

PRE-MEDICAL

Allopathic (M.D.), Osteopathic (D.O.), and Podiatric (D.P.M.)

***RECOMMENDATIONS ONLY**

Biology	<input type="checkbox"/> BIOL 2051 - General Biology: Organismal Diversity <input type="checkbox"/> BIOL 2052 - General Biology: Cell Structure and Function <input type="checkbox"/> BIOL 3101 - Anatomy & Physiology I <input type="checkbox"/> <i>Note: BIOL 3106 - Vertebrate Anatomy (may take instead of BIOL3101)</i> <input type="checkbox"/> BIOL 3102 - Anatomy & Physiology II
Chemistry	<input type="checkbox"/> CHEM 1110 - General Chemistry I <input type="checkbox"/> CHEM 1120 - General Chemistry II <input type="checkbox"/> CHEM 2210 - Organic Chemistry I <input type="checkbox"/> CHEM 2220 - Organic Chemistry II <input type="checkbox"/> CHEM 2230 - Organic Chemistry Lab <input type="checkbox"/> CHEM 4510 - Biochemistry
Physics	<input type="checkbox"/> Physics 1511 - General Physics I <input type="checkbox"/> Physics 1512 - General Physics II
Math	<input type="checkbox"/> STAT 1772 - Statistical Methods, <i>OR</i> <input type="checkbox"/> MATH 1140 - Precalculus, <i>OR</i> <input type="checkbox"/> Math 1420 - Calculus I
Social Sciences	<input type="checkbox"/> PSYCH 1001 - Introduction to Psychology <input type="checkbox"/> SOC 1000 - Introduction to Sociology <input type="checkbox"/> PSYCH 3403 - Abnormal Psychology <input type="checkbox"/> PH 3330 - Minority Health
English	<input type="checkbox"/> ENGL 1005 - College Writing & Research
Suggested Electives	<input type="checkbox"/> BIOL 3140 - Genetics <input type="checkbox"/> BIOL 3151 - General Microbiology <input type="checkbox"/> BIOL 4128 - Cell Biology <input type="checkbox"/> BIOL 4150 - Immunology

***The courses above are recommendations. Students are responsible for reviewing the requirements of the program(s) they plan to apply for to ensure they are meeting that program's specific requirements.**

UNI Resources

- Pre-Health Advising website: advising.uni.edu/pre-health
- Pre-Health Tracker: Virtual tool intended to organize all relevant information in one place!

Suggested Course Sequencing

Fall BIOL 2051 or BIOL 2052 - General Biology OD or CSF CHEM 1110 - General Chemistry I	Spring BIOL 2051 or BIOL 2052 - General Biology OD or CSF CHEM 1120 - General Chemistry II
Fall BIOL 3101 - Anatomy & Physiology I CHEM 2210 - Organic Chemistry I	Spring BIOL 3102 - Anatomy & Physiology II CHEM 2220 - Organic Chemistry II CHEM 2230 - Organic Chemistry Lab
Fall Physics 1511 - General Physics I CHEM 4510 - Biochemistry	Spring Physics 1512 - General Physics II

General Notes

- All grades are factored into GPAs. All repeated coursework is averaged.
- The minimum cumulative GPA required to apply is 3.0. The average science and cumulative GPA of accepted candidates is between 3.5 & 3.8. University of Iowa: 2024 mean GPA = 3.81.
- Medical College Admission Test (MCAT) required. Target score 510-520. University of Iowa: 2024 class mean MCAT 514.

Observation Hours & Experiential Learning

Exposure to medical professions and experience in healthcare settings are expected. Shadowing allows you to observe a professional at work and will help you learn more about a specific profession and reflect on whether it is a good fit for you. Students are encouraged to complete multiple shadow experiences in a variety of settings throughout their college experience.

Additionally, volunteering in a hospital or clinic, volunteering with a related service organization, or participating in science research strengthens applications by demonstrating a commitment to service and the development of a well-rounded health experience. Commitment to "service of others" through non-medical volunteer activities is expected.

Medical College Admission Test (MCAT)

The following subjects are tested on the MCAT: Biology, Chemistry, Organic Chemistry, Physics, Biochemistry, Psychology, and Sociology. Courses in these areas should be completed before taking the exam. This test is typically taken the same summer a student applies to professional school (one year before entering medical school). A May test date would allow a student to see their scores before applying when the application opens. Remember, take time to prepare for the exam! The latest you should take the MCAT is the first week of September of the year before you expect to enter medical school. More information on the MCAT:

www.aamc.org/students/applying/mcat

Application Process

A centralized application service is available through the American Medical College Application Service (AMCAS) for MD-granting schools, the American Association of Colleges of Osteopathic Medicine Application Service (AACOMAS) for DO-granting schools, or the American Association of Colleges of Podiatric Medicine (AACPMAS) for DPM-granting schools. Applications are submitted one year before students expect to enter medical school and are available for submission in early June. Schools view applicants on a rolling basis – apply early when the application opens!

Letters of Recommendation

If you are applying to medical schools, you will request up to 6 letters of recommendation to be sent to the application service. We recommend that you have at least 1 academic science letter, 1 non-science academic letter, and a letter from a professional in the field.