

Resource List

Tips from a Recent Grad: Navigating the Post-Bacc Program

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Programs

AAMC Post-Bacc Database (Currently being updated): <https://mec.aamc.org/postbac/>

Post-Bacc Program Guide Database:

<https://www.postbaccprogramguide.com/programs/>

Info on Post-Bacc Programs

AAMC Post-Bacc Articles:

<https://students-residents.aamc.org/preparing-medical-school/postbaccalaureate-programs>

Would you benefit from a Post-Bacc:

<https://www.usnews.com/education/blogs/medical-school-admissions-doctor/articles/2016-09-01/6-types-of-applicants-who-would-benefit-from-a-postbaccalaureate-program>

BeMo Post-Bacc Overview:

<https://bemoacademicconsulting.com/blog/an-all-inclusive-list-of-postbac-premedical-programs>

Writing Examples/Tips:

Shemmassian Post-Bacc Overview (with Essay Examples):

<https://www.shemmassianconsulting.com/blog/post-baccalaureate-programs>

Post-Bacc Program Guide Essay Tips:

<https://www.postbaccprogramguide.com/tips-for-writing-a-great-post-bacc-application-essay/>

Essay Tips (Accepted): <https://blog.accepted.com/how-to-write-your-postbac-essay/>

Career Changer Essay Tips (Thompson Advising):

<https://www.thompsonadvising.com/blog/post-bac-program-application-essay-tips/#.YYIybb3ML0o>

Financial Resources

If you can look into getting application fee waivers through the schools you are applying to or the application services you are using.

Funding Your Post-Bacc (Post-Bacc Program Guide):

<https://www.postbaccprogramguide.com/affording-your-post-bacc/>

Grants for non-traditional Students (College Scholarships):

<http://www.collegescholarships.org/grants/non-traditional.htm>

Virtual Scholarship Qualification Test (Xollege Pass), note \$39.99 fee:

<https://www.xollegepass.com/vsqt>

General Resources

Power Planner:

Digital Class Organizer. You can input assignments, keep track of grades (including adding assignments weight to get an accurate grade), input your class schedule, and more. This is available on web, Android, iOS, and Windows.

If you are able, I would recommend getting the pro version (one time payment of approximately \$2)

Web: Powerplanner.net

Android:

https://play.google.com/store/apps/details?id=com.barebonesdev.powerplanner&hl=en_US&gl=US

iOS: <https://apps.apple.com/us/app/power-planner/id1278178608>

Windows:

<https://www.microsoft.com/en-us/p/power-planner-homework-classes-grades/9wzdnrcfj25v?activetab=pivot:overviewtab>

Pomodoro Method:

Some find using the Pomodoro method helps them achieve peak productivity. The technique typically consists of a 25-minute work period followed by a 5 minute break, though some break-up their time in different ways. There are many apps that you can use for this and you can also set up the timer yourself.

What is the Pomodoro Technique:

<https://todoist.com/productivity-methods/pomodoro-technique>

Youtube Channel for Pomodoro Timers with Aesthetically Pleasing Backgrounds:

<https://www.youtube.com/c/LotsofColors>

Study with Others Online:

Sometimes having other people studying within your view helps you stay on task. Here are some places where you can create the library environment online.

Note there are also people on youtube who have videos of them studying and also using the pomodoro technique.

Study Together: <https://www.studytogether.com/>

Study Stream: <https://www.studystream.live/home>