

PRE-MEDICAL ADVISEMENT WORKSHEET
University of Oklahoma College of Medicine
2019-2020

University of Central Oklahoma

Health Professions Advisor
Department of Biology
200 Howell Hall
(405) 974-5733

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 1225 must be taken)
BIO 1225 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: 2,701 Applied / 165 Admitted / Avg. Overall GPA 3.79 / Avg. Science GPA 3.72 / Avg. MCAT Score – 509

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 and the mean GPA for those accepted into a recent class at OUHSC was 3.79 (Science GPA was 3.72).**

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 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 academic advisor; NUC 121. 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 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, talking with practicing physicians, and keeping informed about new developments in medical education and medical practice.

HEALTH PROFESSIONS CLUB: This organization meets on the 1st and 3rd Tuesday of each month 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 and OrgSync for "UCO Pre-Med/Pre-Health Club")

PRE-HEALTH ADVISORY COMMITTEE

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|-------------------------|-------------|-----------|
| 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 320B |
| 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 |
| Amanda Waters | Chemistry | HOH 320A |
| Wayne Lord | Biology | FSI 110 E |
| Matthew Parks | Biology | STEM 234 |

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

For information from the University of Oklahoma College of Medicine contact: Mr. Brent Ross,

The University of Oklahoma College of Medicine, PO Box 26901, BSEB-123, Oklahoma City, OK 73190. (405) 271-2331

Email: 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

For information about the OU College of Medicine's School of Community Medicine Track in Tulsa, contact: Angela Surratt at 918-660-3500; email: tulsascm@ouhsc.edu or visit their website at 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/>

Plan to submit AMCAS application by August 15.