**	6:00 - 9:00	Evening Self-Study		By self or in small group	180	
7/18/2019	**Thu**	9:00 - 12:00	Mock Interview (Med Students) / Self-Study			180	
7/18/2019	**Thu**	12:00 - 1:00	Lunch & Learn (Professional Attire)	IDW 214 A/B	Dr. Zaller	60	
7/18/2019	**Thu**	1:00 - 4:00	Mock Interview (Med Students) / Self-Study			180	
7/18/2019	**Thu**	4:00 - 9:00	Self-Study				
7/19/2019	**Fri**	9:00 - 11:00	Mock Interview Review 1	IDW 214 A/B		120	
7/19/2019	**Fri**	11:00 - 12:00	Lunch				
7/19/2019	**Fri**	1: 00 - 3:00	Afternoon Kaplan Overview		PMSS Counselors Organize lecture notes, review material	60	
7/19/2019	**Fri**	3:00 - 6:00	Break		Free time -- eat, relax, and exercise	180	
7/19/2019	**Fri**	6:00 - 9:00	Evening Self-Study		By self or in small group, yes, even if it's Friday	180	
7/20/2019	**Sat**	8:00 - 12:00	Full Length Kaplan Test	E2 8111A S	Computer Lab	180	
7/20/2019	**Sat**	12:00 - 1:00	Lunch			60	
7/20/2019	**Sat**	1:00 - 4:00	Resume Full Length Test			180	
7/21/2019	**Sun**	6:00 - 9:00	Evening Review of Full Length Test		Review Full Length(s)	180	
		Week 6					
Date	**Day**	**Time**	**Class**	**Location**	**Note**	**Min**	
7/22/2019	**Mon**	9:00 - 11:00	Unconscious Bias	IDW 214 A/B	Amber Booth		
7/22/2019	**Mon**						
7/22/2019	**Mon**						
7/23/2019	**Tue**	9:00 - 12:00	Mock Interview (Faculty) / Self-Study	IDW 214 A/B		180	
7/23/2019	**Tue**	12:00 - 1:00	Lunch			60	
7/23/2019	**Tue**	1:00 - 4:00	Mock Interview (Faculty) / Self-Study			180	

7/23/2019	**Tue**						
7/23/2019	**Tue**						
7/24/2019	**Wed**	9:00 - 11:00	Mock Interview Review 2	E2 G112 A/B		120	
7/24/2019	**Wed**						
7/24/2019	**Wed**						
7/25/2019	**Thu**	9:00 - 12:00	Closing	IDW 214 A/B	Speaker (Dr. Thomas)	180	
7/25/2019	**Thu**	6:00 - 8:00	Barbeque/Games		Ms. Kim/Nadia		<-----
7/25/2019	**Thu**						
7/26/2019	**Fri**	All Day	Wrap-up/Moving-out	IDW 105 A/B			

??? Confirm Dr. Nash

Other activities?

Ice Skate, rock climbing, Trampoline, Escape Room?, Dave&Buster