

# PREPARING FOR MEDICAL SCHOOL



**CHSU** CALIFORNIA  
HEALTH SCIENCES  
UNIVERSITY

COLLEGE OF OSTEOPATHIC MEDICINE

[osteopathic.chsu.edu](http://osteopathic.chsu.edu)



## FIRST AND SECOND YEAR OF UNDERGRAD

### TAKE THESE CLASSES:

#### YEAR ONE

One year of General or Inorganic Chemistry  
 One year of Calculus  
 One year of Human Biology  
 One semester of English  
 (i.e. Composition or Literature)

#### YEAR TWO

One year of Organic Chemistry  
 One semester of Behavioral Sciences  
 (i.e. Psychology or Sociology)



### PARTICIPATE IN EXTRACURRICULAR OR COMMUNITY SERVICE ACTIVITIES:



#### Explore the various specialties of medical practice.

Attend medical school community events, such as health fairs or simulation experiences.  
 Begin a health care related volunteer program, job, or internship.  
 Consider joining an academic society, pre-med club, and/or other student organizations, to ensure you are comfortable in a health care setting.

### PREPARE YOURSELF FOR MEDICAL SCHOOL:

#### YEAR ONE

Meet with a pre-med advisor, review course requirements, and create a pre-medical school game plan.

Investigate a career in medicine. Is it right for you? What are your personal and academic goals?

**Build relationships with professors who can later serve as mentors**, offer you the opportunity to participate in research, or write letters of recommendation on your behalf.

#### YEAR TWO

Begin online reviews of various medical school options.

**Compare medical school cost of attendance**, including cost of living, tuition, and other expenses.

Schedule campus tours and visit the medical schools for which you are considering to apply.

Continue seeking relationships with professors and think about who might write your letters of recommendation.

### GET READY TO TAKE THE MCAT:

#### YEAR TWO

Start planning to take the MCAT. This high-stakes exam requires knowledge of biology, inorganic chemistry, organic chemistry, and physics.

**You must really prepare to do well.**

Take a free MCAT practice test to gauge your performance.

Seek MCAT preparation workshops at CHSU and online.



### IMPORTANT:

#### YEAR ONE

**Establish good study habits** – These will serve you well through your undergraduate years and into medical school!

#### YEAR TWO

**Talk to a physician!** Ask them about their career choice, what they wish they knew when they were applying to med schools, what they do, and don't like about their work, etc.

# Your GUIDE TO MEDICAL SCHOOL

Are you considering a career as a physician? The process to become a physician requires a lot of hard work, investment, and time. Follow this guide to medical school to help you prepare for your post graduate education. Prepare to take many science courses, satisfy graduation requirements to obtain your Bachelor's degree, and participate in extracurricular activities. You'll also need to prepare for and take the MCAT examination and dedicate time to complete the medical school application materials.

## THIRD YEAR OF UNDERGRAD

### TAKE THESE CLASSES:

#### Fall Semester:

One year of Physics  
 One year of Biochemistry

#### Spring Semester:

Continue upper division major course work



### PREPARE YOURSELF FOR MEDICAL SCHOOL:

Apply to medical schools of your choice at the end of your junior year/during the summer before your senior year. The CHSU College of Osteopathic Medicine application period typically opens in early May.

### GET READY TO TAKE THE MCAT:

Register for the MCAT at [aamc.org](http://aamc.org). (approximately \$300 fee, with additional charges for re-scheduling and other services).

**You must really prepare to do well.**

Take the MCAT no later than mid-May to receive your scores in June.

If you are dissatisfied with your score, register for the next exam (while there is still time) and create a plan to get the score you need.



## FOURTH YEAR OF UNDERGRAD

### TAKE THESE CLASSES:

Finish remaining major, university, and pre-med requirements.

Optional: Take upper-division or graduate-level courses in medically related subjects, such as: Physiology, Histology, Pharmacology, Anatomy, and Statistics.

### PREPARE YOURSELF FOR MEDICAL SCHOOL:

Do more comprehensive research about the medical schools to which you applied.

If a medical school likes your candidacy, they will send you their own secondary application. You'll have some essays to write. Give yourself enough time to revise and to allow someone else (a good writer) to read them.

**Send thank you notes to your recommenders**—it's the perfect way to gently remind them to get on this task if they haven't already.

Submit the FAFSA.

Prepare for interviews, which typically take place in the fall, winter, and, at some schools, early spring.

Interview and wait for decision letters!

### GET READY TO TAKE THE MCAT:



Take the MCAT if you haven't already or need to retake.

Schedule the MCAT as early in the summer as possible.

### IMPORTANT:

Acceptances (and rejections) start arriving during the winter and spring of your senior year. If you don't get in, reconsider your career options or prepare to apply again next year.



**\*FOLLOWING THE GUIDE ABOVE DOES NOT GUARANTEE ADMISSION INTO MEDICAL SCHOOL. CONTACT THE MEDICAL SCHOOL(S) YOU ARE APPLYING TO FOR SPECIFIC ADMISSIONS REQUIREMENTS AS EACH INSTITUTION DIFFERS.**



**CHSU**  
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