



PRE – MEDICINE AND PRE – OSTEOPATHIC MEDICINE

at Central Michigan University



To become a physician, you must first be admitted to medical school. Admission to medical school is very competitive. While this brochure summarizes the steps in the admission process, it is important to see a pre-med advisor throughout your career at CMU.

You can prepare to be an MD or a DO? What is the difference?

ALLOPATHIC PHYSICIAN - The M. D. or Medical Doctor practices allopathic medicine – the treatment of disease through drugs and surgery accompanied by a special concern for preventive and public health measures.

OSTEOPATHIC PHYSICIAN - Osteopathic medicine is founded on the philosophy that all body systems are interrelated and dependent upon one another for good health. Like MD's, Doctors of Osteopathic Medicine (DO's) are fully trained and licensed to prescribe medication and to perform surgery.

What does it take to get into med school?

While admission standards may vary from school to school, every medical school reviews the following requirements:

1. Academic Requirements
2. The Medical College Admissions Test (MCAT)
3. Medical Experience
4. Other Characteristics
5. Letters of Recommendation
6. Personal Statement
7. Interview

1. Minimum Academic Requirements For Michigan Medical Schools

Inorganic Chemistry – 2 Semesters with labs
CHM 131 and 132 or CHM 161 and 211

Organic Chemistry – 2 Semesters with labs
CHM 345, 346, and 349

Physics – 2 Semesters with labs
PHY 130, 131, 170 & 171 or PHY 145, 146, 175, & 176

Biology – usually 2 semesters with labs
BIO 101P, 208, 218, and two additional classes

English – 2 semesters -Composition & Literature
ENG 101, 201 or 134

Social Sciences -2 Semesters
Courses such as Psychology or Sociology

What do I major in for Medical School?

It doesn't matter as far as med schools are concerned. Medical schools do not require any particular major.

"Pre-medicine" is not a major. The best advice is to major in a field that interests you, one in which you think you will do well, and one that you can fall back upon for another career in case your medical school plans change.

CMU offers many majors that include some of the above coursework as requirements. Non-science majors have to take extra science courses to meet the requirements of medical schools, which may mean it will take longer complete a degree from CMU.

Your pre-med advisor will help you with concerns about preparation for med school. You should see a department major advisor about major requirements.

What Grade Point Average do I need?

Your undergraduate GPA is important! You do NOT have to have a 4.0 to get in medical school. It is probably better to have a solid GPA (at least 3.6) combined with other activities to show you are multi-dimensional. Medical schools usually recognize steadily improve in grades which can offset lower grades in your first year.

2. The Medical College Admission Test (MCAT)

MCAT scores are a very important tool for screening applicants by medical schools and are required by almost every medical college. This is an all day standardized exam with 4 sections: verbal reasoning, physical sciences (inorganic chemistry and physics), biological sciences (biology and organic chemistry), and timed writing. The maximum score is 15 for each of the first three section with the writing samples receiving an alphabetic rating. This is a very rigorous exam!!! (The national average score for each section is 7.5-8.5.)

The MCAT is given twenty-two times per year between January and September. Before taking the MCAT a student should have completed both years of chemistry, the year of physics and for CMU students it is highly suggested that they have completed BIO 208 (Microbiology), BIO 324 (Cell Biology), BIO 326 (Genetics) and BIO 392 (Mammalian Physiology). It is best to take the MCAT in April of your junior year so that you can apply to medical school late in the summer before your senior year or early in the 1st semester of your senior year.

3. Medical Experience

Some medical and or clinical experience is very helpful but is not required. You need to demonstrate that you know what a doctor does before you try to become one. This does not mean you need a full-time job or even a steady part-time job. Occasional volunteer activities or summer work is sufficient. You should shadow a physician to learn about profession. An internship with local health departments or your hometown physician is helpful. Becoming involved in research in your department is also well received. Other volunteer activities include working in hospices, nursing homes, churches, and school groups (such as the Pre-Med Club).

4. Other Characteristics

Medical schools are looking for well-rounded individuals who have the necessary traits to become good doctors. They may consider other factors such as leadership, special skills (such as sports) and community involvement.

5. Letters of Recommendation

Requirements vary from school to school. In general, medical schools require letters of recommendation from faculty. Some require letters from your pre-med advisor or a "pre-medical committee".

6. Personal Statement

Most medical schools require applicants to apply through the American Medical College Application Service (AMCAS) or the American Association of Colleges of Osteopathic Medicine Application Service (AACOMAS). These medical schools then decide whether to offer a secondary application, which include a personal statement (essay).

7. Interview

A medical school admissions committee that finds your application favorable may invite you for a personal interview with the committee.

Typical Pre-Med Preparation

This four year map is a guide to help you meet the requirements for medical school and MCAT while at CMU regardless of major.

Freshman Year:

First Term
BIO 110: General Biology with Lab
CHM 131: General Chemistry with Lab
ENG 101: English
Involvement in the Pre-Med Club and other organizations
Second Term
BIO 208: Microbiology with Lab
CHM 132: General Chemistry II with Lab

Sophomore Year:

First Term
BIO 218: General Zoology
CHM 345: Organic Chemistry I
ENG 201: English Comp.
Start looking at medical schools that interest you and thinking about leadership positions in clubs. Start building good relations with your professors.
Second Term
CHM 346: Organic Chemistry II
CHM 349: Organic Chemistry Lab
BIO 324: Cell Biology

Junior Year:

First Term
BIO 326: Genetics
PHY 130 or 145: Physics I
PHY 170 or 175: Physics Lab
Second Term
BIO 392: Mammalian Physiology
PHY 131 or 146: Physics II
PHY 171 or 176: Physics Lab
Additional Suggestions for Junior Year
Begin studying for MCAT. When applications for the MCAT become available, register to take the MCAT. When applications for AMCAS and AACOMAS become available, start preparing to submit it in early to mid July. Start asking professors and medical professionals if they will write you a letter of recommendation in fall of your senior year.

Senior Year:

Complete and return secondary applications as you receive them. Letters of recommendation will be needed for the secondary application process. Give your recommenders a formal letter requesting the recommendation, a resume and a list of addresses to send the letters. Start preparing for your interviews. Choose wisely which school to attend.

Are CMU students accepted into Medical School?

Yes. For the last 4 years the percent of CMU students who have applied and been accepted to medical schools has been 85-90%.

What are the advantages of joining the Pre-Med Club?

The Pre-Medicine and Osteopathic Society enables students interested in the medical field to learn more about the different areas of medicine. Activities include guest speakers, information on research opportunities, tours of in and out-of-state medical schools, preparation for examinations, and volunteer activities. The club meets several times per year to discuss

What are some good Web resources to find out more about becoming a physician?

Medical schools will have their own Web pages which usually include specifics about their admissions criteria, procedures to follow for admission and specialties. Other good general reference sources include:

www.amcas.org
www.aacom.org
www.aamc.org/students/mcat/start.htm
www.medicalgold.com/premed/puffin.creighton.edu/ccas/PHSAC/PHSAC.mdfact.html



Pre – Medicine Advisors at CMU

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