

PREPARING FOR OSTEOPATHIC MEDICAL SCHOOL (DO programs)

ADMISSION CRITERIA

- Experience in health care delivery
- Excellent recommendations
- Evidence of interpersonal skills and desire to be of service to others
- A well-rounded education
- Pre-requisite coursework (see below)
- A strong GPA
- MCAT – Medical College Admissions Test
- Minimum of 40 hours of DO job shadowing

A competitive applicant for osteopathic medical programs will have taken the recommended coursework (see below), have a GPA of 3.0-3.5 or higher in all course work, an MCAT score of 28 or higher (30 or higher on practice tests), excellent and personal references, including one from a DO for most schools, evidence of interpersonal skills and dedicated service (co-curricular/volunteer record) and experience with health care delivery with some hours spent shadowing a DO. Programs will expect the successful applicant to be able to articulate and understanding of osteopathic medicine and explain why an osteopathic medical degree is their choice.

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.

Minimum Pre-Requisites:

Biol 130 – Cells to Organisms
Biol 150 – Organisms to Ecosystems
Chem 116 – Energetics and Dynamics
(may need 115 Structure and Reactivity or AP)
Chem 250 – Organic Chemistry I
Chem 340/Biol 444 – Biochemistry I or a non-lab version
Phys 141 – Principles of Mechanics
Phys 151 – Principles of Classical Physics
FRST or English course

Additional courses for some programs:

4-6 additional courses in biology
Biol 260 - Genetics
Humanities courses – 2-4 courses
2 courses in behavioral sciences (psych/anth)

Note: AP credits are not accepted at many schools

SHADOWING PROGRAM & MEDICAL MUSE

Consider using our shadowing program to gain experience and determine whether the life of a physician is for you; it is available for sophomores-seniors starting each fall. DO applicants must shadow a DO for at least 40 hours. Keep track! 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!

HEALTH CARE EXPERIENCE

In addition to job shadowing, many schools look favorably on health care work or 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 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. Or consider any activities that put you service to others (tutoring, Boys & Girls Club, Big Sister/Big Brother, etc).

PROGRAM COST & LENGTH

The length of osteopathic medical programs is typically 4 years. The average cost per year for tuition, fees, books and equipment (not including living expenses) in 2014-15 were as follows:

\$45,000-\$50,000

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

Des Moines, Michigan State, Touro, Western University, U. of New England, Arizona