

PREPARING FOR ALLOPATHIC MEDICAL SCHOOL (MD programs)

ADMISSION CRITERIA

- A strong GPA (3.5+)/Science GPA 3.5 or more
- MCAT - Medical College Admissions Test (80th%, ~511)
- A well-rounded education
- Experience in health care delivery
- Experiences that build skills physicians need (have 15 for AMCAS app)
- Excellent, personal recommendations (min. of 3, 1 from science prof.)
- Evidence of interpersonal skills and desire to be of service to others
- Certain coursework [see below]

Step one: Gain enough experience to convince yourself, your letter writers, and an admissions committee that you know you *really* want to become a physician. This can include physician shadowing (need 40-60 hours), but should go beyond job shadowing and should include helping vulnerable populations directly in some way.

Step two: Create an undergraduate curriculum about which you are excited and in which you can excel. Pre-med students can choose any major in the college or conservatory. They must also include significant course work in the natural and social sciences in preparation for the MCAT. Timing and sequencing of these courses requires thought and planning, thus you should meet with a pre-health advisor at least once per year.

Step three: Prepare for the MCAT. Take the required courses before the exam. Plan to spend 300-500 hours on explicit MCAT preparation, including studying and the use of practice tests. Also do the CASPer practice test on-line (no studying needed).

A competitive applicant for Medical programs will have taken the recommended coursework (below), have a GPA of 3.6 or higher in all course work and also in all science course work, an MCAT score of 511 or higher (sectional scores should be 127 or higher), excellent and personal references, evidence of interpersonal skills and dedicated service (co-curricular/volunteer record) and experience with health care delivery (see below).

There is some variation in the pre-requisite coursework needed at the undergraduate level. Below is a listing of the undergraduate coursework required by most programs as well as some additional coursework that may be required by some programs. Check individual school requirements well before applying.

Minimum Pre-Requisites:

Biol 130 - Cells to Organisms
Biol 150 - Organisms to Ecosystems
Chem 116 - Energetics and Dynamics
Chem 250/252- Organic Chemistry 1 & II
Chem 340/Biol 444 - Biochemistry I
Phys 141 - Principles of Mechanics
Phys 151 - Principles of Classical Physics
Psych 270 - Social Psychology
Biol 170 or Math 107 – a statistics class

Additional courses for some programs:

Biol 260 - Genetics (or some other biology)
Humanities courses - 2-4 courses, FRST counts
Explicit Writing-intensive course in humanities or social science (Requirement for WI and MN public universities)

Physician Shadowing & Medical Muse

Use your own networks or Lawrence's shadowing program to gain experience and determine whether the life of a physician is for you. Shadowing is available for sophomores-seniors during D-term in the Fox Cities or Chicago via application. Pre-med students are warmly encouraged to attend at least one Medical Muse weekend (every other spring) at Bjorklunden at which alumni physicians describe their lives and their work. You can ask them anything! Sign up for the pre-health advising email list to be invited to workshops, speakers, Medical Muse, and other events.

HEALTH CARE EXPERIENCE

In addition to 40-60 hours of job shadowing, medical schools look very favorably on health care work and volunteer experience. Lawrence has partnered with Fox Valley Technical College to offer a 3-week intensive nursing assistant training during winter break and again in early summer break. The course prepares students for the WI state certification exam. Working as a nursing assistant (CNA) is one way to obtain patient contact and determine whether a career in health care is for you. You can also volunteer in a hospital or clinic or work at a summer camp. Also consider any activities that put you service to others (tutoring, Boys & Girls Club, Big Sister/Big Brother, etc). Other options for getting health care experience: EMT certification and experience; medical scribing (best after the MCAT).

COSTS and PROGRAM LENGTH

The length of allopathic medical programs is typically 4 years. According to the AAMC, the average cost per year for tuition, fees, books and equipment in 2018 were (not including living expenses):

Public Resident:	\$42,000	Applications:	\$1100
Non-Resident:	\$56,796	MCAT:	\$315
Private:	\$54,000-62,000/yr	Interviews:	\$1000-\$4000

LICENSING

To practice medicine in the US, you must earn an MD or DO degree from an accredited medical program and you must pass national board exams. You must also obtain a state license; additional requirements to practice vary slightly from state to state.

PROGRAMS attended by recent LU ALUMS

UW Madison, MCW, John's Hopkins, Vanderbilt, Mayo, Chicago, Rush, Loyola, Minnesota, Ohio State, Albany, St. Louis, UC Denver, Wake Forest, Oregon Health Sciences, Pittsburgh, Univ. of Washington, Virginia Commonwealth

Other Notes

- Maintain good credit – this is essential for obtaining loans for medical school.
- You must be able to meet technical standards to gain admittance (e.g. See <https://www.mcw.edu/-/media/MCW/Education/Medical-School/Documents/Technical-Standards-Final-Version-October-2017.pdf>)
- A criminal background check, drug screening, and immunizations are required.
- See the AAMC and MCAS websites for more excellent information.