Health Professions Advising Office
College of Arts & Sciences
The University of Alabama

Pre-Medical Guide
2009

For More Information:

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GENERAL PRE-MEDICAL REQUIREMENTS

English 6 hours
General Biology with lab 8 hours
General Chemistry with lab 8 hours
Organic Chemistry with lab 8 hours
General Physics with lab 8 hours
Math including calculus 6-8 hours

UA SPECIFIC COURSES

ENGLISH
EN 101 3 hours
EN 102 3 hours

BIOLOGY
BSC 114:115 4 hours
BSC 116:117 4 hours

CHEMISTRY
CH 101 4 hours
CH 102 4 hours
CH 231 3 hours
CH 232 3 hours
CH 237 2 hours

PHYSICS
PH 101 4 hours
PH 102 4 hours

MATH
MATH 125 4 hours
MATH elective
TIMELINES

Freshman Year
- Study and plan to do well in your first year classes.
- Pick several student organizations to be involved with.
- Get acquainted with your health professions advisor.
- Gain some shadowing experience at a local hospital or your family physicians office.

Sophomore Year
- Continue to study and do well in classes.
- Take on more active roles in student organizations.
- Continue shadowing or shadow at new locations.
- Begin to explore research opportunities.
- Keep in contact with your health professions advisor.

Junior year
- Continue to study and do well in classes.
- Visit with your health professions advisor regularly.
- Commit to a few extracurricular activities and take on leadership roles.
- Be involved in research.
- Develop a good personal statement.
- Ask for letters of recommendation.
- Begin preparing for the MCAT.
- Register for and take the MCAT.
- Submit your application during the summer after your junior year.

Senior Year
- Submit secondary applications early.
- Work on any weak points in your application.
- Prepare for interviews and plan to wear a suit (guys and girls.)
- Visit the campuses of the schools you are considering.
Medical Schools in the US:  
Allopathic: 130  
Osteopathic: 25

Medical Schools in Alabama:  
The University of Alabama School of Medicine  
http://medicine.uab.edu  
205.934.8740  
University of South Alabama College of Medicine  
www.southalabama.edu/com/  
251.460.6278

Major:  
Any major is acceptable as long as students meet the entrance requirements.

Admissions Test:  
MCAT  
www.aamc.org

Extracurricular Activities:  
All schools look at the applicant as a whole. They generally want to see competitive test scores and GPAs as well as experience in the field through shadowing or volunteering.

Application Service:  
AMCAS (American College Application Service)  
www.aamc.org  
AACOMAS (American Association of Colleges of Osteopathic Medicine)  
www.aacom.org

*most colleges participate in AMCAS or AACOMAS, but for those that do not, contact the individual institutions to learn more about the application process.

Letters of Evaluation:  
Most schools require 5 letters of recommendation: 3 from faculty and 2 personal letters. Committee letters are optional, but recommended.

National Averages of Accepted Students  
Allopathic  
MCAT: 29  
GPA: 3.7  
BCPM GPA: 3.6

Osteopathic  
MCAT: 26  
GPA: 3.45  
BCPM GPA: 3.4