

**PRE-MEDICAL ADVISEMENT WORKSHEET**  
**University of Oklahoma College of Medicine**  
**2023-2024**

**University of Central Oklahoma**

Health Professions Advisor  
Department of Biology  
200 Howell Hall  
(405) 974-5733  
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**UNIVERSITY OF OKLAHOMA COLLEGE OF MEDICINE ADMISSION REQUIREMENTS**

General Zoology/Biology with Lab: 1 Semester

BIO 1204      Biology for Majors: Principles (This course does not have a lab so BIO 1224 must be taken)  
BIO 1224      Biology for Majors: Diversity and Lab

General Chemistry: 2 Semesters

CHEM 1103    General Chemistry I                      *and*  
                  CHEM 1112    General Chemistry I Lab  
CHEM 1223    General Chemistry II                     *and*  
                  CHEM 1232    General Chemistry II Lab

Organic Chemistry: 2 Semesters

CHEM 3303    Organic Chemistry I  
CHEM 3323    Organic Chemistry II

Physics: 2 Semesters

PHY 1114      General Physics I                         *and*  
                  PHY 1114L    General Physics I Laboratory  
PHY 1214      General Physics II                        *and*  
                  PHY 1214L    General Physics II Laboratory

Cell Biology, Genetics, or Molecular Biology: 1 Semester (Highly recommended to take BOTH Cell Biology and Genetics for MCAT preparation)

BIO 2203      Cell Biology  
BIO 3303      Genetics (BIO 2203 is a prerequisite)

English: 2 Semesters

ENG 1113      English Composition  
ENG 1213      English Composition and Research

Psychology, Sociology, Philosophy, or Humanities: 3 Semesters

(PSY and SOC recommended since they are topics on the MCAT, especially SOC 3303 – Sociology of Health and Medicine)

Additional Courses Recommended by OU (1 semester of Biochemistry and a writing intensive course):

CHEM 3403    Biochemistry I  
CHEM 4103    Biochemistry II  
STAT 2103    Intro to Statistics for Sciences (This class is a prerequisite for many biology courses)  
ENG 3083    Introduction to Rhetoric                    *or*  
ENG 4023    Technical Writing                            *or*  
ENG 4473    Advanced Composition

Additional upper division biology courses such as Mammalian Physiology I/II (BIO 3803/ 3813); Biochemistry II; Microbiology for Majors (BIO 3054) are helpful for MCAT prep.

A minimum of 90 college credit hours are required.

CLEP and/or AP hours are not acceptable to count as prerequisites; a higher college level course is still required. Other requirements include: a minimum grade point average of 3.0, a letter grade of C or better in prerequisite courses and a minimum average score of 492 on the MCAT (Medical College Admissions Test).

*A recently admitted class had the following academic averages: 2,435 Applied / 165 Admitted / Avg. Overall GPA 3.81 / Avg. Science GPA 3.74 / Avg. MCAT Score – 508*

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

## PRE-MEDICAL PROGRAM

### **CREDIT HOURS AND GRADE POINT AVERAGE**

#### **(GPA):**

All applicants to the OU College of 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. **However, most students enter medical school after completing a bachelor's degree in the major of their choice.**

### **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 March/ April 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 MCAT score to apply is 492 but **the mean MCAT score for those accepted into a recent class at OU was 509 for Oklahoma residents and 515 for nonresidents.**

**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 High academic advisor. Since the Pre-Health advisor will prepare a letter summarizing the Health Professions Committee's evaluation when students apply to medical school, wise students will meet regularly 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.

**PARAMEDICAL EXPERIENCE:** Premedical students should test the depth of their commitment by getting direct exposure to the world of medicine by working or volunteering in hospitals or nursing homes, visiting medical schools, talking with practicing physicians, and keeping informed about new developments in medical education and medical practice.

**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. (Search Facebook for "UCO Pre-Med/Pre-Health Club" or contact the UCO student organization office at (405) 974-2625 [studentorgs@uco.edu](mailto:studentorgs@uco.edu))

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

Carrie Bentley, Chair	Biology	HOH 200 C
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 314 F
Eric Eitheim	Chemistry	HOH 320 D

\*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 more information about Physicians and Physician Programs:** <http://www.aamc.org>

**For information from the University of Oklahoma College of Medicine contact:** Ms. Dustye Bailey at the University of Oklahoma College of Medicine, (405) 271-2331 Email: [dustye-bailey@ouhsc.edu](mailto:dustye-bailey@ouhsc.edu); [adminmed@ouhsc.edu](mailto:adminmed@ouhsc.edu) or web <https://www.oumedicine.com/college-of-medicine/information-about/admissions>

Visit OU College of Medicine: First Mondays each month; RSVP to [AdminMed@ouhsc.edu](mailto:AdminMed@ouhsc.edu)

**For information about the OU College of Medicine's School of Community Medicine Track in Tulsa, contact:** Ms. Ellen Paulson; 918-660-3516; email: [Ellen-Paulson@ouhsc.edu](mailto:Ellen-Paulson@ouhsc.edu) or [tulsascm@ouhsc.edu](mailto:tulsascm@ouhsc.edu) or visit their website at [http://www.ou.edu/content/tulsa/community\\_medicine.html](http://www.ou.edu/content/tulsa/community_medicine.html)

**For information about applying to MD programs such as OU, please visit:** <https://students-residents.aamc.org/applying-medical-school/article/apply-to-med-school-with-amcas/>