

# Pre-Med Planning Guide

## Explore

A qualified medical school applicant must have a general understanding of the profession, demonstrate interest in and awareness of medical and social issues, and exhibit cross-cultural competency. You will gain this experience both in the classroom and through extracurricular activities.

Since medical schools do not give preference for any particular major, you should major in a field that aligns your interests, passions, and abilities. UW Tacoma has an interdisciplinary curriculum that will give you a broad base of knowledge and allow you to make connections between disciplines which is essential to being a successful physician. Throughout your time on campus, your academic advisor can help ensure you take the appropriate pre-requisite courses as part of your academic experience.

## Prepare

An excellent medical school applicant will have a strong cumulative grade point average and within the pre-requisite courses. It is also important to have a competitive MCAT score. Outside of the classroom, medical schools will look for significant amount of time shadowing professionals, relevant volunteer experience, and leadership skills.

Below are the most commonly required pre-requisites for medical school. You should still review each school's admission requirements to ensure you meet all preparatory coursework and other application requirements.

Mathematics	Chemistry	Biology	Physics	Social Science	English
TMATH 124	TCHEM 142	TBIOL 120	TPHYS 121	TPSYCH 101	TCORE 101
TMATH 125	TCHEM 152	TBIOL 130	TPHYS 122	TSOC 165	OR
	TCHEM 162	TBIOL 140	TPHYS 123		TWRT 121
TMATH 110					OR
	TCHEM 251				ENGL 131
	TCHEM 261				
	TCHEM 271				TWRT
					OR
	TCHEM 405				TLIT
	TCHEM 406				

# Suggested Timeline

## Freshman Year

- Meet with your pre-major advisor early. They will help you begin to timeline out your medical school pre-requisites.
- Consider joining a pre-health Registered Student Organization (RSO)
- Begin developing relationships with your faculty for future letters of recommendation
- Solidify summer volunteer or leadership experience within the medical field

## Sophomore Year

- Check in with your pre-major advisor
- Continue involvement with an RSO
- Pursue meaningful clinical experiences
- Begin researching medical schools and MCAT information

## Junior Year

- Meet with your major advisor
- Seek leadership experience in an RSO
- Continue meaningful clinical experiences
- Finalize your list of 10-15 medical schools
- Familiarize yourself with application to medical schools
- Request recommendation letters
- If you are not taking a gap year
  - Take the MCAT by mid-April
  - Begin applying to medical schools beginning June 1st

## Senior Year- After Graduation

- Meet with your major advisor and apply for graduation
- If you are taking a gap year
  - Take the MCAT by mid-April
  - Begin applying to medical schools beginning June 1st
- Prepare for campus visits and interviews
- Receive acceptances!
- Notify schools you will not be attending
- Apply for financial aid as early as possible