

**PRE-MEDICAL ADVISEMENT WORKSHEET**  
**Oklahoma State University College of Osteopathic Medicine**  
**2023**

University of Central Oklahoma  
Health Professions Office  
Department of Biology  
200 Howell Hall  
[prehealthadvising@uco.edu](mailto:prehealthadvising@uco.edu)  
(405) 974-5733

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Applicants must also have completed the following courses with no grade below "C".

**Biology: 2 Semesters with laboratory (since BIO 1204 does not have a lab, you must take a second course with BIO prefix and Lab in title- see below list of options denoted by \*)**

BIO 1204	Biology for Majors: Principles
BIO 2203	Cell Biology AND
BIO 2211	Cell Biology Lab

**General Chemistry: 2 Semesters**

CHEM 1103	General Chemistry I	<i>and</i>
CHEM 1112	General Chemistry I Lab (lab is co-requisite)	
CHEM 1223	General Chemistry II	<i>and</i>
CHEM 1232	General Chemistry II Lab (lab is co-requisite)	

**Organic Chemistry: 2 Semesters**

CHEM 3303	Organic Chemistry I
CHEM 3323	Organic Chemistry II

**Physics: 2 Semesters**

PHY 1114	General Physics I	<i>and</i>
PHY 1114 L	General Physics I Laboratory (lab is co-requisite)	
PHY 1214	General Physics II	<i>and</i>
PHY 1214L	General Physics II Laboratory (lab is co-requisite)	

**English: 2 Semesters**

ENG 1113	English Composition
ENG 1213	English Composition and Research

At least 1 upper division (3000-4000) level science course (see recommended list below) but 3-5 courses in the 12 months prior to application are strongly preferred each with a grade of "C" or better. Each of these courses below have prerequisite courses as well.

CHEM 3403	Biochemistry I
CHEM 4103	Biochemistry II
BIO 3303	Genetics
*BIO 3414	Histology and Lab
*BIO 3254	Comparative Vertebrate Anatomy and Lab
BIO 3803	Mammalian Physiology I
BIO 3813	Mammalian Physiology II
*BIO 4134	Developmental Biology and Lab
*BIO 3054	Microbiology for Majors and Lab
*BIO 4454	Molecular Cell Physiology and Lab
*BIO 4515	Pathogenic Microbiology and Immunology and Lab

**Additional application information:**

1. Additional courses in Psychology and Sociology are also strongly recommended as those topics are included in the MCAT.
2. Applicants must have completed of at least three years (90 semester hours) and not less than 75 percent of the courses required for a baccalaureate degree at a regionally accredited college or university.
3. Other requirements include: a minimum grade point average of 3.0, science GPA of 2.75, a letter grade of C or better in prerequisite courses and a minimum average score of 492 on the MCAT (Medical College Admissions Test).

**AACOMAS will include all course attempts in GPA calculation, and does not use grade replacement.**

\*Students planning to apply to medical schools other than those in Oklahoma need to check the specific admission requirements of those schools.

## OSU- Pre-Med Prerequisites

### **CREDIT HOURS AND GRADE POINT AVERAGE (GPA):**

All applicants to the OSU College of Osteopathic Medicine must present a minimum of 90 semester hours from an accredited college or university, and a minimum grade point average of 3.0 (A=4.0), with a minimum grade of "C" in each required course and a pre-professional science GPA of at least 2.75. **However, the OSU admissions office indicates a cumulative GPA of 3.6 and science GPA of 3.6 are considered competitive.**

**MEDICAL COLLEGE ADMISSION TEST (MCAT):** The Medical College Admission Test is required of medical school applicants. It is given several times a year, however, it is best to take the MCAT in April/May and complete required courses before taking the test. Students should take it no later than September of the year in which the application is filed. <http://www.aamc.org/students/mcat/start.htm>

On a scale of 472-528, a minimum average acceptable MCAT score is 492 but **the OSU admissions office indicates 500 and above as competitive. The MCAT be taken within three years prior to application.**

**ADVISEMENT AT UCO:** Advisement for students planning to enter the health professions is coordinated by the Health Professions Advisor in the Biology Department. Graduation checks and curriculum planning are coordinated by your academic advisor; NUC 121. If students choose to use the Pre-Health Committee, the pre health advisor will prepare a letter summarizing the Pre-Health Committee's evaluation when students apply to medical school, wise students will visit regularly enough to be known personally and benefit from their knowledge of the application process. However, it is essential that premedical students hold themselves responsible for knowing the requirements and deadlines.

**SELECTION OF MAJOR:** It should be emphasized that "pre-medical" is not a major. It simply means that the student is meeting requirements for admission to medical school. Thus, in addition to satisfying these requirements, the student should be working toward a baccalaureate degree in some discipline. There is no recommended major for premedical students. Medical schools encourage a broad general curriculum in the social sciences and humanities in addition to a high level of competence in the physical and biological sciences. Good communication skills are also important. Beyond this, the best advice for students is to select a major in a discipline that will offer satisfying challenges and provide a viable alternative to medical school if they are not admitted.

**QUALITY OF CURRICULUM:** Premedical students should choose a curriculum that demonstrates a capacity to handle the rigors of medical school. If they choose the easiest curriculum they can manage, it will be obvious to the Admissions Committee that they have been protecting their GPA. It will certainly deprive them of the level of preparation they need for professional school.

**MEDICAL EXPERIENCE:** Premedical students should test the depth of their commitment by getting direct exposure to the world of medicine by working or volunteering in clinics, hospitals or nursing homes, visiting medical schools, shadowing practicing physicians (especially both MD and DO physicians), and keeping informed about new developments in medical education and medical practice. Applicants should be knowledgeable about the differences between a D.O. and M.D.

**HEALTH PROFESSIONS CLUB:** This organization meets every other Tuesday of each month either virtually or in HOH Atrium. It offers programs of speakers and films, involvement in blood drives, volunteer experiences, visits to medical and dental schools, and assistance in the application process. Any student may join. [https://ucore.uco.edu/home\\_login](https://ucore.uco.edu/home_login)

### **PRE-HEALTH ADVISORY COMMITTEE**

Caroline Bentley, Chair	Biology	HOH 200
Robert Brennan	Biology	HOH 208
Allyson Fenwick	Biology	STEM 217
Chris Goodchild	Biology	HOH 200
Stephanie Jones	Chemistry	HOH 314
Michelle Haynie	Biology	STEM 216
Luis Montes	Chemistry	HOH 314
Dallas New	Chemistry	HOH 320 B
Melville Vaughan	Biology	STEM 215
James Creecy	Biology/FSI	FSI 110 D
Matthew Parks	Biology	STEM 234
Amanda Waters	Chemistry	HOH 320 A
Shawna Ellis	Chemistry	HOH 314F
Eric Eitheim	Chemistry	HOH 320D

\*To use the committee process for an UCO Pre-Health Committee Letter of Recommendation, please contact Dr. Bentley ([cbentley3@uco.edu](mailto:cbentley3@uco.edu)) regarding MCAT and DAT deadlines and minimum scores.

**For information from the OSU College of Osteopathic Medicine contact:** OSU Center for Health Sciences Admissions and Student Recruitment, 1111 W 17<sup>th</sup> St., Tulsa, OK 74107. (918) 561-8320. Email: [osucorecruitment@okstate.edu](mailto:osucorecruitment@okstate.edu) **OSU COM**

**Site:** <https://health.okstate.edu/com/admissions/index.html>

**For more information about the application process, visit:** [www.aacom.org/become-a-doctor/applying](http://www.aacom.org/become-a-doctor/applying)