

4 Year Medical School and Podiatry School Plan



Year 1			
	Fall (no more than 8 cr. of science)	Spring	Summer
Pre-reqs	CHM 2045 (3 credits) CHM 2045L (1 credits)	CHM 2046 (3 credits) CHM 2046L (1 credit)	BSC 2010 & BSC 2010L (4 cr) <i>or</i> MAC 2241 (3 credits)**
	MAC 1147 (4 credits)	BSC 2010 & BSC 2010L (4 cr) <i>or</i> MAC 2241 (3 credits)	<i>If needed: catch up on courses not taken in Fall & Spring</i>
Gen. Ed./Core Courses <small>*see courses below & review degree requirements</small>	Gen Ed/Core: _____	Gen Ed/Core: _____	
	Gen Ed/Core: _____	Gen Ed/Core: _____	
	<i>(If needed)</i> Gen Ed/Core: _____ <small>Semester should total 14-16 credits</small>	<i>(If needed)</i> Gen Ed/Core: _____ <small>Semester should total 14-16 credits</small>	** <i>If unable to take summer classes, meet with advisor for alternative plan</i>
Extra-Curricular Activities	Shadow, Volunteer and/or Work in Healthcare	Shadow, Volunteer and/or Work in Healthcare	Participate in a research or healthcare experience!
	Explore alternative healthcare careers	Explore alternative healthcare careers	
	Read current events on healthcare topics	Read current events on healthcare topics	
	Begin to get involved in community service, leadership and/or research opportunities	Continue your involvement in various community service, leadership and/or research opportunities	
		Optional: Submit application for summer experience!	

Year 2			
	Fall	Spring	Summer
Pre-reqs (min. of 8 credits of science)	CHM 2210 (3 credits) CHM 2210L (2 credits)	CHM 2211 (3 credits) CHM 2211L (2 credits)	PHY 2054 & PHY 2054L (4 credits)**
	BSC 2011 and BSC 2011L (4 credits)	PHY 2053 and PHY 2053L (4 credits)	<i>If needed: catch up on courses not taken in Fall & Spring</i>
Gen. Ed./Core Courses <small>*see courses below & review degree requirements</small>	Gen Ed/Core: _____	Gen Ed/Core: _____	
	Gen Ed/Core: _____	Gen Ed/Core: _____	
	<i>(If needed)</i> Gen Ed/Core: _____ <small>Semester should total 14-16 credits</small>	<i>(If needed)</i> Gen Ed/Core: _____ <small>Semester should total 14-16 credits</small>	** <i>If unable to take summer classes, meet with advisor for alternative plan</i>
Extra-Curricular Activities	Shadow, Volunteer and/or Work in Healthcare	Shadow, Volunteer and/or Work in Healthcare	Participate in healthcare or research experience!
	Read current events on healthcare topics	Read current events on healthcare topics	Begin studying for the MCAT
	Continue your involvement in various community service, leadership and/or research opportunities	Continue your involvement in various community service, leadership and/or research opportunities	
		Optional: Submit application for summer experience!	

* Gen. Ed. Core Courses that are strongly recommended for pre-med students:

ENC 1101: Composition I & ENC 1102: Composition II
 PSY 2012: Intro to Psych (Gen. Ed. Core Social Sciences)
 SYG 2000: Intro to Soc (MCAT Core Course)
 HUM 1020: Intro to Humanities (Gen Ed. Core Humanities)

HSC 4631: Critical Thinking - Public Health (USFT Creative Thinking)
 SYP 3000: Social Psychology (USFT Info and Data Literacy)
 ANT 2410: Cultural Anthropology (USFT Human/Cultural Diversity)
See the [MCAT Guide](#) for additional recommendations

Year 3- Application Year (most crucial!)			
	Fall	Spring	Summer
Pre-requisite Courses (minimum of 8 credits of science)	Biochemistry- BCH 3053 or BCH 4033 (3 credits)	PCB4744 or PCB 3712 or PHZ 4702 or PHZ 4703 (3-4 credits)	<i>If needed: take additional science courses to boost GPA before applying</i>
	PCB 3063 (3 credits)	PCB 3023 (3 credits)	
	STA 2023 (3 credits)	3000/4000 level science course (1 – 3 credits)	
	Upper Level MCAT Elective- see MCAT Guide (3 credits)	Upper Level MCAT Elective- see MCAT Guide (3 credits)	
Additional courses (fill in w/ major advisor)	Course Selection: _____ <i>(If needed)</i> Selection: _____ Semester should total 14-16 credits	Course Selection: _____ <i>(If needed)</i> Selection: _____ Semester should total 14-16 credits	
Extra-Curricular Activities	Attend Workshops offered by the Division of Health Professions Advising	Attend Workshops offered by the Division of Health Professions Advising	April/May/June: Take MCAT
	Study for the MCAT	Register to take the MCAT (and continue studying)	May: Begin application for AACOMAS and/or AMCAS
	Begin researching which individual schools you wish to apply to	Decide which individual schools you plan to apply to	June: Submit AMCAS and/or AACOMAS application- can submit without MCAT score
	Continue involvement in healthcare experiences and other extra-curricular activities	Continue involvement in healthcare experiences and other extra-curricular activities	July (if applicable): Begin and submit application for AACPMAS (podiatry)- can submit without MCAT score
	Identify potential letter writers	Early Spring: begin writing personal statement	

Year 4 (Year AFTER Application is Submitted)			
	Fall	Spring	Summer
Pre-requisite Courses	<i>Complete any remaining prerequisites for the specific programs where you applied</i>	<i>Complete any remaining prerequisites for the specific programs where you applied</i>	<i>Complete any remaining prerequisites for the specific programs where you applied</i>
Other courses for your major (fill in w/ academic advisor). Degree should be completed by Summer A	Course Selection: _____	Course Selection: _____	
	Course Selection: _____	Course Selection: _____	
	Course Selection: _____	Course Selection: _____	
	Course Selection: _____	Course Selection: _____	
	Course Selection: _____	Course Selection: _____	
Extra-Curricular Activities	Continue involvement in healthcare experiences and other extra-curricular activities	Continue involvement in healthcare experiences and other extra-curricular activities	Prepare to begin medical or podiatry school!
	Submit secondary applications	If applicable: prepare for interviews	
	Prepare for interviews	If needed: discuss back-up plan with pre-health advisor	

Important Reminders: Plans are for pre-health advisement ONLY and may vary- students should plan to meet with a health professions advisor each semester to confirm accuracy and receive individual recommendations. Students are responsible for verifying that the courses indicated above meet the requirements of their specific programs of interest. In addition to meeting with a Health Professions Advisor, students should meet with their Academic Advisor (for their major) each semester to ensure they are also meeting graduation requirements.