



How to use this document:

- These are the common prerequisites for medical school and for preparations to take the MCAT. Check individual programs for exact requirements.
- Take these classes (according to prerequisites). Work with a pre-health advisor to determine correct sequencing.
- This page demonstrates the prerequisites, you may choose to take two to four years – whatever amount of time fits best for your plan.
- Add major classes along with pre-medical prerequisites
- Pay close attention to sequences, prerequisites and when classes are offered
- Your major can be in any field as long as you have the classes to prepare you for medical school – Choose your major by your greatest field of interest.

Course Subject and Title	Credits	Offered	Pre & Co Requisites
BIOL 1101/L General Biology I and Lab	4	F,S,Su	Must place into MATH 1108
BIOL 1102/L General Biology II and Lab	4	F,S	BIOL 1101/L
BIOL 2206/2207 Cell Biology and Lab	4	F,S	BIOL 1101/L, BIOL 1102/L, CHEM 1111/L PRE or CO-CHEM 1112/L
BIOL 4432 Biochemistry	3	F,S	BIOL 1101, CHEM 3301
CHEM 1111/L General Chemistry I and Lab	5	F,S	MATH 1143 or 1147 (recommended – CHEM 1101)
CHEM 1112/L General Chemistry II and Lab	4	F,S	CHEM 1111/L
CHEM 3301/3303 Organic Chemistry I and Lab	4	F	CHEM 1112/L
CHEM 3302/3304 Organic Chemistry II and Lab	4	S	CHEM 3301
PHYS 1111/L General Physics I and Lab	4	F	MATH 1143 or 1147
PHYS 1112/L General Physics II and Lab	4	S	PHYS 1111/L
Recommended courses			
BIOL 3358 Genetics (Highly Recommended)	3	F,S	BIOL 2206 or BIOL 2235
PSYC 1101 Introduction to Psychology (Highly Recommended)	3	F,S	
SOC 1101 Introduction to Sociology (Highly Recommended)	3	F,S, Su	
Any upper division biology course – A&P, Human Development, Comparative Embryology, etc.			
Humanities and social sciences – History, Economics, Philosophy, English Literature, Political Science, etc. to build reading comprehension, a larger world view, and critical thinking skills			
For Medical School Application			
Mid-October Registration opens for MCAT test dates January – June of following year (apply to medical school June of the year prior to entering medical school)			
Take the MCAT – receive scores approximately 30 -33 days later			
3-6 months prior to application – Begin drafting personal essay and finding letter writers			
For Allopathic (AMCAS)			
Early May – AMCAS application opens			
Early June – AMCAS application opens for submission			
Late June AMCAS completed applications processed and sent to medical schools			
Medical schools send out secondary applications for those students they are interested in knowing more about			
Medical schools begin scheduling interviews			
For Osteopathic (AACOMAS)			
Early May AACOMAS opens for submission			
Mid-June – verified applications go out			
Medical schools send out secondary applications for those students they are interested in knowing more about			
Medical schools begin scheduling interviews			

What else do you need?

- Undergraduate degree
 - Major – complete all requirements for major
 - General Education Requirements
- Patient care experience
 - ER Tech, EMT
 - CNA, LPN, RN
 - Phlebotomist
 - Scribe
 - Medical Assistant
 - Nursing Homes, Assisted Living Facilities, Hospice Care
 - Any position with direct patient care
- Community Service
 - Medical or non-medical
 - Try to use a talent or hobby to reach others in your community
- Research
 - More important for some schools than others
 - May be part of a class
 - Know research question, methodology, your role in the research
 - Talk to your advisor or instructors for help in finding research opportunities
- Leadership
 - Medical or non-medical, students are encouraged to be creative
 - Shows that you are a strong member of a team
 - Showing leadership will make you stand out from other applicants and show you are actively preparing for your future in your career and community
- Shadowing physicians
 - Develop a resume and cover letter to leave at a medical office asking for an opportunity to shadow
 - Contact others who have shadowed and find out how they made the connection
 - Use your own networking and connections, both personal and professional
 - You may need to contact many physicians before finding someone who has time/space for a pre-med student
- Letters of Recommendation
 - At least one letter from a science professor, one letter from a physician
 - Consult with your pre-health advisor to determine additional letters of recommendation
- Curiosity
 - Understand the medical team approach (also known as interprofessional approach to health care)
 - Research medical schools using the MSAR (Medical School Admission Requirements), Choose DO Explorer, individual school websites, AAMC (Association of American Medical Colleges), AACOM (American Association of Colleges of Osteopathic Medicine), ISU's Pre-Health Advising Website (isu.edu/hpac)
 - Meet with other pre-medical students or current medical students
 - Shadow physicians
 - Work in a medical setting – if you are interested in a career in medicine, then it makes sense to want to be in a medical setting while preparing – either as a volunteer or in a paid position.
 - Find out about Evidence Based Medicine
- Attributes
 - Humility
 - Insightfulness
 - Integrity
 - Empathy
 - Teachable
 - Collaborative

Helpful links:

AAMC: aamc.org

AACOM: aacom.org

Choose DO: choosedo.org

Pre-Health at ISU: isu.edu/hpac

AAMC Core Competencies:

<https://www.aamc.org/services/admissions-lifecycle/competencies-entering-medical-students>

AACOM Core Competencies:

<https://www.aacom.org/ome/professional-development/osteopathic-core-competencies>

2022 AMCAS Applicant Guide:

<https://students-residents.aamc.org/media/11616/download>

AACOMAS Applicant Help Center:

https://help.liasonedu.com/AACOMAS_Applicant_Help_Center