



Pre-Medical Advising Sheet

A physician (medical doctor) is concerned with promoting, maintaining or restoring health through the study, diagnosis, prognosis and treatment of disease, injury, and other physical and mental impairments. A degree in medicine requires four years of study, two of which are dedicated to the sciences and two years of clinical rotations. Upon graduation, students enter residency programs that can last 3-8 years depending on medical specialty, such as internal medicine, OB-GYN, neurology, oncology, cardiology, pediatrics, psychiatry, etc. Individuals wanting to enter a medical program must also take the Medical College Admission Test (MCAT).

Common Pre-Med Prerequisite Courses			
Biology	One year of general biology w/lab	BIO 1210/L, BIO 1220/L	
Chemistry	One year of general inorganic chemistry w/lab	CHM 1210/L, CHM 1220/L	
Organic Chemistry	One year of organic chemistry w/lab	CHM 3140/L, CHM 3150/L	
Physics	One year of general physics w/lab Note: Undergraduate majors may determine Physics requirement	PHY 1210/L, PHY 1220/L OR PHY 1510/L, PHY 1520/L	
Mathematics	Generally, at least one semester of Math is required. Some require calculus, some require calculus and statistics (highly recommended for MCAT), and some schools require no math. Please refer to MSAR for more information	MAT 1200 OR MAT 1140	STA 1200 OR STA 1300
Biochemistry	One semester is strongly recommended and maybe required at some schools	CHM 3270/L	
English	One year	ENG 1103, ENG 2105	
Social and Behavioral Science	Select courses of interest to round out your schedule. There is no number of years or units	PSY 2201	SOC 2201
Suggested Courses			
Molecular Biology, Genetic, Physiology, and Microbiology	Basic or advance level sciences courses are desirable	BIO 2060, BIO 2350, BIO 2400, BIO 3220, BIO 2340	

Extracurricular activities for medical school

Community/volunteer service

- Minimum requirement: 36+ hours within the last 4 years
- To be competitive: 200+ hours within the last 4 years

Physician shadowing

- Minimum requirement: 8+ hours
- To be competitive: 50+ hours

Leadership (officer positions in clubs, community service organizations, etc)

- Minimum requirement: 1+ leadership experience $\geq$ 3 months in the last 4 years
- Competitive: 3+ different leadership experiences, each $\geq$ 3 months, in the last 4 yrs

Research

- Minimum requirement: Participation in hypothesis-based research, whether as part of a class where you answered or tested a hypothesis and received a grade.
- To be competitive: 1+ year of research in the same lab working on a hypothesis-based research project that is supervised by a professor, director, PhD scientist, etc.

Average (mean) MCAT total score among all medical school applicants and matriculants

2016–2017	501.8	508.7
2017–2018	504.7	510.4
2018–2019	505.6	511.2
2019–2020	506.1	511.5
2020–2021	506.4	511.5
2021–2022	505.9	511.9

Medical School	Avg GPA	Avg MCAT
California University of Science and Medicine	3.66	513
Loma Linda University School of Medicine	3.82	510
Kaiser Permanente School of Medicine	3.78	516
Stanford University School of Medicine	3.89	519
UCLA David Geffen School of Medicine	3.85	517
University of California – Davis School of Medicine	3.7	511
University of California – Irvine School of Medicine	3.78	514.5
University of California – Riverside School of Medicine	3.72	510
University of California – San Diego School of Medicine	3.77	516.15
University of California – San Francisco School of Medicine	3.8	517
University of Southern California Keck School of Medicine	3.7	517
Western University of Health Sciences	3.68	510

Resources

- Association of American Medical Colleges (AAMC): <https://www.aamc.org/>
- AAMC Fee Assistance Program: <https://students-residents.aamc.org/applying-medical-school/applying-medical-school-process/fee-assistance-program/>
- MCAT- <https://students-residents.aamc.org/applying-medical-school/taking-mcat-exam/>
- American Medical Association: <https://www.ama-assn.org>
- Medical School Admission Requirements (MSAR): <https://students-residents.aamc.org/medical-school-admission-requirements/medical-school-admission-requirements-applicants>
- Personal Statement Ultimate Guide - <https://www.shemmassianconsulting.com/blog/medical-school-personal-statement-analysis>
- How to get a perfect MCAT score - <https://www.shemmassianconsulting.com/blog/how-to-get-a-perfect-mcat-score>