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
- Visit the Career Center, Lasse Hall 1013, during drop-in hours, M-F, 10 am – 4 pm, for information on identifying career options, writing resumes and cover letters; locating part-time, full-time, internships, and volunteer positions; writing personal statements for graduate and professional schools; and practicing your interviewing techniques.
- 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) and MOSS; Multicultural Organization of Science Students (http://www.csus.edu/nsm/see/mosslink.htm), and get involved in the community:
- Begin working on your personal statement (essay) – Visit www.csus.edu/prehealth/personalstatement.html and the Career Center to get started.
- 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 MCAT will require students to have taken courses in Biochemistry, Psychology, Sociology and Stats, in addition to general biology, chemistry, organic chemistry and physics.
  - Practice MCAT exams are available through the Association of American Medical Colleges at: www.aamc.org
- 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 (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.
GPA Profile of Admitted Students; 2014 Matriculants:

<table>
<thead>
<tr>
<th>GPA</th>
<th>Profile of Admitted Students:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean Undergraduate</td>
<td>3.69</td>
</tr>
<tr>
<td>Mean Science</td>
<td>3.63</td>
</tr>
<tr>
<td>Mean Non-Science</td>
<td>3.77</td>
</tr>
</tbody>
</table>

**Required Courses for MOST Allopathic Medical Schools**

- **BIO 1**: Biodiversity, Evolution & Ecology
- **BIO 2**: Cells, Molecules & Genes
- **CHEM 1A**: General Chemistry
- **CHEM 184**: Genetics (required by some schools)
- **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 & 5B**: General Physics I & 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 5**: 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 or COMS 5**: Introduction to public speaking
- **A2**: **ENG 5**: College Composition
- **A3**: **PHIL 4**: Critical Thinking

**AREA B**

Met by science prerequisites

**AREA C**

- **C1**: ANY
- **C2**: **PHIL 2**: Ethics

**AREA D**

- **PSYCH 2**: Introduction to Psychology
- **SOC 1**: Introduction to Sociology
- **ANTH 101**: Cultural Diversity
- **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
- **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
- **PSYCH 151**: Psychological Aspects of Death/ Dying

*Natural Sciences Advising Center – Doctor of Medicine (MD)- Updated August 2015*