

Your Pre-Med Pathway

Throughout your undergraduate career, you'll need to maintain a competitive GPA (3.2 or above) while taking pre-medicine courses like biology, general chemistry, organic chemistry, and physics. To ensure that you are a strong medical school candidate, gain clinical experience through shadowing, volunteering, interning, or working, consider doing research, and join or volunteer with health-related organizations on or off campus. Try to connect with an osteopathic physician to gain both an understanding and appreciation for the principles of osteopathic medicine.” to the opening paragraph.

pre
COLLEGE

- Take elective classes that help develop a background in health professions and strong communication skills while maintaining a competitive GPA.
- Volunteer with health-related organizations. (hospitals, the American Red Cross, nursing homes, hospices, etc.)
- Research and attend summer health programs offered by colleges.
- Join or develop a student organization geared toward a health sciences career.



year 1

- Familiarize yourself with pre-med curriculum and start taking classes.
- Research admissions requirements for medical schools, follow schools of interest on social media, and build a plan to fulfill the admissions requirements.
- Develop relationships with your science faculty and upperclassmen for insight into the medical school application process and for letters of recommendation.
- Join a pre-medical student group (such as Pre-SOMA) to gain insight into how to consider and apply for medical schools.



year 2

Begin prepping for the MCAT and researching the cost of applying to medical school. Attend recruitment events and visit campuses of medical schools you're interested in.



year 3

Take the MCAT and apply to medical schools.



year 4

Complete your medical school interviews, and the FAFSA if you're pursuing financial aid. Think about what you will do in between graduating from undergrad and medical school, whether you've been accepted or not. What steps might you need to take to become a more competitive candidate?



post
GRADUATE

Contact your programs of interest for help strengthening your application, take additional courses if needed, and take this opportunity to gain additional clinical experience.



(non-traditional applicant or taking a gap year)



Find more details on how to become an osteopathic family physician. Scan the QR code or visit **familyphysiciansdomore.org**.