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.

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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