

## PREOSTEOPATHIC INFORMATION SUMMARY

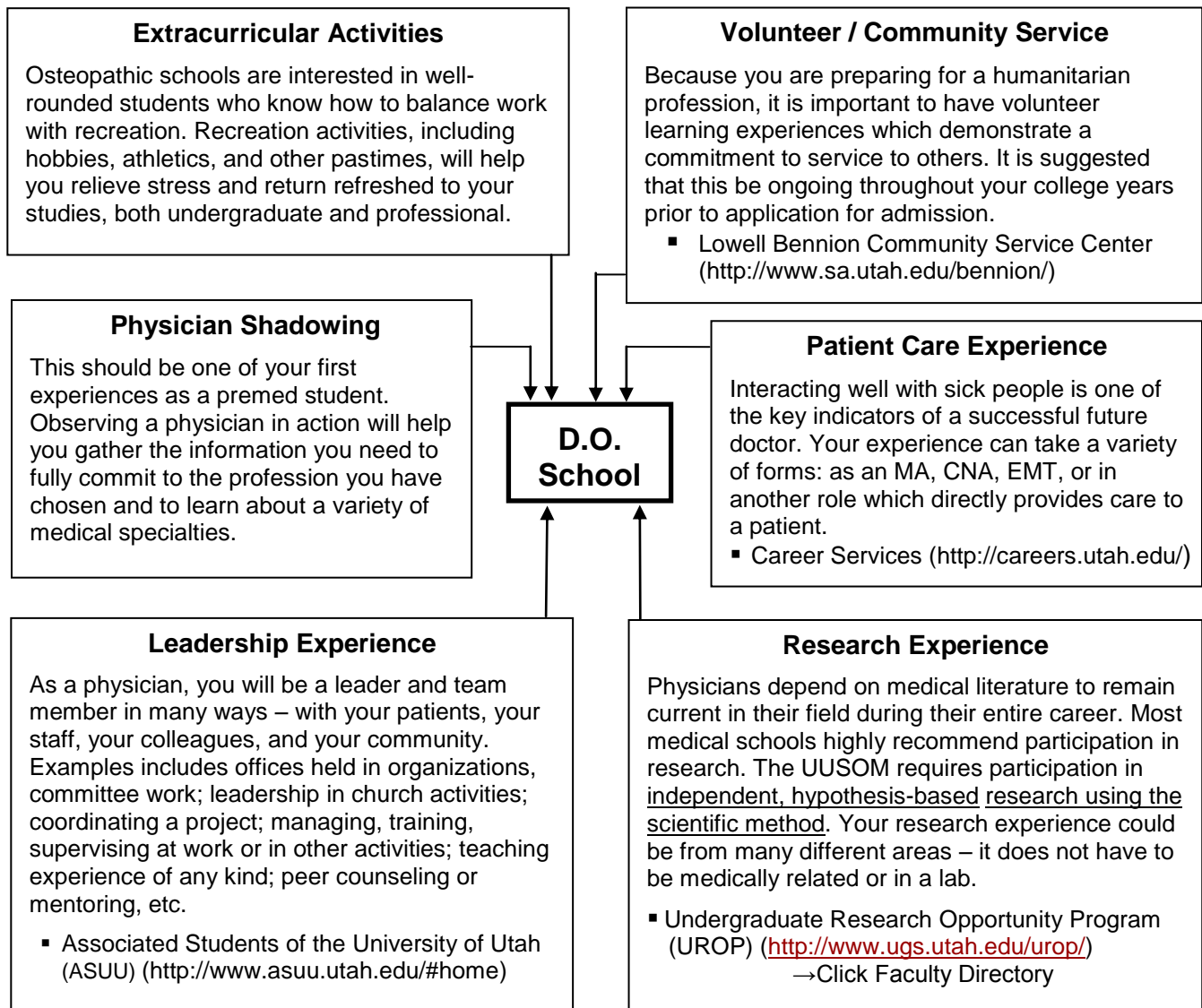
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Osteopathic medicine is a distinctive form of medical practice in the United States. It provides all of the benefits of modern medicine including prescription drugs, surgery, and the use of technology to diagnose disease and evaluate injury. To learn more about the profession, visit <http://www.osteopathic.org>.

### ❖ EXTRACURRICULAR ACTIVITIES



### Things to Remember

- Make sure you have contact information of supervisors and physicians you shadow or work with in case you need to have them write recommendation letters. Even if you discontinue some activities, try to keep a relationship with them.
- Record all hours of service and experiences. Writing your reflections in a journal will be helpful when you write a personal statement.

## ❖ APPLICATION PROCESS

Many public osteopathic medical schools are mandated by their states to admit a certain percentage of students who are residents of that state. Contact the colleges you are interested in for more information.

### ▪ MCAT & GPA

Take the **MCAT** when you have finished the necessary coursework. The MCAT is administered in Jan., Mar., Apr., May, Jun., Jul., Aug., and Sept. Taking the exam by spring will enable you to apply earlier. Jan. is the last MCAT accepted by some schools, for the following fall's entering class. The MCAT is divided into three multiple choice sections which are scored on a scale of 1-15: Biological Sciences, Physical Sciences, and Verbal Reasoning, plus a Writing Sample. The exam may be repeated, but the best strategy is to prepare thoroughly and take the MCAT once. Average MCAT score in 2006 for entering students to D.O. schools is 24 (8 in each field).

D.O. Schools look at **GPA** in 3 different ways; Overall, Science, and Non-Science. In 2006, the average overall GPA for entering class was 3.45, 3.36 for science and 3.55 for non-science.

### ▪ AACOMAS

The American Association of Colleges of Osteopathic Medicine (AACOM) operates a centralized application. AACOMAS centralizes and standardizes your application information. Apply to the schools of your choice using **AACOMAS** at [www.aacom.org](http://www.aacom.org). Application requirements include transcripts, personal background information, extracurricular experiences, personal statement, and fees. AACOMAS will begin accepting applications in June. Because many schools use a "rolling" admission process (they begin reviewing applications and admitting before deadlines), it will enhance your chances if you submit your application early regardless of when you take MCAT. Most deadlines are in February. To help us advise students we would appreciate if you would release your information to the Health Professions Advisor. This information will always be kept confidential.

	Dec	Jan	Feb	Mar	Apr	May	Jun	July	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	
MCAT	Register & Study					Take exam												
Recom. Letters	Request letters (Have all letters sent to us by June 1st)																	
Application	<b>Prep</b> - Write draft of Personal Statement - Research Schools					- AACOMAS Available Online in early May - Fill-out the form & submit (Earliest date → June 1st)			Application deadline (Oct.-Apr.)									
	Secondary Application																	
	Interviews																	
	Acceptance Notifications																	
Financial Aid															Priority filing for federal financial aid			

### ▪ Letters of Recommendation

Once a osteopathic school receives your initial application, they will request supplementary material, including **letters of recommendation**. To facilitate this, most students use our confidential letter service. Download the coversheet from our website [www.premed.utah.edu](http://www.premed.utah.edu), or pick it up from our office. Your recommenders will mail their letters to us, where we'll keep them on file until you apply. **Most osteopathic schools require 3 letters – 2 from science professors and 1 from an osteopathic doctor.** The more recent the letter, the better for your application.

#### < GET TO KNOW YOUR PROFESSORS BETTER! >

- Let professors know at the beginning that you would like them to keep an eye on your performance in class. It will give them a longer "observational window". Visit their offices regularly and ask them for a letter at the end of the semester if you do well and they are agreeable.
- A key to a good letter is the establishment of a relationship between student and professor based on shared academic interests.

- Ask thoughtful questions
- Delve deeper into concepts presented in lectures
- Share your academic and career goals
- Ask for recommendations for additional reading
- Inquire about their areas of interest and research
- After you have gotten to know professors, ask about further opportunities, e.g. teaching assistantships, individual research projects, etc.

#### < WHEN YOU REQUEST THE LETTER >

- Ask if the professor feels capable of writing a supportive letter. If not, you should probably try someone else.
- Remind the professor of topics, e.g. a project, a presentation or paper done for the class; a particular interest demonstrated in the class, or interaction you had with fellow students in the class.
- Ask if the professor would welcome written background material. You could include a brief biographical sketch, your interests and activities, career goals, and motivation toward your intended profession. You could also include a snapshot, copy of a paper written for that class, or transcript.
- Always give the professor ample time—two to three weeks minimum. Follow up to make sure that your letters have been sent. Send thank you notes.

#### ▪ LICENSURE

Osteopathic physicians are eligible for licensure in all 50 states and the District of Columbia. Licensure is determined by each state through the appropriate licensing board. Osteopathic medical students also are eligible to take the United States Medical Licensure Examination (USMLE), which is traditionally used if the student intends to pursue allopathic postgraduate training. Following residency, osteopathic physicians take certification examinations from the specialty board that oversees their particular specialty. For state-specific licensure information, visit <http://www.docboard.org>.

#### ❖ USEFUL WEBSITES

- Preprofessional Office Website (<http://www.premed.utah.edu/>)
- Tutoring Center (<http://www.sa.utah.edu/tutoring>) ---330 SSB, 581-5153
- Alpha Epsilon Delta (AED) ([www.utah.edu/aed](http://www.utah.edu/aed)) E-mail: AEDUtah@gmail.com
- Association of Future Female Physicians (AFFP) ([www.futurefemalephysicians.com](http://www.futurefemalephysicians.com)) E-mail: utah.affp@hotmail.com
- Premed AMSA (American Medical Student Association) ---National Website: (<http://www.amsa.org>) E-mail: uofu.premedamsa@gmail.com
- Pre-Professional Health Organization (pre-PHO) Contact: Ankur Katarie (ankataria@yahoo.com), 801-259-4961

#### ❖ PREMED CURRICULUM

##### Policies

<b>CLEP Credit &amp; Correspondence Study</b>	Not acceptable as part of the premed curriculum
<b>AP Credits</b>	Generally students must take coursework beyond introductory classes waived by AP
<b>Online Courses</b>	Accepted by UUSOM, but generally not accepted by other schools
<b>Repeats</b>	On your med school application, all repeated courses will be counted in your GPA
<b>Withdrawals</b>	W's should normally be used only for non-academic emergencies.

##### Non-Science Courses you need to complete before the application

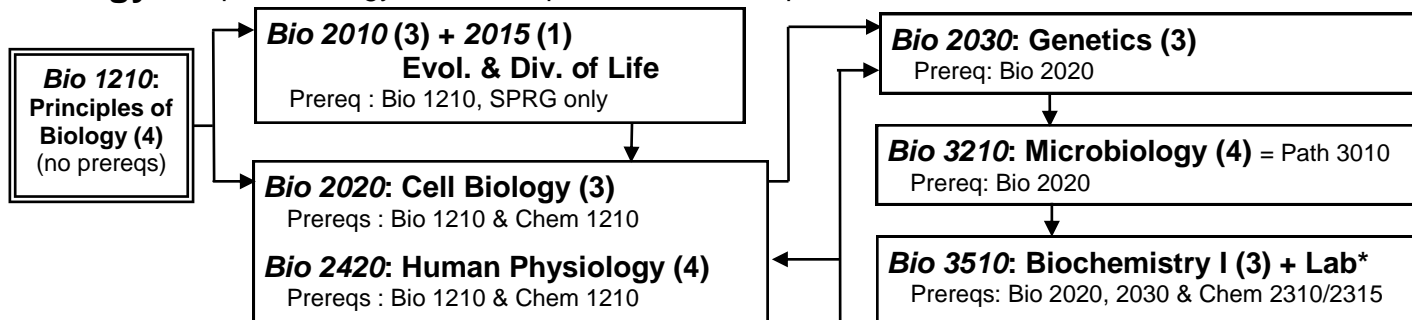
<b>English Composition</b>	Need 2 semesters (WRTG 2010 & CW)
<b>Social Sciences</b>	Most D.O. schools require or recommend at least 1 course
<b>Humanities</b>	Most D.O. schools require or recommend at least 1 course
<b>Optional Courses</b>	- ED PSYCH 3960 ( <a href="http://careers.utah.edu/internships/credit.htm">http://careers.utah.edu/internships/credit.htm</a> ) - College of Health LEAP ( <a href="http://www.leap.utah.edu/future_students/health.html">http://www.leap.utah.edu/future_students/health.html</a> )

# Preprofessional Science Course Guide

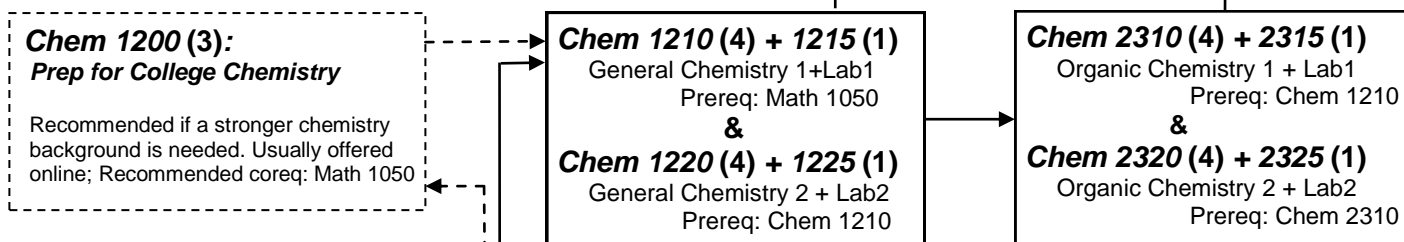
**Note:** This guide is designed for students preparing for medical, dental, chiropractic, optometry, and podiatry schools. Some courses may not be required by all professional schools and some schools may require additional courses not on this list. See a preprofessional advisor for more information.

(Prereqs → \*Optional courses)

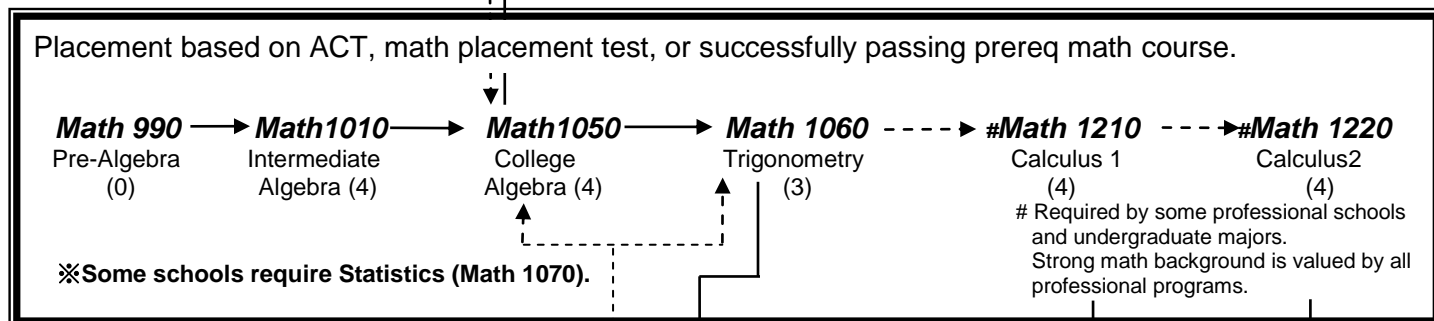
**Biology:** Required biology courses depend on choice of professional school.



**Chemistry:**



**Math:**



**Physics:**

Choose **1 year** (2 semesters) of **physics (4 credit hrs.) with labs (1 credit hr.)** depending on your math background, major requirements, and choice of professional school.

