



**Premedical Students Timeline & Tips for Success  
'How to Prepare for Medical School'**

Note: Students who wish to enter medical school in the Fall semester following graduation should complete all pre-medical course requirements by the end of junior year. Here is a common strategy for N.C. A&T students.

<b>Year &amp; Semester</b>	<b>Description of Courses and Activities</b>
<i>Year 1</i>	
<b>Fall</b>	Inform your academic advisor of your desire to pursue medicine as a career. Determine if your major department has a premedical track or concentration. If not, work with your academic advisor and the N.C. A&T pre-health advisors to stay on track.
	Attend Freshman Orientation in your major department ( <b>Very Important</b> ). Be sure to understand how to be successful in your major.
	Get to know your professors (you will need <b>STRONG</b> letters of recommendation in the future)
	DO NOT be afraid to <i>ask for help</i> ... visit your professors during their posted office hours OR by appointment
	<i>Study hard and do well in classes! Grades, Grades, Grades!!!</i>
	Visit the <b>American Association of Medical Colleges</b> website to learn about medical school requirements, financing medical school, the application process, etc. (www.aamc.org)
	Form <b>GOOD</b> study habits and study groups with your peers. Group study may be beneficial.
	Join the N.C. A&T Minority Association for Premedical Students (MAPS) Organization! Attend meetings regularly and become an active participant.
	Attend regular meetings with your academic advisor ( $\geq 2$ /month) and complete progress reports and/or degree audits to keep track of your progress.
	Read books assigned for Book Clubs, MAPS, or for pleasure. Reading is extremely important.
	Subscribe to <i>Newsweek</i> or <i>Times</i> and start reading FROM COVER TO COVER EVERY WEEK. Read articles in BSOM Synapse, other pre-med/med journals, newspapers, etc.
	Participate in leadership, professional, and personal development activities through MAPS. Eg. Serve on the Elected Board, attend recruitment sessions, Open House visits, etc.
	Attend supplemental instruction sessions and/or tutoring session regularly for 'gate-keeper' courses. This is <b>MANDATORY</b>
	<b>Apply to SEP, SMDEP, USC-G MedEx Academy Program, or other summer preparation programs (medical focus, but research focus may also be advised)</b>
<b>Courses:</b>	<b>General Biology I (BIOL101), General Chemistry VI (CHEM106), General Chemistry VI Lab (CHEM116), Pre-Calculus or Calculus I (based on test scores), General Education Course {Psychology (PSYC101) or Sociology (SOCH100)}. Note Calculus I is only required by ~30% of medical schools. Most require Probability and Statistics (MATH 224)</b>
<b>Spring</b>	Take your General Education Classes <b>SERIOUSLY!</b> They are very important.
	Continue <b>ACTIVE</b> participation in MAPS
	DO NOT be afraid to <i>ask for help</i> ... visit your professors during their posted office hours OR by appointment
	Attend supplemental instruction sessions regularly for 'gate-keeper' courses. This is <b>MANDATORY</b>
	Complete 10 hours of service activities



	Continue to read <i>Newsweek</i> or <i>Time</i> FROM COVER TO COVER EVERY WEEK. Read articles in BSOM Synapse, other pre-med/med journal, newspapers, etc.
	Read books assigned for Book Clubs, MAPS, or books for pleasure. Reading is extremely important
	Visit medical schools: BSOM, UNC-CH, WFU, Campbell University, others
	<i>Study hard and do well in your classes! Grades, Grades, Grades!!!</i>
	Get to know your professors (you will need STRONG letters of recommendation in the future)
	Begin reviewing the AMCAS application to become familiar with the application process
<b>Courses:</b>	<b>General Biology II (BIOL102), General Chemistry VII (CHEM 107), General Chemistry VII Lab (CHEM117), Calculus I or MATH 224, and General Education Course {Psychology (PSYC101) or Sociology (SOC1100)}. Note Calculus I is only required by ~30% of medical schools. Most require Probability and Statistics (MATH 224).</b>
<b>Summer</b>	Attend summer enrichment programs (SEP, SMDEP, USC-G MedEx Academy Program, others) or Participate in summer research opportunities *Summer school is NOT recommended unless absolutely necessary. Do well during the school year!
<b>Year 2</b>	
<b>Fall</b>	<i>Study hard and do well in classes! Grades, Grades, Grades!!!</i>
	Get to know your new professors (you will need STRONG letters of recommendation in the future). Stay in touch with previous professors
	DO NOT be afraid to <u>ask for help</u> ... visit your professors during their posted office hours OR by appointment
	Attend supplemental instruction and/or tutoring sessions regularly for 'gate-keeper' courses. This is MANDATORY
	Be a Peer Mentor for new Freshman and/or transfer students
	Complete 10 hours of service activities
	Continue to read <i>Newsweek</i> or <i>Time</i> FROM COVER TO COVER EVERY WEEK. Read articles in BSOM Synapse, other pre-med/med journals, newspapers, etc.
	MAPS, or books for pleasure. Reading is extremely important.
	Read articles in BSOM Synapse or other pre-med/med journal
	Participate in leadership development activities, community building experiences, etc.
	Revisit sections of the AMCAS application to become familiar with the application process
<b>Courses:</b>	<b>Physics I (PHYS 225), Physics I Lab (PHYS 235), Organic Chem. I (CHEM 221) and Organic Chem. I Lab (CHEM 223), General Education Course (Reading intensive course)</b>
<b>Spring</b>	<i>Study hard and do well in classes! Grades, Grades, Grades!!!</i>
	Get to know your new professors (you will need STRONG letters of recommendation in the future). Stay in touch with previous professors
	DO NOT be afraid to <u>ask for help</u> ... visit your professors during their posted office hours OR by appointment
	Attend supplemental instruction and/or tutoring sessions regularly for 'gate-keeper' courses. This is MANDATORY
	Be a Peer Mentor for new Freshman and/or transfer students



	Complete 10 hours of service activities
	Continue to read <i>Newsweek</i> or <i>Time</i> FROM COVER TO COVER EVERY WEEK. Read articles in BSOM Synapse, other pre-med/med journals, newspapers, etc.
<b>Courses:</b>	<b>Physics II (PHYS 226), Physics II Lab (PHYS 236), Organic Chem II (CHEM 222) and Organic Chem I Lab (CHEM 224), General Education Course (Art, Music, Dance)</b>
<b>Summer</b>	<ul style="list-style-type: none"> <li>• If you did not participate in a medical-related summer program such as SEP, SMDEP, MedEx Academy, etc., last summer, <b><i>do it during this summer.</i></b></li> <li>• Otherwise, participate in another medical-related program OR shadowing activities OR summer research opportunities OR Study abroad program.</li> </ul>
	*Summer school is NOT recommended. Do well during the school year!
<b>Year 3</b>	
<b>Fall</b>	<i>Study hard and do well in classes! Grades, Grades, Grades!!!</i>
	Explore <u>preparation course options for entrance exams</u> or consider obtaining test preparation materials from the Pre-Professional Scholars Program Office. *Focus on UNDERSTANDING the information presented in your classes and textbooks to minimize the ‘need’ for a preparation course
	Complete at least 10 hours of service activities
	Get to know your professors and stay in touch with previous professors. You will need STRONG letters of recommendation in the future.
	Begin developing ‘mock’ AMCAS application. Review with pre-health advisor
	Apply to Program for Future Doctors, Medical Education Development Program, or other programs designed to challenge you and to provide an introduction to professional school
<b>Courses:</b>	<b>*Medical Preparation Seminar (BIOL304) **BIOL 304 is only open to Biology majors in the fall; other majors should plan to take this course in the summer, Biochemistry (CHEM451) Elective: English, {Psychology (PSYC101) or Sociology (SOCI100)}</b>
<b>Spring</b>	<i>Study hard and do well in classes! Grades, Grades, Grades!!!</i>
	Attend supplemental instruction sessions regularly for ‘gate-keeper’ courses. This is MANDATORY
	Take Spring MCAT
	Complete 10 hours of service activities
	Update AMCAS application, review with pre-health advisor and submit application
	<b>NOTE: if the desired MCAT scores were not obtained, schedule to retake the MCAT during summer or EARLY Fall.</b>
<b>Courses:</b>	<b>Elective: English, {**Psychology (PSYC101) or Sociology (SOCI100)}</b>
<b>Summer</b>	Attend ECU Summer Program for Future Doctors, UNC-CH Medical Education Development Program, USC-G MedEx Academy Program, etc.
	Apply to Professional school in June, as soon as applications open. Do NOT wait until fall or close to deadlines; chances of acceptance are much lower if you apply late summer / early fall compared to early summer
	*Summer school is NOT recommended. Do well during the school year!
<b>Year 4</b>	



<b>Fall</b>	Respond to acceptance letters. Complete and submit secondary applications EARLY.
	Implement backup plan if needed.
	<i>Study hard and do well in classes! Grades, Grades, Grades!!!</i>
	DO NOT be afraid to <u>ask for help</u> ... visit your professors during their posted office hours
	Continue volunteer, shadowing activities and mentoring
	Or submit AMCAS application ASAP if this was not done previous summer.
	<b>VIP! Remember, you must continue to earn a competitive GPA and demonstrate professionalism at all times. Acceptance into professional and graduate programs are conditional until you actually begin the program.</b>
<b>Not Required: Optional</b>	<b>Human Anatomy &amp; Phys I (BIOL350) and/or Medical Terminology</b>
<b>Spring</b>	<i>Study hard and do well in classes! Grades, Grades, Grades!!!</i>
	DO NOT be afraid to <u>ask for help</u> ... visit your professors during their posted office hours
	Continue volunteer, shadowing activities and mentoring
	<b>VIP! Remember, you must continue to earn a competitive GPA and demonstrate professionalism at all times.</b>
<b>Not Required: Optional</b>	<b>Human Anatomy &amp; Phys II (BIOL351) and/or Medical Terminology</b>
<b>Summer</b>	Celebration time! Enjoy your summer!!

**Important Reminders:**

1. Medical Preparation Seminar (BIOL304) is a one semester course limited to Biology PreMed track majors in the fall. Any student in any major can be “premed” However, the Biology PreMed track is not open to other majors because it is designed to lead to a Biology degree. Other majors or non-premed track students make take BIOL 304 during the summer.
2. \*\*Biochemistry, Sociology, Psychology, and knowledge of research are often requirements
3. Note: The following courses are required for medical school\* and/or success on the MCAT\*\*: Biology (with lab)\*, General Chemistry (with lab)\*, Organic Chemistry (with lab)\*, Physics (with lab)\*, Math (Probability and Statistics; 30% of schools require Calculus)\*, English, Psychology\*\*,Sociology\*\* and Biochemistry\*\*.
4. Strong reading, writing and communication skills are very important for success in health careers.
5. Exposure and experience in your field of interest are EXTREMELY important to your success. Keep these in mind as you decide what activities you will participate in during your matriculation here at N.C. A&T!
6. \*\*If at any time you have academic difficulties or any other issues that may interfere with your success, meet with your advisor as soon as possible to discuss a plan for success. Do not allow issues to linger... there are multiple resources on campus that may be of assistance.