

## Pre-Medical (DO) - Fact Sheet

\*\*\* This is an overview of the admission requirements for Medical schools. Always double check the Medical programs websites for the specific school's requirements. This is for general information purposes only.

**On-Campus Clubs** - see <http://wwwp.oakland.edu/csa/> for information on these and additional student organizations

- Pre-Medical Society
- P.A.T.C.H (Pre-Professional Association Towards Careers in Health)

### **Preparation for MCAT**

These courses will give a foundation. Additional resources and study time will be needed to be successful.

General Biology	BIO 111, 113 & 116
Biochemistry	BIO 325 or CHM 453
Physiology	BIO 207 or 321
General CHM	CHM 144 & 147, 145 & 148
Organic CHM	CHM 234, 235 & 237
Physics	PHY 101 or 151, 102 or 152
Ethics	PHL 103 or HS 450
Psychology	PSY 100
Sociology	SOC 100
Statistics	STA 225, 226, or 228
College English	WRT 150 and 160

### **Pre-requisite Courses Needed**

Major is not important when applying to medical school, only courses completed. Most schools require or recommend a bachelor's degree before starting their program.

Each medical school has different pre-requisite requirements. It is important to research the schools you are interested in to see what pre-requisites are required. Be mindful of the medical school's policy on AP, IB, and community college credit.

### **Possible Additional Pre-requte Courses:**

Genetics	BIO 341
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### **Recommended not required**

Anatomy	BIO 205 & 206
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### **Experiences Examined**

Applicants are also evaluated on nonacademic factors, such as, community service (medical and nonmedical related), physician shadowing, research, leadership skills, teamwork, diversity experiences, paid employment, teaching, publications, etc. *It is important to make sure you have shadowed an osteopathic physician.* When listing your experiences, it is important to demonstrate what you learned or took away from the experiences and the competencies developed (see <https://www.aamc.org/initiatives/admissionsinitiative/competencies/> for competencies).

### **GPA Needed**

Most schools do not list minimum GPA requirements. Those that do, require a 2.0 minimum in all prerequisite courses.

Note: These are minimums. Medical programs are competitive and the average successful applicant has a **much higher** GPA (see Admission Stats).

### **Michigan Medical Schools**

Michigan State University

**Additional Medical Schools** (A list of all Osteopathic Medical Schools can be found at

<http://www.aacom.org/about/colleges/Pages/default.aspx>.)

Lake Erie College

Midwestern University (Chicago)

Midwestern University (Arizona)

Ohio University Heritage College

### **MCAT Prep Resources**

Kaplan

1-800-KAP-TEST

[www.kaptest.com](http://www.kaptest.com)

Princeton Review

1-888-955-4600

[www.princetonreview.com](http://www.princetonreview.com)

Examkrackers

1-888-KRACKEM

[www.examkrackers.com](http://www.examkrackers.com)

Khan Academy

[www.khanacademy.org](http://www.khanacademy.org)

AAMC

[www.aamc.org/students/applying/mcat/preparing/](http://www.aamc.org/students/applying/mcat/preparing/)

### **MCAT**

Register for MCAT at <https://services.aamc.org/20/mcat/>. The MCAT will test 1) biological and biochemical foundations for living systems, 2) chemical and physical foundations for biological systems, 3) psychological, social, and biological foundations of behavior, and 4) critical analysis and reasoning skills. (Some schools have minimum MCAT scores listed, while most do not list a minimum). *Take the test when you are most prepared.*

Note: Medical programs are competitive and the average successful applicant has **high** MCAT scores (see Admission Stats).

### **Application**

A primary application needs to be submitted through the American Association of Colleges of Osteopathic Medicine Application Service (AACOMAS) at <http://www.aacom.org/InfoFor/applicants/Pages/default.aspx>. An applicant can start working on their application as of the beginning of May. The application can be submitted starting the beginning of June. The applicant's chances of getting in increase the sooner they apply, due to rolling enrollment. Medical schools set their own deadline, so each school has different dates. For instructions on how to fill out the primary application see <http://www.aacom.org/become-a-doctor/applying/aacom>. *Apply when you are most competitive.*

Select applicants will be invited to submit a secondary application for the medical schools that are interested in the applicants.

### **Personal Statement**

A personal statement is for you to express your motivation and desire to become an *osteopathic doctor* and what makes you unique as an applicant. This statement is sent to all of the schools you apply to, so you do not want to direct it to a specific school. It should be more of a story, not a resume and should not list experiences again.

For additional help on how to write a personal statement, contact the Writing Center at 248-370-3120 or <http://www.oakland.edu/ouwc>.

**Letters of Evaluation** (Each school has different requirements. Please refer to each individual school for specific requirements).

Most schools require three Letters of Evaluation submitted through AACOMAS. The applicant should submit letters based on the specific schools requirements. Suggested letters would be from faculty, research faculty, and physicians who know you well. The evaluator uploads the letter, not the students. Applicants will not see the letters, so it is important to obtain letters from those you know will write you a good evaluation. Guidelines can be found at <https://www.aamc.org/initiatives/admissionsinitiative/letters/>, and should be given to the evaluation writers.

### **Personal Interview**

Personal Interviews are given to the top applicants who meet the requirements. If you are selected for an interview, it is important to have good interview skills. Completion of the Personal Interview does not guarantee admission to the program. Applicants should be able to answer ‘What is Osteopathic Medicine?’ and “Why do you want to be a doctor?”.

Medical schools have traditional interviews and Multiple Mini Interview (MMI). In *traditional interviews*, the candidates are usually interviewed by one or more individual. The questions will be more about you as a person, special life experiences, and what you learned from these life experiences. Students should review the application before the interview and research possible interview questions. In *MMI*, the candidates go through eight timed stations which consist of questions, role play and collaboration. The questions are meant to see how candidates handle different situations and work in teams. To prepare for this interview, the candidates should review current events and crisis management skills.

If you need help with interview skills, contact Career Services at 248-370-3250 or <http://www.oakland.edu/careerservices>.

### **Cost**

MCAT prep ranges from hundreds to thousands of dollars

MCAT - \$300

Primary Application - \$195 for the first program you apply to. Any additional programs you choose to apply to will cost \$35 per school

Secondary Application - \$25 to \$100 per school

### **Gap Year**

If you are going to have a gap year, then you need to make it beneficial. It should strengthen you academically, strengthen your MCAT score, gain you additional medical experience, or provide relevant experiences.

### **Helpful Websites**

American Association of Colleges of Osteopathic Medicine - [www.aacom.org](http://www.aacom.org)

American Association of Colleges of Osteopathic Medicine Application Service - <http://www.aacom.org/InfoFor/applicants/Pages/default.aspx>

Association of American Medical Colleges – [www.aamc.org](http://www.aamc.org)

Writing Center at OU - <http://www.oakland.edu/ouwc>

Career Services at OU - <http://www.oakland.edu/careerservices>

**Admission Stats** (The following are the Stats listed in the “Osteopathic Medical Information Book - 2017 Entering Class”).

General Admission Stats – 2015-2016 Enrollment

**Statistics**

Science GPA Averages – 3.43

Non-Science GPA Averages – 3.63

Mean GPA – 3.53

Mean MCAT

Biological Science – 9.62

Physical Science – 8.87

Verbal Reasoning – 8.84

*Michigan State University (MSUCOM)* – 2014-2015 Enrollment

**Statistics**

Applications: 5092

Enrollment: 319

Average MCAT: 28

Average GPA: 3.59

*Lake Erie College (LECOM)* – 2014-2015 Enrollment

**Statistics**

Applications: 6016

Enrollment: 198

Mean MCAT: 27

Average Science GPA: 3.4

Average Overall GPA: 3.5

*Midwestern University (Chicago-CCOM/MWU)* – 2015-2016 Enrollment

**Statistics**

Applications: >8000

Enrollment: 206

Average Science GPA: 3.57

Average Overall GPA: 3.51

Average MCAT: 29.4

Mean Age: 24

Gender: 44% female; 56% male

*Midwestern University (Arizona-AZCOM/MWU)* – 2014-2015 Enrollment

**Statistics**

Applications: 5108

Enrollment: 252

Average Science GPA: 3.44

Average Overall GPA: 3.51

Average MCAT: 30

Mean Age: 25

Gender: 34% female; 66% male

*Ohio University Heritage College (OU-HCOM) – 2014-2015 Enrollment Statistics*

Applications: 4458

Enrollment: 240

Average Science GPA: 3.59

Average Non-Science GPA: 3.72

Average Overall GPA: 3.65

Average MCAT: 26.86

Age Range: 20-49

Gender: 46% female; 54% male

**References**

*2015 Entering Class Osteopathic Medical College Information Book, American Association of Colleges of Osteopathic Medicine - [www.aacom.org](http://www.aacom.org), American Association of Colleges of Osteopathic Medicine Application Service - <http://www.aacom.org/InfoFor/applicants/Pages/default.aspx>, Association of American Medical Colleges – [www.aamc.org](http://www.aamc.org), Michigan State University College of Osteopathic Medicine - <http://com.msu.edu/>, Lake Erie College - <http://www.lecom.edu/>, Midwestern University (Chicago) - <http://www.midwestern.edu/programs-and-admission/il-osteopathic-medicine.html>; Midwestern University (Arizona) - <http://www.midwestern.edu/programs-and-admission/az-osteopathic-medicine.html>, Ohio University Heritage College - <http://www.oucom.ohiou.edu/>, Exam Crackers - [www.examcrackers.com](http://www.examcrackers.com), Khan Academy-[www.khanacademy.org](http://www.khanacademy.org), AAMC-[www.aamc.org/students/applying/mcat/preparing/](http://www.aamc.org/students/applying/mcat/preparing/), Kaplan - [www.kaptest.com](http://www.kaptest.com), Princeton Review - [www.princetonreview.com](http://www.princetonreview.com)*

## Journal for Pre-Professional Activities

### Type of Experience

- Artistic Endeavors
- Community Service/Volunteer – Medical/Clinical
- Community Service/Volunteer – Not Medical/Clinical
- Conferences Attended
- Extracurricular Activities
- Hobbies
- Honor/Awards/Recognitions
- Intercollegiate Athletics
- Leadership – Not Listed Elsewhere
- Military Services
- Paid Employment – Medical/Clinical
- Paid Employment – Not Medical/Clinical
- Physician Shadowing/Clinical Observation
- Presentations/Posters
- Publications
- Research/Lab
- Teaching/Tutoring/Teaching Assistant

Date \_\_\_\_\_

If Award, type of Recognition \_\_\_\_\_

Average Hours per week/ Total Hours \_\_\_\_\_

Location \_\_\_\_\_

**Contact Person:**

Name \_\_\_\_\_

Title \_\_\_\_\_

Email Address and/or phone \_\_\_\_\_

**Description (Describe experience or award and what gained/learned from experience or award)**

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