

PRE-MED 101

HOW TO PREPARE AND BE COMPETITIVE APPLICANTS FOR MEDICAL SCHOOL

VISIT US AT: [PREMED.UCSD.EDU](https://premed.ucsd.edu)

ACADEMIC PRE-REQUISITES

- Biology + Lab (1 year)
- General Chemistry + Lab (1 year)
- Organic Chemistry + Lab (1 year)
- Physics + Lab (1 year)
- Calculus (1 year)
- Statistics (1 quarter)
- English (1 year)


RECOMMENDED COURSES

- Biochemistry (on MCAT)
- Genetics
- Cell Biology
- Anatomy
- Physiology
- General Psychology (on MCAT)
- Sociology (medical) (on MCAT)

WHAT IS A COMPETITIVE GPA?

	Medicine	Pharmacy	Dentistry	Physician's Assistant	Nursing	Physical Therapy
GPA	3.5-4.0	3.2-3.5	3.2-3.5	3.0-3.4	3.0-3.5 (based on points)	3.0-3.5

CLINICAL EXPERIENCE

- Patient contact
- [Volunteering at a hospital or clinic](#) 
- Shadowing a physician, PA, nurse, or any other health professional
- Becoming a scribe
- EMT/Paramedic
- CNA (certified nursing assistant)
- Phlebotomist
- Example: [Pathmaker Internship in Palomar](#)

VOLUNTEER/SERVICE

- Providing health care or any other service to underserved communities
 - Flying Sam's, Global Medical Brigades, Healing Hearts, [UCSD Student Health Advocate](#)
- Tutoring
- Teaching Assistant
- Community service
- International experience


LEADERSHIP

- Pre-med/pre health student organizations
- Fraternity or Sorority
- Facilitating/leading workshops
- Teaching/TA'ing
- Serving on boards or committees
- Training


RESEARCH

- Participating in some form of research is common for many pre-health majors, especially medicine
- [REAL Portal](#) @ UCSD – database of research opportunities
- Find research opportunities that interest YOU
- Get letters of recommendation from your Principal Investigator (PI)

PERSONAL STATEMENT

- 5200 characters (~1 page)
- [Guidelines](#) 
- Prompts:
 - What experiences are MOTIVATING you to pursue medicine, dentistry, pharmacy, nursing, etc.?
 - What skills and characteristics do you possess that will make you a good physician, pharmacist, PA, nurse, dentist, etc.
 - What do you hope to contribute to the health profession?

LETTERS OF RECOMMENDATION

- Get to know your professors EARLY so they can write you strong recommendation letters
 - “Dine with a Prof/Coffee with a Prof” – take a professor out to 3x a quarter and get to know them!
 - Become a TA
 - Take multiple courses with the same professor
- 4-6 letters accepted
 - 2 science professors
 - 1 non-science professor (humanities)
 - 1 PI (principal investigator) if you are doing research
 - 1 MD (from your shadowing or clinical experience)
 - 1 supervisor from service/volunteer or anything work-related
- [AAMC Guidelines for Letter Writers](#) 

CORE COMPETENCIES FOR ENTERING MEDICAL STUDENTS

- **Interpersonal** – service orientation, social skills, cultural competence, teamwork, oral communication
- **Intrapersonal** – ethical responsibility, dependability and reliability, resilience and adaptability, capacity for improvement
- **Thinking & Reasoning** – critical thinking, quantitative reasoning, scientific inquiry, written communication
- **Scientific** – living systems, human behavior

<https://www.aamc.org/initiatives/admissionsinitiative/competencies/>

PRE-HEALTH ADVISING STAFF

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