

College of Public Health and Human Sciences

Planning for Medical School

Medicine is a noble profession that requires hard work, a lot of planning, a commitment to many years of schooling and continuing education once in the profession. The first step in your journey to medical school is the application. Admission to medical school necessitates more than completing coursework with high grades. Here are some steps to get you started:

1. Research the professions and/or complete informational interviews in allied health, exploring the different medical careers available. Use this information to determine your medical area of interest. Articulate why you want to be an allopathic or osteopathic physician versus any other type of allied health professional.
2. Fill out the [Pre-med Initial Inquiry Form](#) and email or bring it to your meeting with the pre-med advisor (for PHHS, this is Carey Hilbert: carey.hilbert@oregonstate.edu).
3. Meet with your pre-med advisor regularly to begin a long relationship (two years or more is recommended) to help guide you through the various stages of preparation and build your “pre-med profile.” Plan to meet at least three times each year for at least two years.
4. Create a timeline with the pre-med advisor that includes when pre-med courses will be completed (see “typical” pre-med sequencing [here](#)), when you will begin preparing for the MCAT, when it will be taken, and when to complete your clinical experiences and supporting activities to make you a competitive applicant.
5. Find meaningful ways to volunteer in your communities. College of Science has a great resource page [here](#).

The Medical School Application Process

1. In the spring term **before** your med school application year, submit [application](#) to take KIN 343: Allied Health Professions Seminar for Pre-meds in FALL TERM. Be sure to use the application specifically for pre-med students.
2. The year you plan to apply to medical school, you should reach out and confirm with faculty and ask supervisors to write knowledgeable letters of evaluation on your behalf.

3. It is recommended that you secure TWO basic science faculty, at least one MD/DO, a professor in your major and other individuals (supervisors, researchers, team coach, etc.) who can speak to very specific qualities related to your ability to be successful in medical school.
4. Schedule your [MCAT](#) and allow for AT LEAST six months' preparation. Do NOT wait until just before you plan to apply to take the MCAT. Plan to take the MCAT at least a month prior to the beginning of the application cycle opening (mid-June).
5. Be sure to indicate on the MCAT to "Release Scores to Advisor."
6. Complete and submit the [PHHS Pre-medical Student Information](#) form to the pre-med advisor.
7. Submit most complete draft of your Personal Statement and list of significant activities (include a summary of your top three).
8. Be prepared with a complete list of all classes you have taken, at what colleges/universities, the term/semester taken and the grade earned. Organize these by "category."
9. [AMCAS](#) & [AACOMAS](#) applications are exceedingly detailed and time-consuming. Carve out plenty of time. DO NOT RUSH the process.
10. Once your completed application is submitted you should begin getting "secondary applications." After reviewing your file, the admissions committees at your med schools will either reject you or send you a secondary application. Unless you've decided not to apply to that school, you should complete and return each secondary application as you receive it. Secondaries typically include a variety of essays on assigned topics, and the cost of sending them back may be prohibitive. At this stage, you will be asked to submit letters of recommendation. Committee letters do not affect this step of the process. Be thoughtful in your essays.

Letters of Evaluation

1. Once you have confirmed who will be writing your letters, each letter writer must receive a copy of the [OSU Pre-Med Letter of Evaluation Guidelines and Procedure for Submission](#). You must sign and date this form BEFORE giving it to them. Please let your evaluators know that there are very specific requirements for submitting letters and these are clearly detailed on the form.
2. Currently, PHHS does not have an online portal for submission. All letters must be submitted to the PHHS pre-med advisor via email, campus mail or the U.S. Postal Service. It is preferred that all letter writers submit this way, rather than individually load letters to AMCAS or AACOMAS.

3. Select "Committee Letter and Packet" when indicating the type of letters to be submitted to AMCAS or AACOMAS.
4. **All letters of evaluation must be submitted to your pre-med advisor by June 15.** OSU faculty have a little leeway on this due to final exams and grading schedules.
5. Once all components of an applicant's file are complete (MCAT score, personal statement with revisions, list of activities, and ALL letters of evaluation) the pre-med advisor will begin the Committee Letter. The pre-med advisor will submit ALL letters along with the Committee Letter. You will receive an email indicating the letters have been uploaded.
6. Now you wait.....

After all that ...

1. Be sure to keep your pre-med advisor apprised of all interviews and acceptances.
2. If you get interviews but do not get admitted, take the opportunity to contact the school to get feedback. Find out what you can do to be a stronger applicant next time.
3. Continue to work with the pre-med advisor to improve the next application. Even after you graduate from OSU, as long as you are planning to apply to med-school, you have access to your pre-med advisor.