

Pre-Med Quick Facts

Average Matriculate Numbers

- Overall/Science GPA: 3.8/3.8
- MCAT: 510; ~85th Percentile

Preparing for a career in medicine is accomplished by building credentials in scholarship, leadership, community service, and shadowing in the various settings of the profession.

There is no “best” major for pre-Medical students. Instead, our office encourages students to pursue majors in which they are most interested and in which they believe they will excel.

Required Courses and GPA Calculation

Typical Medical School Pre-Requisites

Biology: BIOL 1306/1106 & 1307/1107

Biochemistry: BCHS 3304

General Chemistry: CHEM 1311/1111 & 1312/1112

Organic Chemistry: CHEM 2323/2123 & 2325/2125

Physics: PHYS 1301/1101 & 1302/1102 or 2325/2125 & 2326/2126

Statistics: MATH 1342 or MATH 3339 or PSYC 3301 or INDE 2333

English: ENGL 1301 & 1302

Additional Advanced Biology (~2 courses): BIOL 3301, BIOL 3324, BIOL 2321, BIOL 4323, BIOL 4374, etc.

Admission into medical school requires **strong overall and science GPAs**. Admissions committees also look for *trends* on transcripts, e.g., stumbling freshman year, but improving each subsequent year. However, they also notice negative trends, such as if you consistently withdraw from or perform poorly in science classes or regularly take courses away from UH. While an instance or two is not a deal-breaker, a pattern of behavior should be avoided. You must demonstrate the ability to handle a heavy course-load comprised of difficult scientific content.

Science GPA Calculations (BCPM)

MD programs via the AMCAS or TDMSAS application use the **BCPM** GPA: **b**iology, **c**hemistry, **p**hysics, and **m**ath courses. All course attempts are included in the GPA calculation. TDMSAS does not utilize +/-, while AMCAS does.

DO programs via the AACOMAS application use the **BCP** GPA, which only includes **b**iology, **c**hemistry, and **p**hysics courses. All attempts at a course will be included in the GPA calculation. AACOMAS does utilize +/- grades.

Medical College Admission Test (MCAT)

Required Pre-MCAT

Biology: BIOL 1306/1106 & 1307/1107

Chemistry: CHEM 1311/1111 & 1312/1112

Organic Chemistry: CHEM 2323/2123

Physics: PHYS 1301/1101 & 1302/1102

Biochemistry: BCHS 3304

Recommended Pre-MCAT

Physiology: BIOL 3324

Genetics: BIOL 3301

Statistics: MATH 1342 or MATH 3339

Psychology: PSYC 2301

Sociology: SOCI 1301

The MCAT is required for admission into medical school and is offered multiple times per year at a cost of \$315. The exam currently consists of four sections and takes ~7 hours to complete. You should plan to take the exam only once. You may retake the exam if you believe your score does not accurately reflect your knowledge—i.e., if your actual score is significantly different compared with your practice exam scores. Retakes are limited and should be carefully considered. Scores are released one month following the testing date. You should plan to take 5-6 full-length practice exams prior to your actual exam date. Commercial test preparation courses are available and can provide structure for studying, but you can succeed on the MCAT without them.

Shadowing Experience

You are expected to spend time **shadowing** a physician to experience the “doctor/patient” interaction. Shadowing means *hands-off observation only*. This experience demonstrates your knowledge of the medical profession, but there is no specific hour requirement. Try to shadow a variety of medical specialties to understand the breadth of the field. Ideally, you should build a good relationship with at least one M.D. or D.O., so that you may request a letter of evaluation.

Research & Volunteering Experience

Most successful applicants to medical school have **research experience**, but it is not required. If interested in research, try dedicating at least a year to a specific project or lab and be able to discuss your research at various levels (“elevator speech” and in-depth). If you plan to apply for M.D./Ph.D. programs, you will need to be substantially more involved in research during your undergraduate career (e.g., poster/conference presentations, publications, etc.)

When looking for **volunteer activities**, remember that medical schools want to see a substantial level of commitment, involvement, and leadership in the community. Admissions committees favor applicants that not only perform well in rigorous courses, but also those who are compassionate, enjoy working with people, and show a capacity for leadership. Volunteering can be done in a clinical setting such as a hospital or hospice, but also with organizations such as Habitat for Humanity, the Humane Society, or anything else about which you may be passionate.

Letters of Evaluation

Both TMDSAS and AMCAS require applicants to submit either three letters of evaluation or one Health Professions Committee packet (*see below for more information*). Two letters should come BCPM faculty members at UH. The third letter should come from a non-science faculty member or physician. Additional letters may come from evaluators who can speak highly of your qualifications for medical school (e.g., research mentor, volunteer coordinators, supervisors, etc.). Most applicants include 4-5 letters in their application or letter packet—but more letters are not inherently better.

Health Professions Advisory Committee (HPAC)

HPAC consists of 18 UH faculty from across campus. Every UH pre-Medical student is *required* to meet with the Pre-Health Advising Center and submit HPAC application materials prior to applying to medical school. The advisory committee evaluates each student’s academic and biographical records. HPAC also provides a committee letter to be included in the student’s letter packet and is submitted with their application materials.

Medical School Application Timeline

Freshman & Sophomore Year

Begin preparing for medical school by shadowing physicians, participating in volunteer activities, joining a research project or laboratory, connecting with faculty, joining student organizations, and establishing a strong academic record.

Junior Year

August-December	Continue shadowing, volunteering, conducting research. Register for Spring MCAT dates in October
October-February	Meet with Pre-Health Advising Office to discuss HPAC application and steps for applying
January-March	Begin completing HPAC application: 1) write draft of Personal Statement, 2) organize Activities/Experiences, and 3) ask for Letters of Evaluation (give letter-writers at least 1-month)
March	Submit HPAC application and supporting materials
March-May	Take MCAT. Complete HPAC review process and continue working on application materials.

Summer

May	Begin completing TMDSAS, AMCAS, and/or AACOMAS applications
June	Submit applications (even if MCAT score, official transcripts, and Letters are not received)
June-July	Prepare for secondary applications (look online for previous year’s questions). Take CASPer Test.
July-August	Complete secondary applications (within 2 weeks of receiving each).

Senior Year

Fall	Medical school interviews (beginning August 1 st – January 15 th) Continue to shadow, do research, volunteer, and maintain strong grades.
January	Deadline for submitting TMDSAS School Preference Rankings
February	Announcement of TMDSAS medical school admissions match results
May	Graduate