



## CAREER & INTERNSHIP CENTER

UNIVERSITY of WASHINGTON

Division of Student Life

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# Pre-Pharmacy 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](http://prehealth.uw.edu)
- Review UW Health Sciences "A Pathway for Every Passion" brochure and [explorehealthcareers.org](http://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 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 pharmacist as well as being able to work and empathize with patients. Most importantly, we encourage students to start documenting their clinical experiences so students 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 dentistry 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 pharmacy school, many students use research experience to explore the intersection of science and dentistry. 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 pharmacy 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 pharmacy school has different expectations in terms of coursework that is required or recommended. We encourage students to start researching pharmacy school requirements to better inform themselves of what 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 pharmacy schools (as listed by the American Association of Colleges of Pharmacy (AACP)).

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

MICROM 301/442 (Microbiology)  
MICROM 302/443 (Microbiology)

BIOL 180 (Biology)  
BIOL 200 (Biology)  
BIOL 220 (Biology)

Anatomy  
Physiology  
+Lab

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

Additional recommended classes may include:

- Biochemistry
- Communications
- English Composition
- Math (Calculus)/Statistics
- Economics
- Humanities
- Social Sciences
- Psychology

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

# How to use this Pre-Pharm 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 post-graduation.
- 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
<b>General Education Requirements:</b>				
<b>Coursework for Major:</b>				
<b>Pharmacy School Pre-requisites:</b>	CHEM 142	CHEM 152	CHEM 162	
<b>Co-Curricular Activities:</b>	GEN ST 297: Pre-Health 101	RSO exploration	Est relationships with faculty	Preliminary search of pharm schools

	Fall	Winter	Spring	Summer
<b>General Education Requirements:</b>				
<b>Coursework for Major:</b>				
<b>Pharmacy School Pre-requisites:</b>	BIOL 180	BIOL 200	BIOL 220	
<b>Co-Curricular Activities:</b>	Continue RSO involvement	Clinical exposure	Clinical exposure	

	Fall	Winter	Spring	Summer
<b>General Education Requirements:</b>				
<b>Coursework for Major:</b>				
<b>Pharmacy School Pre-requisites:</b>	CHEM 237	CHEM 238/CHEM 241	CHEM 239/CHEM 242	
<b>Co-Curricular Activities:</b>	GEN ST 297: Pre-Health App	Continue RSO activity and clinical experience	Leadership development continued	

	Fall	Winter	Spring	Summer
<b>General Education Requirements:</b>				
<b>Coursework for Major:</b>				
<b>Pharmacy School Pre-requisites:</b>	PHYS 114/117	PHYS 115/118	PHYS 116/119	
<b>Co-Curricular Activities:</b>	Request Letters of Recommendation	Start studying and take the PCAT by mid-April	Apply to Pharmacy Schools	

	Fall	Winter	Spring	Summer
<b>General Education Requirements:</b>				
<b>Coursework for Major:</b>				
<b>Pharmacy School Pre-requisites:</b>	MICROM 301	MICROM 302	Anatomy & Physiology	
<b>Co-Curricular Activities:</b>	Apply to Pharmacy Schools	Apply for financial aid	Receive acceptances/ decision-making!	