# PREMED INFORMATION SUMMARY

## PreProfessional Advising Information

**Email**: ppa@advising.utah.edu (For Quick Questions)

**Office Location**: Student Services Building, Rm 450

**Website:** ppa.utah.edu

Make an appt!

## Medical School Basics

**Medical School**
- Year 1 & 2: Didactic Years (Class Instruction)
- Year 3: Clinical Rotations
- Year 4: Clinicals and Residency Applications

**Residency** (After Medical School): 3-7 Years
**Optional Fellowship** (After Residency): 2-3 Years

**Degree Conferred:**
MD (Doctor of Medicine) or DO (Doctor of Osteopathic Medicine)

**Get involved in activities (in- and outside the classroom) to help you develop the competencies valued by the Association of American Medical Colleges (AAMC):**

Commitment to Learning & Growth • Cultural Awareness • Cultural Humility • Empathy & Compassion Ethical Responsibility to Self and Others • Interpersonal Skills • Oral Communication • Reliability & Dependability • Resilience & Adaptability • Service Orientation • Teamwork & Collaboration • Human Behavior • Living Systems Critical Thinking • Quantitative Reasoning • Scientific Inquiry • Written Communication

## Academic Preparation

*Ensure you're academically prepared for the rigor of med school.*

- Complete a bachelor's degree and prerequisites (last page)
- Competitive applicants have high GPAs, so build and strengthen your time management skills.
- Any major is appropriate; make sure to pick the right fit for you, and study what you love!

## Physician Shadowing

*Observing a doctor helps you commit to the profession while learning various specialties. Don't wait! Start shadowing now!*

**Competitive Applicants Shadow:**
- 3-5 doctors for 8-10 hours each
- Shadow both MD/DO doctors, balancing both primary care and non-primary care

## Service to the Community

*Demonstrate a commitment to humanity by selflessly serving others.*

**Competitive Applicants Complete:**
- 3 different experiences, each lasting 6-12 months for a total of 500+ hours

*Encouraged to do within the 4 years before applying*

**Bennion Center**
(bennioncenter.utah.edu)

# Demonstrate your knowledge, skills and preparation

## Leadership and Teamwork

*Doctors are both leaders and team members with patients, colleagues, etc.*

*(Eg: coach, teacher, tutor, mentor, TA/LA, supervisor, officer role in a club, student advisory board, and many more.)*

**Competitive Applicants Complete:**
- 3 different experiences, each lasting at least 3 months for a total of 100+ hours
- Can be either paid or voluntary

*Encouraged to do within the 4 years before applying*

## Patient Exposure

*Interacting well with sick/injured people is a key indicator of success in the medical profession.*

**Competitive Applicants Complete:**
- 1-2 experiences, each lasting at least 6 months for a total of 500+ hours
- Can be either paid or voluntary

## Research

*Doctors must stay current on the latest in medical advancement*

**Competitive Applicants Complete:**
- 1-2 experience lasting at least 6 months each
- Participate in hypothesis-based research, under the supervision of faculty or a researcher
- Can be either paid or voluntary

**Office of Undergraduate Research:**
our.utah.edu

# APPLICATION PROCESS AND INFORMATION

*Preparing for medical school is complex and nuanced. But you don't have to do it alone!*

## Start Saving NOW!

Applying to medical school is expensive. The application fee for AMCAS is over $170, which includes applying to one school; each additional school is $43. **These fees will increase each year.** Secondary applications carry their own fees, commonly ranging between $50-$200 each. Factoring in application fees, MCAT prep and registration, the cost of traveling for in- person interviews, and more, we recommend students to prepare to spend about $5,000 for the application process. AAMC offers the Fee Assistance Program for those who qualify. AACOMAS also offers limited fee waivers.

## TESTING

### The MCAT

The MCAT is a 7.5 hour standardized exam students take for admission into medical school. It has four sections: Biological & Biochemical Foundations of Living Systems, Chemical & Physical Foundations of Living Systems, Psychological, Social, & Biological Foundations of Behavior, and Critical Analysis & Reasoning Skills.

**COST and REGISTRATION:** The exam costs over $300. If paying for the MCAT is beyond your means, look into the AAMC's Fee Assistance Program. The MCAT is offered about eight months out of the year. When you should take the exam depends on many factors. Most students take the MCAT in the spring semester of the year they apply. Register in October for Jan-June MCAT dates, and in February for July-September dates. Meet with a PPA advisor to discuss the best plan for you.

**PREP and SCORING:** There are a variety of ways to prep for taking the MCAT. You can purchase a test prep book, utilize free resources online, or purchase a study course through a test prep company. MCAT score ranges from 472-528; most schools require a minimum of 500 (including UUSOM). It takes about a month to receive your score.

### Additional Exams

Medical schools use a variety of tools to assess their applicants. Two of the most common tools are Casper test and the PREview exam. These exams help schools determine the situational judgment and effective professional behavior of applicants. These exams may be taken prior to interviewing or on an applicant's interview day. Additional information on Casper can be found on Altus Suite, and AAMC for the PREview exam.

## APPLICATION COMPARISONS

There are three centralized application services for US medical schools: **AMCAS** (MD), **AACOMAS** (DO), and **TMDSAS** (University of Texas system). Which service you apply through depends on the specific medical school(s) you wish to apply to.

| Application Comparison | AMCAS (MD) | AACOMAS (DO) | TMDSAS (Texas) |
|---|---|---|---|
| **Primary Application Fee Info** | Initial fee with one school, additional schools additional fee | Initial fee with one school, additional schools additional fee | Flat fee, includes all participating schools |
| **Extracurricular Experience Listing Rules** | **15 activity limit**<br>700 character limit (w/ spaces)<br>*3 (of 15) most meaningful* | May list all activities, 600 character limit per activity | No activity limit; character limits vary |
| **GPA Calculation*** | Total, Science (BCPM), AO | Total, Science (BCP), AO | Unique calculation w/ no decimals |
| **Primary Application Deadline** | Varies by school, typically Oct or Nov | Varies by school, typically Dec-Apr | November 1 |
| **Association Website** | aamc.org | aacom.org | tmdsas.com |

***BCPM = Biology, Chemistry, Physics, Math (Science), AO = All Other (Non-Science)**

# APPLICATION TIMELINE

| JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC | JAN | FEB | MAR | APR |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Take the MCAT | | | | | | | | | | | | | | | |
| Request and Gather LORs | | | | | | | | | | | | | | | |
| Write Personal Statement & Activities Descriptions | | | | | | | | | | | | | | | |
| | | | | Primary Applications | | | | | | | | | | | |
| | | | | | | Secondary Applications | | | | | | | | | |
| | | | | | | | Interviews | | | | | | | | |
| | Ideal | | | | | | | Admissions Decisions | | | | | | | |
| | Possible | | | | | | | | | | | | | | |

# APPLICATION DETAILS

## Do your research!

It is your responsibility to ensure you are meeting all requirements for the schools you are interested in. When choosing schools, we recommend that you look at schools that align with your credentials and your interests: location, size, student/faculty ratio, representation, etc. There are tools available on each application service to research schools (MSAR, Choose DO Explorer, TMDSAS Schools).

### GPA and MCAT

Look at GPA and MCAT minimums and averages for each school to see how you compare. Don't automatically pass up schools where your numbers are a little low. We recommend applying to a couple of "reach" schools and giving yourself a chance.

- Minimum requirements for Total, Science, and All Other GPAs are typically 3.0-3.2. However, competitive GPAs are much higher. Nationally the average GPA for accepted applicants is approximately 3.6 (MD) and 3.5 (DO)
- MCAT minimums and average for accepted applicants also vary between schools. Minimums tend to be around 500. Average for accepted applicants is around 512 (MD) and 505 (DO).

## Letters of Recommendation (LORs)

**PLAN AHEAD:** Medical schools require LORs as part of your application. Get to know the people you interact with (professors, supervisors, etc.) You're not looking for good letters; you need excellent letters. Get these by building and maintaining your relationships. Letters must be current, signed, dated, and on letterhead. Do not delay submitting your primary application while waiting for your LORs to be submitted. LORs are part of the secondary application process.

**LETTER TYPES:** The following are common types of letters required by most schools. However, requirements vary by school. *Do your research.*

- Science Professor (BCPM)
- Non-science Professor OR 2nd Science Professor (varies by school)
- Supervisor/Mentor for research, patient exposure, service, leadership, or employment

## Primary Application

There are two applications to medical schools: Primary and Secondary applications. Your primary application is done through a centralized application service, AMCAS, AACOMAS, or TMDSAS (see table on page 2). The primary application is one application that goes out to every medical school you apply to. The primary application consists of your biographical information, coursework and grades, MCAT score, activities descriptions, personal statement, and the names of your LOR writers. PPA recommends applying to 12-15 schools.

## Secondary Application

Secondary applications are school specific; tailored to each individual school. Not every school you apply to will send you a secondary. Secondaries usually consist of essays, and will have short turnaround times, typically between 14-30 days.

## Interviews

Expect a variety of interview types: MMI (multiple mini-interviews), traditional one-on-one, and sometimes group interviews. Prepare for both virtual and in-person interviews.

# PreMedical Prerequisite Course Guide

Requirements vary by school. **It is your responsibility to research each medical school you wish to apply to.**

Shaded boxes indicate the classes most commonly required by medical schools.
**Bolded classes** may be taken at a community college. However, not all medical schools will accept community college prerequisites.

| MATH | | | | |
|---|---|---|---|---|
| **MATH 1050 (4)**<br>**College Algebra**<br><br>*PreReq: MATH 1010* | **MATH 1060 (3)**<br>**Trigonometry** | *NOTE:*<br>*MATH 1050/60 can be substituted with higher math* | **MATH 1210 (4)**<br>**Calculus I** | **MATH 1070 (3)**<br>**Statistics**<br><br>*May be substituted with other statistics.* |

Please note: Consult both your major and premed advisors to determine appropriate placement and course selection.

| BIOLOGY | | | | | |
|---|---|---|---|---|---|
| **BIOL 1610 (4)**<br>**BIOL 1615 (1)**<br>**Fundamentals of Biology I and Lab**<br><br>*PreReq: MATH 1010* | **BIOL 2325 (4)**<br>**Human Anatomy**<br><br>*PreReq: BIOL 1610* | **BIOL 2420 (4)**<br>**Human Physiology**<br><br>*PreReq: BIOL 1610 and CHEM 1210* | BIOL 2020 (3)<br>Cellular Biology<br>or another BIOL class<br><br>*PreReq for 2020: BIOL 1610 and CHEM 1210* | BIOL 2030 (3) or<br>BIOL 2210 (3)<br>Genetics or Human Genetics<br><br>*DO School Req.* | BIOL/CHEM 3510 (3)<br>Biochemistry<br><br>*PreReq: CHEM 2310*<br>*Recommended: CHEM 2320 and BIOL 2020* |

Most medical schools require two biology labs. BIOL 2325 (Human Anatomy) or BIOL 2425 (Human Physiology lab) can count for one lab at most schools. The second lab can be fulfilled by any other biology lab; BIOL 1615 is one recommended option.

| CHEMISTRY | | | | |
|---|---|---|---|---|
| **CHEM 1210 (4)**<br>**CHEM 1215 (1)**<br>**General Chemistry I and Lab**<br><br>*Recom: MATH 1050* | **CHEM 1220 (4)**<br>**CHEM 1225 (1)**<br>**General Chemistry II and Lab**<br><br>*PreReq: CHEM 1210* | CHEM 2310 (4)<br>CHEM 2315 (2)<br>Organic Chemistry I and Lab<br><br>*PreReq: CHEM 1220* | CHEM 2320 (4)<br>CHEM 2325 (2)<br>Organic Chemistry II and Lab<br><br>*PreReq: CHEM 2310* | CHEM/BIOL 3510 (3)<br>Biochemistry<br><br>*PreReq: CHEM 2310*<br>*Recommended: CHEM 2320 and BIOL 2020* |
| *If no high school Chemistry, students are STRONGLY encouraged to take CHEM 1200, Preparation for General Chemistry, before taking CHEM 1210* | | | | |

| PHYSICS | | | | |
|---|---|---|---|---|
| PHYS 2010 (4)<br>PHYS 2015 (1)<br>General Physics I and Lab<br><br>*PreReq: MATH 1060* | PHYS 2020 (4)<br>PHYS 2025 (1)<br>General Physics II and Lab<br><br>*PreReq: PHYS 2010* | **OR** | PHYS 2210 (4)<br>PHYS 2215 (1)<br>Physics for Scientists & Engineers I and Lab<br><br>*PreReq: MATH 1210* | PHYS 2220 (4)<br>PHYS 2225 (1)<br>Physics for Scientists & Engineers II and Lab<br><br>*PreReq: MATH 1220, PHYS 2210* |

***Please note: Consult both your major advisor and a PPA advisor for the correct lecture and lab sequence.***

| NON-SCIENCE REQUIREMENTS | | | | |
|---|---|---|---|---|
| **WRTG 1010 (3)**<br>**Intro to Writing** | **WRTG 2010 (3)**<br>**Intermediate Writing**<br><br>*PreReq: WRTG 1010* | Upper Division Writing (CW)<br>If WRTG 1010 not taken | **Arts and Humanities Courses (FF/HF)** | **Behavioral Science Courses (BF)** |

## Important Grading Policies

| | |
|---|---|
| **AP/IB CREDIT** | Depends on the program. If accepted, additional higher-level coursework is strongly recommended |
| **REPEATS** | *All grades are counted on your medical school application*, including Concurrent Enrollment (CE) from high school and all instances of Repeated courses. |
| **WITHDRAWALS** | Although W's will not affect your GPA, W's should be used sparingly. Work with your advisor. |
| **GPA** | Minimum requirements for Total, Science, and AO GPA is typically 3.0, but this varies by program. However, average GPA for accepted applicants is approximately 3.6 (MD) and 3.5 (DO) |

*Updated: April 2025*