



PRE-MED 101

TIMELINE

Discussion

WHAT IS THE TIMELINE FOR APPLYING TO
MEDICAL SCHOOL?





WHAT ARE THE PREREQUISITES FOR MEDICAL SCHOOL?

PRE-MED PREREQUISITES

General Biology (1 year with labs)*:

Biology 105 and Biology 106

General Chemistry (1 year with labs):

Chem 111/112 and Chem 113/114

Organic Chemistry (1 year with labs):

Chem 230/232 and Chem 231/234

NOTES:

Requirements can vary, so be sure to research specific programs you may be interested in.

Calculus is no longer a common prerequisite and we do not recommend taking this course at USF unless your major/minor requires it.

Statistics (1 semester):

Any statistics course offered by your department.

Biochemistry (1 semester):

Chem 356 OR

Chem 350 AND Chem 351

Physics (1 year with labs):

Physics 100/100L and Physics 101/101L**

**Taking more than the minimum of biology is highly recommended for pre-meds, including upper-division coursework.*

***General Physics (algebra-based) is acceptable for medical school admissions*

WHAT IS THE TIMELINE FOR APPLYING TO MEDICAL SCHOOL?

Approximately 12 months before you would like to begin medical school...most applicants from USF (and nationally) take off one year (minimum) before entering medical school. This is referred to as a "gap" year.

Most common timeline for incoming freshmen:

May 2025: Common Applications Open (AACOMAS and AMCAS)

June 2025: Submit Common Applications

July 2025: Fill out Secondary Applications and Submit

August 2025- April 2026: Interviews

July-September 2026: Enter Medical School





WHY?

ALL Four Years on Application

- Grades
- Clinical Experience
- Research Experience
- Experience...in general!

• MCAT Planning

- When will you finish your last prerequisites needed for the MCAT (i.e. Biochemistry, Physics)?
- Where will you fit in MCAT studying (i.e. 30 hours/wk)

Gap Year to Strengthen Application:

- Post-Bacc Programs
- Work Experience
 - UCSF Research
 - Medical Scribe

Ask yourself: Can you adequately prepare for medical school in 3 years?

WHEN SHOULD I APPLY?



Pre-Health Course Plan

Fall	Spring	Summer

Fall	Spring	Summer

Fall	Spring	Summer

Fall	Spring	Summer

When you are ready!



**WHAT IS THE AVERAGE GPA FOR A USF
MEDICAL SCHOOL APPLICANT?**

3.65

**WHAT IS THE AVERAGE MCAT FOR A USF
MEDICAL SCHOOL APPLICANT?**

510



WHAT IS THE ACCEPTANCE RATE FOR USF MEDICAL SCHOOL APPLICANTS?

56%

APPROXIMATELY 20-25 USF STUDENTS/ALUMNI APPLY TO MEDICAL SCHOOL EACH YEAR,
THROUGH AACOMAS (DO) AND/OR AMCAS (MD)

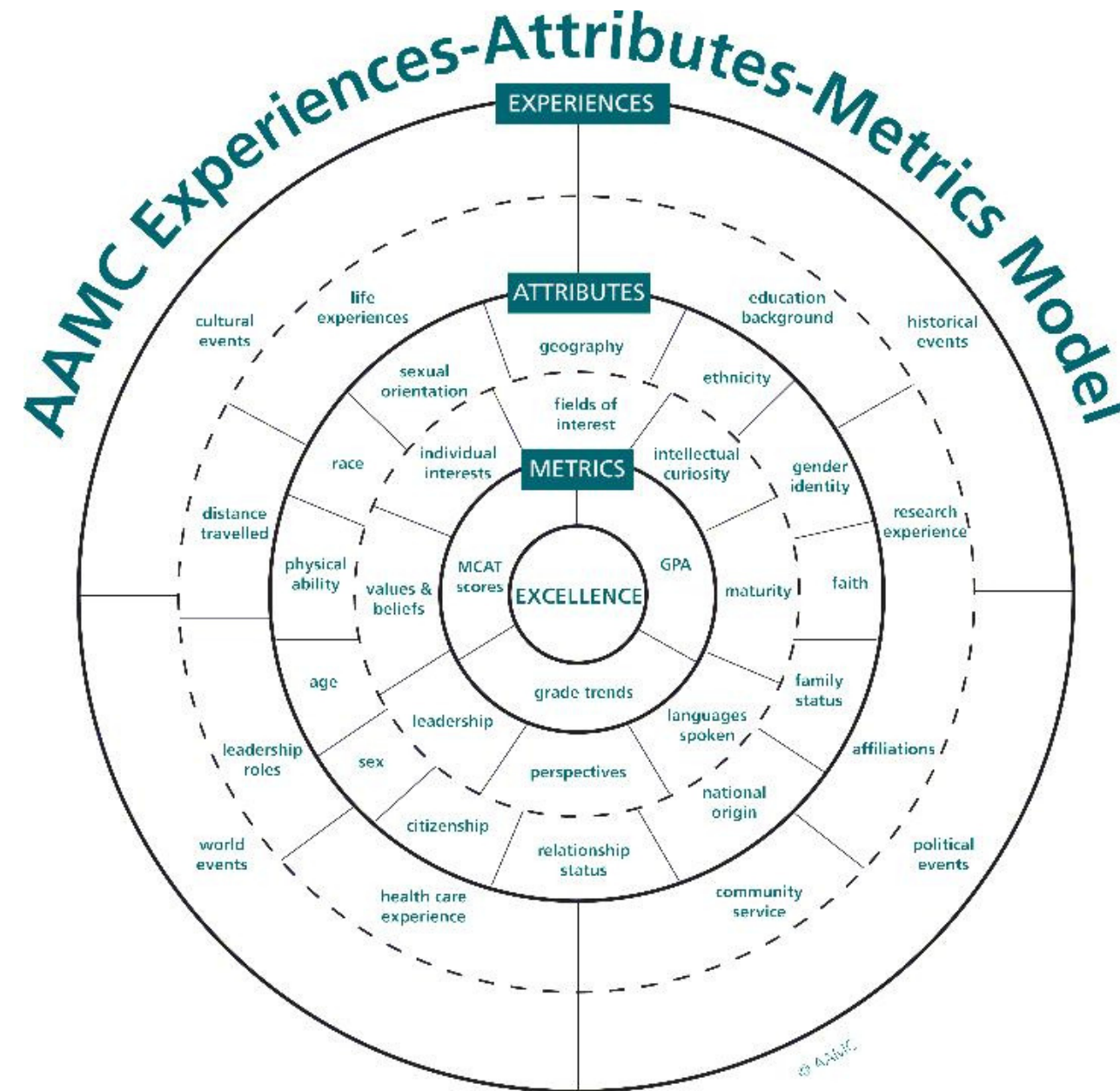
OUR RECENT GRADUATES ARE ATTENDING:

USC
VERMONT
GEORGETOWN
TOURO CA
WAYNE STATE UNIVERSITY
RUSH
TULANE
HAWAII
CHICAGO MED

BUT...YOU ARE MORE THAN JUST A NUMBER!

**DISTANCE
TRAVELLED**

**CHALLENGES
OVERCOME**



LIFE STORY

DIVERSITY

MED STUDENTS TALK CORE COMPETENCIES

IS RESEARCH REQUIRED?



YES and NO.

There is no specific research requirement for medical school.

There is also no preference for one type of research over another, so pursue your interests!

However, most USF medical school applicants have some form of research experience, which adds value to their application.

- USF academic departments
- UCSF
- San Francisco Veteran Affairs (SFVA)

HOW DO I FIND CLINICAL EXPERIENCE?

HOSPITALS

Great place to start, especially if you have limited experience in clinical settings.

MEDICAL SCRIBE

Note-taking for a physician, either in a hospital setting or private practice.

CLINICS

Free clinics, like:

Corpus Clinic that tend to patients without health insurance options. Most communities have local free/low-cost community clinics.

CERTIFICATION

EMT, Medical Assistant (MA), Certified Nursing Assistant (CNA)

SHADOWING

Use your networks! Or get in and volunteer somewhere!



WHAT MEDICAL SCHOOL ADMISSIONS DEANS SAY...

“We seek diversity in our matriculating class each year, and part of that is enrolling a class with a wide variety of experiences. We seek to give credit for the myriad accomplishments one may have: clinical experience and exposure can be accomplished in a variety of ways, such as by shadowing physicians, volunteering in hospitals, emergency rooms or clinics, or by EMT volunteer work”

“It is important that the applicant be comfortable working with and around people who are ill. The patient exposure experience can be gained in a variety of ways. Many applicants volunteer or work in hospitals, emergency rooms, homeless clinics or extended care facilities and are actively involved in patient contact”

“Our Committee does look to see whether applicants have demonstrated experience and exposure to the clinical practice of medicine (hospital volunteer work, shadowing physicians, etc.), and aside from any benefit to one's application, we think it advisable for applicants to have clinical experience as a means of determining whether the medical profession is indeed their vocation of choice.

VARIED CLINICAL EXPERIENCES- THINK BREADTH AND DEPTH

84%

**clinical community service/volunteer
experience**

W H O G E T S I N

research/lab experiences.

80%

CAN I DO ACTIVITIES OUTSIDE OF PRE-MED?

70%

(NON-CLINICAL) COMMUNITY
SERVICE/VOLUNTEER EXPERIENCE

- Tutoring
- Literacy Programs
- Animal Rights
- Homeless Shelters
- After School Sports Programs
- Music
- Art



What is your passion AND can you use it to help others?

WHAT ADVICE DO YOU HAVE FOR ME AS PRE-MED?

Reframe your Thinking

“WHAT DO THE MEDICAL/DENTAL SCHOOLS WANT TO SEE ON MY APPLICATION?”



ASK INSTEAD:
“What do I need to do to become the best possible doctor/dentist/optometrist/PA/etc. I can be?”

WHAT RESOURCES ARE AVAILABLE TO ME AS A PRE-HEALTH STUDENT?

ACADEMIC

Learning, Writing & Speaking Center

- PLTL (Peer-Led Team Learning)
 - 1/week, 2 hours
 - 1 unit
 - For General Chemistry 111 & 113
- SI (Supplemental Instruction)
 - For General Biology (105, 106)
- Academic Skills Coaching
 - Time Management
 - Test-taking strategies

ADVISING

- Faculty/Major Advisor
- Pre-Health Professions Advising
- CASA (Center for Student Success and Achievement)
 - Major exploration
- Career Services Center
 - Resume reviews
- Counseling and Psychological Services
- Health Promotion Services
- Study Abroad