



CAREER & INTERNSHIP CENTER

UNIVERSITY of WASHINGTON

Division of Student Life

134 Mary Gates Hall • 206-543-0535 • prehlth@uw.edu

Pre-Med Exploration & Preparation Guide

Exploration

- ☑ Enroll in GEN ST 297 *Pre-Health 101* Seminar in the Fall
- ☑ Visit UW's Pre-Health portal: prehealth.uw.edu
- ☑ Review UW Health Sciences "A Pathway for Every Passion" brochure and explorehealthcareers.org
- ☑ Schedule an appointment with your general advisor (UAA/Departmental/OMA&D) to discuss course planning
- ☑ Attend Pre-Health Course and Major Planning Workshop/Participate in workshops and Small Group Coaching Sessions
- ☑ Schedule an appointment with a Pre-Health Career Coach

Preparation

Clinical Experience

In addition to courses, students should actively gain clinical exposure. Students are encouraged to get both **professional-facing (shadowing)** and **patient-facing time**. Both are instrumental in demonstrating that students are a good fit for the profession with capabilities to be a good physician as well as being able to work and empathize with patients. Most importantly, we encourage students to start documenting their clinical experiences so they can reflect on them later in the application process.

Leadership

Leadership can be demonstrated in many ways. Students are encouraged to reflect on what leadership looks like in medicine and how their involvement in clubs, volunteering, employment, research, sports, and Greek Life may help them demonstrate that they have the leadership skills they will need.

Research

While research experience is not a requirement for medical school, many students use research experience to explore the intersection of science and medicine. Staff in the Undergraduate Research Program (171 Mary Gates Hall) provide workshops and seminars on how to get started, identify, and explore different research opportunities at the UW.

Establishing Relationships

Letter of Recommendations are a vital part of a student's medical school application. Professional schools vary in terms of how many letters they require and from whom. Establishing relationships with faculty, professors, TAs, mentors, principal investigators, and supervisors early on can help with creating strong letter of recommendations.

Required & Recommended Coursework

Every medical school has different expectations in terms of coursework that is required or recommended. We encourage students to start researching medical school requirements to better inform themselves of what specific classes they need to take. Students may need to exceed the requirements of some schools to meet the requirements of other schools. The following courses listed below are courses that are required by most medical schools (as listed by the Association of American Medical Colleges (AAMC)). We encourage students to purchase a subscription to the AAMC Medical School Admissions Requirement (MSAR) to further research each Medical School's specific requirements when they are ready to apply.

CHEM 142 (General Chemistry)
CHEM 152 (General Chemistry)
CHEM 162 (General Chemistry)

CHEM 237 (Organic Chemistry)
CHEM 238 (Organic Chemistry)
CHEM 239 (Organic Chemistry)
CHEM 241 (Organic Chemistry Lab)
CHEM 242 (Organic Chemistry Lab)

BIO 180 (Introductory Biology)
BIO 200 (Introductory Biology)
BIO 220 (Introductory Biology)

PHYS 114 + 117 (General Physics + lab)
PHYS 115 + 118 (General Physics + lab)
PHYS 116 + 119 (General Physics + lab)

Additional courses recommended for MCAT include:

- Psychology
- Sociology
- Biochemistry
- Statistics

How to use this Pre-Med Planning Worksheet:

- The template below includes five years of coursework and preparation, and may require two “gap years”.
- Many students take multiple years after graduation to travel/work/mature before they are ready to apply.
- Most pre-requisite courses are available at community colleges, and can be taken during summers or after graduation.
- Students may want/need to begin the Introductory Chemistry sequence with CHEM 110.
- Students may want/need to begin the Introductory Biology sequence with BIOL 106.
- Additional coursework recommended for the MCAT includes Psychology, Sociology, Biochemistry & Statistics.
- Research your target schools to learn more about what courses they require or recommend (e.g. Calculus, English).
- Use summers to spread course requirements over the entire year, or get more research/clinical/leadership experience.

	Fall	Winter	Spring	Summer
General Education Requirements:				
Coursework for Major:				
Medical School Pre-requisites:	CHEM 142	CHEM 152	CHEM 162	
Co-Curricular Activities:	GEN ST 297: Pre-Health 101	RSO exploration	Clinical exposure	Leadership de- velopment

	Fall	Winter	Spring	Summer
General Education Requirements:				
Coursework for Major:				
Medical School Pre-requisites:	BIOL 180	BIOL 200	BIOL 220	
Co-Curricular Activities:	Identify future letter writers	RSO exploration	Clinical exposure	Leadership development

	Fall	Winter	Spring	Summer
General Education Requirements:				
Coursework for Major:				
Medical School Pre-requisites:	CHEM 237	CHEM 238/241	CHEM 239/242	
Co-Curricular Activities:	RSO Exploration	Clinical exposure	Leadership development	Research your target schools

	Fall	Winter	Spring	Summer
General Education Requirements:				
Coursework for Major:				
Medical School Pre-requisites:	PHYS 114/117	PHYS 115/118	PHYS 116/119	
Co-Curricular Activities:	Request letter of rec- ommendations	Clinical exposure	Leadership development	MCAT prep

	Fall	Winter	Spring	Summer
General Education Requirements:				
Coursework for Major:				
Medical School Pre-requisites:				
Co-Curricular Activities:	Take MCAT	GEN ST 297: Application Seminar	Prepare application	Submit Application by July 1st