

Advice for First-Year Pre-Med Students

Courses in Your First Year & Beyond

- To enable you to successfully take the MCAT by the spring semester of your third year, you need to complete the general course requirements (see Pre-Med Tip Sheet). The correct sequence of Chemistry, Biology, and Mathematics is essential to this outcome.
- It is highly advised to take the following in your first year
 - CHEM 101 or 105 (Fall)
 - *q* course if needed (Fall or Spring)
 - BIOL 220 (Spring) [CHEM 101 or 105 is a pre-requisite]
 - CHEM 102 or 214 (Spring)
 - Math 140 (Spring if planning to take calculus, otherwise in second year) [*q* is a prerequisite]
- It is important to make sure you satisfy your *q* requirement in the first year
- If you intend to take calculus (MATH 241/242), take it in your first or second year depending upon math placement results (MATH 140 is a prerequisite)

Thoughts on Choosing a Major

- You do not have to choose your major immediately, but it is good to consider it now
- Consider your interests and strengths
 - Are you drawn to biology, chemistry, biochemistry, physics, math, or psychology?
 - What are your interests outside of science (art, sociology, music, literature, business)?
 - Are you interested in biomedical research?
- It is possible to fulfill the requirements for medical school with many majors, but you must balance the requirements of the major with those of medical school
- Consider a major-minor combination to incorporate diverse interests
- A liberal arts background can be an advantage for many programs

Further Considerations

Medical schools are looking for well-rounded students. Good grades are essential, but there are many other factors that make students attractive candidates. These include extracurricular experience in a number of areas

- Work experience in the medical field: EMT, Nursing Assistant, Medical Scribe
- Shadowing a doctor (does not count as work experience in the field)
- Volunteering in hospitals or medical practices
- Biomedical research internships
- Carrying out an independent student research project or completing a senior thesis
- Non-medical extra-curricular activities (shows you have other interests)