

Did you know?

- There are two types of medical schools: allopathic (MD programs) and osteopathic (DO programs). Though distinct in their philosophical approaches to medical care, both prepare fully licensed physicians.
- You don't have to decide your specialty area before applying to medical school. In fact, exploring your interests in medical school is encouraged.
- Medical education typically takes 7-12 years to complete, starting with 4 years of medical school education after earning a bachelor's degree, and then 3-8 years of training in a specialty area. The average yearly cost of tuition, fees, and health insurance for medical school ranges from \$39,149-\$64,765 (2020-2021).

Medical School Application Preparation

- Completing the prerequisite courses is just one aspect of the process. Applicants must also have a well-rounded application consisting of experience (shadowing, volunteer work, undergraduate research, life experience, etc.), letters of recommendation, MCAT scores, and a strong admissions essay.
- Medical schools look for students who chose meaningful experiences that they are able to reflect upon during the application process.
- Applying to medical school is a year-long process. Students applying in their final year at UO will have a gap year before starting medical school. Students can work, take courses, travel, etc. during the year. Keep in mind, the average age of a first-year medical student is 24.
- Some medical schools (including OHSU) are moving to a [competency-based](#) admission model, recommending, but not requiring, specific pre-requisite courses. Successful applicants demonstrate skills, knowledge, and abilities through reflection of coursework, background, and experiences.
- Be sure to research individual programs about any COVID-19 related changes (Pre-recs and MCAT exceptions, clinical experiences, Pass/Fail Policy, etc).

Online Resources

Health Professions Program Website

healthprofessions.uoregon.edu

Association of American Medical Schools

www.aamc.org

American Association of Colleges of Osteopathic Medicine

www.aacom.org

Exploring Health Careers

explorehealthcareers.org

Campus Resources

[Student Clubs & Organizations](#)

[Tutoring & Academic Engagement Center](#)

[Center for Undergraduate Research and Engagement](#)

[Holden Center](#)

[Tykeson College and Career Advising](#)

[MCAT Preparation](#)

[Duck Nest](#)

[HPP workshops](#)

[Global Education Oregon](#)

[University Career Center](#)

Advising

Schedule an appointment with an HPP advisor [online](#) or call 541-346-9200

Or visit us in Tykeson Hall, 2nd floor, health@uoregon.edu

Sample 4-Year Plan

The chart below illustrates one way medical school prerequisitesⁱ can fit into a 4-year plan. Keep in mind that a good graduation plan is as unique as the student following it. Math placement, major, transfer credits, application timeline, and other factors will help shape your own decisions, and health professions advisors are here to help along the way!

First Year				
	Fall	Winter	Spring	Summer
Classes	CH 221 & 227 MATH 112	CH 222 & 228	CH 223 & 229 SOC 204 (>2, US) ⁱⁱ	
Experience				
Second Year				
Classes	CH 331 & 337 BI 211	CH 335 & 338 BI 212	CH 336 BI 214	
Experience				
Third Year				
Classes	PHYS 201 & 204 PSY 202 (>2) ⁱⁱ	PHYS 202 & 205 PSY 201 ⁱⁱ	PHYS 203 & 206 MATH 243 ⁱ	
Experience				
Fourth Year				
Classes	CH 360 ⁱ SOC 207 (>2, US) ⁱⁱ	PSY 304 ⁱⁱ	BI 320 ⁱ	
Experience				

ⁱ **Prerequisites vary by school.** Research specific schools that interest you to be sure you meet any additional requirements.

ⁱⁱ These courses are helpful for MCAT preparation but may not be required by medical schools.