Pre-medicine recommendations from HPAG

You can major in anything; pick something you are passionate about. By taking courses you love, you will earn better grades and be more competitive in your applications.

Take these courses that are required by most medical schools:
- BIOL 120 and 125 (Introductory Biology)
- CHEM 111 and 112 (General Chemistry)
- CHEM 221 and 222 (Organic Chemistry)
- PHYS 103 and 104 (or PHYS 201 and 202)

HPAG strongly recommends the following courses for preparation for the MCAT:
- CHEM 341 (Biochemistry I)
- PSYC 101 (Introductory Psychology)
- SOCI 101 (Introductory Sociology)

Other courses recommended for medical school and the MCAT:
- BIOL 210 (Cell Biology)
- BIOL 230 (Human Anatomy and Physiology I)
- BIOL 235 (Microbiology)
- BIOL 260 (Human Anatomy and Physiology II)
- BIOL 305 (Principles of Physiology)
- BIOL 315 (Genetics)
- BIOL 370 (Immunology)
- BIOL 380 (Advanced Genetics)
- BIOL 390 (Advanced Cell Biology)
- BIOL 400 (Molecular Biology)
- BIOL 420 (Developmental Biology)
- CHEM 240 (Pharmaceutical Chemistry)
- CHEM 342 (Biochemistry II)
- SOCI 223 (Ethics and Medicine)
- SOCI 323 (Health, Illness and Healing)

Do these things:
- Do well in your coursework and strive to achieve the highest cumulative GPA possible in your science courses (and overall). In our experience, students who achieve at the 3.5 level or higher have the greatest success at being admitted into medical or osteopathic school.
- Research the specific requirements and recommendations at your schools of interest; these vary from school to school.
- Get health-related experience through activities like shadowing, volunteering, EMT, and scribing. While working at these activities, collect stories to tell in your personal statement and in your interviews. The average accepted student to a very competitive school like UVa has over 100 hours of health-related experience.
- Prepare for your interviews. Google “medical school interview questions” and start thinking about answers to the questions you find. Read a health related article a week from a newspaper or magazine. Take courses like Ethics in Medicine (SOCI 223).
- Identify faculty and physicians who will write good recommendations for you.
- Prepare to take the MCAT. You will take this exam in the spring of your junior year.
- Schedule a mock interview with HPAG in the spring of your junior year.
- Plan to apply to medical schools early in the summer after your junior year.