



Health Professions Advising presents:

2021 Pre-Med Information Packet

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General Application Preparation

Pieces of the Application

There are six main components of the medical school application:

- **GPA**
- **MCAT scores**
- **Personal Statement**
- **Letters of Recommendation**
- **Meaningful Experiences**
- **Biographic Information**

Holistic Review

Many medical schools review applications holistically, which means they consider an applicant's **metrics**, **attributes**, and **experiences**, not just GPA and MCAT scores. The best way to prepare is to develop all of the pieces in an application, including yourself.

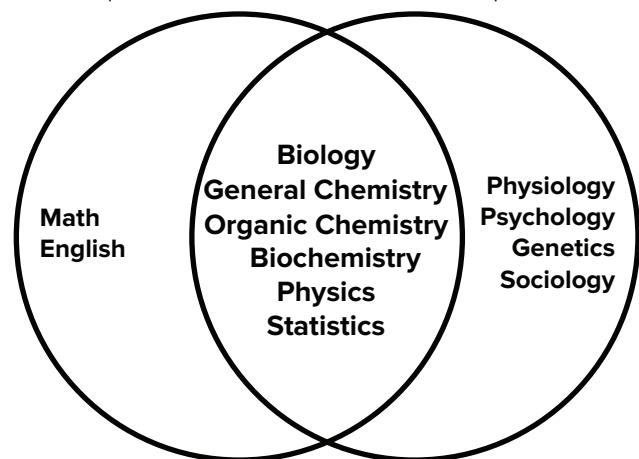
Preparing Academically

The prerequisite courses for medical school and the MCAT do not necessarily overlap completely. Each medical school has its own prerequisite courses. Some schools, like Stanford School of Medicine and Keck School of Medicine of USC, do not even require specific courses, although some may be recommended. Also, some schools do not accept AP Credit for these prerequisites, so check each institution's website.

*** Many medical schools require a year of English. ENL, COM, and UWP classes usually count, but check each school's requirements.**

Medical School
Prerequisites

MCAT
Prerequisites



Application Strategies

Applying to medical school can be a stressful period. Below are some strategies that can help you be successful during the application process. HPA additionally hosts application prep programming and current UC Davis students and alumni can meet with an HPA advisor to strengthen and revise their application.

- Apply early (June or July) if the school follows a rolling admission process.
- Do not take the MCAT until completion of all MCAT prerequisite courses, including upper-division advanced biology courses, such as biochemistry and physiology.
- Allow for 3 to 6 months of dedicated review before taking the MCAT.
- Begin writing your personal statement at least 6 months before submitting your application, and get feedback from professionals, including HPA advisors.
- Begin collecting letters of recommendations (LORs) 2 to 3 months at the latest before submitting your application. Provide a rough draft of Personal Statement and a resume to letter writers so they can personalize your letter.
- Complete all secondary applications from medical schools in a timely manner.
- Enter accurate information for all experience/activity time periods.
- Proofread all submitted materials.

HPA is currently operating with a hybrid model. Visit our website for details.

- **Express Advising:**
- Call HPA's front desk for questions on pre-reqs, timelines, experiences, LORs, and gap years at (530) 752 - 6435.
- **Zoom Drop-In Advising:**
- Tuesdays/Thursdays: 1 - 3 pm
- Wednesdays : 12 - 2 pm
- **Test Prep Zoom Drop-In Advising:**
- Mondays 9 am - 12 pm
- **Schedule an appointment**
- hpadvising.ucdavis.edu
- **Location:**
- 1090 Orchard Rd



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AAMC Competencies for Entering Medical Students

To be a good physician takes more than good grades. The AAMC created this list of 15 competencies to help admissions committees judge whether applicants have what it takes for medical school and beyond. Think about how your personal statement, experiences, and letters of recommendation can demonstrate that you possess these competencies.

Interpersonal Competencies

Service Orientation: Demonstrates a desire to help others and sensitivity to others' needs and feelings; demonstrates a desire to alleviate others' distress; recognizes and acts on his/her responsibilities to society; locally, nationally, and globally.

Social Skills: Demonstrates an awareness of others' needs, goals, feelings, and the ways that social and behavioral cues affect peoples' interactions and behaviors; adjusts behaviors appropriately in response to these cues; treats others with respect.

Cultural Competence: Demonstrates knowledge of socio-cultural factors that affect interactions and behaviors; shows an appreciation and respect for multiple dimensions of diversity; recognizes and acts on the obligation to inform one's own judgment; engages diverse and competing perspectives as a resource for learning, citizenship, and work; recognizes and appropriately addresses bias in themselves and others; interacts effectively with people from diverse backgrounds.

Teamwork: Works collaboratively with others to achieve shared goals; shares information and knowledge with others and provides feedback; puts team goals ahead of individual goals.

Oral Communication: Effectively conveys information to others using spoken words and sentences; listens effectively; recognizes potential communication barriers and adjusts approach or clarifies information as needed.

Science Competencies

Living Systems: Applies knowledge and skill in the natural sciences to solve problems related to molecular and macro systems including biomolecules, molecules, cells, and organs.

Human Behavior: Applies knowledge of the self, others, and social systems to solve problems related to the psychological, sociocultural, and biological factors that influence health and well-being.

Intrapersonal Competencies

Ethical Responsibility to Self and Others: Behaves in an honest and ethical manner; cultivates personal and academic integrity; adheres to ethical principles and follows rules and procedures; resists peer pressure to engage in unethical behavior and encourages others to behave in honest and ethical ways; develops and demonstrates ethical and moral reasoning.

Reliability and Dependability: Consistently fulfills obligations in a timely and satisfactory manner; takes responsibility for personal actions and performance.

Resilience and Adaptability: Demonstrates tolerance of stressful or changing environments or situations and adapts effectively to them; is persistent, even under difficult situations; recovers from setbacks.

Capacity for Improvement: Sets goals for continuous improvement and for learning new concepts and skills; engages in reflective practice for improvement; solicits and responds appropriately to feedback.

Thinking & Reasoning Competencies

Critical Thinking: Uses logic and reasoning to identify the strengths and weaknesses of alternative solutions, conclusions, or approaches to problems.

Quantitative Reasoning: Applies quantitative reasoning and appropriate mathematics to describe or explain phenomena in the natural world.

Scientific Inquiry: Applies knowledge of the scientific process to integrate and synthesize information, solve problems and formulate research questions and hypotheses; is facile in the language of the sciences and uses it to participate in the discourse of science and explain how scientific knowledge is discovered and validated.

Written Communication: Effectively conveys information to others using written words and sentences.



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Medical School and MCAT Prerequisites

To prepare academically as a pre-medical student, you'll need to take the medical school prerequisites and coursework to prepare for the MCAT. School prerequisites and MCAT prep coursework overlap but are not the same. MCAT prep coursework must be done before you take the MCAT and prioritized over non-MCAT prerequisites. You can choose any major and apply to medical school. If you choose a non-science major, you still have to take the science prerequisites required by most schools. Always cross-check your major requirements and the medical school requirements when choosing classes.

Prerequisites (1 year = 2 semesters = 3 quarters)	Courses to take at UC Davis to Fulfill Prerequisites	Required for the MCAT?
Most schools require:		
1 year General Chemistry with Lab	CHE 2ABC	YES
1 year General Biology with Lab	BIS 2ABC	YES
1 year Organic Chemistry with Lab	CHE 118ABC OR CHE 128ABC	YES
1 year Physics	PHY 7ABC OR PHY 9ABC	YES
Some schools require:		
Biochemistry	BIS 102 & 103 OR BIS 105	YES
1 year of Math (1 Statistics course required)	Statistics (STA 13 OR STA 100) & Calculus (MAT 16 OR MAT 17 OR MAT 21)	Strongly Recommended
1 year of English	Any combination of 3 quarters of ENL, UWP, and COM courses. (Make sure the course is writing intensive; there may be some grey area with some COM courses.)	Strongly Recommended
Additional recommended courses to consider:		
Genetics	BIS 101	Recommended
Cell Biology	BIS 104 OR NPB 110A	No
Immunology	MMI 188 OR NPB 134	No
Microbiology with Lab	MIC 102/103L OR MIC 102/104L	Recommended
Human Physiology with Lab	NPB 101 OR NPB 110C, NPB 101L	Strongly Recommended
Human Anatomy with Lab	EXB 106/106L OR CHA 101/101L	No
Psychology	PSC 1, PSC 41	Recommended
Sociology	SOC 3	Recommended

Please note: Each medical school has different prerequisites; check their requirements on their website to ensure completion. Complete all of your prerequisite courses for a letter grade - DO NOT take any of them P/NP. HPA recommends that pre-medical students maintain a minimum GPA of 3.0, although many medical schools will have GPA averages above this minimum.

Application Timeline

Fall 2021
Winter 2022
Spring 2022
Summer 2022
Fall 2022
Winter 2023
Spring 2023
Summer 2023
Fall 2023
Winter 2024
Spring 2024
Summer 2024
Fall 2024
Winter 2025
Spring 2025
Summer 2025
Fall 2025
Winter 2026
Spring 2026
Summer 2026
Fall 2026