



WILLIAM & MARY  
CHARTERED 1693  
PRE-HEALTH ADVISING

**2024 Information Sheet for New Students Interested in Premedical Studies**  
(updated July 31, 2024 by Dr. Doug Young)

**ADVISING:**

- \* For premedical advising, contact Professor Lizabeth Allison ([laalli@wm.edu](mailto:laalli@wm.edu)), Professor Mainak Patel ([mjpatel@wm.edu](mailto:mjpatel@wm.edu)), or Professor Doug Young ([dyoung01@wm.edu](mailto:dyoung01@wm.edu))
- \* For advice on pre-PA and pre-nursing, contact Professor Ashleigh Queen ([aeverhardt@wm.edu](mailto:aeverhardt@wm.edu))
- \* For pre-PT/OT advice, contact Professor Evie Burnet ([enburnet@wm.edu](mailto:enburnet@wm.edu))
- \* At [the pre-health advising website](#), you will find handouts on course selection, our early assurance programs with EVMS and VCU, and other important topics.
- \* The Health Careers Advising listserv is a great source of information. Subscribe through [lists.wm.edu](mailto:lists.wm.edu).
- \* The [Career Center website](#) and Blackboard site provides a valuable resource for pre-health programing and networking.

**ACADEMICS:**

- \* There is no official premed major! Choose your major by interest.
- \* For the other health professions, major choice may not be as flexible, due to the recommended/required courses that should be completed by the time you apply. Check the websites of the professional schools that interest you for details.
- \* The courses required for success on the MCAT must be completed **before** you take the exam. Here's the list (combinations listed as lecture/lab):

Competencies	Recommendation	W&M Courses
Chemistry	5 courses w/ associated labs	CHEM 103/103L General Chemistry I (Fall) CHEM 206/206L Organic I (Spring) CHEM 207/253 (209) Organic II (Fall) CHEM 208/254 General Chemistry II (Spring)* CHEM 314 Biochemistry
Biology	2 courses w/ associated labs**	BIOL 203/203L Intro Molecules (Fall) BIOL 204/204L Intro Organism (Spring)
Physics	2 courses w/associated labs	PHYS 101/101L or PHYS 107/107L (Fall)*** PHYS 102/102L or PHYS 108/180L (Spring)
Math	1 course (optional statistics)	MATH 111 Calculus I (MATH 106, PSYCH 301, KINE 394, BIOL 327)
Psychology	1 course	PSYC 202 Psychology as a Social Science
Sociology	1 course	SOCL 250 Principles of Sociology or SOCL 362 Medical Sociology or SOCL 310 Wealth, Power and Inequality
English	2 courses	COLL 150 fulfills 1 course

\* CHEM 205 Advanced General Chemistry (Fall) is an alternative if AP/IB scores used for CHEM 103

\*\* BIOL 310 Molecular Cell Biology is also highly recommended

\*\*\* Chemistry and Physics majors must take PHYS 101/102

\* Considerations:

- Many medical schools require a year of math (statistics, calculus) and a year of English. The COLL 150 courses take care of half of the medical school English requirement.
- AP/ IB credit is accepted by most, but not all, medical schools. See the AAMC's MSAR for school-specific details.
- Many STEM courses are only offered in the Fall or the Spring so make sure you plan accordingly to stay on track.

- A typical first semester on the pre-med track would involve 2 STEM courses (CHEM/BIOL/MATH). Due to the intensity of these courses and necessity of a lab, thoughtfully approach the semester in the context of the transition to college life and associated adjustments.
- GPA (overall GPA, science GPA) is important, but still, you should challenge yourself!

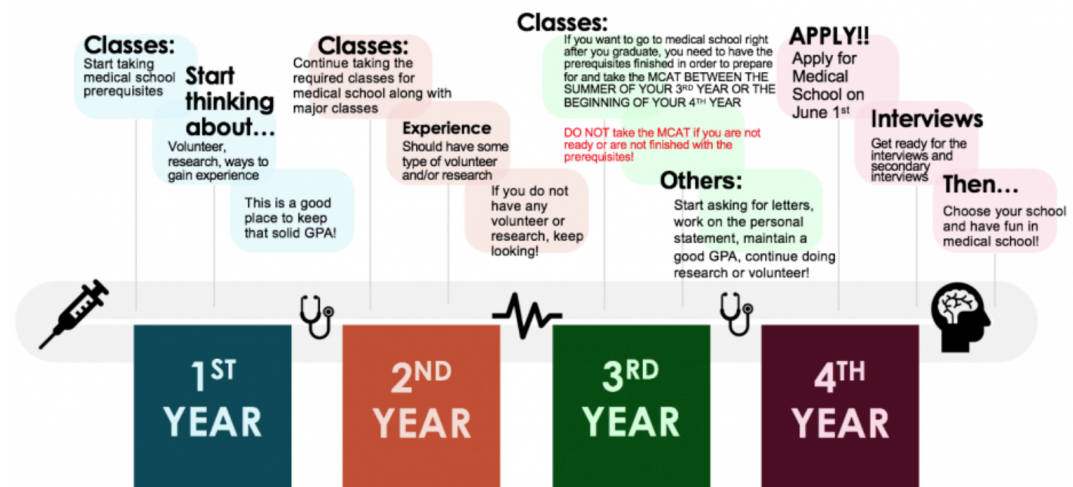
### EXTRACURRICULARS:

- \* **Commit to a small number of well-chosen extracurriculars.** Don't participate in an extracurricular with the intention of only staying long enough to accumulate the (perceived) minimum number of hours needed to check off a box on your medical school application: instead, plan to stay involved over the long term. Hours are an inadequate metric: quality matters!
- \* **Clinical experience is required.** For premeds, this includes shadowing physicians; it also includes volunteer and/or paid work in clinical settings, such as hospitals, free clinics, and physicians' offices. Volunteering with a rescue squad as an EMT also counts. This can exceed 200 hours for some programs so getting started early is helpful.
- \* **Many medical schools require non-clinical service:** after all, medicine is a service profession. Make a difference in your community during your undergraduate years!
- \* **Research** is not required for admission to every medical school, but it is becoming a more important selection factor for some medical schools. If you are interested in research, get involved!

### TIPS:

- \* Preparing a successful application for medical school takes effort and planning. Ultimately, you are generating a package that makes you a unique candidate for admission and demonstrates a true desire to be a physician.
- \* Always keep in mind how experiences contribute to your narrative and the story you want to provide to medical schools. Select extracurriculars and courses that help to drive this story.
- \* Give yourself some grace, the admission decision is not based on a single factor, so if your application has weaknesses, make sure you find ways to emphasize and champion your strengths.
- \* Use your resources (especially in the first year)! The adjustment to college life can be overwhelming and the ways you succeeded in high school may no longer be effective. Don't be afraid to ask for help and use the resources (Tribe Tutor Zone, Chemistry PRIME, etc.) to help provide mechanisms for academic success.

### TIMELINE:



(adapted from: <https://www.calstatela.edu/orgs/iampremedclub/pre-med-timeline>)