

PRE-MEDICAL ADVISEMENT WORKSHEET
University of Oklahoma College of Medicine
2022

University of Central Oklahoma

Health Professions Office
Department of Biology
200 Howell Hall
Cbentley3@uco.edu

UNIVERSITY OF OKLAHOMA COLLEGE OF MEDICINE ADMISSION REQUIREMENTS

General Zoology/Biology with Lab: 1 Semester

BIO 1204 Biology for Majors: Principles

BIO 1225 Biology for Majors: Diversity and Lab OR BIO 2203 Cell Biology AND BIO 2211 Cell Biology lab

Note: since BIO 1204 does not have a lab OU will allow BIO 1225 or BIO 2203 AND 2211

General Chemistry: 2 Semesters (labs are co-requisites for the general chemistry lectures)

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 (labs are co-requisites for the general physics lectures)

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 unless a higher college level course is taken. 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 statistics: 165 Admitted | Avg. Overall GPA 3.81 | Avg. Science GPA 3.74 | Avg. MCAT Score 509.4

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 retaking 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)

PRE-HEALTH ADVISORY COMMITTEE

Caroline Bentley, Chair	Biology	HOH 200
Robert Brennan	Biology	HOH 200
Allyson Fenwick	Biology	STEM 217
Michelle Haynie	Biology	STEM 216
Luis Montes	Chemistry	HOH 314
Stephanie Jones	Chemistry	HOH 314
Dallas New	Chemistry	HOH 320
Dana Rundle	Chemistry	HOH 320
Nikki Seagraves	Biology	STEM 205
Melville Vaughan	Biology	STEM 215
James Creecy	Biology/FSI	FSI 110 D
Amanda Waters	Chemistry	HOH 320A
Matthew Parks	Biology	STEM 234
Christopher Goodchild	Biology	HOH 200

*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: Ms. Dustye Bailey at the University of Oklahoma College of Medicine, (405) 271-2331 Email: dustye-bailey@ouhsc.edu; 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: Ms. Ellen Paulson; 918-660-3516; email: Ellen-Paulson@ouhsc.edu or 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/>