

PRE-MEDICAL ADVISEMENT WORKSHEET
Oklahoma State University College of Osteopathic Medicine
2018-2019

University of Central Oklahoma

Health Professions Advisor
Department of Biology
200 Howell Hall
(405) 974-5733

Biology: 2 Semesters (including laboratory)

BIO 1204 Biology for Majors: Principles
BIO 1225 Biology for Majors: Diversity and Lab
*BIO 2203 Cell Biology (since BIO 1204 does NOT have a lab, OSU permits students to also take BIO 2203 and 2211 to count for the second semester of general biology with lab prerequisite)
*BIO 2211 Cell Biology Lab

General Chemistry: 2 Semesters

CHEM 1103 General Chemistry I *and*
 CHEM 1112 General Chemistry I Lab (lab is co-requisite)
CHEM 1223 General Chemistry II *and*
 CHEM 1232 General Chemistry II Lab (lab is co-requisite)

Organic Chemistry: 2 Semesters

CHEM 3303 Organic Chemistry I
CHEM 3323 Organic Chemistry II

Physics: 2 Semesters

PHY 1114 General Physics I *and*
 PHY 1114 L General Physics I Laboratory (lab is co-requisite)
PHY 1214 General Physics II *and*
 PHY 1214L General Physics II Laboratory (lab is co-requisite)

English: 2 Semesters

ENG 1113 English Composition
ENG 1213 English Composition and Research

At least 1 upper division (3000-4000) level science course (see recommended list below) but 3-5 courses in the past 12 months are strongly preferred each with a grade of "C" or better. Each of these courses below have prerequisite courses as well.

CHEM 3403 Biochemistry I
CHEM 4103 Biochemistry II
BIO 3303 Genetics
BIO 3414 Histology and Lab
BIO 3254 Comparative Vertebrate Anatomy and Lab
BIO 3803 Mammalian Physiology I
BIO 3813 Mammalian Physiology II
BIO 4134 Developmental Biology and Lab
BIO 3054 Microbiology for Majors
BIO 4454 Molecular Cell Physiology and Lab
BIO 4515 Pathogenic Microbiology and Immunology and Lab

Additional courses in Psychology and Sociology are also strongly recommended as those topics are included in the MCAT.

A minimum of 90 college credit hours are required.

CLEP and/or AP hours are not acceptable to count as prerequisites; a higher college level course is still required. Other requirements include: a minimum grade point average of 3.0, a letter grade of C or better in prerequisite courses and a minimum average score of 492 on the MCAT (Medical College Admissions Test).

Effective May 1, 2017, AACOMAS will include all course attempts in GPA calculation. In the event of multiple attempts of the same course, AACOMAS will no longer drop initial course attempts from the GPA calculation.

Students planning to apply to medical schools other than those in Oklahoma need to check the specific admission requirements of those schools.

PRE-MEDICAL PROGRAM

CREDIT HOURS AND GRADE POINT AVERAGE (GPA):

All applicants to the OSU College of Osteopathic Medicine must present a minimum of 90 semester hours from an accredited college or university, and a minimum grade point average of 3.0 (A=4.0), with a minimum grade of "C" in each required course and a pre-professional science GPA of at least 2.75. **However, the OSU website lists competitive applicants as having a cumulative and science GPA of 3.6.**

MEDICAL COLLEGE ADMISSION TEST (MCAT): The Medical College Admission Test is required of medical school applicants. It is given several times a year, however, it is best to take the MCAT in April/May and complete required courses before taking the test. Students should take it no later than September of the year in which the application is filed. <http://www.aamc.org/students/mcat/start.htm>

On a scale of 472-528, a minimum average acceptable MCAT score is 492 but **the OSU website lists 500 or above as being a competitive applicant score. MCAT be taken within three years prior to application.**

ADVISEMENT AT UCO: Advisement for students planning to enter the health professions is coordinated by the Health Professions Advisor in the Biology Department. Graduation checks and curriculum planning are coordinated by your academic advisor; NUC 121. Since the premedical advisor will prepare a letter summarizing the Premedical Committee's evaluation when students apply to medical school, wise students will visit regularly enough to be known personally and benefit from their knowledge of the application process. However, it is essential that premedical students hold themselves responsible for knowing the requirements and deadlines.

SELECTION OF MAJOR: It should be emphasized that "pre-medical" is not a major. It simply means that the student is meeting requirements for admission to medical school. Thus, in addition to satisfying these requirements, the student should be working toward a baccalaureate degree in some discipline. There is no recommended major for premedical students. Medical schools encourage a broad general curriculum in the social sciences and humanities in addition to a high level of competence in the physical and biological sciences. Good communication skills are also important. Beyond this, the best advice for students is to select a major in a discipline that will offer satisfying challenges and provide a viable alternative to medical school if they are not admitted.

QUALITY OF CURRICULUM: Premedical students should choose a curriculum that demonstrates a capacity to handle the rigors of medical school. If they choose the easiest curriculum they can manage, it will be obvious to the Admissions Committee that they have been protecting their GPA. It will certainly deprive them of the level of preparation they need for professional school.

PARAMEDICAL EXPERIENCE: Premedical students should test the depth of their commitment by getting direct exposure to the world of medicine by working or volunteering in hospitals or nursing homes, visiting medical schools, shadowing practicing physicians (especially both MD and DO physicians), and keeping informed about new developments in medical education and medical practice. Applicants must have a letter of recommendation from a D.O. and be knowledgeable about the differences between a D.O. and M.D.

HEALTH PROFESSIONS CLUB: This organization meets on the 1st and 3rd Tuesday of each month in HOH Atrium. It offers programs of speakers and films, involvement in blood drives, volunteer experiences, visits to medical and dental schools, and assistance in the application process. Any student may join. (Search Facebook for "UCO Pre-Med/Pre-Health Club")

PRE-HEALTH ADVISORY COMMITTEE

Caroline Bentley, Chair	Biology	HOH 200
Robert Brennan	Biology	HOH 200
Gloria Caddell	Biology	HOH 208
Allyson Fenwick	Biology	STEM 217
Cheryl Frech	Chemistry	HOH 314
Michelle Haynie	Biology	STEM 216
Hari Kotturi	Biology	STEM 207
Luis Montes	Chemistry	HOH 314
Dallas New	Chemistry	HOH 320 B
Dana Rundle	Chemistry	HOH 320
Nikki Seagraves	Biology	STEM 205
Melville Vaughan	Biology	STEM 215
James Creecy	Biology/FSI	FSI 110 D
Lillian Chooback	Chemistry	STEM 235
Amanda Waters	Chemistry	HOH 320 A

For information from the OSU College of Osteopathic Medicine contact: Ms. Julee Wells, OSU Center for Health Sciences Admissions and Student Recruitment, 1111 W 17th St., Tulsa, OK 74107. (918) 561-8468. Email: julee.wells@okstate.edu
OSU COM Site: <http://www.healthsceinces.okstate.edu/com/admissions/options.php>

For more information about the application process, visit: www.aacom.org/become-a-doctor/applying