

PREMED INFORMATION SUMMARY



PreProfessional Advising Information

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Make an appt!

Medical School Basics

Medical School

- Year 1 & 2: Didactic Years (Class Instruction)
- Year 3: Clinical Rotations
- Year 4: Clinicals and Residency Applications

Residency (After Medical School): 3-7 Years

Optional Fellowship (After Residency): 2-3 Years

Degree Conferred:

MD (Doctor of Medicine) or DO (Doctor of Osteopathic Medicine)

Get involved in activities (in- and outside the classroom) to help you develop the below premed competencies valued by the Association of American Medical Colleges (AAMC):

Commitment to Learning & Growth • Social Skills • Cultural Awareness • Cultural Humility • Empathy & Compassion
Ethical Responsibility to Self and Others • Interpersonal Skills • Reliability & Dependability • Resilience & Adaptability
Service Orientation • Teamwork & Collaboration • Human Behavior • Living Systems
Critical Thinking • Quantitative Reasoning • Scientific Inquiry • Written Communication

Academic Preparation

Ensure you're academically prepared for the rigor of med school.

- Complete a bachelor's degree and prerequisites (last page)
- Competitive applicants have high GPAs, so build and strengthen your time management skills
- Any major is appropriate; make sure to pick the right fit for you, and study what you love!

Physician Shadowing

Observing a doctor helps you commit to the profession while learning various specialties. Don't wait! Start shadowing now!

Competitive Applicants Shadow:

- 3-5 doctors for 8-10 hours each
- Shadow both MD/DO doctors, balancing both primary care and non-primary care

Service to the Community

Demonstrate a commitment to humanity by selflessly serving others.

Competitive Applicants Complete:

- 3 different experiences, each lasting 6-12 months for a total of 200 hours

Encouraged to do within the 4 years before applying

On campus? Visit the Bennion Center!
(bennioncenter.org)

Leadership and Teamwork

Doctors are both leaders and team members with patients, colleagues, etc.

(Eg: coach, teacher, tutor, mentor, TA/LA, supervisor, officer role in a club, student advisory board, and many more.)

Competitive Applicants Complete:

- 3 different experiences, each lasting at least 3 months for a total of 100+ hours
- Can be either paid or voluntary

Encouraged to do within the 4 years before applying

Demonstrate
your knowledge,
skills and
preparation

Patient Exposure

Interacting well with sick/injured people is a key indicator of success in the medical profession.

Competitive Applicants Complete:

- 1-2 experiences, each lasting at least 6 months for a total of 100+ hours
- Can be either paid or voluntary

Research

Doctors must stay current on the latest in medical advancement

Competitive Applicants Complete:

- 1 experience lasting at least 6 months
- Participate in hypothesis-based research, under the supervision of faculty or a researcher
- Can be either paid or voluntary

Check out the Office of Undergraduate Research:
(our.utah.edu)

APPLICATION PROCESS AND INFORMATION

PPA is here to help!

Preparing for medical school is complex and nuanced. But you don't have to do it alone! PPA offers a variety of services to aid you during this time. From application workshops, to application and personal statement reviews, we want to help you with this process. Meet with a premed advisor at least once a semester to help guide you along the way.

Start Saving NOW!

Applying to medical school is expensive. The application fee for AMCAS is over \$170, which includes applying to one school; each additional school is \$43. **These fees will increase each year.** Secondary applications carry their own fees, commonly ranging between \$50-\$200 each. Factoring in application fees, MCAT prep and registration, the cost of traveling for in-person interviews, and more, we recommend students to prepare to spend about \$5,000 for the application process. AAMC offers the Fee Assistance Program for those who qualify. AACOMAS also offers limited fee waivers.

Testing

The MCAT

The MCAT is a 7.5 hour standardized exam students take for admission into medical school. It has four sections: Biological & Biochemical Foundations of Living Systems, Chemical & Physical Foundations of Living Systems, Psychological, Social, & Biological Foundations of Behavior, and Critical Analysis & Reasoning Skills.

COST and REGISTRATION: The exam costs over \$300. If paying for the MCAT is beyond your means, look into the AAMC's Fee Assistance Program. The MCAT is offered about eight months out of the year. When you will take the exam depends on many factors. Most students take the MCAT in the spring semester of the year they apply. Register in October for Jan-June MCAT dates, and in February for July-September dates. Meet with a PPA advisor to discuss the best plan for you.

PREP and SCORING: There are a variety of ways to prep for taking the MCAT. You can purchase a test prep book, utilize free resources online, or purchase a study course through a test prep company. MCAT score ranges from 472-528; most schools require a minimum of 500 (including UUSOM). It takes about a month to receive your score.

Additional Exams

Medical schools use a variety of tools to assess their applicants. Two of the most common tools are Casper test and the PREview exam. These exams help schools determine the situational judgement and effective professional behavior of applicants. These exams may be taken prior to interviewing or on an applicant's interview day. Additional information on Casper can be found on [Altus Suite](#), and AAMC for the [PREview](#) exam.

APPLICATION COMPARISONS

There are three centralized application services for US medical schools: **AMCAS** (MD), **AACOMAS** (DO), and **TMDAS** (University of Texas system). Which service you apply through depends on the specific medical school(s) you wish to apply to.

Application Comparison	AMCAS (MD)	AACOMAS (DO)	TMDAS (Texas)
Primary Application Fee Info	Initial fee with one school, additional schools additional fee	Initial fee with one school, additional schools additional fee	Flat fee, includes all participating schools
Extracurricular Experience Listing Rules	15 activity limit 700 character limit (w/ spaces) <i>3 (of 15) most meaningful</i>	May list all activities, 600 character limit per activity	No activity limit; character limits vary
GPA Calculation*	Total, Science (BCPM), AO	Total, Science (BCP), AO	Unique calculation w/ no decimals
Primary Application Deadline	Varies by school, typically Oct or Nov	Varies by school, typically Dec-Apr	November 1
Association Website	aamc.org	aacom.org	tmdsas.com

*BCPM = Biology, Chemistry, Physics, Math (Science), AO = All Other (Non-Science)

APPLICATION TIMELINE

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR
Take the MCAT															
Request and Gather LORs															
Write Personal Statement & Activities Descriptions															
				Primary	Applications										
					Secondary	Applications									
							Interviews								
Ideal							Admissions Decisions								
Possible															

APPLICATION DETAILS

Do your research!

It is your responsibility to ensure you are meeting all requirements for the schools you are interested in. When choosing schools, we recommend that you look at schools that align with your interests: location, size, student/faculty ratio, representation, etc. There are tools available on each application service to research schools (MSAR, Choose DO Explorer, TMDAS Schools).

Letters of Recommendation (LORs)

PLAN AHEAD: Medical schools require LORs as part of your application. Get to know the people you interact with (professors, supervisors, etc.) You're not looking for good letters; you need excellent letters. Get these by building and maintaining your relationships. Letters must be current, signed, dated, and on letterhead. Do not delay submitting your primary application while waiting for your LORs to be submitted. LORs are part of the secondary application process.

LETTER TYPES: The following are common types of letters required by most schools. However, requirements vary by school, *so do your research.*

- Science Professor (BCPM)
- Non-science Professor OR 2nd Science Professor (varies by school)
- Mentor: usually a supervisor for research, patient exposure, service, leadership, or employment)

PRIMARY APPLICATION

There are two applications to medical schools: the primary and secondary applications. Your primary application is done through a centralized application service, AMCAS, AACOMAS, or TMDAS. Primary applications is one application that goes out to every medical school you apply to. The medical school(s) you are interested in will determine which primary application you will submit. The primary application consists of your biographical information, coursework and grades, MCAT score, activities descriptions, personal statement, and the names of your LOR writers. PPA recommends applying to 12-15 schools. Send your primary application to your PPA advisor for feedback!

SECONDARY APPLICATION

Secondary applications are school specific; tailored to each individual school. Not every school you apply to will send you a secondary. Secondaries usually consist of essays, and will have short turnaround times, typically between 14-30 days.

Interviews

Expect a variety of interview types: MMI (multiple mini interviews), traditional one-on-one, and sometimes group interviews. Prepare for both virtual and in-person interviews. PPA offers a variety of mock interview options for those who have already received invitations.

POLICIES and CONSIDERATIONS

AP/IB CREDIT	Depends on program. If accepted, coursework beyond AP/IB required.
REPEATS	All grades will be counted. Repeats will be <u>averaged</u> in your medical school application.
WITHDRAWALS	Although W's will not affect your GPA, W's should be used sparingly. Work with your advisor.
GPA	Minimum requirements for <u>total, Science, and AO GPA</u> is 3.0, but this varies by program. However, average GPA for accepted applicants is approx 3.6 (MD) and 3.5 (DO)

PreMedical Prerequisite Course Guide

Requirements vary by school. **It is your responsibility to do your own research on each medical school you wish to apply to.** AP coursework may or not be accepted. If accepted, coursework beyond AP is often required.

Shaded boxes indicate the classes most commonly required by medical schools.

Bolded classes may be taken at a community college. However, not all medical schools will accept community college prereqs.

MATH				
MATH 1050 (4) College Algebra	MATH 1060 (3) Trigonometry	<i>NOTE: MATH 1050/60 can be substituted with higher math</i>	MATH 1210 (4) Calculus 1	MATH 1070 (3) Statistics
Optional Math Prep Course				<i>May be substituted for PSY 3000, FCS 3210 or other statistics</i>
<ul style="list-style-type: none"> Math Boot Camp: MATH 10 and MATH 15 				

Please note: Consult both your major and premed advisors to determine appropriate placement and course selection.

BIOLOGY					
BIOL 1610 (4) BIOL 1615 (1) Fundamentals of Biology I and Lab <i>PreReq: MATH 1010</i>	BIOL 2325 (4) Human Anatomy <i>PreReq: BIOL 1610</i>	BIOL 2420 (4) Human Physiology <i>PreReq: BIOL 1610 and CHEM 1210</i>	BIOL 2020 (3) Cellular Biology or another BIOL class <i>PreReq for 2020: BIOL 1610 and CHEM 1210</i>	BIOL 2030 (3) or BIOL 2210 (3) Genetics or Human Genetics <i>DO School Req.</i>	BIOL/CHEM 3510 (3) Biochemistry <i>PreReq: CHEM 2310 Recommended: CHEM 2320 and BIOL 2020</i>

Most medical schools require two biology labs. BIOL 2325 (Human Anatomy) or BIOL 2425 (Human Physiology lab) can count for one lab at most schools. The second lab can be fulfilled by any other biology lab; BIOL 1615 is one recommended option.

CHEMISTRY				
CHEM 1210 (4) CHEM 1215 (1) General Chemistry I and Lab <i>PreReq: MATH 1050</i>	CHEM 1220 (4) CHEM 1225 (1) General Chemistry II and Lab <i>PreReq: CHEM 1210</i>	CHEM 2310 (4) CHEM 2315 (2) Organic Chemistry I and Lab <i>PreReq: CHEM 1220</i>	CHEM 2320 (4) CHEM 2325 (2) Organic Chemistry II and Lab <i>PreReq: CHEM 2310</i>	CHEM/BIOL 3510 (3) Biochemistry <i>PreReq: CHEM 2310 Recommended: CHEM 2320 and BIOL 2020</i>
Optional Chemistry Prep Courses		<ul style="list-style-type: none"> CHEM 1200 (4): Prep for College Chemistry CHEM 2308 (1): Intro to Organic Chem 		

PHYSICS				
PHYS 2010 (4) PHYS 2015 (1) General Physics I and Lab <i>PreReq: MATH 1060</i>	PHYS 2020 (4) PHYS 2025 (1) General Physics II and Lab <i>PreReq: PHYS 2010</i>	OR	PHYS 2210 (4) PHYS 2215 (1) Physics for Scientists & Engineers I and Lab <i>PreReq: MATH 1210</i>	PHYS 2220 (4) PHYS 2225 (1) Physics for Scientists & Engineers II and Lab <i>PreReq: MATH 1220, PHYS 2210</i>

Please note: Consult both your major advisor and a PPA advisor for the correct lecture and lab sequence.

NON-SCIENCE REQUIREMENTS			
WRTG 2010 (3) Intermediate Writing <i>PreReq: WRTG 1010</i>	Upper Division Writing (CW)	Arts and Humanities Courses (FF/HF)	Behavioral Science Courses (BF)

OPTIONAL SUGGESTED COURSES		
LEAP 1100/1101 (3) Health Professions LEAP	Behavioral Science Courses for MCAT Prep: <ul style="list-style-type: none"> ANTH 3283: Sex and Gender ANTH 3290: Biology of Stress & Development ECON 3190: Intro to Health Economics FCS 3290: Race, Ethnicity, & Family Diversity 	<ul style="list-style-type: none"> FCS 3380: Social Science & Healthcare POLS 5321: Health Policy POLS 5324: Disability Studies PSY 2100: Cognitive Psychology PSY 3450: Cross-Cultural Psychology SOC 3769: Social Disparities in Health