

# PRE-MEDICAL RESOURCES



CAREER CENTER

GEORGIA COLLEGE & STATE UNIVERSITY

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[gcsu.joinhandshake.com](https://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. Unsure of which one you want to pursue? [Myheart.net](https://myheart.net) offers a comprehensive overview of the differences between the two.

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 within your area of interest 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.**
- Additional applications are required by most medical programs for their specific school, 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.

## COMMON APPLICATION SERVICES (AMCAS & AACOMAS)

### The American Medical College Application Service (AMCAS)

- Used generally when applying for a **Doctor of Medicine, MD** pathway. Additional information can be found [students-residents.aamc.org](https://students-residents.aamc.org).

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

- Used generally when applying for an **Osteopathic Doctor, DO** pathway. Additional information can be found at [AACOMAS, help.liaisonedu.com/AACOMAS](https://help.liaisonedu.com/AACOMAS).

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 use AMCAS & AACOMAS!** Thoroughly read through each program's admission procedures.

## MEDICAL COLLEGE ADMISSIONS TEST (MCAT)

**Medical College Admissions Test (MCAT)** is an admissions exam required for most medical school applications.

- The exam has **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](https://princetonreview.com) has valuable information on ranges of MCAT scores in relation to medical school admittance ([princetonreview.com](https://princetonreview.com)).
- There are limits on how many times you can take the exam. Visit the Association of American Medical Colleges' [AAMC - MCAT Frequently Asked Questions](https://aamc.org) page for more information ([aamc.org](https://aamc.org)).
- Students should plan on spending about **300 hours** intensely studying and take **6-10 full practice tests** prior to taking the exam.
- Students should [register for the MCAT on the AAMC site \(aamc.org\)](https://aamc.org).

## PRE-MED MENTORING PROGRAM AT GCSU

The GCSU Department of Biological Sciences is home to 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, [gcsu.edu/pre-med](https://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 **3.79**; science: **3.73**
- Mean Matriculant MCAT: **511.8**
- 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.
- [AMCAS has additional resources for application essays](https://students-residents.aamc.org) (students-residents.aamc.org).

## INTERVIEW PREPARATION

**Many programs require an admissions interview as part of the application process.**

**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 MMI's becoming more popular. [Learn more about MMI's at AAMC](https://students-residents.aamc.org) (students-residents.aamc.org).
- The **Association of American Medical Colleges** also has [interview resources for medical school applicants](https://students-residents.aamc.org) (students-residents.aamc.org).

## PRE-MED AT GCSU

At Georgia College, students interested in pursuing medical school can find resources, support, and community to help them prepare for medical school and a career as a doctor. While "pre-med" is not a specific major, students from a variety of academic backgrounds—including biology, chemistry, and other disciplines—can successfully pursue medical school admission with careful planning and advising.

The GCSU Department of Biological Sciences is home to 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, [gcsu.edu/pre-med](https://gcsu.edu/pre-med).

Students are also encouraged to join the **GCSU Pre-Med Club**. This organization aims to enrich the undergraduate experience of students with pre-medical concentrations by providing a like-minded community of students that are passionate about healthcare and medical science.

## RESOURCES

### AACOMAS: Student Login:

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

### AACOM: Getting Started with your AACOMAS Application:

[https://help.liasonedu.com/AACOMAS\\_Applicant\\_Help\\_Center/](https://help.liasonedu.com/AACOMAS_Applicant_Help_Center/)

[Starting Your AACOMAS Application/](https://help.liasonedu.com/AACOMAS_Applicant_Help_Center/)

[Getting Started with Your AACOMAS Application](https://help.liasonedu.com/AACOMAS_Applicant_Help_Center/)

### AACOM: Personal Statement:

[https://help.liasonedu.com/AACOMAS\\_Applicant\\_Help\\_Center/](https://help.liasonedu.com/AACOMAS_Applicant_Help_Center/)

[Filling Out Your AACOMAS Application/](https://help.liasonedu.com/AACOMAS_Applicant_Help_Center/)

[Supporting Information/5 Personal Statement](https://help.liasonedu.com/AACOMAS_Applicant_Help_Center/)

### 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>

### 2024 FACTS: Applicants and Matriculants Data

<https://www.aamc.org/data-reports/students-residents/data/facts-applicants-and-matriculants>

### 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/>

### MCAT Registration

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

### 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>

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