

Advice for First-Year Pre-Med Students

Courses in Your First Year & Beyond

- See the Pre-Med Tip Sheet for details on specific courses you should take to prepare for the MCAT and application to medical school. It is essential that you begin the correct sequence of Chemistry, Biology, and Mathematics courses in your first year.
- **It is highly advised to take the following in your first year**
 - CHEM 101 & 101L or 105 & 105L (Fall)
 - Quantitative Literacy (MATH; Fall or Spring; the course will depend on your placement test results)
 - BIOL 220 & 220L (Spring) [CHEM 101 or 105 is a prerequisite]
 - CHEM 102 & 102L or 214 & 214L (Spring)
- If you intend to take calculus (MATH 241/242), take it in your first or second year depending upon math placement results (MATH 140 is a prerequisite for calculus and physics courses)

Thoughts on Choosing a Major

- You do not have to choose your major immediately, but it is good to consider it now.
- Consider your interests and strengths.
 - Are you drawn to biology, chemistry, biochemistry, physics, math, or psychology?
 - What are your interests outside of science (art, sociology, music, literature, business)?
 - Are you interested in biomedical research?
 - It is possible to fulfill the requirements for medical school with many majors, but you must balance the requirements of the major with those of medical school
- Consider a major-minor combination to incorporate diverse interests.
 - Double majors are possible, but it is important to craft a schedule that allows you plenty of time to study and earn high grades in your required courses. Set yourself up for success!
- A liberal arts background can be an advantage for many programs.

Further Considerations

- Medical schools are looking for well-rounded students. Good grades and excellence in the sciences are essential, but there are many other factors that make students attractive candidates. These include extracurricular experience in a range of areas.
 - Work experience in the medical field: EMT, Nursing Assistant, Medical Scribe
 - Shadowing a doctor (does not count as work experience in the field)
 - Volunteering in hospitals or medical practices
 - Biomedical research internships
 - Carrying out an independent student research project or completing a senior thesis
 - Non-medical extra-curricular activities are very important (shows you have other interests that can help you avoid burnout)