



SMU PRE-HEALTH PROFESSIONS

Suggested Pre-Med Plan



Note: Some science courses may be completed in summer terms.

Individual program requirements may change at any time, and this plan may not reflect the most current information. It is the student's responsibility to review, understand, follow, and remain up-to-date with the policies, guidelines, and requirements (including pre-requisite coursework) of each individual medical program and application service.

This plan may vary depending on the major chosen. Consult your advisor and check individual degree plans for suggested sequencing of courses. **Grades of C (not C-) or better** are required to meet specific science (and math) pre-requisites for admission to medical school. **Consult with your advisor before advancing to the next level course.** Science pre-requisites include courses coded as Biology, Chemistry, Physics, and Math (including Statistics). *Subjects in italics will appear as content on the MCAT*, while additional courses are recommended for better preparation. See additional notes below.

1st Year Fall

1st Year Spring

CHEM	1303	General Chemistry I		CHEM	1304	General Chemistry II
CHEM	1113	Gen. Chem. I Lab		CHEM	1114	Gen. Chem. II Lab
BIOL	1301	Introductory Biology I		BIOL	1302	Introductory Biology II
BIOL	1101	Biology I Lab		BIOL	1102	Biology II Lab
DISC	1312 (UC 2016)	Discernment and Discourse		DISC	1313 (UC 2016)	Discernment and Discourse
WRTR	1312 (CC 2020)	Intro. to Academic Writing		WRTR	1313 (CC 2020)	Writing and Critical Reasoning
MATH	1337	Calculus		STAT	2331	Statistics

2nd Year Fall

2nd Year Spring

CHEM	3371	Organic Chemistry I		CHEM	3372	Organic Chemistry II
CHEM	3117	Organic Chem. I Lab		CHEM	3118	Organic Chem. II Lab
BIOL	3304	Genetics		BIOL	3350	Cell Biology
PSYC	1300	Introduction to Psychology		SOCI	1300	Introduction to Sociology

3rd Year Fall

3rd Year Spring

BIOL	4310	Biochemistry		BIOL	4311	Biochemistry: Metabolism
PHYS	1307	General Physics I		PHYS	1308	General Physics II
PHYS	1105	Physics I Lab		PHYS	1106	Physics II Lab
			MCAT			

Medical schools vary in the requirements for admission; therefore, this suggested plan is only a guide to prepare students to meet the requirements of most medical schools. **MSAR (Medical School Admission Requirements) and individual medical school websites are the best resources to prepare for specific course recommendations.** Students should pay particular attention to programs in their state of residency.

Pre-Calculus (MATH 1304) may be required prior to Calculus I (MATH 1337). Consult with your advisor. While one semester of Calculus is required for some programs, Calculus II (MATH 1338) is not generally required for admission to most medical schools. **Proficiency in an Introductory Statistics course is strongly recommended** (and required by many medical schools, including all Texas programs).

After taking Genetics, there are a number of upper-level Biology courses students can take to satisfy advanced hours in Biological Sciences. Cell Biology provides additional review and preparation for the MCAT. **An upper-level course in Physiology is strongly recommended** (and required by a few medical schools). Consult with the Office of Pre-Health Advising and review MSAR for additional information.

Students may complete PHYS 1303/1105 & PHYS 1304/1106 instead of PHYS 1307/1105 & PHYS 1308/1106. Note: MATH 1338 is a prerequisite (or requires concurrent enrollment) for PHYS 1304. Pre-meds may incorporate study abroad in their college plan, usually before the spring of Year 3 or during the summer. Talk with your advisor and plan ahead!

Students majoring in Chemistry, Biochemistry, or Physics should plan to take Physics in the second year.

Although three hours of Biochemistry are recommended (and by some schools, required), **BIOL 4311 is strongly recommended** for additional MCAT prep and preparation for medical school.

Pre-medical students should plan to take the MCAT no later than May of the year of application (usually January through April of Year 3 of this plan). The MCAT is offered multiple times during the year. See the Pre-Health Director for more information and visit AAMC at: <https://students-residents.aamc.org/>.

It is ultimately the student's responsibility to be aware of timelines, deadlines, and events related to application to professional school. Pre-Health students are expected to remain engaged with the OPHA through advising appointments, attendance at group workshops and meetings, and by monitoring the Pre-Health website, the Pre-Health Facebook page, and emails from the OPHA. Failure to stay up-to-date with important events such as mandatory application workshops may result in losing the opportunity to interview with the HPRC and receiving a committee letter of evaluation.



Suggested Application Timeline

Pre-Medical/Pre-Dental



First Year

- Attend “Pre-Health 101,” a workshop for first year (and transfer) SMU students interested in Pre-Health programs
- Join the [Pre-Health Listserv](#)
- Join organizations (seek areas of interest, including Pre-Health) and become active members
- Get to know professors
- Meet regularly with your pre-major academic advisor
- Get organized (create a resume – see Pre-Health website - and begin journaling experiences)
- Establish good study habits and find balance (academic and social)
- Learn more about the medical/dental professions: volunteer in hospitals or clinics, shadow doctors or dentists, read medical/dental articles, journals, and publications
- Participate in activities to serve the community
- Investigate research positions in a faculty lab (second semester)
- Review the Pre-Health Resumé (Pre-Health website) <https://www.smu.edu/prehealth>
- Apply for summer programs, work, or take summer courses
- Finish the year strong

Second Year

- Attend “Pre-Health 201,” a workshop for second-year Pre-Health students
- Meet with the Office of Pre-Health Advising (*after attending Pre-Health 201*)
- Stay on track academically
- Correct any weaknesses in your academic skills (Altshuler Learning Enhancement Center)
- Continue reading (include topics related to medicine) to improve critical analysis and reasoning
- Continue getting to know professors (letters of recommendation will be needed)
- Seek meaningful leadership positions
- Seek meaningful research opportunities
- Stay organized (build your resumé, journal experiences, set goals) & begin reflecting/recording experiences using the Pre-Health Resumé
- Join AED (Alpha Epsilon Delta, a health pre-professional honor society, second semester)
- Participate in healthcare-related activities (shadowing, volunteering, employment)
- Attend the Health Professions Panel (spring semester) to learn about different professions.
- Investigate professional schools and various healthcare programs.
- Apply for summer programs, work, or take summer courses
- Finish the year strong (applications may begin at the end of Year 3)

Third & Fourth Years

- Students **MUST** meet with the Office of Pre-Health Advising (Dedman Life Sciences Building, Room 135), **no later than the fall of Year 3** to review academic and extracurricular progress **AND** to receive additional, important, and timely information. **MANDATORY ATTENDANCE** at an application workshop is one of the requirements to be eligible to interview with the Health Professions Recommendation Committee (HPRC). Contact the Office of Pre-Health Advising to learn more about the HPRC and all eligibility criteria.

Notes

- These are general guidelines to prepare for professional school in medicine and dentistry.
- Other professional programs such as Optometry, Physician’s Assistant, Pharmacy, and Veterinary Medicine require similar experiences with similar timelines. Consult with your academic advisor (pre-majors) or the Office of Pre-Health Advising (declared majors) for more information.