

Pre-Med Exploration & Preparation Guide

Exploration

- ☑ Visit UW's Pre-Health portal: <https://www.washington.edu/uaa/prehealth/>
- ☑ Enroll in GEN ST 297 *Pre-Health 101* Seminar in the Fall
- ☑ Attend Pre-Health Course and Major Planning Workshop
- ☑ Participate in Small Group Coaching Sessions
- ☑ Schedule an appointment with your general advisor (UAA/Departmental/EOP) to discuss course planning
- ☑ Review "Passion for Every Profession" brochure and explorehealthcareers.org to learn more about professions that may be a good fit with your skills and interests

Preparation

Clinical experience

In addition to courses, you should actively engage in gaining clinical exposure. You are encouraged to get both **professional-facing** and **patient-facing time**. Both are instrumental in demonstrating that you are a good fit for the profession with capabilities to be a good physician as well as being able to work and empathize with your patients. Most importantly, we encourage you to start journaling your clinical experiences so you 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 their 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 make the most of your research experience, as well as a searchable database of research opportunities.

Establishing Relationships

Letter of Recommendations are a vital part of your 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 you to start researching into medical school requirements to better inform yourself of what classes you need to take. You may need to exceed the requirements of some schools to meet the requirements of other schools. The following courses are required by most medical schools, and students are encouraged to take these courses so that they can cast a wide net when applying.

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| CHEM 142 (General Chemistry) CHEM 152 (General Chemistry) CHEM 162 (General Chemistry) |
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| CHEM 237 (Organic Chemistry) CHEM 238 (Organic Chemistry) CHEM 239 (Organic Chemistry) CHEM 241 (Organic Chemistry Lab) CHEM 242 (Organic Chemistry Lab) |
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| BIO 180 (Introductory Biology) BIO 200 (Introductory Biology) BIO 220 (Introductory Biology) |
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| PHYS 114 + 117 (General Physics + lab) PHYS 115 + 118 (General Physics + lab) PHYS 116 + 119 (General Physics + lab) |
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| Additional courses recommended for MCAT include: <ul style="list-style-type: none">▪ Psychology▪ Sociology▪ Biochemistry▪ Statistics |
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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 post-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 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: | Reach out to letter writers | 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 |