

Pre-Med: MD/DO

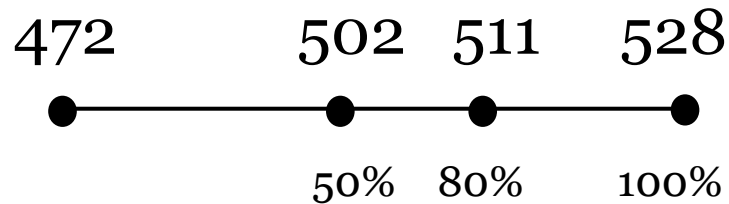
[Allopathic/Osteopathic](#)

Competitive GPA: 3.5+

- [BCPM/BCP](#), Cumulative GPA - all schools, all attempts
- Avg accepted [MD](#): 3.66/3.73
- Avg accepted [DO](#): 3.49/3.56

Competitive MCAT: 510+

- Avg accepted [MD](#): 511
- Avg accepted [DO](#): 503



Chemistry and Physical Foundations of Biological Systems	95 mins
Critical Analysis and Reasoning Skills (CARS)	90 mins
Biological and Biochemical Foundations of Living Systems	95 mins
Psychological, Social, and Biological Foundations of Behavior	95 mins
Total time (with breaks)	7 hours, 30 mins

There are two paths to become a physician in the U.S. – by attending an allopathic (MD) or osteopathic (DO) medical school. [Both paths require:](#)

- DO programs alone teach [Osteopathic Manipulative Medicine \(OMM\)](#)
- 1-in-4 medical students in the U.S. is in a DO program
- Learn more about [DO here](#)

Explore MD and DO schools:

- [MSAR](#): Medical School Admissions Requirements (MD)
- [Choose DO Explorer](#) (DO)

Medical School	
Years 1 and 2	Coursework in science, treatment and diagnosis, problem-solving and communication skills, prevention and care, professionalism, medical ethics
Years 3 and 4	Clinical-based rotations in healthcare settings and affiliated coursework
Apply for and participate in National Residency Matching Program	
Residency and Fellowship	
3-7 years	Depends on specialty. Some require fellowships
Licensing and board certifications	
Practicing Physician	
Employment, continuing education	

Applying to medical school is expensive...

Apply for the Fee Assistance Programs:

[AMCAS](#) : American Medical College Application Service, MD programs

[AACOMAS](#) : American Association of Colleges of Osteopathic Medicine Application Service, DO programs

Item	Cost
Test registration	\$320
Test prep	\$300-3,000+
Application (1 school)	\$170 (MD) \$197 (DO)
Additional schools	\$42 (MD) 48 (DO)
Secondary applications	\$50-150
Casper Test	\$12 to take, \$12/school
Interview costs	\$100-1000+
Total cost	\$1,000-10,000+

Experiences

- Community service
 - Serving the underserved
 - At least 150+ hours
- Clinical exposure
 - Shadowing
 - Patient care experience
 - At least 150+ hours
- Research
- Leadership and Teamwork
- Extra-curricular involvement

Quality, continuity, dedication

Core competencies

- Service orientation
- Social skills
- Cultural competence
- Teamwork
- Oral communication
- Ethical responsibility to self and others
- Reliability and dependability
- Resilience and adaptability
- Capacity for improvement
- Critical thinking
- Quantitative reasoning
- Scientific inquiry
- Written communication

Timeline

January-July: Take MCAT

May: Application opens

June: Begin submitting application

Verification: 4-6 weeks after submission. After application is verified, it is released to schools.

July: Begin [secondary applications](#). Some schools screen primary application before sending secondary, others automatically send secondary.

August-March: [Interviews](#) and decisions

April: Decide which school to attend

July/August: Medical school begins

- The earliest you can apply for medical school is the summer after junior year.
- Most successful applicants take a gap year and apply the summer after senior year or the year after graduation.



A well-rounded application shows...

- Ability to communicate effectively on the application and in an interview
- Background, strengths, and what makes you unique
- Passion and fit for the medical profession
- Ability to do the academic work

A [gap year](#) could make you a stronger applicant

Avg age of matriculants to med school: 24
66% of matriculants took at least 1 gap year

- Improve your GPA with a [post-bac program](#)
- Continue gaining experiences

Preparing for the MCAT

MCAT Quick Facts

- \$320 to register: [MCAT Registration](#)
- [Fee Assistance Program](#)
- [MCAT FAQs](#)

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What's on the MCAT

Review the [AAMC MCAT website](#)

- [About the MCAT](#)
- [Video: What's on the MCAT](#)
- [Detailed PDF overviews for each section](#)

Preparing for the MCAT is a lot like training for a marathon. No one recommends running a marathon without appropriate preparation – both mental and physical.

Take the MCAT when you have completed the [prerequisite courses](#), have studied enough and effectively to get the score you want, and are within an appropriate time of applying.

Study Resources

- [Prepare for the Exam](#)
- [How to Create a Study Plan: 20-page PDF](#)
- Talk to [peers](#) (through student organizations) about their experience and preparation.
- Check out online forums (with a grain of salt): [Reddit MCAT Page](#), [SDN](#), [100-Day MCAT Study Guide](#).

Free Resources

[AAMC Free Resources](#): Khan Academy videos, free practice test, Road Map to MCAT, and other resources.

[MCAT Question of the Day](#)

[Anki Flashcards](#)

[300-page Psych/Soc study guide](#)

\$\$ Resources

[AAMC Official Bundle](#)

[Altius](#)

[Blueprint \(NextStep\)](#)

[Examcrackers](#)

[Jack Westin](#)

[Kaplan](#)

[Princeton Review](#)

[UWorld](#)

HOW TO STUDY

- MCAT test prep companies offer a variety of options, including classes, review materials, and practice tests. While they tend to be expensive, some offer free classes or tests, too. **Purchasing an MCAT course** can be useful if you tend to procrastinate, want someone else to set up a study plan, or like the accountability and structure of a class.
- If you don't have a big budget, set up your [own study plan](#), utilize your textbooks, notes from class, and free resources on this page as a starting point. Buy used or borrow review books, and if you can put some money towards study resources, **purchase practice exams**.

400-600 HOURS

- Assume you will need about this much time to review content, study, and take practice tests. Depending on your schedule and how you like to study (intensely every day over a shorter amount of time vs less intensely every day over a longer period) you might plan for **3 to 6 months of study**. Studying for longer than 6 months is not recommended as you might forget what you learned at the beginning.
- Before you start studying, take a practice test to get a **baseline** of what you already know. Plan on **1-1.5 months of content review** and then begin incorporating **question practice**.
- Plan to take **8-10 practice tests** so you are comfortable with the layout, length of passages, kinds of questions asked, and know how to evaluate and attack each question.
- After you've taken a practice test, **review each question** and assess whether you got the question right because you knew the answer or because you guessed. If you got a question wrong, that's a content area you need to review.
- Structure your studying in **95-minute blocks** to mimic the timing of the exam and consider studying early in the morning so that you train your brain to feel alert at **8am**.

MCAT TIMING

- [MCAT registration](#) usually opens 3-6 months in advance. You'll be able to register in **October for early spring** dates and in **February for late spring/summer** dates.
- Most applicants take the MCAT in **junior year** spring/early summer or **senior year** spring/early summer if taking a gap year. Consider taking a lighter load of courses in the spring semester to allow ample MCAT study time.
- It takes **1 month** for your scores to be released. Once released, scores automatically sync to your application. **July** is the latest you want to take the MCAT if you're currently applying.
- You can **complete and submit** your AMCAS/AACOMAS **application** without an MCAT score, but most schools won't **review your application** until they see your score.
 - One option is to apply to one school on June 1 to get your application moving through the verification process, and then add additional schools after you've received your MCAT scores.
- MCAT scores expire after **3 years**. Some schools accept MCAT scores up to 3 years **before matriculation**; others accept MCAT scores up to 3 years **before application**.
 - Check out the Latest and Oldest MCAT Test Administration Dates Considered guide on the [MSAR Reports page](#)
- Plan to take the exam **once**. The MCAT can be taken 3 times in one calendar year, 4 times in a two-year period, and 7 times over your lifetime. Medical schools will see every attempt and taking the test multiple times with minimal, or no improvement is viewed negatively.
- Most students score **2-5 points lower** on their actual exam than their practice exam. Outside variables - strange location, traffic, difficulty parking, check-in delays, distractions during the exam, etc. can create stress and anxiety.