



The University of Texas at Austin
Health Professions Office
College of Natural Sciences

PRE-MEDICAL GUIDE



UT Austin

PAI 5.03

512-471-3172

[Visit our Website](#)



Table of Contents

Osteopathic Medicine Allopathic Medicine MD/PhD	<u>3</u>
Selecting A Major	<u>4</u>
Pre-Med Self-Assessment	<u>4-11</u>
Medical School Prerequisite Courses Guide	<u>12</u>
Prerequisites Time Line (A note from HP Coaches).....	<u>12</u>
Medical School Application & Activities Time Line	<u>13</u>
Taking Courses Away from UT.....	<u>14</u>
Studying Abroad.....	<u>14-15</u>
Claiming AP/IB Credit	<u>15-16</u>
To Q or Not to Q.....	<u>17-18</u>
Academic Assistance.....	<u>18-19</u>
MCAT Information.....	<u>19-21</u>
Need a GPA Booster – Post Bac Information.....	<u>21</u>
Research Schools Before You Apply.....	<u>22-23</u>
CASPer Information.....	<u>24</u>
Time Line for Applying to Medical School	<u>25</u>
Application Services.....	<u>26-27</u>
Considering International Medical School	<u>27-28</u>
Letters of Evaluation.....	<u>28</u>
Personal Statement	<u>28-29</u>
Interview Tips/Preparation	<u>29-30</u>
Financing Your Medical Education.....	<u>31</u>
Summary of Health Professions Office Services	<u>32</u>

Preface

The information presented in this document provides important resources for UT Austin students planning on applying to Medical School.

Additional Pre-Health Professions resources including prerequisites, time lines and application information for the following Health Professions: Dentistry, Physician Assistant Studies, Pharmacy, Occupational Therapy, Physical Therapy, Optometry and Veterinary Medicine can be found on the Health Professions website: <http://cns.utexas.edu/health-professions>

Osteopathic Physician (D.O.)

There are two types of fully licensed medical doctors in the United States: M.D.s and D.O.s While the M.D. degree stands for “Doctor of Medicine,” the D.O. degree stands for “Doctor of Osteopathic Medicine.” D.O.s practice osteopathic medicine, which represents a school of medical thought first introduced by Dr. Andrew Taylor Still in 1874. Osteopathic medicine encompasses a unifying philosophy and approach to patient care, as well as a system of Osteopathic hands-on diagnosis and treatment through the use of manipulative medicine. Like their M.D. counterparts, they are fully licensed to diagnose, treat, prescribe medications, and perform surgery in all 50 states and the District of Columbia. Today, more than 20 percent of all U.S. medical students are studying at a college of osteopathic medicine. To learn more about a career as a Doctor of Osteopathy, click [here](#). You can also check out [this site](#) to learn more about Osteopathic Medicine.

Allopathic Physician (M.D.)

M.D.s examine patients, obtain medical histories, order, perform and interpret diagnostic tests, and prescribe and administer treatment for people suffering from injury or disease. They counsel patients about illness, injuries, health conditions and preventive healthcare (diet/fitness, smoking cessation, etc.). They can also conduct medical research, teach and run medical centers. People with medical education are in demand in many areas. Find out more about becoming an M.D. [here](#).

MD/PhD Dual Degrees

AAMC has great resources that help students interested in MD/PhD programs explore their options. MD/PhD programs provide training in both medicine and research. They are specifically designed for those who want to become research physicians, also known as physician-investigators or physician-scientists. Graduates of MD-PhD programs often go on to become faculty members at medical schools, universities and research institutes.

Regardless of where they eventually work, MD-PhD candidates are being prepared for careers in which they will spend most of their time doing research, in addition to caring for patients. The MD-PhD dual career is busy, challenging, rewarding, and offers opportunities to do good for many people by advancing knowledge, developing new treatments for diseases, and pushing back the boundaries of the unknown. Find out more about this dual degree option from AAMC [here](#).

Additional MD/PhD Resources:

- MD/PhD Panel - Discussion on the process of applying ([video](#))
- MD/PhD: Is it right for me? Read the AAMC [MD/PhD Guide](#)

Selecting a Major

So what should you major in at UT? A common myth is that you have to major in a science degree as a Pre-Med student, however, **this is not true**. We recommend that you choose a degree based on your interests. It is important to choose a major based on your academic interests rather than one that you think looks good to medical schools. Choose a major that you are passionate about, whether it is a major in Liberal Arts, Business, Public Health, or something else entirely, completing the prerequisites for Medical School can be accomplished.

Certain degrees may cover the pre-med prerequisites; however, medical schools also accept students who show broad interests in their academic coursework through a non-science major. Major in any subject you want! Choose a major that may serve as an alternate career path in case you change your mind about medical school.

Explore Majors/Health Professions further at one or more of the following resources:

- [Wayfinder](#)
- [My Next Move](#)
- [Occupational Outlook Handbook](#)
- [Explore Health Careers](#)

Pre-Med Self-Assessment

The assessment below is designed to assess Medical School application strengths, if you are a new Pre-Med student use this assessment as a planning guide for your Pre-Med Pathway. (Please check out the New-Pre Health Students Information page at the Health Professions website:

<https://cns.utexas.edu/health-professions/current-student-resources/new-pre-health-students>).

Are you working towards submitting a well-rounded application?

Start by Developing Your Personal Qualities

Individuals who are successful in their pursuit of a health care career possess qualities that they develop as young adults. These include: Good Judgment, Self-Discipline, Leadership/Accountability, Reliability, Motivation/Persistence, Honesty, Maturity, Compassion/Empathy, Integrity, Intellectual Curiosity, Strong Work Ethic, and Cultural Competency. Develop these qualities through the experiences and activities you choose to get involved with.

I want to develop my following qualities:

How are you going to develop these qualities (be specific)?

Here are some ideas to get you started:

Get Involved & Gain Experience

There are several ways you can get involved. Get involved in what you are interested in. This is key! There are many things you can do to build your application that include but are not limited to: Volunteering, Shadowing, Studying Abroad, and/or participating in a summer program. Get involved on campus, Tutor, Mentor, Teach, participate in Rec Sports. The list goes on and on. If you are considering adding studying abroad to your list, check out the study abroad section in this guide. Always remember to be yourself and do what you enjoy.

Volunteering

Experience giving back to the community will be looked upon favorably by professional school admissions committees. If some of your volunteering is in a healthcare setting, you can combine volunteering with exposure to the field. A community service activity in which you are directly helping people face-to-face is of the most value, and making an ongoing commitment to that community service gives you time to grow and gain real value from the experience.

Volunteer Experience	Dates (can list time period or individual dates)	Hours	Responsibilities

What have I learned about myself through these experiences?

Have I involved myself in a diverse set of experiences? What skills have I enhanced/gained through these experiences? (For example: I have become a better communicator through my volunteering experiences at the local hospital – explain how you have done this)

I want to explore the following volunteer activities:

Quick Tip:

Experience giving back to the community will be looked upon favorably by professional school admissions committees. It is a good idea to balance your volunteering and make sure to have some of your volunteering in a healthcare setting. Track your volunteer hours, as most professional school applications will ask for details of the time you spent volunteering. Keep a record of your volunteer supervisor(s), including name(s) and title(s).

Shadowing

Shadowing means working directly with a healthcare provider in their professional environment. You have the opportunity to observe how they plan their day, how they interact with their patients, how they chose their career, and how they feel about current events!

Quick Tip

Finding a healthcare provider who is willing to allow you to shadow can be a challenge, but it is worth the effort. Many students start with their own health care providers. You may also network with other pre-health students to see where they have shadowed.

Doctor Name or Name of Experience	Specialty	Hours	Type of Experience: Shadow/Volunteer/Paid

What have I learned from these experiences?

I want to reach out to the following physicians to see about shadowing:

Direct Patient Care Experience – Get Hands On Experience!

It can be good to gain some hands on experience to add to your application. You can do so in many different ways. You can get a phlebotomy certification, train for EMT Basic certification, become a Certified Nursing Assistant, or become a scribe. Find one that you are interested in by doing informational interviews. Speak to a Pre- Health Professions Coach about these different ways to gain experience.

Leadership

Leadership which can be developed in many different ways, needs to be demonstrated. Think about how you are developing leadership qualities and skills. Here are some ideas to get you started:

- Tutoring
- Mentoring
- Teaching / TA a course
- Get involved in Student Organizational leadership

Name of Organization	Position/Title (ex. Communication Director, President, Member, etc.)	Total participation time (ex. 2 years, 3 semesters, etc.)	Duties/Activities participated in with this organization/group

What is the most important thing I have learned about myself from these experiences?

Brainstorm some specific ways you can develop your leadership skills:

Student Organization Involvement

Extracurricular activities help you become a well-rounded student because you develop not only knowledge and thinking skills but also social skills, group work, empathy, team building, organizational and motivational skills relevant when participating in an organization.

I am a part of the following student orgs:

I want to join the following student orgs:

Quick Tip:

There are over 1000 registered student organizations on campus, so there are lots to choose from. There are close to 30 health-related organizations. Check the Office of the Dean of Students ([Hornslink website](#)) for a searchable database of student organizations.

Academics

Academics include your overall and science GPA's and MCAT Scores. How well are you doing? Are you taking between 14-17 credit hours per semester? Are you keeping your grades up? Use the GPA [calculator](#).

Overall GPA _____ BCPM GPA (Biology/Chemistry/Physics/Math *[including statistics]*) _____

Quick Tip

To be competitive for medical school, you will need average overall and science GPAs of at least 3.6 to 3.8 and above, depending on the schools you plan on applying to. This means you need to be making As and Bs with more As than Bs. If you are behind in your classes, don't wait until you get your first poor test score to ask for help. See the academic assistance section of this guide.

*This includes all course taken at UT and other institutions

My MCAT Score _____

Biological & Biochemical Foundations of Living Systems: _____

Chemical & Physical Foundations of Biological Systems: _____

Psychological, Social, and Biological Foundations of Behavior: _____

Critical Analysis and Reasoning Skills: _____

Quick Tip

You will want to aim for a score of 509-511 with at least 126-127 in each of the categories. Check out the MCAT section of this guide for more information on the MCAT. Please see a Pre-Health Professions Coach if you have further MCAT questions.

Get in the habit of personal reflection

Your insights about who you are as a person and how your experiences have shaped you will be of tremendous benefit when it is time to write your personal statement (a required part of your professional school application). Keep a journal handy so you can jot down your thoughts and observations!

Track Your Progress

Why do I want to be a Physician?

What characteristics do you have that you feel will help you be an excellent doctor?

Have you had experience working with people from backgrounds different from your own? What impact has it had on you?

Medical School Prerequisites Courses

For the most updated and current medical school and prerequisite courses, please visit the Pre-Medical Pathways page [here](#). Completion of the courses listed on this site will prepare you for Texas and most out-of-state United States medical schools. If you need to find out the pre-requisites for an out of state school you can consult the [MSAR](#) guide and also contact that particular schools admissions office.

Medical School Prerequisites Time Line

A Note from Your HP Coaches:

This is a recommended time line. There are many different pathways to Medical School and many students are not ready to apply after the third year of undergraduate school. Many take an additional year to prepare for medical school, applying in the summer after the fourth year, and then have a year in between undergraduate and medical school. Whether you are prepared to apply following your 3rd year or you are going to wait to apply after your 4th year, there are some things you can do as a Pre-Med Student, including:

[Completion of these courses prepares you for Texas and most out-of-state U.S. medical schools.]

The time line presents the pre-medical course requirements for Texas and most out-of-state United States medical schools, including courses that will fulfill the Baylor College of Medicine requirements and help with preparation for the MCAT and professional life. Six semesters, regardless of the student's age or year in college, are generally required to complete the premedical courses and extra-curricular activities needed for the MCAT and applying to medical schools. It is also common for students to complete the prerequisites and take the MCAT at the end of Year 4; these students have a bridge year between college graduation and starting medical school. For many students, this is an opportunity to become better prepared and more competitive for admission to medical school. Consult your academic advisor for help incorporating these courses into your degree plan and for selecting options based on your degree requirements. Check the Course Schedule for prerequisites for these courses.

This time line serves as an example of how students interested in a career in medicine may complete the minimum premedical requirements at The University of Texas at Austin.

[Requirements can change at any time. Check often for updates and review application service and school web sites for changes that may occur between updates.]

Year 1	
Fall Statistics or Pre-Calculus or Calculus Chemistry I Biology I Rhetoric	Spring Biology II Chemistry II Chemistry or Biology Lab Psychology
Year 2	
Fall Chemistry or Biology Lab Genetics Organic Chemistry I English	Spring Upper-division Biology 3hrs Organic Chemistry II Organic Chemistry Lab Statistics if not yet taken
Year 3	
Fall Physics I Physics I Lab Biochemistry Sociology	Spring Physics II Physics II Lab Humanities or Soc/Behav Sci MCAT April or May

SENIOR YEAR OR BRIDGE YEAR Continue in relevant course work and premedical activities to become well-prepared for medical school and to strengthen your competitiveness if it becomes necessary to reapply.

Pre-Medical Activities and Application Time Line

First and Second Years

- + Subscribe to the *HPOinfo Emails* [here](#).
- + Take an average to heavy course load: 14-16 hours is considered a normal pre-med course load. It is okay to take 12-13 hours your first semester at UT Austin.
- + **Get to know your professors.** You will need faculty evaluations when you apply to medical schools. Two from science faculty are recommended.
- + Meet with a pre-health professions coach in the Health Professions Office to explore health professions and to discuss your goals and preparation, especially how to make the most out of your first two years.
- + Declare a major by your second year on campus.
- + Non-College of Natural Sciences students are **highly** encouraged to add the Pre-Health Professions Certificate. Learn more about the certificate [here](#).
- + Get involved in extracurricular activities (*e.g.*, student organizations, volunteering, and shadowing in medical settings, community service).
- + Attend the Health Professions Fair each year, generally held in February or March, to visit with representatives from medical schools and other health professions programs.
- + Attend the medical school presentations. All Texas medical schools visit the UT campus during the academic year. Check the Health Professions Office web site for details.
- + Keep viable career alternatives open.

Third Year

- + Complete premedical requirements by May of your third year.
- + Prepare for and take the MCAT, ideally no later than the end of your third year.
- + Visit medical school web sites; decide where you will apply.
- + Ask faculty who know you well if they will write evaluations in support of your medical school application; you will need two faculty evaluations. Science faculty letters are recommended.
- + Attend the Medical School Speaker Series. All Texas medical schools visit the UT campus during the academic year.
- + Attend the Health Professions Fair, generally held in February or March, to visit with representatives from medical schools and other health professions programs.
- + Complete and submit medical school primary and secondary applications early in the summer, after your 3rd year.

Fourth Year

- + Most medical school interviews take place during the late summer and the fall semester.
- + Acceptance offers to medical school begin during the fall semester.
- + Complete UT Austin degree requirements necessary for graduation.
- + Throughout your fourth year, continue in premedical activities and additional courses to prepare for medical school and to strengthen your application in case you need to apply again.

Can I take Courses Away from UT?

Completing your coursework at UT (your home institution) is considered best preparation for health professions schools. For students who find it necessary to take courses away from UT, we offer the following recommendations.

KEY: UT: Take classes at UT Austin
 4YR: If necessary, okay to take class at other 4 year institution
 CC: If necessary, okay to take class at community college

	Pre-Medical	Pre-Dental	Pre-Veterinary	Pre-Optometry	Pre-Pharmacy	Pre-Physician Asst	Pre-Physical Therapy	Pre-Occupational Therapy
Biology & Chemistry	UT	UT	UT	UT	UT	UT	UT	UT
Physics	4YR	4YR	4YR	4YR	4YR or CC	Not Required	4YR or CC	4YR or CC
Statistics, Calculus	4YR	4YR	4YR	4YR	4YR or CC	4YR or CC	4YR or CC	4YR or CC
English & Rhetoric	4YR	4YR	4YR	4YR	4YR	4YR or CC	4YR or CC	4YR or CC
Other Pre-requisites	Generally, it seems to be okay to take other prereqs away from UT Austin, if needed; however, students should contact individual professional schools' admission offices for questions about specific courses.							

General Recommendations:

1. Taking courses away from UT can give the impression that the student is avoiding UT Austin's rigorous courses; therefore, it is important to earn excellent grades at both community colleges and other four-year institutions.
2. It generally appears to be okay with professional schools to take government and history requirements at other four-year institutions or community colleges.
3. For other general requirements students can check with professional schools' admission offices.

Studying Abroad?

Most health professions schools require that prerequisites be taken at U.S. accredited schools, and some will accept credits from Canadian accredited schools.

Although exchange program courses and some affiliated program courses are counted as in-residence credit by UT Austin, according to Texas state law, foreign course work cannot be counted in the GPAs for application to graduate and post-baccalaureate professional schools. The rules and policies can vary among the professional schools. Students who plan to study abroad should research this carefully for the schools and application services they plan to apply to. Look in the education requirements, transcripts, and FAQ sections of their web sites for information about foreign course work and study abroad. [See example at bottom of page.]

UT Austin faculty-led courses are "in-residence" courses as well as U.S. credits, and so courses like

Organic Chemistry II (CH 320N) taught in Spain by UT Austin faculty can be used to satisfy a prerequisite; however, for many students taking these rigorous courses in only 5 weeks may not be recommended. It is important that pre-health professions students master these courses and retain this knowledge for success in entrance exams and in advanced studies.

The UT Austin Health Professions Office very strongly recommends that our students satisfy their health professions prerequisites at UT Austin. Use the study abroad opportunity to study the culture and language of that country and to satisfy general education requirements if approved by your academic advisor. Science courses that are not considered direct preparation for the health professions can be considered as well. (Examples: research, ecology, environmental science; but NOT cell, molecular, micro, anatomy, physiology which figure heavily into your preparation and readiness for professional school and the admissions committee's assessment of your application)

EXAMPLE: from TMDSAS (Texas Medical and Dental Schools Application Service)

FAQ - Foreign Applicants, Coursework from Foreign Schools and Study Abroad

Do you accept foreign coursework?

No! State law requires that academic work taken at foreign colleges, universities or preparatory schools shall be excluded from the calculation of the grade point average for students seeking admission to graduate or post-baccalaureate professional school.

Foreign coursework will not count towards satisfying any of the required coursework.

Undergraduate foreign coursework that appears as transfer credit on the transcript of a regionally accredited US college will count towards the 90-hour requirement. Each individual transfer course credit granted by the US school must be listed on the transcript. Lump sum credit with no specific course and hour identification will not be accepted.

For full content on this topic visit the TMDSAS website: see [Foreign Coursework](#)

What about Claiming AP/IB Credit for Prerequisites?

While we generally recommend that as a Pre-Health Professions student you not “claim” AP/IB credit for prerequisite courses such as Biology, Chemistry, English, Physics, and Mathematics, these are important decisions that you must make and that require your careful consideration.

It may seem like a convenient way to eliminate hours from your degree plan and accelerate your path to professional school, but claiming credit can actually be detrimental to your preparation for success on entrance exams and in professional studies. Advanced Placement and International Baccalaureate courses vary in rigor, and they are generally not equivalent to the rigor of UT Austin courses. However, your AP/IB courses can be very good preparation for taking these courses at UT Austin, providing the opportunity to master that material, become better prepared, enhance your GPA, and demonstrate your academic ability and readiness for advanced study in health professions schools.

Unless you are academically very well prepared, it is best to start with the introductory courses. Please consult with your academic advisor for help in determining your readiness for higher level science courses. Most schools that accept AP/IB credit will expect you to take additional upper-division course work in that area of study. Below are specific recommendations.

Science Courses

Biology and Chemistry

If you claim credit in courses like BIO 311D and BIO 311C you may not be adequately prepared for the rigorous next course here at UT Austin, BIO 325 (Genetics). If you claim credit for CH 301 and CH 302, your first college level chemistry course at UT Austin will be CH 310M (Organic Chemistry I).

Honors students in Biology and Chemistry may claim test credit, register in the honors sequence for Biology or Chemistry, and will take additional upper-division credits in those areas, making up for the lack of first-year hours in those disciplines.

Your UT Austin faculty will expect you to be prepared to learn and understand the material conceptually and theoretically in order to understand test questions well enough to earn As on your exams. They will teach material beyond the textbook that was not presented in your high school courses. You will be in second year courses with many students who took General Biology and General Chemistry here and are well prepared to handle the exams in the more advanced courses. They will set the standard for the grade scale or curve in your classes.

Physics

Physics is required to prepare for some health professions schools. In some cases, you will be tested on Physics in your professional school entrance exam. We strongly recommend taking physics at the college level if you are preparing for a professional school that requires physics.

Calculus and Statistics

For the Texas medical schools, if you take statistics in the classroom here at UT Austin, you can use statistics to satisfy the math prerequisite. Then if your degree plan or any of your science courses require calculus, you can decide with your academic advisor whether to use credit-by-exam or take the course(s) in the classroom.

For all health professions schools, both in Texas and out-of-state, it is important to check their admissions web sites for any restrictions and preferences on credit-by-exam.

Non-Science Courses

It is usually acceptable to claim credit-by-exam for general education or core curriculum requirements such as history and government. Claiming this type of credit may give you time to take the courses that will prepare you for professional school and school entrance exams. On the other hand, critical thinking skills and an understanding of ethics, society, community, cultures, history, and human behavior are important for your success now and throughout your professional and personal life. Taking college level courses is a good way to develop these areas of knowledge.

English Literature, Rhetoric, Writing

If you claim credit for freshman writing and literature courses, we recommend taking additional courses in the classroom at the college level. Even if your high school verbal skills were strong, this type of academic skill weakens over time if you do not use it.

Verbal skills are extremely important to your success in your undergraduate course work, your entrance exams, in professional school, and as a health care professional. You must be able to read efficiently, at a good rate, with high comprehension and critical thinking skills. You must develop and maintain a good vocabulary, not just for the sciences but also for social and behavioral sciences, ethics, policies and regulations, and procedural information. Many admissions deans recommend reading well-written novels in addition to your textbook material.

ADDITIONAL COMMENTS

Although the **Texas medical and dental schools** accept AP credit for admission, **some out-of-state schools** do not. These schools vary in their policies and perspectives on credit-by-exam. For example, Texas medical and dental schools recommend taking additional upper-division courses in the same subject area to make up for using AP credits for prerequisite courses. The credit-by-exam policies vary among the **health profession disciplines** and from school to school within each professional area.

Review the information on our prerequisite courses lists and check individual school admissions web sites or contact their admissions offices to be sure about each school's expectations. Taking courses in the college classroom will help you to compete for admission and to succeed in professional school. We strongly recommend that you use these courses as building blocks that will be the foundation for your future career.

To Q or Not to Q (or to switch to pass/fail)

No admissions committee for any health professional school likes to see “Q drops” on a transcript. This is an indication that something became too much for you to handle and that you chose to drop the course rather than see it through. There are times when the Q-drop is the best course of action, however, keep reading to see how your choice may affect your competitiveness for professional school.

More of a problem if:

1. **Q-dropping is a pattern on your transcript.** Two Q-drops can signal a possible pattern; three Q-drops create a definite pattern.
2. **It occurs in a context of inconsistent grades.** To be competitive for professional school, you should be making A's and B's with more A's than B's. If you have semesters which include B's and C's – even one or two C's, your grades are inconsistent by a professional school's standard.
3. **It's one of your prerequisite courses for professional school.** In this case, you might consider sticking with the class on a pass/fail basis. Then you only need to earn a D to earn credit. **Check with your academic advisor** about whether you can use the pass/fail option.
4. **It's any science-based course,** since the bulk of professional school curriculum will be science based.

Less of a problem if:

1. **It's the only Q-drop on your transcript at time of application to professional school.** You will want to choose wisely however, depending on the course. If you are taking a lower division or introductory course, keep in mind that upper division courses will be more challenging. You may want to hold on to that “one and only Q-drop” for later.
2. **It's a non-science course.** While professional schools want you to do well in all classes, they are likely to be less concerned if you dropped a sociology or business class.

What if there are non-academic reasons for needing to Q-drop?

Sometimes personal or family emergencies and other special circumstances make it difficult to find time for and focus on your studies. Sometimes for new students it is difficult to make the transition to UT. If you are dealing with something that is getting in the way of your school work, it is very important that you get help.

1. Talk to your academic advisor and/or an advisor in your college student division office.
2. Check out the support services at the Counseling and Mental Health Center.

When is switching to pass/fail a better option?

This should really only be undertaken when you are reasonably certain that you can pass the class, in other words, earn at least a D. An F from a pass/fail course is just the same as an F from a letter grade course.

If you are taking a pre-requisite course that you must repeat (and you meet the above criteria of being reasonably sure you can pass), you should consider the pass/fail option. This will allow you to continue your exposure to the material for the entire semester. This will create a much stronger foundation when you repeat the course.

What if I keep the class and then I make a C or lower?

No one wants to explain a poor grade in a class, but there is actually much to be learned about being responsible for your grades (see exercise below) Talking about how you might change your strategy going forward can be not only a sign of maturity and integrity, it can also demonstrate your resilience. All of these qualities are important to future health professionals.

What did you learn from this experience?

While it can be tempting to blame others for the need to Q drop a class, you must understand that the responsibility is 100% yours. To help you identify your responsibility, ask yourself these questions.

1. Could I have met with the professor to see what I could do to improve my understanding?
2. (If my professor was difficult to understand or hard for me to follow) Did I look for other sections of the courses to sit in on so that I could learn the material in a different way?
3. Could I have identified that I needed assistance earlier in the semester? (In time to have possibly salvaged my grade)
4. Could I have managed my time better so that I had appropriate time to devote to the class?
5. Could I have checked out resources for tutoring through the Sanger Learning Center?
6. Could I have adjusted my priorities (lowering especially those which are non-academic) to allow focus on my studies?

Preparing for the possible professional school interview question

You will want to spend some time reflecting on what you could have done differently so that you did not have to drop the class (see above). If you are asked about the Q-drop, you should be able to explain where things went wrong, what you learned from the experience, and how you might choose differently in the future. Remember the Health Professions Office does mock interviews and can help you practice your response

Academic Assistance

Academic Support

Sanger Learning Center's resources can help you achieve your academic goals. You can get help with course content. You can make an appointment to meet one-on-one with a tutor for an hour-long session. Together, you and your tutor will tackle difficult homework problems and review course concepts. You can also receive coaching on how to understand and work those science exam questions that you need to earn an A. Visit JES A315A for drop-in tutoring for mathematics, physics, and chemistry courses. It is a great way to study alone or in groups and is especially good for completing homework assignments. Attend free classes for calculus refreshers and exam reviews.

Utilize Faculty Office Hours

Your grades in a given course will ultimately be determined by the professor who is teaching it. If you are struggling in a course, your first request for help should go to the professor. Not only are they experts in the content being taught, but they also have established the method by which you will be evaluated. Be prepared to explain to the professor what you have been doing to grasp and retain the content and where you believe you are falling short. This not only communicates your commitment to learning, it also gives the professor a starting point for your discussion.

Visit with Your Teaching Assistants (TAs)

These students are hired to help expand the reach of the professor, providing another source of assistance. While they don't have the expertise of a professor, they have mastered the course previously, often with the same professor. TAs are great for quick questions and – depending on their skill level and availability – can be great “tutors”, explaining concepts in a way that may be easier for you to grasp.

Improve Your Study Skills

Visit the Sanger Learning Center in JES A332 to speak with a learning specialist about your study-related questions and concerns. Meet weekly with a peer academic coach to develop and implement study strategies to help you succeed at UT Austin. Attend monthly workshops on study strategies and time management.

Attend Course-specific Study Groups

The Sanger Learning Center is housed in undergraduate studies and is main resource for academic support. Supplemental Instruction offers optional weekly discussion sections for students enrolled in some historically difficult, large-format courses, including calculus. The PLUS program provides peer-led study groups for a number of difficult, upper-division courses. Visit the Sanger Learning Center website for additional Academic Support Resources: <http://www.utexas.edu/ugs/slc/support>

The Vick Center for Strategic Advising and Career Counseling is housed in undergraduate studies and serves students across campus who are exploring majors and careers, as well as undeclared students enrolled in the School of Undergraduate Studies. If you need help finding a major connect, with the Vick Center: <http://www.utexas.edu/ugs/csacc>

MCAT INFORMATION

There was a major change in structure and content of the MCAT in 2015.

MCAT Preparation

The MCAT exam is analysis based; answers will be within the question and you will need to think through the question to get the answer. The exam is 7hrs and 30 minutes (including completing demographics, etc). Actual test time is 6hrs, 15 min.

The MCAT web site is full of very helpful information about preparation and planning for taking the MCAT. The Official Guide to the MCAT® Exam, Fourth Edition is now out and can be bought through AAMC's MCAT [here](#). The guide includes:

- An official comprehensive overview about the MCAT exam
- 120 practice questions and solutions (30 questions in each of the four sections of the MCAT exam) written by the developers of the MCAT exam at the AAMC
- Everything you need to know about the exam sections
- Tips on how to prepare for the exam
- Full length practice exams
- Details on how the exam is scored, information on holistic admissions, and more

Below are some options for MCAT preparation materials:

- [Khan Academy](#)
- [AAMC Preparation Materials](#)

Applicants for the Entering Year 2016 and Later

The Texas Medical and Dental Schools Application Service (TMDAS) have informed us that the eight public medical schools in Texas will accept earlier MCAT scores even after the new MCAT is in use. Baylor College of Medicine has told us that they will do the same. MCATs taken no longer than 5 years before the date of your application will be accepted.

We have heard verbally from the Association of American Medical Colleges (AAMC) that they expect the AMCAS schools to honor their normal grace period for older exams as well. Take note that out-of-state medical schools vary in their MCAT grace periods which are generally from two to four years. Check school admissions web sites or the Medical School Admissions Requirements (MSAR) online www.aamc.org/msar for information about individual schools.

MCAT Implications for Medical School Preparation

Although medical school prerequisites have not yet changed, it is important to recognize that medical schools consider the new content to be essential in your preparation for the medical profession and may look for evidence of it in other ways; for example: in your transcripts and in your interviews.

We recommend PSY 301, SOC 302, introductory ethics, and other courses that help you to develop critical analysis and reasoning skills. Strong reading skill will be more important than ever. For a complete description of the areas and topics that may show up on the new exam, check out the [MCAT for Students page](#) periodically; these will be updated whenever new information is available.

MCAT scoring

Each of the four subsections are scored on a scale of 118-132 with 125 being at the center of the bell curve. The overall scale is 472-528, with 500 at the center of the bell curve. They chose to center the scale at 500, since their national data with the previous exam showed that students at the center succeeded in medical school.

The score report will include total score, section scores, percentile ranks, confidence band, and score profile showing strengths and weaknesses. Last year's percentile rank tables are available [here](#).

Should I retake the MCAT?

Can I do better if I am going to retake? Remember – there is also the risk of getting a lower score in one or more of the test's categories. Many schools look at the most recent set of MCATs, which needs to be a consideration. Ask yourself the following questions:

- ✓ How did I prepare for the exam? Did I take a prep course?
- ✓ Do I feel that I did not have enough time to devote to MCAT study?
- ✓ How did I feel the actual test went for myself – Was I sick? Was I overly anxious? Did I have enough time? Were there other distractions on test day?
- ✓ What are my summer commitments? Do I have the time this summer to truly dedicate myself to MCAT study?
- ✓ What is the relative risk of going down on any section?
- ✓ Do I feel that my score accurately reflects my ability?
- ✓ Looking at my past history, how have I tended to perform on standardized tests?
- ✓ Am I mentally prepared to take on the task of retesting? Do I have the motivation and energy required?

How is my score? The national average MCAT 508-509 with no less than 127-129 on the subsections and is rising each year. What schools do I want to apply to? What are their average MCAT scores and GPAs?

- ✓ What was my breakdown? Are there individual scores that may be viewed as a weakness?
- ✓ Are there any other considerations that can be taken into consideration when interpreting MCAT scores?
- ✓ Do I have a learning disability? Did I use my accommodation?
- ✓ Is English my second language?
- ✓ Am I part of a group of underrepresented students?

How competitive are the other aspects of my application? It's important for students to view themselves realistically. The average overall GPA for those accepted to medical school is on average 3.65-3.75 and the BCPM (Biology, Chemistry, Physics, and Math) is a 3.69-3.71.

- ✓ What is my BCPM GPA and overall GPA?
- ✓ Are my grades at the average, above the average or below the average?
- ✓ Would I be a more competitive applicant if I waited another year, took additional coursework, retook the MCAT and added additional experiences to my resume?

Be sure to look individually at one's courses and one's subsections of the MCAT. For example, it will not be favorable if a student had trouble in the physical sciences both in their coursework and on the MCAT. If you are planning on retaking the MCAT come and speak with a health professions coach.

*It is important to note that a high GPA does not make up for a low MCAT score and vice versa. Your GPA reflects your performance over your college career where as your MCAT score represents your performance at one point in time.

Need a GPA Booster?

A post-baccalaureate program is for students who have already completed an undergraduate degree, and are interested in a health professions career. They need either to finish pre-requisite courses and/or need to improve their academic standing for a more competitive professional school application.

What Different Post-Baccalaureate (Post-Bacc) Programs Are Available?

Essentially there are two different types of programs for students hoping to attend med or dent school:

Basic Sciences: This type of program is for students who have not completed the basic requirements for medical school. Generally this is for "career changers" who have decided to pursue medicine. The coursework can be done in a formal post-bacc program or individually at a local university.

Advanced Sciences/GPA Boosters: This type of program is designed for students who were science majors or have completed the basic science requirements. These are for students who:

- Want to stay academically engaged during a gap year while applying to medical or dental schools.
- Need to raise their GPA to become a more competitive medical school applicant.

How do I Get in?

Selection criteria vary around the country. Most programs require at least a 3.0 GPA and an MCAT score of that meets a specific threshold; it can be different for each program so please check directly with the program you would like to apply to. Applications for the fall semester are usually due by March of that year. Check with individual programs so as not to miss deadlines.

- Follow [this link](#) for a list of programs around Texas
- Follow [this link](#) for a list of programs around the United States

Research Schools Before You Apply!

Thinking about what type of medical school you are looking for? Not sure what you want in a school? Check out the following possible criteria for evaluating a medical school's fit for you!

1. Size of your cohort
2. Prestige of the institution
3. Training facilities / Hospital affiliation

Examples: Shriners Hospital for Children (UTMB)

Memorial Hermann Hospital (Hou)

Parkland Memorial Hospital (UTSW)

Audie L. Murphy Memorial Veterans Hospital (SA)

Ben Taub General Hospital (BCM)

4. Opportunity to do research
5. Support programs –tutoring, counseling, student health services, childcare
6. Community building – student organizations
7. Options for financial aid/scholarship
8. Outreach/Service to Community

Examples:

- Walkin' the Talk Initiative (PLF)
- The Monday Clinic (UTSW)
- Health Care for the Homeless Program (BCM)
- Hart School-Based Pediatric Clinic (TT)
- Health For All (A&M)

9. Combined degree programs (MD + MPH, MBA, or JD)
10. Family/Friends (Support in close proximity)
11. Lifestyle - outdoorsy, athletic, cultural arts, etc.
12. Centers/ Institutes /Programs that align with your Medical School Goals

Examples:

- Neuroscience Research Center (Hou)
- Greehey Children's Cancer Research Institute (SA)
- Huffines Institute for Sports Medicine and Human Performance (A&M)
- Laura W. Bush Institute for Women's Health (TT)
- The Center for Training in International Health (UTMB)
- Cardiovascular Research Institute (TCOM)
- Center of Excellence in Infectious Disease (PLF)

Other Resources to explore:

Medical School Admissions Requirements (MSAR)

<https://www.aamc.org/students/applying/requirements/msar/>

Written and published by the Association of American Medical Colleges. This guide is packed with crucial information on applying about how to make yourself a better prepared and more attractive applicant, and everything about the entire admissions process. You get details about the MCAT exam, how admissions decisions are made, and information on diversity in medical schools, financing, applicant and matriculant data, and more. Order your copy today in print or e-book.

Osteopathic Medical College Information Book

<http://www.aacom.org/resources/bookstore/cib/Pages/default.aspx>

A brief description of all of the osteopathic medical colleges, admissions criteria, minimum entrance requirements, supplementary application materials required, class size or enrollment, application deadlines, and tuition. Also includes information about choosing a career in osteopathic medicine.

My Top Ten Schools Are:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____

CASPer Information

What is CASPer?

CASPer is a form of situational judgement test.

Situational judgement tests (SJTs) are a type of psychological test which presents the test-taker with realistic, hypothetical scenarios and may ask the individual what they would do in the dilemma and why they would do it. Situational judgement tests tend to determine behavioral tendencies, assessing how an individual will behave in a certain situation, and knowledge instruction, which evaluates the effectiveness of possible responses.

Why do programs require CASPer?

Many programs have begun incorporating new and innovative tools like the multiple-mini interview (MMI) and CASPer®, to make sure that students are not only academically capable but also possess the suitable characteristics of someone who will likely succeed on the job.

Although there is a slight increase in resources for applicants and programs, it is helpful to incorporate a variety of different tools in the admissions process to gather a more holistic view of the applicants.

The following Texas Medical Schools Now Require CASPer:

- Texas A&M Health Science Center
- Texas Tech Health Science Center
- UTMB
- Long School of Medicine

What is CASPer test comprised of?

Going into the test knowing what to expect will prepare you best! Be aware that there are 12 sections to be completed in 60-90 minutes. You are given an optional 15-minute break after six sections, where you can stand up to stretch or you use the washroom.

Each section is comprised of either a video-based or word-based scenario. Each scenario is followed by a set of three questions. You are asked to type out your response to each question in the designated text box. You have five minutes to respond to all three questions.

When the timer is up, you are automatically directed to the next section where you are presented with a new scenario.

Want more information? Check out this [video](#).

Follow the Time Line for Applying to Medical School

Fall Semester

- Begin compiling list of experiences; include details such as dates, hours, tasks and responsibilities
- Attend personal statement workshop presented by a Pre-Health Professions Coach
- Begin drafting personal statement and optional essays
- Ask evaluators for letters of evaluation
- Set up an Interfolio account
- Medical applicants: Purchase Medical School Admissions Requirements guide online through www.aamc.org/ Click on "Publications"
- Research schools to determine where to apply

January

- For those that are ready, take MCAT; We recommend taking these exams no later than April

February/March

- Attend Health Professions Fair, usually held in February or March to visit with professional schools and have a professional headshot taken for your application
- Create TMDSAS ID

April

- Send friendly reminder to recommenders at the end of the month if haven't already submitted letters of evaluation

May

- **Applications open about May 1**
- Obtain official transcripts from all institutions attended. Review for accuracy of information and use as reference for completing application
- Print and read application service instructions; Make a plan or "to do" checklist
- Be sure to read instructions about score reporting; these vary year-to-year and by schools
- Request transcripts from all institutions attended to be sent to application services
- Schedule a personal statement review
- Finish personal statement and write optional essays
- Submit when application is complete (this includes your Spring grades) and you are confident you've done your best! (**Earlier is better**)

June/July

- Submit when application is complete (this includes Spring grades) and you're confident you've done your best! (**Earlier is better - ideally end of June**)
- Complete and submit secondary applications; applications are not complete until secondary applications are submitted

August/September

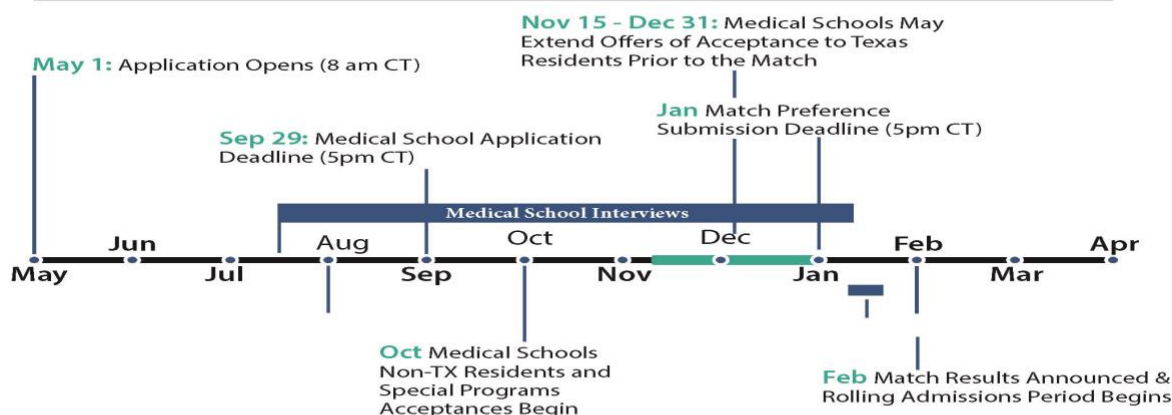
- Schedule interview prep appointment with Health Professions Office
- Interviews begin in early August

October

- Interviewing continues until December, maybe January in some cases
- **Deadline to submit TMDSAS is about Sept. 29 (Earlier is better - we encourage submitting by end of June)**
- **Deadlines vary by schools for AMCAS**

Apply Early & Know the Process

T M D S A S Timeline



Application Services

There are three application services that you will use to apply to Medical School in the United States.

- Texas Medical and Dental Schools Application Service (TMD SAS)
- American Medical College Application Service (AMCAS)
- American Association of Colleges of Osteopathic Medicine Application Services (AACOMAS)

Texas Medical and Dental Schools Application Service

([TMD SAS](#)) is the only application for the state of Texas. It is the application service you will use to apply to the 9 public medical schools in Texas. They are not listed in the AMCAS application.

Texas Medical Schools (Public) - Allopathic

- [The University of Texas Southwestern Medical Center](#) (Dallas)
- [The University of Texas Medical Branch at Galveston](#)
- [McGovern Medical School at Houston](#)
- [The University of Texas School of Medicine at San Antonio](#)
- [The University of Texas Rio Grande Valley](#)
- [Texas A&M University College of Medicine](#) (Bryan-College Station, Temple)
- [Texas Tech University Health Sciences Center School of Medicine](#) (Lubbock)
- [TTUHSC Paul L. Foster School of Medicine at El Paso](#)
- [The University of Texas at Austin – Dell Medical School](#)

Texas Medical School (Public) – Osteopathic

- [Texas College of Osteopathic Medicine at the University of North Texas HSC](#) - (Ft. Worth)
- [Sam Houston State University \(SHSU\) College of Osteopathic Medicine \(COM\)](#) – (Conroe)

Application Services Continued

American Medical College Application Service

([AMCAS](#)) is the application service you will use to apply to Baylor College of Medicine and all out-of-state allopathic schools. ACMA's [FAQ](#) have great information for you to check into.

Texas Medical Schools (Private) - Allopathic

- [Baylor College of Medicine](#) (Houston)

American Association of Colleges of Osteopathic Medicine Application Service

([AACOMAS](#)) is the application service you will use to apply to all out-of-state osteopathic schools. If you are applying to Texas College of Osteopathic Medicine you will complete the TMDSAS application.

Texas Medical Schools (Private) – Osteopathic

- [University of the Incarnate Word School of Medicine](#) (San Antonio)

MD/PhD Applicants

If you are applying to Texas schools and MD/PhD programs you will complete both the TMDSAS application and the AMCAS application.

For lists of accredited programs in the United States:

- [Allopathic Medical Schools – American Association of Medical Colleges \(AAMC\)](#)
- [Osteopathic Medical Schools – American Association of Colleges of Osteopathic Medicine \(AACOM\)](#)

Considering Attending an International Medical School?

Things to consider...

- Why International Medical School? What strengths/attributes do you possess that will enable you to overcome additional difficulties such as difficult living conditions, less extensive learning resources, more limited teaching and clinical facilities, etc.?
- International Medical School Graduate must prepare to apply for residencies through the National Resident Matching Program <http://www.nrmp.org/>
- Learn about living costs: Create a ScienceWorks account for access to explore 'Going Global' Resource
- Make sure you are knowledgeable about any post graduate/post residency requirements
(For example, Duke has a medical school in Singapore and they require 1 year of work in Singapore after residency called paying their bond)
- Does the University accept UT Pre-Med Prerequisites?

Make sure the school...

- Is accredited and respected: The World Directory of Medical Schools provides accreditation data, university affiliations, etc. <http://www.wdoms.org/>
- Has not been banned from the medical licensing board in the state you would want to practice in (e.g. California has banned some schools)
- Follows Ethical Guidelines: <https://www.cfhi.org/ethics-and-best-practice-guidelines-for-training-experiences-in-global-health>

- Is the School listed on the (FAIMER) Foundation for Advancement of International Medical Education and Research's International Medical Education Directory?
<http://www.faimer.org/resources/imed.html>
- Students must graduate from an International Medical School listed in this directory to be eligible for ECFMG certification. ECFMG certification is required to be eligible for the (ACGME) Accreditation Council for Graduate Medical Education's accredited residency programs in the U.S., and for licensure in many states. <http://www.ecfm.org/certification/>
- Prepares you to take the (USMLE) United States Medical Licensing Exam <http://www.usmle.org/>

Consider the Pros and Cons...

- Of [applying to international medical schools](#)
- Of International Medical Schools: [attending international medical school](#)

Quick Links

- Search the [International Health Opportunities Directory](#)
- AAMC [Medical School Admission Requirements \(MSAR\)](#)
- UT CNS International Study resources: <http://cns.utexas.edu/international-study>
- Explore the [Medical School Application Guide](#)
- Caribbean medical schools and other international medical school options: [Applying to International Medical Schools](#)

Letters of Evaluation

Letters of evaluation are key pieces to your professional school application. The number of letters and type of letters you need vary from school to school. Each application system has its own way of collecting letters. Check with each application service you are using for additional details and guidelines.

It is important to get to know your faculty because you will need letters of evaluation from them. Review additional resources about letters on HPO's Application Resources webpage: [Requesting Letters](#)

Although you are not required to use Interfolio for letters of evaluation, we highly recommend you do so, especially if you are applying through multiple application services. Click [here](#) for more information about Interfolio, including a guide to using the service and help for letter writers.

Writing Your Personal Statement

PERSONAL STATEMENT BRAINSTORMING & CONTENT PLANNING

Please read the Personal Statement resources below and then you are welcome to meet with a Pre-Health Professions Coach to discuss your ideas before starting your personal statement.

PERSONAL STATEMENT POWERPOINT ON WHAT IT'S ABOUT AND HOW TO GET STARTED

- Writing Your Health Professions [Personal Statement](#)

FIND & READ YOUR ESSAY PROMPT BEFORE STARTING

- [TMDSAS](#) Application Essay Prompts
- Other Application Essay Prompts: Find your prompt before you start - [website links](#)

TOOLS TO HELP YOU BUILD YOUR PERSONAL STATEMENT

- Personal Statement [Brainstorming Worksheet](#)

- Use [Action Verbs](#)
- Identify your Strengths Skills with this [Word List](#)

PERSONAL STATEMENT & ESSAY WRITING, REVISING, REVIEW & FEEDBACK

The [University Writing Center](#) is an excellent resource to utilize when writing application essays. Their trained Writing Consultants can help you at any stage of writing, from getting started to making recommendations for a polished finished product.

Interview Tips and Preparation

It is important to professionally and properly represent yourself to an admissions committee. From what to wear, to anticipating what questions you might be asked, our Pre-Health Professions Coaches are here to help you prepare for your professional school interview. Go to the [HPO Application Resources Page](#) to find additional resources, including:

- The Medical School Interview Guide & The MMI Interview Guide
- Dressing for an Interview
- **Improve Your Interview Skills** - Schedule an Interview Prep Appointment with a Pre-Health Professions Coach by calling our front desk 512-471-3172

Prepare & Practice

Be prepared to discuss your strengths and weaknesses, obstacles and inspirations, current events and personal attributes. The following sample questions are meant to provide you with a better understanding of why the interviewer might be asking the questions that they do. By asking you certain questions, interviewers are attempting to gain a better understanding of your personality.

- What kind of community/volunteer work have you done?
- What is the most rewarding experience of your life?
- Who is your favorite author?
- Have you worked while you have been in school?
- Have you had the opportunity to travel abroad?
- What accomplishment are you most proud of?
- Tell me about the most difficult period of your life. How did you deal with this?
- What are your strengths? What are your weaknesses?
- What is the most difficult decision that you've had to make?
- How do you plan to finance your medical school education?
- How are you going to decide which medical school to attend?
- How do you handle adversity?
- Why should we pick you instead of someone else?
- Why do you want to be a physician?
- What will you do if you are not accepted to medical school?
- When did you first decide that you wanted to pursue a medical career? Was there a specific cause for your decision? Has anything happened since that time to strengthen or weaken your decision?
- Can you see other careers in which you could achieve the same goals or meet the same needs?
- What steps have you taken to find out more about medicine as a career?
- If accepted to medical school, what field of medicine would you prefer?
- Where would you like to start practicing?
- How do you study? How do you manage your time?
- What courses do you find most enjoyable, most difficult? Why?
- Describe your hobbies and interests.
- Describe your best/least favorite course at UT and why it falls into that category.
- Why did you choose _____ as your major?

- Are there any questions you would like to ask me?
- Describe a situation where you've worked with people from different backgrounds.
- What type of person do you enjoy being with? What type of person irritates you most and how have you dealt with these types of people?
- What about yourself would you most like the interviewer to know?
- Do you have any particular populations you would like to work with? Have you worked with this type of population in the past?
- How do you handle stress?
- How would you keep health care costs down?
- What is an HMO? / What do you know about managed care?
- What characteristics does a good doctor possess?
- What current event in medicine have you heard about or been following?
- What are the advantages and limitations that you see going into medicine? (Be specific)
- What problems do you predict that medicine will face in the next decade?

Research Current Events

As a medical school applicant, you should be aware of current events happening in the United States and around the world impacting health care. This can include current research, insurance and health care reform, ethics, and other topics. Below are some resources to help you keep up. Health Professions keeps a list of links to [current event websites](#):

American Medical News

- Published by the AMA

Analysis of Health Care Reform Legislation Provisions

- Published by the American Association of Medical Colleges

Kaiser Family Foundation

- A non-profit foundation focusing on health policy and communications

Expanding Health Insurance Coverage & Choice

- News & resources from the American Medical Assn

The American Journal of Bioethics

- Published by MIT Press and Bioethics Education Network

The Hastings Center

- Publications Section - Promoting thoughtful, balanced reflection on the ethical and social issues of medicine and medical science

Health Research Findings

- Stanford Medical Health Library

National Public Radio Archives

Wall Street Journal

Financing Your Medical Education

For more information about the cost of medical school and financing a medical education, visit any of the following resources.

- [FIRST for Medical Education](#)
- To find out about tuition and fees at specific medical schools, consult the [Medical School Admissions Requirements \(MSAR®\)](#).
- Apply for [FAFSA](#)
- The Army has [Armed Forces Health Scholarships](#)
- The US Department of Health and Human Services [National Health Service Corps](#), a program that allows medical and dental students in their final year of school to get up to \$120,000 in loan repayment in exchange for a service commitment.
- [National Medical Fellowships \(NMF\)](#), a nonprofit organization dedicated to increasing the number of underrepresented minority physicians in the healthcare workforce, provides scholarships and awards to underrepresented minority medical students and offers service-learning programs to students in the health professions.
- Learn to Budget Check out AAMC’s resources for you: <https://students-residents.aamc.org/financial-aid/article/budgeting-basics-managing-money-during-lean-years/>

Add It Up! – Don’t forget to include all Living Costs (Cost of Attendance is often more than tuition alone)	
Tuition:	
Rent:	
Food:	
Entertainment:	
Health Insurance:	
Laboratory Fees:	
Car Insurance:	
Gas:	
Other Travel:	
Other Expenses:	

Pre-Health Professions Services

Applying to Professional School? We are here to guide you!

See a HP Peer Coach if you have questions in one or more of the following topic areas:

- Going over pre-requisites ("What do I have to take to get into X school?")
- Shadowing opportunities ("how to find, importance of, what is")
- Leadership opportunities ("how to find, importance of, what are")
- Patient care experience ("how to find, importance of, what is")
- Clubs/organizations
- How to ask for letters of recommendation/evaluation
- Course load ("Is this reasonable to take in one semester?")
- Study habits/tutoring resources
- Test-taking strategies
- How to use HPO services

Pre-Health Professions Coaching Appointments

Schedule a Pre-Health Professions Coaching session to meet with a Pre-Health Professions Coach. These appointments cover:

- Progress checks ("How am I doing?; What else do I need to do?")
- Application Strategies/resources
- Choosing letter writers ("Who should I ask?")
- Academic turnaround ("I am worried about my GPA")
- Potential gap year planning/Post Bacc discussions
- Academic dishonesty/legal issues
- Reapplication strategies
- Study abroad timeline
- Alumni or Post Bacc Student questions

TO Q or NOT TO Q Discussions

Not sure what to do? Thinking of dropping a course? Then you can schedule an appointment with a Pre-Health Professions Coach about deciding on Q dropping or the pass/fail option. Check out our TO Q or NOT TO Q guide in this guide before your appointment.

Personal Statement Brainstorming

Come speak to a Pre-Health Professions Coach to discuss your ideas before starting your personal statement. We will help you brainstorm ideas for the content of your essays. We have additional personal statement resources [here](#).

We no longer review personal statements in the Health Professions Office. However, we have developed a partnership with the University Writing Center for personal statements. The [University Writing Center](#) is an excellent resource to utilize when writing application essays. Their trained Writing Consultants can help you at any stage of writing, from getting started to making recommendations for a polished finished product.

Interview Prep Appointments

Discuss interview strategies and practice a couple of interview questions with us! You will go over any questions you have and practice a couple questions of your choice with a Pre-Health Professions Coach in this 30-minute appointment. You will receive tips and feedback to help you in your professional school interview. Dressing up for your HP Interview Prep appointment is optional, if you would like feedback on your clothing choice and you want to test whether it will be comfortable, or they can just discuss appropriate attire with you.