



SMU PRE-HEALTH PROFESSIONS

Suggested Pre-Med Plan

Note: Some science courses may be completed in summer terms.



Individual program requirements may change at any time, and this plan may not reflect the most current information. It is the student's responsibility to review, understand, follow, and remain up-to-date with the policies, guidelines, and requirements (including prerequisite coursework) of each individual medical program and application service.

This plan may vary depending on the major chosen. Consult your advisor and check individual degree plans for suggested sequencing of courses. **Grades of C (not C-) or better** are required to meet specific science (and math) prerequisites for admission to medical school. **Consult with your advisor before advancing to the next level course.** Science prerequisites include courses coded as Biology, Chemistry, Physics, and Math (including Statistics). *Subjects in italics will appear as content on the MCAT*, while additional courses are recommended for better preparation. See additional notes below.

1st Year Fall

CHEM	1303	General Chemistry I
CHEM	1113	Gen. Chem. I Lab
BIOL	1301	Introductory Biology I
BIOL	1101	Biology I Lab
WRTR	1312	Intro. to Academic Writing
MATH	1337	Calculus

1st Year Spring

CHEM	1304	General Chemistry II
CHEM	1114	Gen. Chem. II Lab
BIOL	1302	Introductory Biology II
BIOL	1102	Biology II Lab
WRTR	1313	Writing & Critical Reasoning
STAT	2331	Statistics

2nd Year Fall

CHEM	3371	Organic Chemistry I
CHEM	3117	Organic Chem. I Lab
BIOL	3304	Genetics
PSYC	1300	Introduction to Psychology

2nd Year Spring

CHEM	3372	Organic Chemistry II
CHEM	3118	Organic Chem. II Lab
BIOL	3350	Cell Biology
SOCI	1300	Introduction to Sociology

3rd Year Fall

BIOL	4310	Biochemistry
PHYS	1307	General Physics I
PHYS	1105	Physics I Lab
		MCAT

3rd Year Spring

BIOL	4311	Biochemistry: Metabolism
PHYS	1308	General Physics II
PHYS	1106	Physics II Lab

Medical schools vary in the requirements for admission; therefore, this suggested plan is only a guide to prepare students to meet the requirements of most medical schools. **MSAR (Medical School Admission Requirements) and individual medical school websites are the best resources to prepare for specific program recommendations.** **Students should pay particular attention to programs in their state of residency.**

Pre-Calculus (MATH 1304) may be required prior to Calculus I (MATH 1337). Consult with your advisor. While one semester of Calculus is required for some programs, Calculus II (MATH 1338) is not generally required for admission to most medical schools. **Proficiency in an Introductory Statistics course is strongly recommended** (and required by many medical schools, including all Texas programs).

After taking Genetics, there are a number of upper-level Biology courses students can take to satisfy advanced hours in Biological Sciences. Cell Biology provides additional review and preparation for the MCAT. **An upper-level course in Physiology is strongly recommended** (and required by a few medical schools). Consult with the Office of Pre-Health Advising (OPHA) and review MSAR for additional information.

Students may complete PHYS 1303/1105 & PHYS 1304/1106 instead of PHYS 1307/1105 & PHYS 1308/1106. Note: MATH 1338 is a prerequisite (or requires concurrent enrollment) for PHYS 1304. Pre-meds may incorporate study abroad in their college plan, usually before the spring of Year 3 or during the summer. Talk with your advisor and plan ahead!

Students majoring in Chemistry, Biochemistry, or Physics should plan to take Physics in the second year.

Although three hours of Biochemistry are recommended (and by some schools, required), **BIOL 4311 is strongly recommended** for additional MCAT prep and preparation for medical school.

Pre-medical students should plan to take the MCAT no later than May of the year of application (usually **January through April** of Year 3 of this plan). The MCAT is offered multiple times during the year. See the Pre-Health Director for more information and visit AAMC at: <https://students-residents.aamc.org/>.

It is ultimately the student's responsibility to be aware of timelines, deadlines, and events related to application to professional school. Pre-Health students are expected to remain engaged with the OPHA through advising appointments, attendance at group workshops and meetings, and by monitoring the Pre-Health website, the Pre-Health Facebook page, and emails from the OPHA. Failure to stay up-to-date with important events such as mandatory application workshops may result in losing the opportunity to interview with the HPRC and receiving a committee letter of evaluation.



Suggested Application Timeline

Pre-Medical/Pre-Dental

First Year

- ☐ Attend “Pre-Health 101,” a workshop designed for first year (and transfer) SMU students interested in Pre-Health graduate-level professional programs
- ☐ Join the [Pre-Health Listserv](#)
- ☐ Join organizations (seek areas of interest, including Pre-Health) and become active members
- ☐ Get to know professors
- ☐ Meet regularly with your academic advisor
- ☐ Get organized, create a [Pre-Health Resumé](#), and begin journaling experiences
- ☐ Establish good study habits and find balance (academic and social)
- ☐ Learn more about the medical/dental professions: volunteer in hospitals or clinics, shadow doctors or dentists, read medical/dental articles, journals, and other publications
- ☐ Participate in activities to serve the community
- ☐ Investigate research positions in a faculty lab (second semester) or summer near home
- ☐ Apply for summer programs, work, or enroll in summer courses
- ☐ Stay focused and finish the year strong

Second Year

- ☐ Attend “Pre-Health 201,” a workshop designed for second-year Pre-Health students
- ☐ Meet with the Office of Pre-Health Advising (*after attending Pre-Health 201*) and declaring major
- ☐ Stay on track academically
- ☐ Correct any weaknesses in your academic skills (Altshuler Learning Enhancement Center)
- ☐ Continue reading (include topics related to medicine/dentistry) to improve critical analysis and reasoning
- ☐ Continue getting to know professors (letters of recommendation will be needed)
- ☐ Seek meaningful leadership positions
- ☐ Seek meaningful research opportunities
- ☐ Stay organized (build your resumé, journal experiences, set goals)
- ☐ Join AED (Alpha Epsilon Delta, a health pre-professional honor society, second semester)
- ☐ Participate in healthcare-related activities (shadowing, volunteering, employment)
- ☐ Attend the Health Professions Panel (spring semester) to learn about different professions
- ☐ Investigate professional schools and various healthcare programs of interest
- ☐ Apply for summer programs, work, enroll in summer courses, or gain clinical experience
- ☐ Finish the year strong (applications may begin at the end of Year 3)

Third & Fourth Years

- ☐ Students **MUST** meet with the Office of Pre-Health Advising (Dedman Life Sciences Building, Room 135), **no later than the fall of Year 3** to review academic and extracurricular progress **AND** to receive additional, important, and timely information. **MANDATORY ATTENDANCE at an application workshop** is one of the requirements to be eligible to interview with the Health Professions Recommendation Committee (HPRC). Review [additional requirements](#) on the Pre-Health website.

Notes

- These are *general guidelines* to prepare for professional school in medicine and dentistry.
- Other professional programs such as Optometry, Physician Assistant, Pharmacy, and Veterinary Medicine require similar experiences with similar timelines. Consult with your academic advisor or the Office of Pre-Health Advising (declared majors) for more information.