



Pre-Med

WHAT IT TAKES



GPA & MCAT

The national average for accepted med school applicants: 3.7 overall and 3.64 for science. MCAT: 510 or 83rd percentile. Visit the MSAR to learn more.



CLINICAL EXPERIENCE

Volunteer at a hospital or clinic. Aim for 150-300 hours of meaningful patient interactions.



SERVICE

Demonstrate compassion for others by volunteering with underserved and disadvantaged communities.



LEADERSHIP

Show that you take initiative and can lead a team by sitting on a board, being an Undergrad Instructional Apprentice, or creating your own project. Leadership can take many forms.



PERSONAL ESSAY

Write a compelling narrative that outlines your true motivation and resiliency. What experiences have you had that make you determined to pursue this profession? Provide examples.



LETTERS OF EVALUATION

Get to know faculty and other professionals: Try office hours, coffee with a prof, or become an Undergrad Instructional Apprentice. Look for mentors, not letter writers. Building relationships take time so begin early!



15 CORE COMPETENCIES

Ensure all of your experiences and knowledge meet the AAMC's Competencies for entering medical students.



RESEARCH

Participate in research only *if it interests you*. This is NOT a requirement, however, exposure to research can help you understand the bigger picture of medicine.