**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** **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 development |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **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 recommendations | 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 |