

# Student Success Map for **PRE-MED**

	First Year	Second Year	Third Year	Final Year
Create Classroom Success	<input type="checkbox"/> Take Biology for Majors or Principles of Biology, University Chemistry I & II, English Comp I&II, & Math courses (unless AP/IB credit) <input type="checkbox"/> Tour the CORD to locate tutoring	<input type="checkbox"/> Take Organic Chemistry I&II, at least 2 Biology courses, and core and elective courses	<input type="checkbox"/> Take College or University Physics I&II, Biochemistry, and Biology courses	<input type="checkbox"/> Complete all degree requirements
Make Local & Global Connections	<input type="checkbox"/> Find a service project on GivePulse <input type="checkbox"/> Explore Study Abroad opportunities <input type="checkbox"/> Join an RSO	<input type="checkbox"/> Continue volunteer work & community service <input type="checkbox"/> Complete Career Launch <input type="checkbox"/> Build relationships with your faculty to help secure research & shadowing opportunities	<input type="checkbox"/> Study Abroad <input type="checkbox"/> Consider summer research, an REU, or an internship <input type="checkbox"/> Continue volunteer work & community service	<input type="checkbox"/> Continue volunteer work & community service
Build Career Ready Skills & Apply to Medical Schools	<input type="checkbox"/> Work with a career coach to make your parallel plan for a back-up career path if plans change. Start now for success! <input type="checkbox"/> Explore the STEM education minor, certificate, or licensure program <input type="checkbox"/> Check HogSync for events tagged Pre-Med <input type="checkbox"/> Meet with the Pre-Professional advisor	<input type="checkbox"/> Have a health-profession career experience <input type="checkbox"/> Attend the STEM & Agricultural, Food & Natural Resources Career Fairs to explore other science careers <input type="checkbox"/> Conduct 3 career conversations with medical professionals in 3 different roles	<input type="checkbox"/> Prepare for and take the MCAT <input type="checkbox"/> Begin writing personal statement <input type="checkbox"/> Request letters of recommendation <input type="checkbox"/> Attend "How to apply to Med School" workshop & a PMAC Info meeting <input type="checkbox"/> Obtain official transcript <input type="checkbox"/> Research medical schools <input type="checkbox"/> Proceed with the application process using AMCAS or other application service <input type="checkbox"/> Complete PMAC application <input type="checkbox"/> Submit medical school application to the appropriate national application service. You may submit an application to AMCAS as early as 6/1, & to TMDSAS in early May (important if you are applying to any schools with rolling admissions). The UAMS deadline is 11/1. <input type="checkbox"/> Practice for medical school interviews	<input type="checkbox"/> Complete and submit secondary applications <input type="checkbox"/> Participate in medical school interviews

# Career Info for **PRE-MED**

## Courses recommended for the MCAT

- Cell Biology
- Human Physiology
- General Chemistry I & II
- Organic Chemistry I & II
- Biochemistry
- Physics I & II
- Psychology
- Sociology
- Also beneficial:
  - Social Psychology (&/or other upper-level Psychology or Sociology)
  - Prokaryotic Biology
  - Biostatistics &/or other Experimental Design class

## Courses recommended prior to medical school

- Philosophy (Bioethics, Introduction to Philosophy, or Logic)
- Human Anatomy
- Genetics
- General Microbiology
- Cell Physiology
- Cancer Biology
- Developmental Biology
- Basic Immunology
- Mechanisms of Pathogenesis
- Medical Terminology for Health Professions
- Introduction to Neurobiology
- General Virology
- Genomics and Bioinformatics
- Mechanics of Human Movement

## What should I major in?

The most important thing is to **major in something you enjoy & will do well in.**

You can major in ANYTHING and get into medical school, as long as you:

1. fulfill the minimum requirements specified by the individual medical schools
2. prepare for and perform well on the MCAT
3. have a strong record of volunteering and health profession experience
4. otherwise present a strong application

## Should I take a gap year?

**YES:** a break from school, a chance to improve your application, and time to decide if medical school is right for you

**NO:** you aren't using the time to prep for med school  
 ➡ If you decide a gap year is right for you, here are some ideas of how to make the most of the time:

- Prep for the MCAT
- Take any missing required courses or retake classes to improve your GPA
- Travel for humanitarian work or volunteer locally
- Gain relevant work experience: research assistant, medical scribe, Certified Nursing Assistant (CNA), pharmacy technician, phlebotomist, etc.

## What if I change my mind or don't get in?

Take a deep breath and don't panic. *Less than 10% of students who enter college as pre-med become licensed medical doctors.* You have MANY great options & helpers.

- Make an appointment with a Career Coach—even if you've already graduated
- Look at the Student Success Map for your major & "Explore Careers" resources on [career.uark.edu](http://career.uark.edu)
- Have career conversations with UA alumni who have jobs you are curious about

Enjoy the hands-on, technical aspects?

➡ Consider dentistry, radiology, occupational or respiratory therapy

Do you like helping relationships with people?

➡ Consider counseling, social work, physician assistantship, or nursing

Do you want to make a global impact?

➡ Consider public health, international aid, nonprofit, or policy work

Do you love science?

➡ Consider going into research, STEM education, or a PhD program