PREPARATION FOR ALLOPATHIC MEDICAL SCHOOL (Tentative time-line)

- Choose a major you enjoy
- Visit the CSUS pre-health Home Page: www.csus.edu/prehealth/index.html
- print the “Time Line for Application/Admission” from the web site of the Association of American Medical Colleges at: www.aamc.org
- Complete the pre-requisite courses for medical school
  - it is important to check with each school – the suggested required courses on the following page is what MOST medical schools require. Some medical schools may have additional requirements.
    - Detailed information about specific medical schools and their prerequisites can be found in the annual publication of the Association of American Medical Colleges (AAMC): Medical School Admission Requirements (MSAR): www.aamc.org/students/applying/requirements/62892/msar/ (a copy is available in the NSAC office, SQU 238)
- Sign up for extracurricular activities such as internships, volunteer work and research opportunities; clinical experience is required by most schools
- Join campus clubs and organizations such as AMSA ARC Pre-Medical Student Chapter (http://sacstate.orgsync.com/org/csusamsa) Future Black Doctors and Dentists (FBBD): csusmaps@hotmail.com and MOSS: Multicultural Organization of Science Students (http://www.csus.edu/nsm/see/mosslink.htm), and get involved in the community:
  - The Sac State BioCorps can be a great way to get involved: http://sacstate.orgsync.com/org/biocorps
- Study for and take the Medical College Admission Test (MCAT) during the spring (May) of the year you plan to apply (summer at the latest)
  - MCAT information site: www.aamc.org/students/applying/mcat
    - The 2013 MCAT will no longer contain a writing section; instead there will be a trial section (Psychology, Sociology and Humanities). This trial section will be optional.
    - The 2015 MCAT will require students to have taken courses in Biochemistry, Psychology, Sociology and Stats, in addition to general biology, chemistry, organic chemistry and physics.
    - AAMC will release 1 practice test for the 2015 MCAT, in Spring 2014- following that, 2 practice tests will be available.
- Select schools
- Select faculty members that will write your letters of recommendation
  - If choosing a committee letter, then select the faculty member that will chair your committee
  - Many schools will accept letters of recommendation processed through The American Medical College Application Service (AMCAS): www.aamc.org/amcas
  - Letters can be submitted electronically to AMCAS, through veClient (VirtualEvals): www.virtualevals.org/receivers/ , interfolio: www.interfolio.com/ , U.S. mail or the AMCAS Letter Writer Application.
- The American Medical College Application Service (AMCAS) is a centralized application processing service. Applications will be available early May, and AMCAS will accept applications starting June 1. Students are encouraged to apply early since most schools accept students on a “rolling admission” basis. Have a copy of your unofficial transcripts when completing the application.
  - Early decision program deadline is August 1 (decisions are made by October 1)
  - Regular deadlines range from October to December
- Arrange to have official transcripts sent to AMCAS
- Secondary applications will be requested by the individual medical schools in July/August. Letters of recommendation will be sent out at this time
- Interviews
- Visit the web site of the Association of American Medical Colleges at: www.aamc.org for information about the MCAT and the AMCAS, along with other helpful information about preparing for and applying to medical school.
Required Courses for MOST Allopathic Medical Schools

BIO 1: Biodiversity, Evolution & Ecology
BIO 2: Cells, Molecules & Genes
CHEM 1A: General Chemistry
CHEM 1B: General Chemistry
CHEM 24: Organic Chemistry I
CHEM 124: Organic Chemistry II
CHEM 25: Organic Chemistry Lab
CHEM 161: Biochemistry (required by some schools)
PHYS 5A: General Physics I
PHYS 5B: General Physics II
MATH 26A: Calculus I (required by some schools; even fewer schools require a year of math)
STAT 1: Introduction to Statistics: (preferred by some schools; for some schools it fulfills a portion of a 1 year math requirement)
ENG 1A: College composition
ENG 20: College Composition

Recommended Upper Division Electives:
BIO 131: Systemic Physiology
BIO 184: Genetics (required by some schools)
BIO 121: Molecular and Cell Biology (required by some schools)
BIO 195: Internships

Recommended General Education Courses (courses in bold are REQUIRED by most schools):

AREA A
A1: COMS 4: Introduction to public speaking
A2: ENG 1A: College Composition
A3: PHIL 4: Critical Thinking

AREA B  Met by pre-med science prerequisites

AREA C
C1: ANY
C2: ANY
C3: PHIL 2: Ethics
C4: ANY

AREA D
D1: PSYCH 2: Introduction to Psychology
SOC 1: Introduction to Sociology
D2: ANTH 101: Cultural Diversity (writing intensive course)
ETHN 100: Ethnic America (writing intensive course)
PHIL 101: Ethics & Social Issues (writing intensive course)
PHIL 104: Bioethics
SOC 120: Ethnic and Race Relations
SWRK 151: Health Services and Systems
D3: GOV 1 or GOV 150 &
HIST 17A or 17 B
HLSC 124: Consumer Health Education
HLSC 134: Understanding Human Sexuality
NURS 160: Human Sexuality
PHIL 100: Ethics and Personal Values
PSYCH 151: Psychological Aspects of Death/ Dying
PREPARATION FOR OSTEOPATHIC MEDICAL SCHOOL (Tentative time-line)

- Choose a major you enjoy
- Visit the CSUS pre-health Home Page: www.csus.edu/prehealth/index.htm
- Complete the pre-requisite courses for medical school
  o it is important to check with each school – the suggested required courses on the following page is what MOST medical schools require. Some medical schools may have additional requirements.
    ▪ Detailed information about specific medical schools and their prerequisites can be found in the annual publication of the American Association of Colleges of Osteopathic Medicine (AACOM): Osteopathic Medical Colleges Information Book, available online & in the NSAC office (SQU 238)
- Sign up for extracurricular activities such as internships, volunteer work and research opportunities; clinical experience is required by most schools
- Join campus clubs and organizations such as AMSA ARC Pre-Medical Student Chapter (http://sacstate.orgsync.com/org/csusamsa), Future Black Doctors and Dentists (FBBD): csusmaps@hotmail.com and MOSS: Multicultural Organization of Science Students (http://www.csus.edu/nsm/see/mosslink.htm), and get involved in the community:
  o The Sac State BioCorps can be a great way to get involved: http://sacstate.orgsync.com/org/biocorps
- begin working on your personal statement
- Study for and take the Medical College Admission Test (MCAT) during the spring of the year you plan to apply (summer at the latest)
  o Students may apply prior to taking the MCAT
  o MCAT information site: www.aamc.org/students/applying/mcat
    ▪ The 2013 MCAT will no longer contain a writing section; instead there will be a trial section (Psychology, Sociology and Humanities). This trial section will be optional.
    ▪ The 2015 MCAT will require students to have taken courses in Biochemistry, Psychology, Sociology and Stats, in addition to general biology, chemistry, organic chemistry and physics.
    ▪ AAMC will release 1 practice test for the 2015 MCAT, in Spring 2014- following that, 2 practice tests will be available.
- Select schools
- Select faculty members that will write your letters of recommendation
  o If choosing a committee letter, then select the faculty member that will chair your committee
  o One letter must be from a practicing doctor of osteopathic medicine
  o Letters should be sent directly to the individual colleges.
    ▪ Almost all osteopathic medical schools accept letters via veClient (VirtualEvals): www.virtualevals.org/receivers/
- The American Association of Colleges of Osteopathic Medicine Application Service (AACOMAS): www.aacom.org is a centralized application processing service. The applications will be available the beginning of May, with submission date of June 1 and deadlines ranging from October to April. Students are encouraged to apply early.
  o Have a copy of your unofficial transcripts when completing the application
- Arrange to have official transcripts sent to AACOMAS.
- Interviews
- Other helpful sites: Student Osteopathic Medical Association (SOMA): www.studentdo.com
Required Courses for MOST Osteopathic Medical Schools

BIO 1: Biodiversity, Evolution & Ecology
BIO 2: Cells, Molecules & Genes
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CHEM 1B: General Chemistry
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AREA B  Met by pre-med science prerequisites

AREA C
C1: ANY
C2: ANY
C3: PHIL 2: Ethics
C4: ANY

AREA D
D1: PSYCH 2: Introduction to Psychology
SOC 1: Introduction to Sociology
D2: ANTH 101: Cultural Diversity (writing intensive course)
ETHN 100: Ethnic America (writing intensive course)
PHIL 101: Ethics & Social Issues (writing intensive course)
PHIL 104: Bioethics
SOC 120: Ethnic and Race Relations
SWRK 151: Health Services and Systems
D3: GOV 1 or GOV 150 &
HIST 17A or 17 B

AREA E
HLSC 124: Consumer Health Education
HLSC 134: Understanding Human Sexuality
NURS 160: Human Sexuality
PHIL 100: Ethics and Personal Values