

Thinking about MEDICAL school?

What's most important?

- High GPA and MCAT scores
- Appropriate academic preparation
- Impressive resume of activities and experiences

Recommended coursework:

- Two semesters of General Chemistry: CHEM 111 & CHEM 112
- Two semesters of Intro Biology: BIOL 182 & BIOL 183
- Two semesters of Organic Chemistry: CHEM 211 & CHEM 212
- Two semesters of Physics: PHYS 101 & 102 or PHYS 141 & 231 (or PHYS 141 & 102)
- One semester of Biochemistry: BIOL 317 or CHEM 320 (talk to advisors about this choice)
- Two semesters of math (including one semester of statistics: MATH 117 or NESC 220)
- Behavioral science (includes at least Intro Psychology: PSYC 101)
- Two semesters of English/Writing (strongly recommend at least one ENGL course with a second course in ENGL or RHET)
- State school requirements: About 70% of US medical students attend their home state medical school. Be sure to check your school for required pre-requisites.

Activities/experiences:

- Medical schools look for “competencies” – skills that you develop through your academic program and also, importantly, through your co-curricular and extracurricular involvement.
- Competencies include: Commitment to learning and growth, cultural awareness, cultural humility, empathy and compassion, ethical responsibility to self and others, interpersonal skills, oral communication, responsibility and dependability, resilience and adaptability, service orientation, teamwork and collaboration. These basically show that you are a functional adult who will be an effective clinician.
- Trinity alums have proven these competencies in many, many different ways! The important thing is to engage big in things you are passionate about! Some ideas: athletic teams/clubs, student clubs, study away, community service, research, internships, employment, and more!
- Also good to have some experience in health care. Trinity alums have done this through clinical research, EMT licensure, hospital volunteering, clinical shadowing, or other health care jobs (such as certified nursing assistant (CNA) or medical assistant (MA)). Medical schools value, but DO NOT expect, direct patient care experience.
- There are MANY ways to prove competencies – find yours!

For best preparation:

- Register with the Health Professions Advising Committee! You'll get a Health Professions Advisor and receive frequent information about opportunities.

Register with Trinity's
HPAC here:

