

PRE-MEDICAL RESOURCES



CAREER CENTER

GEORGIA COLLEGE & STATE UNIVERSITY

110 Lanier Hall | 478-445-5384 | career.center@gcsu.edu
gcsu.joinhandshake.com

This handout is designed to provide students a general guide to applying to medical schools. For further assistance, please schedule an appointment with a Career Advisor.

QUICK FACTS

There are 2 medical school paths that students can choose to pursue: a **Doctor of Medicine, MD** or an **Osteopathic Doctor, DO**. Both degrees produce licensed practitioners but differ in their approaches and theoretical background. To view a comprehensive overview of the differences between the two, visit MyHeart.net.

Here are some general aspects to consider when looking into specific programs:

- Applications usually require some combination of these materials: **minimum GPA, Medical College Admissions Test (MCAT) scores, letters of recommendation, a personal statement, a secondary application, shadowing hours, and an interview.**
 - Thoroughly read through the requirements each school/program has for admission.
- Pursue **recommended medical related courses** in addition to the required prerequisites. Also seek out research opportunities with faculty.
- **Most schools require clinical experience**, with hands-on opportunities being preferred. It is important that you review the requirements for the program you're interested in.
 - Keep in mind that quality outweighs quantity.
- Developing **meaningful relationships with faculty** is vital when seeking letters of recommendation.
 - **It is ideal to get at least 1 letter from a physician whom you have shadowed or worked closely with, and at least 1 from a science faculty member.**
- Schools will likely send out a required secondary application including **5-8 prompts** that require short answers. You can search online in medical student blogs, help centers, or other forums to find past secondary prompts from different schools.

APPLICATION SERVICES (AMCAS & AACOMAS)

The American Medical College Application Service (AMCAS)

- Used generally when applying for a **Doctor of Medicine, MD** pathway.

The American Association of Colleges of Osteopathic Medicine Application Service (AACOMAS)

- Used generally when applying for an **Osteopathic Doctor, DO** pathway.

*An account has to be made to utilize either of these application services. **Familiarize yourself with the sites, the applications themselves, and what materials are necessary for each application.**

****Keep in mind that not all schools uses AMCAS & AACOMAS!** Thoroughly read through each program's admission procedures.

MCAT PREPARATION

Medical College Admissions Test (MCAT)

- Broken into **4 sections: Biological and Biochemical Foundations of Living Systems; Chemical and Physical Foundations of Biological Systems; Psychological, Social, and Biological Foundations of Behavior; and Critical Analysis and Reasoning Skills.**
- The Princeton Review has valuable information on ranges of MCAT scores in relation to medical school admittance, <https://www.princetonreview.com/med-school-advice/what-is-a-good-mcat-score>
- There are limits on how many times you can take the exam. Visit the **AAMC - MCAT Frequently Asked Questions** for more information, <https://students-residents.aamc.org/mcat-faq/mcat-faqs>
- Students should plan on spending about **300 hours** intensely studying and take **6-10 full practice tests** prior to taking the exam.
- Visit **AAMC - Preparing for the MCAT Exam** for more information on exam preparation, <https://students-residents.aamc.org/premed-navigator/preparing-mcat-exam-advice-medical-education-learning-specialist>

PRE-MED MENTORING PROGRAM AT GCSU

The GCSU Department of Biological Sciences has a **Pre-Med Mentoring Program** that is designed to help students preparing for medical school. The program offers individualized attention for both academic and non-academic aspects of seeking a medical degree.

- Visit their website to see if you qualify and to view more pre-med student resources, www.gcsu.edu/pre-med.

COMMON PREREQUISITES

English Composition I & II
Principles of Biology I & II
Organic Chemistry I

Biochemistry
Introductory Physics I
Probability and Statistics or Calculus

***This is not an exhaustive list. Please research each program's requirement, and please consult with your academic advisor prior to registering.**

****As of Summer 2024, Augusta's MCG accepts online coursework** from regionally accredited institutions and considers **Pass/Fail acceptable** (though letter grades preferred).

KEY NUMBERS

- Mean Matriculant GPA: overall **3.77**;
science: **3.71**
- Mean Matriculant MCAT: **511.7**
- Average Clinical Experience Hours: **100-300**

***Check with each individual school for their GPA and score requirements.**

****Keep in mind that quality outweighs quantity** when obtaining hours.

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APPLICATION ESSAY PREPARATION

Personal statements used to apply to schools through AMCAS and AACOMAS should be general and not program specific.

- Pay attention to the character count (including spaces) allotted for the essay.
- The AMCAS Personal Comments essay has a **5,300 character limit** and asks you to answer these questions:
 - **"Why have you selected the field of medicine?"**
 - **"What motivates you to learn more about medicine?"**
 - **"What do you want medical schools to know about you that has not been disclosed in other sections of the application?"**
- The AACOMAS Personal Statement essay has a **5,300 character limit** and should be a **general overview as to why you chose this profession**.
- You should start writing your personal statement early, and follow the instructions listed carefully to ensure you follow all the parameters set.

INTERVIEW PREPARATION

When preparing for professional school interviews, it is important that you practice ahead of time.

- Utilize resources in **Handshake** and **book an appointment with a Career Advisor to further assist you**.
- **"Why do you want to be a doctor?"** or **"Why our program?"** are common types of questions that you want to prepare for.
- Develop **in-depth responses** to interview questions that are specific to you and how you fit into the program you're applying for.
- There are different types of interviews for dental school such as **traditional interviews, group interviews, mixed multiple interviews (MMI)**; with MMIs becoming more popular. Learn more about MMIs here: <https://students-residents.aamc.org/applying-medical-school/what-it-s-participate-multiple-mini-interviews-mmis>.
- The **Association of American Medical Colleges (AAMC)** also has a page with **interview** resources for medical school applicants, <https://students-residents.aamc.org/getting-medical-school/interview-resources-medical-school-applicants>.

RESOURCES

AACOMAS: Student Login:

<https://aacomas.liaisoncas.com/applicant-ux/#/login>

AACOM: Getting Started with your AACOMAS Application:

[https://help.liaisonedu.com/AACOMAS Applicant Help Center/Starting Your AACOMAS Application/Getting Started with Your AACOMAS Applicati](https://help.liaisonedu.com/AACOMAS%20Applicant%20Help%20Center/Starting%20Your%20AACOMAS%20Application/Getting%20Started%20with%20Your%20AACOMAS%20Applicati)

AACOM: Personal Statement:

[https://help.liaisonedu.com/AACOMAS Applicant Help Center/Filling Out Your AACOMAS Application/Supporting Information/5 Personal Stater](https://help.liaisonedu.com/AACOMAS%20Applicant%20Help%20Center/Filling%20Out%20Your%20AACOMAS%20Application/Supporting%20Information/5%20Personal%20Stater)

AACOM: Pre-Med Timeline for Undergrads:

<https://www.aacom.org/become-a-doctor/prepare-for-medical-school/timeline>

AAMC: Applying to Medical School with AMCAS:

<https://students-residents.aamc.org/applying-medical-school-amcas/applying-medical-school-amcas>

AAMC: MCAT FAQs:

<https://students-residents.aamc.org/mcat-faq/mcat-faqs>

AAMC: Personal Comments Essay:

<https://students-residents.aamc.org/applying-medical-school-amcas/publication-chapters/personal-comments-essay>

AAMC: Shadowing a Doctor:

<https://students-residents.aamc.org/aspiring-docs-fact-sheets-get-experience/shadowing-doctor>

AAMC: MCAT Scores and GPAs for Matriculants to U.S. MD-Granting Medical Schools by State of Legal Residence, 2023-2024:

<https://www.aamc.org/media/6076/download>

AAMC: What It's Like to Participate in Multiple Mini Interviews (MMIs):

<https://students-residents.aamc.org/applying-medical-school/what-it-s-participate-multiple-mini-interviews-mmis>

AAMC: What's on the MCAT Exam?:

<https://students-residents.aamc.org/prepare-mcat-exam/whats-mcat-exam>

GCSU Department of Biological and Environmental Sciences:

<https://www.gcsu.edu/artsandsciences/biology>

GCSU Pre-Med Mentoring Program:

<https://www.gcsu.edu/pre-med>

Georgia Composite Medical Board:

<https://medicalboard.georgia.gov/>

Georgia Osteopathic Medical Association:

<https://www.goma.org/>

MyHeart.net: DO vs MD – What's the Difference?:

<https://myheart.net/articles/md-vs-do/>

The Princeton Review: What is a Good MCAT Score?:

<https://www.princetonreview.com/med-school-advice/what-is-a-good-mcat-score>