Northeastern University
PreMed and PreHealth Advising Program

2026 Application Workshops:
Cycle Kickoff

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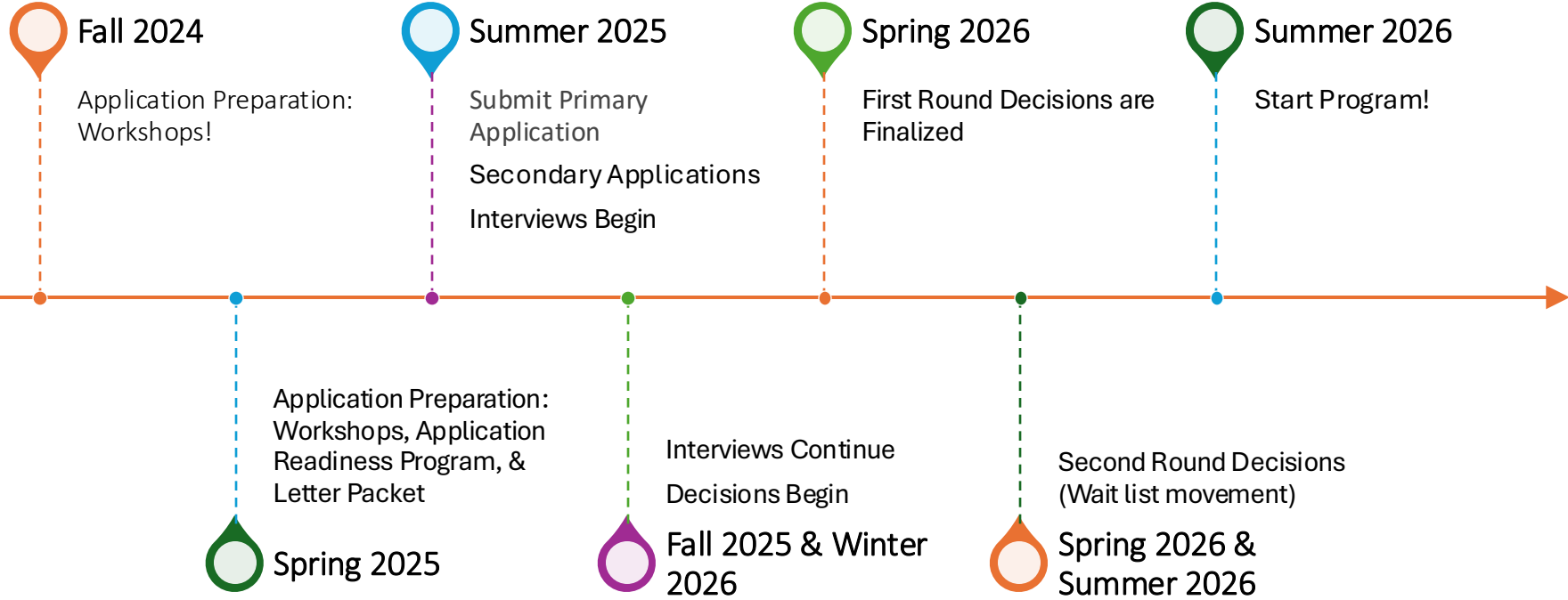PreMed (Last Names T-Z)
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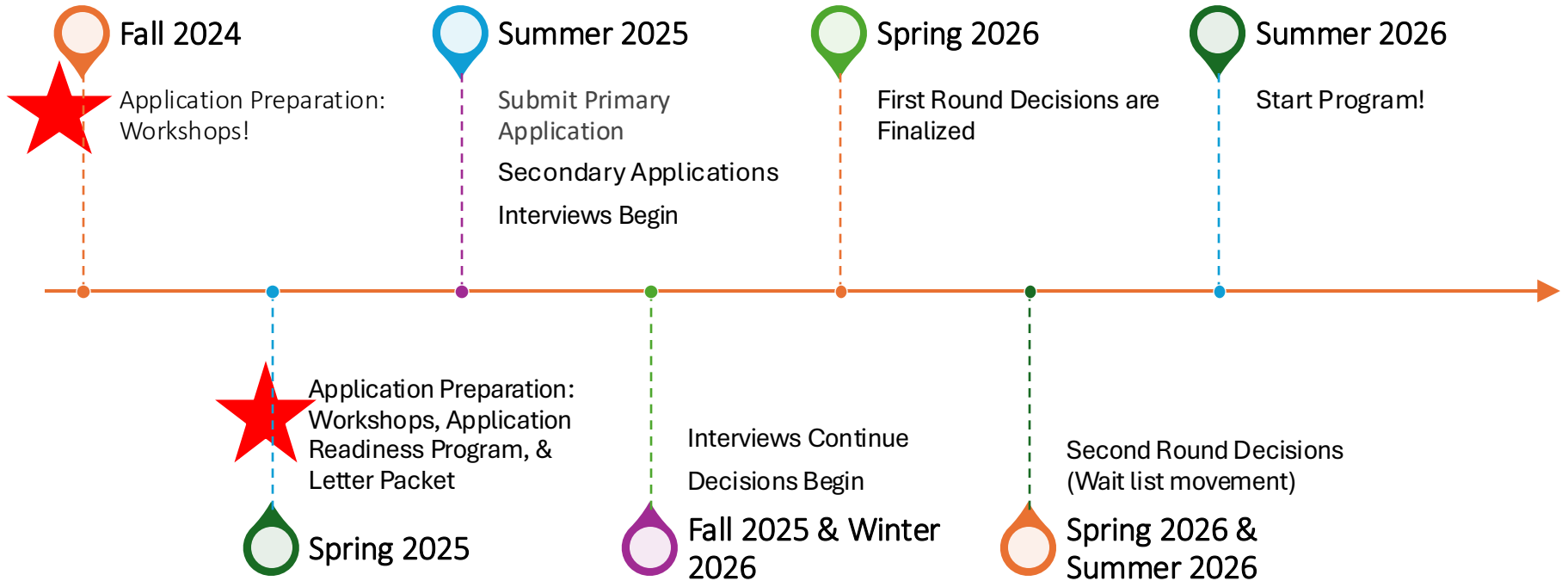PreMed (Last Names L-M)
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GENERAL APPLICATION CYCLE TIMELINE

Fall 2024

Application Preparation: Workshops!

Summer 2025

Submit Primary Application

Secondary Applications

Interviews Begin

Spring 2026

First Round Decisions are Finalized

Summer 2026

Start Program!

Application Preparation: Workshops, Application Readiness Program, & Letter Packet

Spring 2025

Interviews Continue

Decisions Begin

Fall 2025 & Winter 2026

Second Round Decisions (Wait list movement)

Spring 2026 & Summer 2026

Application Preparation

GENERAL APPLICATION CYCLE TIMELINE

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2026 Cycle Workshops

Each application cycle, the PreMed and PreHealth Advising Program offers a series of workshops designed to guide you through the application process.

These workshops are crucial for helping you strategically prepare various components of a successful application according to a structured timeline.

If you are unable to attend the live sessions, we highly recommend reviewing the recordings and utilizing any related resources to stay on track with your application progress.
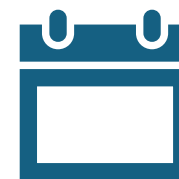
2026 Cycle Workshops!

Our workshop dates are aligned with the ideal timeframe for you to focus on each specific topic or component of your application!
All held at 12PM EDT
[Register and/or access recordings HERE!](#)

- Entrance Exam – September 25, 2024

- Self-Assessment – October 9, 2024

- Letters of Evaluation – October 23, 2024

- Personal Statement – November 6, 2024

- Work & Activities – November 20, 2024

- Accepted Students Panel – April 2, 2025

- Choosing Your Schools – April 16th, 2025

- LiaisonCAS Application - May 5, 2025
    (PA, Dental, Veterinary, Optometry, and Podiatry)

- Medical Application – May 7th, 2025

- Secondary Application – June 25, 2025

- Interview – July 16, 2025

Application Readiness Program

- Applicants can start preparing for their application cycle by joining the PreMed and PreHealth Advising Application Readiness Program **during their application year**.

- This entails completing a **Self-Assessment survey in MAP**, which encourages applicants to reflect on academic and experiential preparation for their designated health profession program, including the development of a Mock Application.

- After completing the Self-Assessment, applicants will be invited to schedule an **Application Readiness Meeting (ARM)** with their PreHealth Advisor. This 45-minute one-on-one appointment is designed to review and provide feedback on the Self-Assessment, guiding applicants toward developing a competitive application.

APPLICATION READINESS PROGRAM TIMELINE

- **February 1**: First-time applicant priority deadline to complete the Self-Assessment (early access to book your Application Readiness Meeting).

- **March 1**: First-time applicant final deadline to complete the Self-Assessment.

- **April 1**: Re-applicant* deadline to complete the Self-Assessment.

- **June 1**: Deadline to complete required Application Readiness Meeting with your individual PreMed/PreHealth Advisor.

*Note: The Application Readiness Program (Self-Assessment & Application Readiness Meeting) is an included and required part of the Letter Packet process.

NU Self-Assessment

The Northeastern PreMed and PreHealth Advising Program's Self-Assessment, available in the Medical Applicant Portal, enables applicants to assess their readiness to apply to health professional schools by identifying and addressing key components of a competitive application.

Completing the Self-Assessment by the deadline below will enable you to participate in the Northeastern University PreMed and PreHealth Advising Program's Application Readiness Program and, if appliable, Letter Packet process.

- o **February 1**: First-time applicant priority deadline to complete the Self-Assessment.

- o **March 1**: First-time applicant final deadline to complete the Self-Assessment.

- o **April 1**: Re-applicant deadline to complete the Self-Assessment.

Please be aware that the Self-Assessment includes several required components and **cannot be completed in one sitting**. We recommend setting aside multiple 2–3-hour sessions to ensure you can complete it thoroughly. Respondents can exit the survey and re-enter to finish it later from the same computer.

The more time and effort you invest in your self-assessment, the better prepared you'll be for your Application Readiness Meeting! The Self-Assessment Workshop will offer a comprehensive review of all components to help you ensure a timely and well-crafted submission.

Additionally, some elements of the Self-Assessment, including templates for the Mock Application, will be introduced and reviewed at our upcoming Personal Statement and Work & Activities Workshops.

Committing to the Self-Assessment process will allow you to receive valuable feedback, helping to strengthen and enhance your application!

*Note: The Application Readiness Program (Self-Assessment & Application Readiness Meeting) is an included and required part of the Letter Packet process.

Letters of Evaluation: Letter Options for NU Applicants

- **Letter Packet:** A letter packet is a collection of letters of recommendation that is assembled and sent to schools as part of your application. These packets are typically compiled by a pre-health advising office at your undergraduate institution and can vary in format and content. The university PreMed and PreHealth Advising Program offers a Letter Packet service for students and alumni applying to **medical, dental, and podiatry** programs who are applying **within three years of graduation or completion of their pre-medical studies**. A NU Letter Packet includes all evaluations requested via your Medical Applicant Portal, plus an institutional cover sheet from the PreMed and PreHealth Advising Program. The PreMed and PreHealth Advising Program's institutional cover sheet provides context to your academic and experiential preparation.

- **Individual Letters**: When you're applying with individual letters, it means you're submitting separate letters of recommendation from different individuals rather than using a letter packet. If you are applying for admission to programs of **optometry, physician assistant, or veterinary** it is required that you apply with individual letters of evaluation. If you are an **Alumni who graduated three or more years ago**, individual letters are strongly preferred.

Learn More: Letters of Evaluation | PreMed and PreHealth Advising Program (northeastern.edu)

Letter Packet

Evaluation Timeline:

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March 1: First-time applicant deadline to **REQUEST** all required letters of evaluation in MAP

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April 1: Re-applicant* deadline to **REQUEST** all NEW and/or UPDATED external letters of evaluation in MAP

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May 1: **SUBMISSION** deadline for **all** letters of evaluation in MAP

What's included:

1. **Cover sheet**: The PreMed and PreHealth Advising Program's institutional cover sheet provides context to your academic and experiential preparation. For NU undergraduate students and alumni, this includes information about Northeastern's Cooperative Education program, Global Pathways programs, unique aspects of our curriculum (I.e., our single-semester general chemistry course), and more. For students and alumni of the Northeastern University Pre-Medical Studies, Post-Baccalaureate Undergraduate Certificate program this includes program details and requirements.

2. **THREE** internal faculty letters of evaluation are required.

3. **ONE** external clinical letter of evaluation is required.

4. **Up to two** additional external letters of evaluation are optional.

Learn More: 2026 Application Workshops | Letters of Evaluation!

Additional Letter Packet Requirements

To be completed in your application year. Requirements and deadlines are subject to change.

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- March 1: <u>First-time applicant</u> final deadline to complete the Self-Assessment

- March 1: <u>First-time applicant</u> deadline to request all required letters of evaluation in MAP

- April 1: <u>Re-applicant</u>* deadline to complete the Self-Assessment.

- April 1: <u>Re-applicant</u>* deadline to request all NEW and/or UPDATED external letters of evaluation in MAP

- May 1: Submission deadline for **all** letters of evaluation in MAP

- June 1: Deadline to complete required Application Readiness Meeting with your individual PreMed/PreHealth Advisor

- **June 1: Deadline to take the MCAT/DAT. Scores must be released to NU**

- **July 1: Deadline to SUBMIT primary application**

- **July 1: Deadline to complete MAP**

- **July 1: Deadline to request Letter Packet**

*Re-applicant refers to Northeastern University students and alumni who have already completed the PreMed/PreHealth Letter Process for a previous cycle and are requesting a Letter Packet to re-apply to their programs.

Personal Reflections

Guiding Questions for Thoughtful Self-Reflection:
- Am I academically ready?
- Am I experientially ready?
- Am I physically/mentally ready?
- If you are re-applying, how has your application changed from your previous application?
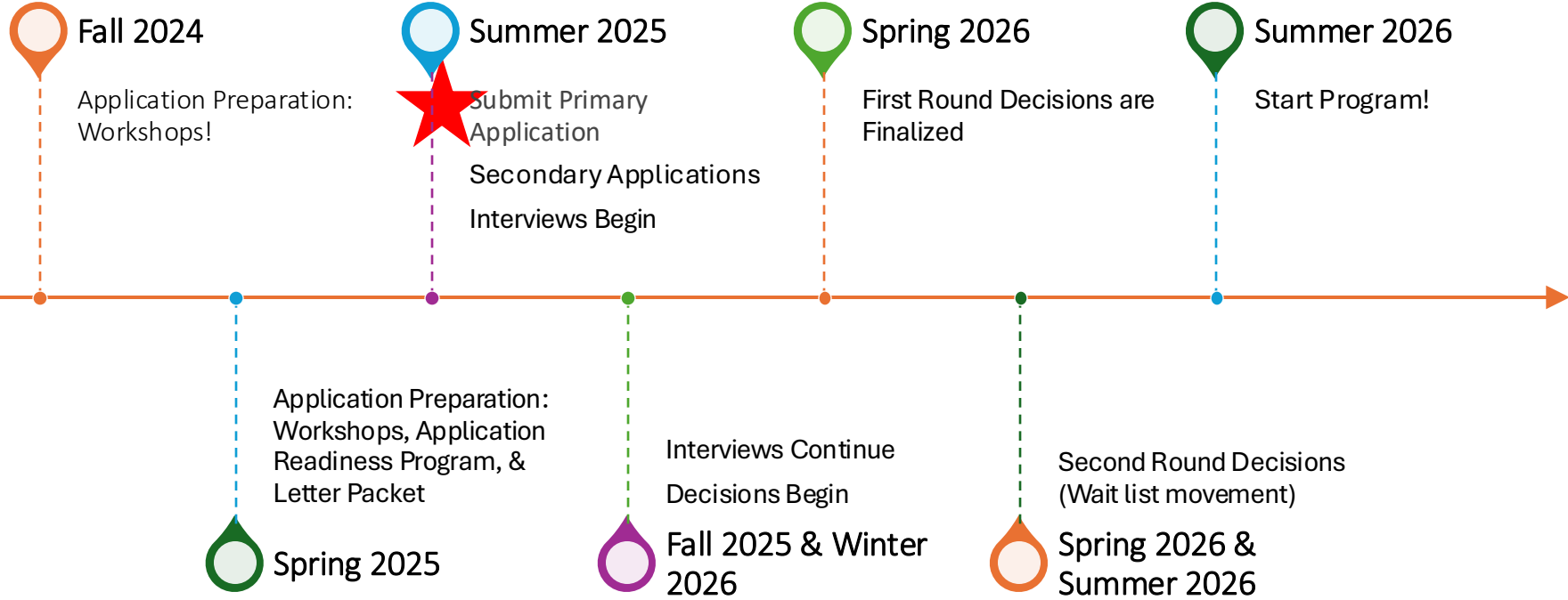
Competency and Self-Reflection Resources:
- Anatomy of an Applicant Premedical Competency Resources and Self-Assessment Guide for Medical School Applicants (applicable across health fields)

The benefits of a gap year:
- A large majority of applicants are electing to take time between completion of their undergraduate degree and matriculation to health professional programs to prepare for their programs and strengthen their applications. At NU, about 84% of **accepted** candidates to a health graduate program have taken **at least one** gap year!
- Explore options and learn how to make the most of your gap year experience by reviewing our Leveraging Your Gap Year Workshop!

Application Submission

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Spring 2026 & Summer 2026

Veterinary Applicants

Application Submission Timeframe:

- **January**: Veterinary Medical College Application Service (VMCAS) Opens!
- **August**: Suggested deadline to submit all veterinary applications

Application Resources:

- Veterinary Medicine | Premed And Prehealth Advising Program (Northeastern.Edu)
- Veterinary Medical School Application Requirements (vmsar)
- VMCAS Fee Assistance Program

Anticipated Cost:

- 8 schools ~$2,800
    - Primary Application Fee + one school = $234
    - Additional schools, primary = $128 each
    - Secondary Application Fee (varies), $50-100

PA Applicants

Application Submission Timeframe:

- **April**: <u>Centralized Application Service for Physician Assistants (CASPA)</u> Opens!
- **May**: Suggested deadline to submit all PA applications (**mid-to-end of May**)

Application Resources:

- <u>Physician Assistant | PreMed and PreHealth Advising Program (northeastern.edu)</u>
- <u>PAEA Program Directory</u>
- <u>CASPA Fee Assistance Program</u>

Anticipated Cost:

- 8 schools ~ $1,100
  - Primary Application Fee + one school = $184
  - Additional schools, primary = $61 each
  - Secondary Application Fee (varies) = $35-100

Medical (MD/DO) Applicants

Application Submission Timeframe:
- **May**:
    - American Medical College Application Service® (AMCAS®) opens (**early may**!)
    - The American Association of Colleges of Osteopathic Medicine Application Service (AACOMAS) opens & can be submitted **(early may)**!
    - American Medical College Application Service® (AMCAS®) can be submitted (**late may**!)
- **June**: Suggested deadline to submit all medical applications

Application Resources:
- Allopathic & Osteopathic Medicine (MD/DO) | Premed And Prehealth Advising Program (Northeastern.Edu)
- AAMC's Medical School Admissions requirements (MSAR)
- AACOM's choose DO Explorer
- AACOMAS Fee Assistance Program
- AMCAS Fee Assistance Program

Anticipated Cost:
- 10 DO schools ~$1,500
    - Primary Application Fee + one school = $198
    - Additional schools, primary = $57 each
    - Secondary Application Fee (varies), $50-100
- 15 MD schools ~$2,300
    - Primary Application Fee + one school = $175
    - Additional schools, primary = $46 each
    - Secondary Application Fee (varies), $85-200

Dental Applicants

Application Submission Timeframe:

- **May**: ADEA AADSAS (Associated American Dental Schools Application Service) opens!

- **June**: ADEA AADSAS (Associated American Dental Schools Application Service) can be submitted (**early June**)!

- **June**: Suggested deadline to submit all dental applications (**late June**).

Application Resources:

- Dental Medicine | PreMed and PreHealth Advising Program (northeastern.edu)

- ADEA'S DENTAL SCHOOL EXPLORER

- ADEA AADSAS Fee Assistance Program (FAP)

Anticipated Cost:

- 10 schools ~ $2,300
  - Primary Application Fee + one school = $264
  - Additional schools, primary = $115 each
  - Secondary Application Fee (varies), $30-200

Optometry Applicants

Application Submission Timeframe:

- **June**: Optometry Centralized Application Service (OptomCAS) opens!
- **August**: Suggested deadline to submit all optometry applications.

Application Resources:

- Optometric Medicine | PreMed and PreHealth Advising Program (northeastern.edu)
- OPTOMETRY PROGRAMS ADMISSIONS DIRECTORY

Anticipated Cost:

- 10 schools ~ $1,500
  - Primary Application Fee + one school = $187
  - Additional schools, primary = $80 each
  - Secondary Application Fee (varies), $30-75

Podiatry Applicants

Application Submission Timeframe:

- **August**: American Association of Colleges of Podiatric Medicine Applicant Service (AACPMAS) opens!

- **September**: Suggested deadline to submit all optometry applications (**late September**).

Application Resources:

- Podiatric Medicine | PreMed and PreHealth Advising Program (northeastern.edu)

- AACPM'S PODIATRIC MEDICAL COLLEGE INFORMATION BOOK

- AACPMAS Application Fees and Fee Waivers

Anticipated Cost:

- 11 schools = $975
  - Primary Application Fee + one school = $205
  - Additional schools, primary = $70 each

TMDSAS
(Texas Medical and Dental Schools Application Service)

Application Submission Timeframe:
- **May:** TMDSAS (Texas Medical and Dental Application Services) opens!
- The recommended deadline for submitting all Texas applications should align with the suggested timeline for your specific health field discipline.

Application Resources:
- TMDSAS (Texas Medical and Dental Application Services): Application Guide

Anticipated Cost:
- 8 schools ~ $680
  - Primary Application Fee + one school = $200
  - Secondary Application Fee (varies), $50-75

Participating Programs

Dental:
- Texas A&M University School of Dentistry
- UT School of Dentistry at Houston
- UT School of Dentistry at San Antonio
- Woody L. Hunt School of Dental Medicine

Medical:
- Baylor College of Medicine
- John Sealy School of Medicine at The University of Texas Medical Branch
- Long School of Medicine at UT Health San Antonio
- McGovern Medical School at UT Health Houston
- Sam Houston State University College of Osteopathic Medicine
- Texas A&M University School of Medicine
- Texas Tech University Health Sciences Center School of Medicine at Lubbock
- Texas Tech University Health Sciences Center El Paso Paul L. Foster School of Medicine
- The University of Houston College of Medicine
- The University of Texas at Austin Dell Medical School
- The University of Texas Southwestern Medical School
- The University of Texas Rio Grande Valley School of Medicine
- The University of North Texas - Texas College of Osteopathic Medicine
- The University of Texas at Tyler School of Medicine

Podiatry:
- The University of Texas Rio Grande Valley School of Podiatric Medicine

Veterinary:
- Texas A&M University School of Veterinary Medicine
- Texas Tech University School of Veterinary Medicine

Northeastern University
PreMed and PreHealth
Advising Program

CYCLE 2026
Key Dates & Deadlines

FALL	Wednesday, September 11, 2024	2026 Application Workshops: Cycle Kickoff
	Wednesday, September 25, 2024	2026 Application Workshops: Entrance Exam
	Wednesday, October 9, 2024	2026 Application Workshops: Self Assessment
	Wednesday, October 23, 2024	2026 Application Workshops: Letters of Evaluation
	Wednesday, November 6, 2024	2026 Application Workshops: Personal Statement
	Wednesday, November 20, 2024	2026 Application Workshops: Work/Activities
SPRING	Saturday, February 1, 2025	ARP DEADLINE: Priority Deadline for Self Assessment
	Saturday, March 1, 2025	ARP & LP DEADLINE: Final Deadline for Self Assessment & Deadline to request letters of recommendation in MAP
	Monday, April 1, 2024	RE-APPLICANT ARP & LP DEADLINE: Self Assessment & Deadline to request new/updated letters in MAP
	Wednesday, April 2, 2025	2026 Application Workshops: Accepted Students Panel
	Wednesday, April 16, 2025	2026 Application Workshops: Choosing Your Schools
	Thursday, May 1, 2025	LP DEADLINE: Letters of Recommendation must be submitted to MAP
	Monday, May 5, 2025	2026 Application Workshops: LiaisonCAS Workshop (PA, Dental, Veterinary, Optometry, and Podiatry)
	Wednesday, May 7, 2025	2026 Application Workshops: Medical Application Workshop
SUMMER	Saturday, June 1, 2024	ARP & LP DEADLINE: Application Readiness Meeting & Deadline to take the MCAT/DAT
	Wednesday, June 25, 2025	2026 Application Workshops: Medical School Secondary Application
	Tuesday, July 1, 2025	LP DEADLINE: Application Submission, Complete MAP and Request Letter Packet
	Wednesday, July 16, 2025	2026 Application Workshops: Interview Preparation

*All workshops are held virtually at 12pm EST.
*Some deadlines are only applicable for those receiving a Letter Packet.
*A complete list of requirements can be found on the PMPH Website.

Key Dates & Deadlines Downloadable PDF

Next Steps

PLAN

MARK KEY DEADLINES IN YOUR CALENDAR

- Plan in advance for Application Readiness Program and Letter Packet deadlines!

- Key Dates & Deadlines Downloadable PDF

- Applicants | PreMed and PreHealth Advising Program (northeastern.edu)

PREPARE

APPLY WHEN YOU ARE READY

- A successful applicant is one who waits until they are the strongest applicant before applying, even if that means taking one or more gap years!

PRIORITIZE

PRIORITIZE ENTANCE EXAMS

- It is recommended you study between 4-6 months, following completion of recommended coursework.

- If you are retaking your entrance exam, ensure you are not planning these in quick succession.

- Wait until practice scores match or exceed your goal score before testing!

Questions