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.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.
- 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 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 (Bio 195M), 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 of the year you plan to apply (summer at the latest)
  - Students may apply prior to taking the MCAT
  - 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
  - One letter from a practicing doctor of osteopathic medicine may be required by some colleges
  - Letters should be sent directly to the individual colleges.
    - Up to 6 letters of evaluation can be submitted electronically to ACOMAS or directly to the interested schools. Almost all osteopathic medical schools accept letters via VirtualEvals: www.virtualevals.org/receivers/
- The American Association of Colleges of Osteopathic Medicine Application Service (ACOMAS): 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.
  - Have a copy of your unofficial transcripts when completing the application
- Interviews
- Other helpful sites: Student Osteopathic Medical Association (SOMA): www.studentdo.com

GPA Profile of Admitted Students; 2014 Matriculants:

- Mean Undergraduate: 3.39
- Mean Science: 3.51
- Mean Non-Science: 3.60
Required Courses for MOST Osteopathic 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 5: College composition
ENG 20: College Composition

Recommended Upper Division Electives:

BIO 131: Systemic Physiology
BIO 184: Genetics
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 Osteopathic Medicine (DO) - Updated August 2015