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      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
- [ ] 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/](https://healthprofessions.uoregon.edu/contact/)

Sample 4-Year Plan:

The chart below illustrates one way Medical program’s prerequisites 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!

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<tr>
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<th>First Year</th>
<th>Second Year</th>
<th>Third Year</th>
<th>Fourth Year</th>
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<tr>
<td><strong>Classes</strong></td>
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<tr>
<td><strong>Fall</strong></td>
<td>CH 221 &amp; 227 MATH 112Z</td>
<td>CH 331 &amp; 337 BI 211</td>
<td>PHYS 201 &amp; 204 PSY 202 (&gt;2) ii</td>
<td>CH 360 i</td>
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<td><strong>Winter</strong></td>
<td>CH 222 &amp; 228 SOC 204 (&gt;2, US) ii</td>
<td>CH 335 &amp; 338 BI 212</td>
<td>PHYS 202 &amp; 205 PSY 201 ii</td>
<td>PSY 304 ii</td>
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<td><strong>Spring</strong></td>
<td>CH 223 &amp; 229 SOC 207 (&gt;2, US) ii</td>
<td>CH 336 BI 214</td>
<td>PHYS 203 &amp; 206 STAT 243Z i or Math 425 i</td>
<td>BI 320 i</td>
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1. **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.

2. **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](mailto:health@uoregon.edu).