Overview of Preparing for a Career in Medicine

First Step: Exploring Medicine
- What experiences have you had that make you interested in medicine?
- What are your goals and expectations for a major?
- What skills do you associate with a good physician? What activities/experiences would help you develop these skills?
- What can you do to learn more about careers in medicine?

Second Step: Getting Involved
- What are your goals and expectations for volunteer experiences? What have you learned or could you learn about yourself and other people by serving others?
- Consider the populations you have served or worked with in any capacity. Do you have breadth and depth of experience with different groups of people?
- What are your research interests? What do you want to learn through research?
- Keep track of your experiences through college (volunteering, research, paid employment, shadowing, hobbies, student organizations, study abroad). Regularly reflect on and write about the competencies (skills and personal attributes) you develop and the ways you learn and grow in the course of each experience.

Third Step: Preparing Your Application
- Do you hope to apply after your junior year, or will you be a stronger applicant after taking a gap year (or two)?
- Develop meaningful relationships with faculty and supervisors by talking with them about their work and career paths, your coursework, and your interest in medicine.
- Talk with an advisor at CPHA about steps of the application process the summer before you apply.

Fourth Step: Taking a Gap Year
- What would your goals and expectations be for a gap year?
- What area of your application might you strengthen during a gap year? How would you do this?

Planning Table

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<thead>
<tr>
<th>Fall</th>
<th>Spring</th>
<th>Summer</th>
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Pre-Med Planning Guide

Keep in mind that course preparation varies from school to school. This is a summary of the most common requirements. The shaded courses are recommended but not required for most schools.

<table>
<thead>
<tr>
<th>Course</th>
<th>Options at UW – Madison</th>
<th>For MCAT</th>
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<tbody>
<tr>
<td>General Chemistry</td>
<td>Two options: • Chemistry 103 (lecture + lab) and Chemistry 104 (lecture + lab) • Chemistry 109 (lecture + lab)</td>
<td>Yes</td>
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<tr>
<td>Introductory Biology</td>
<td>Three options: • Zoology 101 (lecture), Zoology 102 (lab), and Botany 130 (lecture + lab) • Biology 151 (lecture + lab) and 152 (lecture + lab) • Biocore</td>
<td>Yes</td>
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<tr>
<td>Organic Chemistry</td>
<td>Chemistry 343 (lecture), 344 (lab), and 345 (lecture)</td>
<td>Yes</td>
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<tr>
<td>Introductory Biochemistry</td>
<td>Two options: • Biochemistry 501 (lecture) • Biochemistry 507-508 (lecture)</td>
<td>Yes</td>
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<tr>
<td>Physics</td>
<td>Four options: • Physics 103-104 (not calculus-based; lecture + lab) • Physics 207-208 (calculus-based; lecture + lab) • Physics 201-202 (for engineering students; lecture + lab) • EMA 201 and Physics 202 (for BME students; lecture + lab)</td>
<td>Yes</td>
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<tr>
<td>Introductory Statistics</td>
<td>Four options: • Statistics 371 • Biostatistics 541 • Statistics 301 • Statistics course in your major, such as Psychology 210</td>
<td>Helpful</td>
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<tr>
<td>Introductory Psychology</td>
<td>Psychology 202</td>
<td>Yes</td>
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<tr>
<td>Introductory Sociology</td>
<td>Options include: • Sociology 120, 125, 134, 138, 140, 170 • Gender and Women’s Studies 103</td>
<td>Yes</td>
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<tr>
<td>English, Literature, Communications</td>
<td>6 credits: many options; look for literature and composition courses</td>
<td>Helpful</td>
</tr>
<tr>
<td>I/A Biology</td>
<td>Visit prehealth.wisc.edu/coursework-medicine for recommended subject areas</td>
<td>N/A</td>
</tr>
<tr>
<td>I/A Social Science</td>
<td>Many options</td>
<td>N/A</td>
</tr>
</tbody>
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Resources

_Tutoring resources available on UW campus_

- Greater University Tutoring Services (GUTS)  
  [http://guts.wisc.edu/](http://guts.wisc.edu/)
- Peer Learning Association (PLA)  
  [https://win.wisc.edu/organization/pla](https://win.wisc.edu/organization/pla)
- Chemistry Learning Center (CLC)  
  [https://www.chem.wisc.edu/areas/clc/](https://www.chem.wisc.edu/areas/clc/)
- Physics Learning Center (PLC)  
  [https://www.physics.wisc.edu/plc](https://www.physics.wisc.edu/plc)
- Math Lab  
  [https://www.math.wisc.edu/undergraduate/mathlab](https://www.math.wisc.edu/undergraduate/mathlab)
- Statistics Lab  
  [https://www.stat.wisc.edu/courses/Tutorial_Schedule](https://www.stat.wisc.edu/courses/Tutorial_Schedule)
- Writing Center  
  [http://www.writing.wisc.edu/](http://www.writing.wisc.edu/)

_Professional organizations_

- American Medical Association  
  [http://www.ama-assn.org/ama](http://www.ama-assn.org/ama)
- Association of American Medical Colleges  
  [https://www.aamc.org/](https://www.aamc.org/)
- American Osteopathic Association  
  [http://www.osteopathic.org](http://www.osteopathic.org)
- American Association of Osteopathic Colleges  