PRE-MED 101

HOW TO PREPARE AND BE COMPETITIVE APPLICANTS FOR MEDICAL SCHOOL

VISIT US AT: 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?**

<table>
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<tr>
<th>GPA</th>
<th>Medicine</th>
<th>Pharmacy</th>
<th>Dentistry</th>
<th>Physician’s Assistant</th>
<th>Nursing</th>
<th>Physical Therapy</th>
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<td>GPA</td>
<td>3.5-4.0</td>
<td>3.2-3.5</td>
<td>3.2-3.5</td>
<td>3.0-3.4</td>
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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
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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