Pre-med is not a major, per se, and successful medical school applicants have majored in a variety of different disciplines. St. Kate’s provides a wealth of resources and experiences to help you succeed in medical school and beyond, regardless of which major you choose.

FALL

Academic and Advising
- Take General Chemistry I (CHEM 1110), and Foundations of Biology (BIOL 1710).
- Take math placement to determine appropriate math level or use HS math scores for placement to appropriate math class.
- Attend the fall pre-med/pre-health informational meeting to learn about creating a plan that fits with your interests.
- You will need a firm grounding in math and science. Think about majors that interest you.

Career Development
- Meet with a counselor in the Career Development Office and ask about options for taking a career interest inventory. Work with your career counselor to see how your interests fit with a career in medicine.
- Research options for medical careers. Are you interested in traditional allopathic medicine, osteopathic medicine (Minnesota Osteopathic Medical Society: mndo.org) or some other area? Are you deciding between medical school, physician’s assistant school, dental school, or veterinary school? Career Development resources can help you with this.
- Conduct an informational interview with an alum. Sample questions are available in the Career Development. Obtain as much information and understanding about this field as you are able.

Community Connections
- Join MIG, the Medical Interest Group, a student club sponsoring events for students interested in medical fields.

SPRING

Academic and Advising Connections
- Take CHEM 1120: General Chemistry II, BIOL 1720: Foundations of Biology II and a statistics (either MATH 1080 or PSYC 2050) or perhaps a calculus (MATH 1110 or 1130) class.
- Challenge yourself academically by exploring opportunities in the Antonian Scholars Honors Program. Keep in mind that successful medical school applicants need to achieve a high GPA. In 2012 at the University of Minnesota Medical School, the middle 50% of applicants invited to interview with the Admissions Committee had GPAs that ranged from 3.29 to 3.92.

Career Development
- Consider conducting an informational interview with an alumna who is working in a medical field to learn about different areas of medicine and to get recommendations on what to do to best prepare for medical school application. Schedule an appointment to meet with a counselor in Career Development to identify alumnae.
FALL

Academic and Advising Connections
- Take CHEM 2010: Organic Chemistry I and PHYS 1080 (the non-majors physics class) or if you have completed calculus take PHYS 1110, calculus based physics. If calculus is required for your major, be sure to start the series by this semester (MATH 1110 or 1130).
- Check in with the Pre-Med advisor to make sure you are on track with coursework and grades.
- Meet with your major advisor to map out your course schedule for your program of study. Register for a major course this semester.
- Develop excellent study skills. Not only do you need to keep your grades high, but you must hone the study skills to persevere during a rigorous medical school education.

Career Development
- Consider taking INDI 2000: Career Development for Women. Test your assumptions about how your interests, skills and values fit with your plans for a career in medicine. J-term is a perfect time to fit this in.
- Continue to build relationships with alumnae who are physicians. Consult with Career Development to identify alumnae for informational interviews and build relationships with alumnae who can serve as mentors for you.
- Research and apply for an internship or research experience for the summer. Use the “Internship Idea Books” in Career Development to get started.

Community Connections
- Begin an application process to volunteer at a hospital. Many local hospitals offer volunteer positions that provide experience in the hospital setting and opportunities to observe hospital procedures. Medical schools will expect that you have had some hospital volunteer experience. In 2012, 73% of successful University of Minnesota applicants were involved in volunteer work and 83% had been involved in medically-related work.
- Be active in MIG and attend club events. Watch for opportunities to attend events that feature alumnae who are physicians.
- Join a club related to your major.
- The University of Minnesota hosts open houses and information sessions throughout the year, but most frequently in the fall/winter. Register on their website to attend one (healthcareers.umn.edu).

SPRING

Academic and Advising Connections
- Take CHEM 2020: Organic Chemistry II and Physics (either PHYS 1090 or PHYS 1120). Second semester, register for Calculus (Math 1120 or 1140) only if required.
- Register for 1–2 major courses. Refer to the St. Catherine Experience Advising Tool.
- Consider taking Anatomy and Physiology classes (BIOL 2510/2520 or BIOL 3120/3140). Summer is the only time BIOL 2510 and BIOL 2520 are offered.
- Talk to your faculty about opportunities to gain research experience.

Career Development
- Meet with a Career Development counselor to plan a search for a medically-related internship.
Some students wish to enroll in medical school the fall immediately after graduating from St. Kate’s. This option requires that you adhere to a strict and aggressive timeline. If this is your plan, follow the “Contiguous Track” timeline.

Another option is to plan for a year (or more) gap following graduation before enrolling in medical school. This option allows for a more flexible timeline. If this is your plan, follow the “Gap Year Track” timeline.

CONTIGUOUS TRACK: Suggestions for implementing your plans.

FALL

Academic and Advising Connections
- Take SOCI 1000: Principles of Sociology or SOCI 3250: Cultural Anthropology. This background will be important to help you prepare for the MCAT (Medical College Admission Test).
- Take CHEM 3400: Principles of Metabolism: Applied Biochemistry, or take CHEM 4400: Biochemistry in Spring semester.
- Take major courses. Refer to your major’s St. Catherine Experience Advising Tool.

Career Development
- Identify faculty and staff on campus who will serve as references for your application. Discuss your post-graduation plans with them. Give them an idea of your timeline expectations for the reference letters you will be requesting. (aamc.org/students/applying/amcas/)
- Begin your AMCAS (American Medical College Application Service) application.
- Begin drafting your personal statement.
- Visit the Career Development office for help with your personal statement and/or your resume.
- Research and apply for internships or research experiences for the summer. Use the “Internship Ideas Book” in the Career Development office to get you started.
- Take a major course. Refer to your St. Catherine Experience Advising Tool for your major.

Community Connections
- Continue your hospital volunteer work throughout this academic year.
- If you have not yet attended a pre-med information session or open house at the University of Minnesota, now is the time to do so. See the U of MN Medical School website to register. (healthcareers.umn.edu)

SPRING

Academic and Advising Connections
- Take PHIL 3400: Biomedical Ethics.
- Take CHEM 4400: Biochemistry if you haven’t already taken Applied Biochemistry.
- Take a major course. Refer to your St. Catherine Experience Advising Tool for your major.

Career Development
- Begin studying for the MCAT and plan to take the exam this year. (aamc.org/students/applying/mcat)
- Register for the MCAT for late spring or early June/July. Purchase on-line practice MCAT for preparation.
- Request the AMCAS application reference letters from faculty you identified previously, giving them at least 3 weeks to prepare the letter. Be sure to include your personal statement and a resume with your request, along with the AMCAS Request Form pdf that includes the necessary instructions.
- Finalize the list of schools where you will apply. Take into consideration your MCAT score (good for 3 years), your GPA, and specialization areas of interest.
- Put the final touches on your personal statement and AMCAS essays.

Community Connections
- Plan a budget for applying to medical school. The process can be expensive! Following is info for 2013. The AMCAS processing fee is $160, which includes one medical school designation. Additional medical school designations are $34 each. The fee for MCAT exam is $270. The majority of medical schools require a secondary application that typically range from $25 to $100. In addition, plan for travel expenses to visit schools you’re considering. If you want help laying out a budget, call St. Kate’s certified financial advisor at 1-888-577-2227 and indicate you are a St. Kate’s student.

Submit your completed AMCAS Application with references by September.
FALL

Academic and Advising Connections
- Take major courses needed for graduation.
- Check in with the pre-med advisor; discuss Plan B alternatives for after graduation.
- Begin working on your FAFSA. The filing deadline will be around February 1.
- Consider a Global Studies option. Think about taking GSJ Women and Health as a J-term study-abroad class.
- Make travel plans to schools that invite you for interviews.
  Talk to your faculty early if you find that you need to miss class for a medical school interview.

Career Development
- Continue your volunteer work throughout this academic year. Also consider opportunities to work as a medical scribe.
- Submit all supplemental applications that are requested from schools you are considering.

Spring

Academic Advising Connections
- Follow the St. Catherine Experience Advising Tool for your major; continue with your major requirements.

Career Development
- Finalize your medical school decision! Submit enrollment fees.

Leadership Development
- Mentor a younger member of MIG. Offer advice as she considers the application process.

Meet with the pre-med advisor early and often.

It’s important that you keep organized with your coursework, volunteer experience and research in order to successfully complete everything within a four-year timeline. Your science faculty, in particular, will be helpful in directing you to research experiences and lab/internship experiences.

Medical Schools Popular with St. Kate’s Students

Take a look at the websites for these schools.

- Medical College of Wisconsin: mcw.edu/medicalschool
- Des Moines University College of Osteopathic Medicine: dmu.edu/do
- Creighton University School of Medicine: Medschool.Creighton.edu
- University of Minnesota Medical School: med.umn.edu
- Loyola University Chicago Stritch School of Medicine: stritch.luc.edu/admission
- St. George’s University, School of Medicine (Caribbean): sgu.edu
- Midwestern University Chicago College of Osteopathic Medicine: midwestern.edu/programs-and-admission/il-osteopathic-medicine
- American University of the Caribbean Medical School: aucmed.edu
This plan supposes that you are preparing later for medical school. Perhaps you didn't decide until your second year to pursue this path. Perhaps you just wanted more time to focus on the numerous sciences classes needed. In any event, as a third year student you may still need to complete the suggested second year courses. If this is your situation, look at Year 2 above and enroll in Organic Chemistry, Physics and whatever math you need. If you have not completed General Chemistry I and II, take them during the summer of your second year to be on track. Continue with the other suggested activities below for Year 3. The primary difference is that the Biochemistry courses might be put off until your fourth year.

**SUMMER SESSION**
- Take General Chemistry 1110 and 1120

**FALL**

**Academic and Advising Connections**
- Take SOCI 1000: Principles of Sociology or SOCI 3250: Cultural Anthropology. This background will be important to help you prepare for the MCAT (Medical College Admission Test).
- Take CHEM 3400: Applied Biochemistry or take Biochemistry in Spring semester if organic chemistry has been completed.

**Career Development**
- Consider taking INDI 2000: Career Development for Women. Test assumptions about how your interests, skills, and values fit with your plans for a career in medicine. J-term is a perfect time to fit this in.

**Community Connections**
- Begin or continue your hospital volunteer work throughout this academic year.
- Take advantage of local resources. Attend a pre-med information session or open house at the University of Minnesota. See the U of MN Medical School website to register. (healthcareers.umn.edu).

**SPRING**

**Academic and Advising Connections**
- Take PHIL 3400: Biomedical Ethics.
- Take CHEM 2020: Organic Chemistry II and second semester physics class (either PHYS 1090 or PHYS 1120).
- Take an English Literature class if you haven’t already done so.
- Take a major course. Refer to your St. Catherine Experience Advising Tool for your major.

**Career Development**
- Identify faculty and staff on campus who will serve as references for your application. Discuss your post-graduation plans with them.
- Apply for internship or research experiences for the summer. Use the “Internship Ideas Books” in the Career Development Office to get started.
- Plan to spend time during the summer exploring medical schools that might be a fit for you.

**YEAR 3**

**Bridges**

Suggestions for implementing your plans.

**YEAR 4**

**FALL**

**Academic and Advising Connections**
- Take CHEM 3400: Applied Biochemistry or CHEM 4400: Biochemistry in Spring semester if not completed.
- If you have not yet attended a pre-med information session or open house at the University of Minnesota, now is the time to do so. See the U of MN Medical School website to register. (healthcareers.umn.edu)
- Consider a Global Studies option. Think about taking GSJ Women and Health as a J-term study-abroad class.

**Career Development**
- Continue your volunteer work throughout this academic year. Also consider opportunities to work as a medical scribe.
- Begin your AMCAS (American Medical College Application Service) application. (aamc.org/students/applying/amcas/)
- Begin drafting your personal statement.
SPRING

Academic and Advising Connections
- Meet with the pre-med advisor to review your application plans.
- Consider taking BIOL 3350: Molecular Biology or Immunology (BIOL 3350 or BIOL 3220, offered alternating years) as well as BIOL 3210: Microbiology. These will be useful background for the systems biology portion of the MCAT.
- Request letters of recommendation from faculty.
- Study for the MCAT exam.

Career Development
- Register to take the MCAT in late spring or early June/July. Purchase on-line practice MCAT exams to prepare.
- Request the AMCAS application reference letters from faculty you identified previously, giving them at least 3 weeks to prepare the letter. Be sure to include your personal statement and a resume with your request, along with the AMCAS request pdf that has the necessary instructions for them.
- Finalize the list of schools where you will apply. Consider your MCAT score, GPA, and specialization areas of interest.
- Search for “Gap Year” employment options. Consider working in a research lab (search research university websites to find positions). Also look at opportunities for medical scribe positions at local hospitals.
- Put final touches on your statement. Get feedback from counselors in Career Development, your academic advisor and the pre-med advisor. It is easier to access these people while you are still on campus.

Community Connections
- Plan a budget for applying to medical school. The process can be expensive! Following is info for 2013. The AMCAS processing fee is $160, which includes one medical school designation. Additional medical school designations are $34 each. The fee for MCAT exam is $270. The majority of medical schools require a secondary application that typically ranges from $25 to $100. In addition, plan for travel expenses to visit schools you’re considering. If you want help with a budget, call St. Kate’s certified financial advisor at 1-888-577-2227 and indicate you are a St. Kate’s student.

Submit your completed AMCAS Application with references by September.

YEAR FOLLOWING GRADUATION
- Be mindful about pursuing jobs and volunteer options that will strengthen your medical school application. Consider lab research jobs, medical scribe jobs and continue volunteer work at hospitals and healthcare organizations.
- Submit all supplemental applications that are requested from schools you’re considering.
- Visit schools you are seriously considering to see whether they are a fit for you.
- Finalize your medical school decision! Submit enrollment fees.
- Don’t forget to complete your FAFSA. The filing deadline will be around February 1.

Consider working with a temp agency if you’re looking for a “gap year” lab or scribe job. Several temp agencies specialize in science-related positions. Aerotek and LabTemps are two examples of agencies you might consider.