



UW Career & Internship Center

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Pre-Med Planning Guide

Explore

Motivation for medicine/personal characteristics

A qualified applicant to medical school must have not only a general understanding of the profession, but also a demonstrated interest in and awareness of medical and social issues. Prospective applicants should be prepared to answer the question, “Why do you want to be a physician?” with a response that goes beyond “I want to help people.”

Experience

Desirable qualifications are a well rounded academic background, a knowledge of and exposure to the needs of individuals and society, and an awareness of current health care delivery systems. Diversity and cross-cultural competency are critical. Further, motivation for medical careers can be measured in part by the candidate’s exposure to health-care environments.

Choosing a Major

While a bachelor’s degree is necessary to be a competitive applicant to medical school, **medical schools do not give preference to any particular major**. You should be considering majors that align your interests, passions, and abilities. Your departmental adviser, in partnership with your pre-health adviser, can help ensure you take the appropriate pre-requisite courses for medical school as part of your coursework.

Prepare

An excellent medical school applicant will have a strong grade point average, both overall and in the pre-requisite coursework. Additionally, a strong applicant will have competitive MCAT scores. Beyond grades and test scores, medical schools will look for ample time spent shadowing a physician, experience volunteering in a clinical setting, and both research and leadership experiences.

Prerequisite courses for most medical schools are listed below; you should review the admissions information for each of your desired schools to be sure you are meeting all coursework and other requirements.

Math/Stats	Chemistry	Biology	Physics	Behavioral Science	English
MATH 124	CHEM 142/145	BIO 180	PHYS 114/117	PSYCH 101	COMP
or	CHEM 152/155	BIO 200	PHYS 115/118	<i>Psychology</i>	ENGL LIT
QSci 291	CHEM 162/165	BIO 220	PHYS 116/119	<i>Bioethics</i>	ENGL LIT
			or	GWSS	
	CHEM 237/335		PHYS 121	<i>AES</i>	
	CHEM 238/336		PHYS 122	<i>Anthropology</i>	
	CHEM 239/337		PHYS 123	<i>Global Health</i>	
Stats	CHEM 241/346			<i>Public Health</i>	
	CHEM 242/347			<i>Geography</i>	
				<i>Sociology</i>	
	BIOC 405				
	BIOC 406				

Sample Schedule 1: No gap year

	Autumn	Winter	Spring	Summer
FR	MATH 120	QSCI 291	PSYCH 101	
	CHEM110	CHEM 142	CHEM 152	
		Comp	Behavioral Science	
SO	BIOL 180	BIOL 200	BIOL 220	CHEM 239
	CHEM 162	CHEM 237	CHEM 238	CHEM 242
			CHEM 241	
JR	PHYS 114	PHYS 115	PHYS 116	
	PHYS 117	PHYS 118	PHYS 119	
	BIOC405	BIOC 406	Statistics	
SR	ENGL	ENGL		
		Sociology		

Other Important Activities

Freshman Year

- Meet with your general adviser
- Consider taking GEN ST 297, "Pre-Health 101"
- Consider joining a pre-health RSO
- Begin establishing relationships with faculty for future letters of recommendation
- Identify summer volunteer, research, and/or leadership opportunities related to medical field
- Review pre-health website

Sophomore Year

- Meet with your general adviser
- Check in with a pre-health adviser
- Continue involvement with pre-health or other RSO
- Pursue meaningful clinical experiences (paid, volunteer, and/or research)
- Begin researching medical schools and MCAT on AAMC site

Junior Year

- Meet with your departmental adviser
- Meet with a pre-health adviser to strategize coursework, MCAT, and application(s) timing
- Consider taking GEN ST 297, "Pre-Health Application Class" in winter or spring quarter
- Seek leadership position(s) in RSO or other activity
- Continue meaningful clinical experiences
- Finalize list of 10-15 medical schools
- Familiarize yourself with application to medical schools: AMCAS or TMDSAS (TX only)
- Request recommendation letters

Spring quarter:

- Take MCAT by mid-April (or earlier)
- Apply to medical schools beginning June 1 (opens May 1)

Senior Year

- Meet with your departmental adviser
- Meet with a pre-health adviser to prepare secondary application materials
- Prepare for campus visits and interviews
- Receive acceptances!
- Notify schools you will not be attending
- Complete UG coursework and graduate!
- Apply for financial aid as early as possible

Sample Schedule 2: Gap year

	Autumn	Winter	Spring	Summer
FR	Comp	MATH 120	CHEM 152	
	CHEM 110	CHEM 142	PSYCH 101	
SO	MATH 124	BIOL 180	BIOL 200	
	CHEM 162	CHEM 237	Statistics	
JR	BIOL 220	CHEM 238	PHYS 114	CHEM 239
	ENGL	CHEM 241	PHYS 117	CHEM 242
SR	PHYS 115	PHYS 116	ENGL	
	PHYS 118	PHYS 119	Sociology	
	BIOC 405	BIOC 406		

Other Important Activities

Freshman Year

- Meet with your general adviser
- Consider taking GEN ST 297, "Pre-Health 101"
- Consider joining a pre-health RSO
- Begin establishing relationships with faculty for future letters of recommendation
- Identify summer volunteer, research, and/or leadership opportunities related to medical field

Sophomore Year

- Meet with your general adviser
- Check in with a pre-health adviser
- Continue involvement with pre-health or other RSO
- Pursue meaningful clinical experiences (paid, volunteer, and/or research)

Junior Year

- Meet with your departmental adviser
- Check in with a pre-health adviser
- Seek leadership position(s) in RSO or other activity
- Continue meaningful clinical experiences
- Begin researching medical schools and MCAT on AAMC site

Senior Year

- Continue meaningful clinical experiences
- Meet with pre-health adviser to strategize coursework, MCAT, and application(s) timing
- Finalize list of 10-15 medical schools
- Consider taking GEN ST 297, "Pre-Health Application Class" in winter or spring quarter
- Familiarize yourself with application to medical schools: AMCAS or TMDSAS (TX only)
- Request letters of recommendation

Spring quarter:

- Take MCAT by mid-April (or earlier)
- Apply to medical schools beginning June 1 (opens May 1)

After Graduation

- Continue meaningful clinical experience
- Meet with pre-health adviser to prepare secondary application materials
- Prepare for campus visits and interviews
- Receive acceptances!
- Notify schools you will not be attending
- Apply for financial aid as early as possible