

Allopathic medicine, Osteopathic medicine, and Podiatry advising sheets.

FRESHMAN YEAR

First year Fall semester	hrs.	First year Spring semester	hrs.
ID 208 Intro to health professions	1		
Biol 105 and 105L Gen Biol I + lab	4	Biol 106 and 106L Gen Biol II + lab	4
Chem 103 and 103L Gen Chem I + lab	4	Chem 104 and 104L Gen Chem II + lab	4
Chem 001 Chem tutorial		Liberal arts core	6-9
*LA 101 Liberal arts	2		
Liberal arts core	3		

suggest foreign language for electives. Test for foreign language proficiency class placement

Total hrs	14	Total hrs:	14-17
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*Transfer students with more than 25 hrs take LA102. Honors students see honors advising sheets.

Extracurricular activities Freshman year:

Explore alternative healthcare careers if you are unsure of your health profession goal.

Shadow, volunteer and/or work in healthcare. Keep a journal of meaningful experiences to use in your personal statement and applications. It is important to start early. Experience is the best way to show that you have a real desire to be in health care. If you delay any experience or shadowing opportunity until your junior or senior year, it may seem like you are only checking the boxes for experience hours. Document the work/shadow experience in a way that can be verified if needed or requested by medical programs.

Keep a journal of your experiences working with people in health care and volunteering. If an experience is especially moving, try to capture how you are feeling in words. You can use this insight to help you write an impactful personal statement with experiences that support your motivation to choose medicine as a career.

Read current events on healthcare topics—for example addressing disparity in health care in urban and rural parts of the country, court cases or laws that could affect healthcare workers, vaccine or mask mandates, abortion rights ect.

Begin to get involved in community service, leadership and/or research opportunities.

Apply for summer experiences (I recommend SHPEP, RAM clinics, organizations/churches helping the homeless, mission trips and ETSUs EQUIP) or find shadowing opportunities by calling local offices/hospitals. You can also get patient hours by working in health care. Pre-health professions

students often work as scribes, CNAs, med-tecs or phlebotomists. Check with the programs to which you plan to apply for their required hours and the type of experience they desire. Some programs may not take paid hours as experience hours. Some programs may ask for specific types of shadowing.

Begin researching medical programs and deciding to which you plan to apply.

Begin review for MCAT. It is never too early to start review of basic science and chemistry. Many of the questions on the MCAT (and other science-based entrance exams) will be related to material in Gen biol, Gen chem and physics. Students can struggle with these sections because they forget the core material. Unless you can easily recall material/formulas that you haven't used in over 2 years, continuous review is suggested. One of the best ways to do this is to do practice questions on those topics you have covered in freshman and sophomore years. A few min per day devoted to practice can make a large difference in your memory skills and confidence when it comes time to take the MCAT.

Get to know faculty at Carson Newman

SOPHMORE YEAR

<u>Second year Fall semester</u>	<u>hrs.</u>	<u>Second year Spring semester</u>	<u>hrs.</u>
Chem 301 and 301L Organic Chem I + lab	4	Chem 302 and 302L Organic Chem II +lab	4
Biol 301 and 301L Botany +lab	4	Biol 314 and 314L Genetics +lab	4
Biol 315 and 315L Ecology + lab	4		
Liberal arts core classes	3-6	Liberal arts core	6-9
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Total hrs:	15-18	Total hrs:	14-17

Extracurricular activities for sophomore year

Choose the individual schools to which you intend to apply. Consider visiting those campuses. Know something about the programs to which you plan to apply. Their mission statements, the towns/cities, etc. Think about what makes those programs a good fit for you.

Continue shadowing and volunteer work/ work with direct patient/personal contact.

Begin studying in earnest for the MCAT. It is never too early to start MCAT review. The MCAT is weighted more heavily than your GPA and is one of the determining factors for making the cut for most medical programs. You should plan to spend all free time in the summer after sophomore year studying for the MCAT. Take as many full-length practice tests as you can. Study as if your entrance to medical programs depends on your score. A low score may not prevent you from being accepted but having a competitive score will help. Most students will use a prep course for the MCAT. Many use Kahn Academy, or Kaplan. We have discounts available for Kaplan through the ACA. AAMC also has a fee reduction/wavier program that covers costs to apply and can cover MCAT study materials offered through Kahn Academy and AAMC. Review dates for MCAT registration. Plan registration.

JUNIOR YEAR (APPLICATION YEAR)

<u>Third year fall semester</u>	<u>hrs.</u>	<u>Third year Spring semester</u>	<u>hrs.</u>
Phys 103 and 103L Gen Physics + lab	4	Phys 104 and 104L Gen Physics II + lab	4
*Chem 311 and Chem 311L Biochemistry I +lab	4	Chem 312 and 312L Biochemistry II + lab	4
		**Biol 317 and 317L Natural history +Lab	4
Liberal arts core	6-9	Liberal arts core	6-9
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Total hrs:	14-17	Total hrs:	14-17

*You need at least one semester of Biochem with lab. It is highly recommended that you take two semesters. The MCAT is very heavy on biochemistry. It will also better prepare you for biochemistry as a medical student. **you could alternately take BIOL 319 and 319L Animal behavior in the Fall semester instead of Biol 317 and 317L in Spring to fulfill graduation requirements.

Extracurricular activities Junior year:

Continue activities of freshman and sophomore years.

Fall or Spring: plan on scheduling a mock interview with health professions advising committee. Check your email for dates and times. Most students will schedule a Spring date for their mock interviews. Before you can interview you will need to meet certain criteria:

Take and pass ID 208, have taken and passed at least 2 lab science courses with 2 different professors here at Carson Newman, and have at least 40 hours of experience in your health profession field.

Early Spring: select professors/staff you would like to contribute to your committee letter of recommendation. We ask that 2 faculty come from the science department, and you can ask up to 2 more faculty or staff members to contribute as well. Schedule your mock interview. Sign up for the free MCAT practice exam offered to our Pre-Health Professions Program students.

Fall and Spring: Study for the MCAT. Prepare to take the MCAT in the Spring/ early Summer of/after your junior year. Most students register for the MCAT in the Spring. Pick your dates carefully, keep in mind finals week and other distractions. The last month to take the MCAT without delaying your application to AMCAS is May of your Junior year. Remember that it takes 3 weeks for the MCAT score to be sent out to your schools via AMCAS. You can submit your AMCAS application (allopathic medical schools) and your AACOMAS application (osteopathic schools) before the MCAT score is available. When the MCAT score is published, it will automatically be sent to the schools on your list. The best time to take the MCAT is when you are ready. Earlier is better but being ready is important. You can only take the MCAT 7 times in your life. You can take it only 3 times in one year; 4 times in any two-year span. A no-show counts as one attempt. The schools to which you apply will see all your MCAT scores. You want the best score possible as early in the application period as possible.

May after Junior year, begin application for AMCAS and/or AACOMAS. When you are filling out the primary application on AMCAS and/or AACOMAS do not forget to request official transcripts from every

college which you have earned credit. Even if you have transferred that credit to CNU, you still have to request **official** transcripts through the registrar's office or website of the college where you earned the credits. This includes dual enrollment from highschool. You must request the official transcripts for your work from the college (not the highschool). Transcripts are the number 1 cause of delay for applications to medical school.

June: submit AMCAS and /or AACOMAS applications. The transcript verification can take weeks and the MCAT scores (which also take weeks) will be sent automatically as soon as they are published. Check with the programs to determine if they require a supplemental application (can usually be found on the school's admission page or sent to you directly) and/or secondary application (typically sent to you after submitting the primary application to the CAS and submitting the supplementary application (if required) to the school). Try to complete supplemental applications at the same time you are submitting your primary application to the CAS. Try to submit secondary applications within two weeks of receiving them.

August: If you are planning to apply to **Podiatry** programs (foot doctor/foot surgeon) you can begin and submit application for AACPMAS by early August. The deadline for submission is June 30th of the following year. Check for required secondary applications.

Note: for application to Texas Medical schools you will use the Texas centralized application service for medical and dental schools.

SENIOR YEAR

Fourth year fall semester	hrs.	Fourth year spring semester	hrs.
Biol 320 Molecular Cell Biol + lab	4 <u>OR</u>		
Biol 408 and 408L Immunology +lab	4		
*Biol 404 and 404L Mammalian Physiology +lab	5	Biol 402SL and 402L Gross anatomy +lab	5
Biol 410 Directed Readings (required)	1	Biol 411 Senior Seminar (required)	1
Liberal arts core classes	3-6	Liberal arts core classes	3-6
Total hrs.		13-16	

* Biol 404 and 404L is highly recommended for pre-med but you could take Biol 302 and 302L Zoology with lab in the Spring instead of Biol 404 and 404L to meet graduation requirements.

Extracurricular activities senior year:

Fall and Spring: continue involvement in healthcare experiences and other extra-curricular activities. Submit secondary applications where required by programs.

Prepare for interviews by reviewing controversial topics, reviewing your application, and practicing with advisors or peers. If you have not participated in the mock interview with HPAC, schedule a mock interview for early Fall of your senior year.

Review how to use the “select your medical school tool” on the AMCAS website. For allopathic medical schools, you will use this tool to commit to a medical program that has offered you a spot. You should still contact the medical program directly to confirm your choice. For Osteopathic medical schools, you will need to contact them directly to commit.

For Podiatry schools. March: For priority consideration, submit applications by March for the upcoming Fall admission of the same year. The deadline for submission is June 30th. You can also submit this application without waiting on MCAT scores. MCAT scores will automatically be sent to any school that you had listed during registration. Check for required secondary applications.

Prepare to begin a medical program.

Liberal arts core electives:

F/S offered fall and spring	F/S/S offered fall, spring and summer
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REL 101 Intro to Old Testament	3 F/S
REL 102 Intro to New Testament	3 F/S
ENG 101 Writing and Literary Studies I	3 F/S
ENG 201 Writing and Literary Studies II	3 F/S/S
ENG 301 Writing and Literary Studies III	3 F/S/S
COMM 135 Speech Fundamentals	3 F/S

OR

COMM 230 Interpersonal Communication	3 F/S/S
MATH 201 Probability and Stats (Pre-req ACT 21 or SAT 530 or Math 120)	3 F/S/S
Some programs want calculus or other math	

PSY 102 Understand Human Behavior	3 F/S/S
Some programs want more PSY	

*SOC 101 Intro to Sociology	3 F/S/S
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*Sociology does not fill a graduation requirement if you have also taken PSY but some programs prefer students take both. Both are covered on the MCAT. Check with your programs of interest and carefully plan the use your extra elective hours to take the courses that you need.

One of the following: PHIL 101 or 310sl, PSC 101 or 102, CS 135, HIST 201 or 202, ECON 204 or 210, Honors PSC 302 (honor students only**). 3

HIST 133, 134 or 135	3 F/S/S
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One of the following:

3 F/S/S

ART 104, Art 210, Art 316, Art 317, FA 301, FILM 310, Music ensembles, MUS 133, or TH 110. **TN promise AA or AS** need to take one of the 100-200 level courses.

Language series. Take language placement test 6 hrs of a sequence (in one language) is required for BA.

<https://www.cn.edu/admissions-and-aid/accepted-students/>

Some medical programs want Calculus and more PSY.

Other requirements for graduation- Most of these are a concern for transfer students:

At least 36 hrs of upper level (300-400 or above) classes- transfer from a 2-year college will not count toward upper-level courses. For example BIOL 230 from a junior college may transfer as BIOL 316 but you will not be given the credit for upper level hours.

At least 12 hrs of course work for your major must be completed at Carson Newman.

At least 60 credit hours must come from a 4-year institution.

Other pre-requisites for medical programs.

Some programs will require Pre-Calculus and/or Calculus in addition to or in place of Probability and stats

Some programs want additional Psychology courses others want a mixture of Sociology and Psychology courses. The MCAT covers both.

Min Pre-requisite GPA and minimum pre-requisite GPA for most Allopathic medicine (MD) programs is 3.0. Some programs may have a min total GPA or science GPA. Keep in mind that schools will average all your grades. If you made a "F" then retook the class and made an "A," both grades would be included into your GPA. Carson Newman replaces the "F" with the "A", but health profession schools will include all earned grades in GPA calculations.

Experience hours required varies by program, but most will have a minimum of 50-80 hrs. Some will recommend more. Do not wait until your junior or senior year to start shadowing/gaining experience hours in health care. Do not wait until your junior or senior year to start serving the community. Look for these opportunities early and stick with them.

Some programs may specifically require other upper level Biol courses like Medical terminology, Zoology ect.

Always check with the specific admission requirements and recommendations of the programs to which you plan to apply.

****HONORS curriculum:**

See Honors advising sheets.