



Medicine (MD, DO) Preparation at the University of Oregon

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.
- **Medical School Programs in the state of Oregon:** [Oregon Health and Science University – School of Medicine \(OHSU\)](#) and [Western University of Health Science – College of Osteopathic Medicine of the Pacific Northwest \(COMPNW\)](#).

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. Some schools may also require the CASper and PREview exams.
- Medical schools look for students who chose meaningful experiences that they can 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, Pass/Fail Policy, remote/in-person course requirements, etc).

Online Resources

UO Pre-Health Website

Association of American Medical Schools

American Association of Colleges of Osteopathic Medicine

Exploring Health Careers

healthprofessions.uoregon.edu

www.aamc.org

www.aacom.org

explorehealthcareers.org

Campus Resources

[Student Clubs & Organizations](#)

[Undergrad Research & Distinguished Scholarships](#)

[Tykeson College and Career Advising](#)

[Duck Nest](#)

[Global Education Oregon](#)

[Tutoring & Academic Engagement Center](#)

[Holden Center](#)

[MCAT Preparation](#)

[UO Pre-Health Workshops](#)

[University Career Center](#)

Advising:

Schedule an appointment with a Pre-Health Advisor by following one of the options listed here:

<https://healthprofessions.uoregon.edu/contact/>

Sample 4-Year Plan:

The chart below illustrates one way Medical program's prerequisitesⁱ can fit into a 4-year plan. Keep in mind a graduation plan is as unique as the student following it. Math placement, major, transfer credits, application timeline, and other factors will help shape your graduation plan and timeline. Pre-Health Advisors are here to help you create a graduation plan that works best for *you!*

First Year				
	Fall	Winter	Spring	Summer
Classes	CH 221 & 227 MATH 112Z	CH 222 & 228 SOC 204 (>2, US) ⁱⁱ	CH 223 & 229 SOC 207 (>2, US) ⁱⁱ	
Second Year				
Classes	CH 331 & 337 BI 211	CH 335 & 338 BI 212	CH 336 BI 214	
Third Year				
Classes	PHYS 201 & 204 PSY 202 (>2) ⁱⁱ	PHYS 202 & 205 PSY 201 ⁱⁱ	PHYS 203 & 206 STAT 243Z ⁱ or Math 425 ⁱ	
Fourth Year				
Classes	CH 360 ⁱ	PSY 304 ⁱⁱ	BI 320 ⁱ	

ⁱ **Prerequisites vary by school.** While some schools require this course, others may not. Other courses that vary include, Calculus, 1 year of writing, and biostatistics.

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

Note: This advising handout lists all the *common prerequisites* for programs. Please research programs to identify additional courses you may need to include and work with your pre-health advisors for any alternate course options.

Questions? Email pre-health advisors at health@uoregon.edu.