



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 the junior year. Below is a common timeline for N.C. A&T students.

Year & Semester	Description of Courses and Activities
<i>Year 1</i>	
Fall	<p>Access the N.C. A&T Professional School Advising Guide (Request a copy from Dr. White). Read it and follow guidelines throughout your matriculation at N.C. A&T.</p> <p>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.</p> <p>Attend Freshman Orientation in your major department (Very Important). Be sure to understand how to be successful in your major.</p> <p>Get to know your professors (you will need STRONG letters of recommendation in the future)</p> <p>DO NOT be afraid to <i>ask for help</i>... visit your professors during their posted office hours OR by appointment</p> <p><i>Study hard and do well in classes! Grades, Grades, Grades!!!</i></p> <p>Visit the American Association of Medical Colleges website to learn about medical school requirements, financing medical school, the application process, etc. (www.aamc.org)</p> <p>Form GOOD study habits and study groups with your peers. Group study may be beneficial.</p> <p>Join the N.C. A&T Minority Association for Premedical Students (MAPS) Organization! Attend meetings regularly and become an active participant.</p> <p>Attend regular meetings with your academic advisor (≥ 2/month) and complete progress reports and/or degree audits to keep track of your progress.</p> <p>Read books assigned for Book Clubs, MAPS, or books for pleasure. Reading is extremely important.</p> <p>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.</p> <p>Participate in leadership, professional, and personal development activities through MAPS. Eg. Serve on the Elected Board, participate in a ROPES course, attend recruitment sessions, Open House visits, etc.</p> <p>Attend supplemental instruction sessions and/or tutoring session regularly for 'gate-keeper' courses. This is MANDATORY</p> <p>Apply to SEP, SMDEP, USC-G MedEx Academy Program, or other summer preparation programs (medical focus, but research focus may also be advised)</p>
Courses:	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)}
Spring	Take your General Education Classes SERIOUSLY! They are very important.



	Continue <i>ACTIVE</i> participation in MAPS
	DO NOT be afraid to <u>ask for help</u> ... visit your professors during their posted office hours OR by appointment
	Attend supplemental instruction sessions regularly for 'gate-keeper' courses. This is MANDATORY
	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 sections of the AMCAS application to become familiar with the application process
Courses:	General Biology II (BIOL102), General Chemistry VII (CHEM 107), General Chemistry VII Lab (CHEM117), Calculus I or Calculus II (based on test scores), and General Education Course {**Psychology (PSYC101) or Sociology (SOCL100)}
Summer	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!
Year 2	
Fall	<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, e.g., ROPES course, Leadership 101, etc. Revisit sections of the AMCAS application to become familiar with the application process
Courses:	Physics I (PHYS 225), Physics I Lab (PHYS 235), Organic Chemistry I (CHEM 221) and Organic Chemistry I Lab (CHEM 223), General Education Course (Reading intensive course)
Spring	<i>Study hard and do well in classes! Grades, Grades, Grades!!!</i>



	<p>Get to know your new professors (you will need STRONG letters of recommendation in the future). Stay in touch with previous professors</p> <p>DO NOT be afraid to <u>ask for help</u>... visit your professors during their posted office hours OR by appointment</p> <p>Attend supplemental instruction and/or tutoring sessions regularly for 'gate-keeper' courses. This is MANDATORY</p> <p>Be a Peer Mentor for new Freshman and/or transfer students</p> <p>Complete 10 hours of service activities</p> <p>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.</p>
Courses:	Physics II (PHYS 226), Physics II Lab (PHYS 236), Organic Chemistry II (CHEM 222) and Organic Chemistry I Lab (CHEM 224), General Education Course (Art, Music, or Dance)
Summer	<ul style="list-style-type: none"> If you did not participate in a medical-related summer program such as SEP, SMDEP, MedEx Academy, etc., last summer, <u>do it during this summer</u>. If you did participate in a medical-focused program last summer, participate in another medical-related program OR shadowing activities OR summer research opportunities OR Study abroad program. <p>*Summer school is NOT recommended. Do well during the school year!</p>
Year 3	
Fall	<p><i>Study hard and do well in classes! Grades, Grades, Grades!!!</i></p> <p>Explore preparation course options for entrance exams or consider obtaining test preparation materials from the Pre-Professional Scholars Program Office. *Focus on UNDERSTANDING the information presented in your classes and text books to minimize the 'need' for a preparation course</p> <p>Complete at least 10 hours of service activities</p> <p>Get to know your professors and stay in touch with previous professors. You will need STRONG letters of recommendation in the future.</p> <p>Begin developing 'mock' AMCAS application. Review with pre-health advisor</p> <p>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</p>
Courses:	*Medical Preparation Seminar (BIOL304), **Biotechniques/Biochemistry (CHEM451) Elective: English, {**Psychology (PSYC101) or Sociology (SOCI100)}
Spring	<p><i>Study hard and do well in classes! Grades, Grades, Grades!!!</i></p> <p>Attend supplemental instruction sessions regularly for 'gate-keeper' courses. This is MANDATORY</p> <p>Take Spring MCAT</p> <p>Complete 10 hours of service activities</p> <p>Update AMCAS application, review with pre-health advisor and submit application</p> <p>NOTE: if the desired MCAT scores were not obtained, schedule to retake the MCAT during summer or EARLY Fall.</p>
Courses:	Elective: English, {**Psychology (PSYC101) or Sociology (SOCI100)}
Summer	Attend ECU Summer Program for Future Doctors, UNC-CH Medical Education Development Program, USC-G MedEx Academy Program, etc.



	*Summer school is NOT recommended. Do well during the school year!
Year 4	
Fall	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.
	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.
Not Required: Recommended	Human Anatomy/Phys I (BIOL450) and/or Medical Terminology
Spring	<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
	VIP! Remember, you must continue to earn a competitive GPA and demonstrate professionalism at all times.
Required Courses:	Human Anatomy/Phys I (BIOL450) and/or Medical Terminology
Summer	Celebration time! Enjoy your summer!!

Important Reminders:

- I. Medical Preparation Seminar (BIOL304) is a one semester course and may be taken Fall semester of the Junior year. If you are not a Biology major, you may request permission to take the class.
- II. **Biochemistry, Sociology, Psychology, and knowledge of research are often requirements
- III. 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 (Calculus preferred)*, English, Psychology**, Sociology** and Biochemistry**. **VIP Note:** Statistics will be required for many medical schools beginning in 2020.
- IV. Strong reading, writing and communication skills are very important for success in health careers.
- V. 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!



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- VI. **If at anytime 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.