



Prehealth Programs: Medicine

CU-BOULDER ACADEMIC ADVISING CENTER, PREPROFESSIONAL OFFICE
<http://advising.colorado.edu> (click on prehealth, at left)

ADVISING

Check the Prehealth Advising web site (above) often for information on prerequisite courses, events, volunteer opportunities, student prehealth organizations, applications and many other useful resources. The selection *Applying to Medical School* is particularly useful. Also sign up on our listserve at <http://advising.colorado.edu/healthlist>. At least once a year schedule an individual appointment with a prehealth advisor by logging on with your ID and PIN at <http://aac.colorado.edu>. Do this early in your undergraduate career to help you plan course work and extracurricular experience to prepare you for applying to medical school. In between appointments, keep in touch via Group Meetings and email.

UNDERGRADUATE MAJOR

Years ago, medical school applicants were advised to major in biology or a related science. This is no longer true. You should choose a major that interests you and in which you will succeed. Also, consider whether your major will provide a good alternative if you don't get into medical school.

PREREQUISITES FOR MEDICAL SCHOOL

The CU School of Medicine requires that you complete the following prerequisites. Below each one are the courses we suggest you take to fulfill them. Course numbers refer to CU-Boulder courses only, while the semesters in parentheses are generally correct for most schools. However, for information on specific requirements for schools in other states, refer to the book *Medical School Admission Requirements* or individual medical school web sites.

General Chemistry (2 sems. w/ lab)
CHEM 1111 and CHEM 1131

Organic Chemistry (2 sems. w/ lab)
CHEM 3311-3321 and 3331-3341

Physics (2 semesters w/ lab)
PHYS 2010 and 2020 (algebra-based)

or PHYS 1110, 1120 and 1140 (calculus-based; requires Calc 1 & 2)

Biology (2 sems. w/ lab)
EBIO 1210-1230 and 1220-1240 (additional genetics recommended-EBIO 2070 or MCDB 2150); or MCDB 1150-1151 and MCDB 2150-2151 (additional physiology recommended-IPHY 3430 or 3450); recommended: biochemistry (useful for MCAT, required for some med schools, recommended by many)

English (9 semester hours)
Must include 1 semester of English Literature and 1 semester of English Composition (can be any WRITG course or EBIO 3490). Third semester can be either English Literature or Composition

Mathematics (2 semesters)
at least college algebra and trigonometry required, calculus recommended (MATH 1300 or 1310); also recommended: statistics (IPHY 2800, or MATH 2510).

EXTRACURRICULAR AND MEDICALLY-RELATED EXPERIENCE

Medical schools are looking for well-rounded individuals whose energies and interests involve them in projects beyond the academic arena. Medically-related experience is especially crucial when admission committees have to choose only a few among the many highly-accomplished applicants.

We recommend beginning medically-related project(s) from your freshman year. This experience can be volunteer or paid, and can vary substantially. Some examples include: research for a pharmaceutical company, patient care in a hospital, independent study with a science professor, or office assistance for a private practitioner. Some one-on-one patient contact is advisable. Try hospitals, clinics, nursing homes, etc. listed under *Volunteer Opportunities* on the prehealth advising web site. Explore your options, or create new ones; flexibility, creativity,

and a sincere interest in gaining new experiences are favorably noted. Also find opportunities to talk with, and/or shadow, physicians.

Most importantly you will learn about your own suitability for the health-care profession. You may feel inspired or turned-off by your experiences, and as you spend more time in the profession, you will learn about the empathy, commitment, sacrifice and endurance required of physicians.

EVENTS CALENDAR

See the Events Calendar on the prehealth web site (above) for events such as Premed Day at the CU Medical School in the fall, and the Health Professions Information Day in the spring at CU-Boulder.

PREHEALTH STUDENT ORGANIZATIONS

The Student Association for Pre-health Professionals (SAPP) represents a community of students at CU-Boulder whose goal is to provide an organization in which students interested in all areas of medicine can come together and learn more about the many professions, receive academic or personal guidance, and get detailed advice on applying to health professions programs. Within SAPP there are specialized subgroups for areas such as medicine, nursing, physician assistant, etc. Membership is open to all CU students. You can email SAPP at prhlth@colorado.edu or visit their web site at: www.colorado.edu/student-groups/prehealth.

Alpha Epsilon Delta (AED) is a prehealth honor society for those interested in health careers. You can email AED at aed@ucsu.colorado.edu or visit their web site at: www.colorado.edu/student-groups/aed for more information.

American Medical Students Association (AMSA) is prehealth club focusing on specifically on medicine. You can visit their website at www.colorado.edu/studentgroups/amsa.

PREHEALTH PROGRAMS:

HELPFUL CONTACTS

Take time during your undergraduate career to nurture meaningful relationships with people who you respect, including professors, employers, or professionals you meet during extracurricular work. If a professor's research excites you, arrange to do research and/or honors under his or her direction. Inevitably you will need letters of recommendation, and heart-felt letters of enthusiasm stand out compared to the "boiler-plate" variety that emerge when professors are asked to submit dozens of letters for students they barely know.

In addition, being part of a network of people working in the field that you consider your passion can pay off in intangible ways down the road.

RESIDENCY

The entering class at the CU School of Medicine consists of at least 85% Colorado residents. In the non-resident pool, preference is given to residents of certain WICHE states. The School of Medicine is committed to increasing the numbers of minority and rural students in the class. If you plan to leave Colorado for more than a year but would like to attend CU, be sure to retain your Colorado resident status. If you are a non-resident wishing to become a Colorado resident simply to enhance your chances of acceptance at CU, you should consider the decision carefully. We recommend that you talk with the prehealth advisor before making a residency change.

Application Year

MEDICAL COLLEGE ADMISSIONS TESTS (MCAT)

Almost all medical schools in the U.S. and Canada require that you take the MCAT. This exam consists of four sections: physical sciences (physics and general chemistry), verbal reasoning, writing sample (two timed essays), and biological sciences (biology and organic chemistry). Through 2006, it will be offered twice a year, in April and August. Starting in April 2007, it will be computer-based and offered multiple times each year. Taking the April test is recommended for many medical schools because it facilitates an early interview, and is an advantage at schools that do rolling admissions. It also allows you to repeat the test if there are

any problems. MCAT registration can be filled out at: www.aamc.org/students.

PRIMARY APPLICATION

Most allopathic medical schools in the U.S. use one application service, the American Medical College Application Service (AMCAS). Once you submit your application through this web-based service, AMCAS will forward your information to the schools you have selected. Log on to www.aamc.org/students to gain access to the application. The newest version becomes available in May each year and can first be submitted in June. All public Texas medical schools use TMD-SAS (www.utsystem.edu/tmdsas/) and the osteopathic medical schools use AACOMAS (<https://aacomas.aacom.org/>).

The application typically requires an essay called "personal comments." A thoughtful, coherent essay will serve you better than a list of everything you have done. Applying to Medical School on the Prehealth Advising web site can help you get started and we offer several Application Essay Writing Workshops each year.

EARLY DECISION PROGRAM AND CHOOSING SCHOOLS

Some schools, *not* including CU Medical School, have an early decision (ED) program, whereby you are notified of the school's decision by an early date, usually October 1. If you apply through an ED program, you must agree to go to that school if accepted, and to apply to no other school until their decision is made. ED is recommended only if you are extremely well qualified, since it delays all other applications if you are rejected.

SECONDARY APPLICATIONS

AMCAS (or AACOMAS or TMD-SAS) forwards your application to the schools you have selected. After this, you will begin to receive supplementary (secondary) applications.

MEDICINE

LETTERS OF RECOMMENDATION

Most schools require letters of recommendation. Usually you arrange to have these sent at the same time you return your secondary application. We offer a Committee Letter to CU students and alumni. To be eligible, you must attend a Committee Letter workshop, establish a Preprofessional Credentials File, and meet other requirements and deadlines (see Committee Letter Procedures for the current year on the Prehealth Advising web site). You will need a minimum of two letters from CU Boulder faculty, one of which must be science. The second can be science or non-science. The third is open and can be academic or non-academic.

Our credentials service will retain your letters, assemble them into packets, and transmit them to all the medical schools you request. There is a website for tracking receipt and transmission of your letters. There is a fee associated with this service. See Credentials File Service on the Prehealth Advising web site.

INTERVIEWS

If you are granted an interview, congratulations—you have passed an important milestone. Refer to the Reading List on the Prehealth Advising web site to prepare for questions about current events and ethics in medicine. Take advantage of the Interview Strategies workshops and videotaped practice interviews that are available. For more information contact prepro@colorado.edu or call (303) 735-3000.

Vital Statistics (from the CU School of Medicine, 2004 Class)

- Applications to acceptance ratio: approx 3/1 (CO)(approx.), 100/1 (non CO)
- Total applications received: 2,487
- Mean age of students: 24
- Median MCAT score: 11
- Median GPA: 3.78
- Size of entering class: 132 (increases to 144 for 2005)
- Degree conferred upon graduation: MD
- Licensure requirements after graduation: USMLE I, II, III
- In-state yearly tuition: 17,265
- Application deadline: November 1
- Average income of profession:

All information in this publication is subject to change. Please check with the prehealth advisor, or with the appropriate school for up-to-date information.

The University of Colorado at Boulder is an affirmative action/equal opportunity institution.

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