

PRE-MEDICAL ADVISEMENT WORKSHEET
Oklahoma State University College of Osteopathic Medicine
2020-2021

University of Central Oklahoma
Health Professions Office
Department of Biology
200 Howell Hall
cbentley3@uco.edu

Biology: 2 Semesters

BIO 1204 Biology for Majors: Principles
BIO 1225 Biology for Majors: Diversity and Lab

General Chemistry: 2 Semesters

CHEM 1103 General Chemistry I *and*
CHEM 1112 General Chemistry I Lab (lab is co-requisite)
CHEM 1223 General Chemistry II *and*
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 *and*
PHY 1114 L General Physics I Laboratory (lab is co-requisite)
PHY 1214 General Physics II *and*
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
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. A minimum of 90 college credit hours are required.
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.

PRE-MEDICAL PROGRAM

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. Since the premedical advisor will prepare a letter summarizing the Premedical 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.

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, shadowing practicing physicians (especially both MD and DO physicians), and keeping informed about new developments in medical education and medical practice. Applicants must have a letter of recommendation from a D.O. and 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. (Search Facebook for "UCO Pre-Med/Pre-Health Club" or contact the UCO student organization office at (405) 974-2625 studentorgs@uco.edu)

PRE-HEALTH ADVISORY COMMITTEE

Caroline Bentley, Chair	Biology	HOH 200
Robert Brennan	Biology	HOH 200
Gloria Caddell	Biology	HOH 208
Allyson Fenwick	Biology	STEM 217
Cheryl Frech	Chemistry	HOH 314
Michelle Haynie	Biology	STEM 216
Luis Montes	Chemistry	HOH 314
Dallas New	Chemistry	HOH 320 B
Dana Rundle	Chemistry	HOH 320
Nikki Seagraves	Biology	STEM 205
Melville Vaughan	Biology	STEM 215
James Creecy	Biology/FSI	FSI 110 D
Lillian Chooback	Chemistry	STEM 235
Wayne Lord	Biology	FSI 110 E
Matthew Parks	Biology	STEM 234
Amanda Waters	Chemistry	HOH 320 A

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

For information from the OSU College of Osteopathic Medicine contact: Ms. Emily Outhier, OSU Center for Health Sciences Admissions and Student Recruitment, 1111 W 17th St., Tulsa, OK 74107. (918) 561-8468. Email: Emily.outhier@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