PREMEDICAL CURRICULUM

The “premedical curriculum” is just a list of courses that are required for admission to medical school. It is NOT an academic major, a minor, or an emphasis area. The list of courses we describe here meet the course requirements for many medical schools but you should consult the specific medical schools to which you plan to apply. Medical schools determine if applicants have met their course requirements and also evaluate prospective students in regard to multiple other factors such as academic grade points, Medical College Admission Test scores (MCAT), evidence of having experiences in caring for others through activities like community service and/or employment, evidence of leadership characteristics, knowledge of the medical profession through observing (shadowing) physicians, and other applicant characteristics that the medical school believes are important. Gaining entrance into medical school is highly competitive and students who are accepted usually surpass the minimum entrance requirements.

WHAT SHOULD I MAJOR IN?

Medical schools do not require a particular major. Although most premedical students choose a major in one of the sciences, other majors are acceptable including those in the humanities, social and behavioral sciences, or business. Students should select the major in which they feel the most comfortable and in which they would like to work if they do not apply to medical school or are not accepted into medical school. Students who desire to be in a major in which the course requirements for most medical schools are met within that major itself should consider a Biological Sciences BS degree or a Biochemistry emphasis within the Chemistry BS degree. Other majors are acceptable but you must make sure you fit the medical school’s course prerequisite requirements along with your major’s requirements into your course schedules. Both your academic advisor of your major and the preprofessional advisors in our office can assist you with course scheduling tasks.

Progress toward a Baccalaureate Degree

At Southern Miss, a minimum of 124 hours is needed for most baccalaureate degrees, with 45 of these hours from courses at the 300 level or above. Coursework toward a baccalaureate degree at Southern Miss must be scheduled so the student meets all the requirements of the degree plan for their major and, if appropriate, their minor while at the same time planning for the courses needed in their premedical curriculum.

What if you already have a Baccalaureate Degree?

Some students already have a B.A. or B.S. or even a higher degree and decide to pursue becoming a physician. Each student’s circumstance is different and it is wise to consult with our preprofessional office if you fit in this category. In general, students usually are lacking some of the science courses required by most medical schools or have a different problem in that their earlier college courses were over 10 years old which most medical schools don’t accept as meeting their required prerequisite courses. It is common for these students to take the prerequisite science or non-science courses for medical school here at USM as post-baccalaureate students, work on the other non-course requirements of medical schools while taking courses, study for the MCAT, take the MCAT exam, and then apply to medical
school(s). Some post-baccalaureate students take the science or other prerequisite courses as a non-degree student while other students choose a second major to pursue at USM. In either case you must go through the University Admissions Office (www.usm.edu/admissions) to be admitted if you are a new student to USM or to be re-admitted if you are a former USM student before you can enroll in any courses.

**MEDICAL SCHOOL POSSIBILITIES TO BECOME A PHYSICIAN**

In order to be a physician eligible for state licensing to practice medicine a person must attend and graduate from an accredited medical school, either an MD granting school or DO granting school, complete a medical residency, pass all required medical board exams and meet any other requirements of the state they plan to practice. MD granting schools are commonly called allopathic medical schools and DO granting schools are osteopathic medical schools. MD’s and DO’s have similar training and have the opportunity to train and practice in every medical specialty. The DO’s have had additional training in the use of manual manipulation methods to treat some disorders, usually musculoskeletal problems. Both MD’s and DO’s have the same eligibility to practice medicine within the United States.

Visit the **Association of American Medical Colleges** (AAMC) web page for more information about M.D. granting (allopathic) medical schools: http://www.aamc.org/students. There are 149 accredited schools in the U.S. and 17 accredited schools in Canada granting MD degrees with a total of 88,000 students.

Visit the **American Association of Colleges of Osteopathic Medicine** (AACOM) web page for more information about D.O. granting (osteopathic) medical schools: http://www.aacom.org. There are 34 U.S. accredited schools at 49 different teaching sites in 32 states granting DO degrees with about 29,000 students. Six colleges are public and 28 are private schools.

**Medical Schools in the Vicinity of the University of Southern Mississippi**

**Mississippi Medical Schools**

University of Mississippi School of Medicine – MD granting  
Location: Jackson, MS  
Website: https://www.umc.edu/som/

William Carey University College of Osteopathic Medicine – DO granting  
Location: Hattiesburg, MS  
Website: http://www.wmcarey.edu/com

**Alabama Medical Schools**

University of Alabama at Birmingham School of Medicine – MD granting  
Location: Birmingham, AL  
Website: https://www.uab.edu/medicine/home/

University of South Alabama College of Medicine – MD granting  
Location: Mobile, AL  
Website: http://www.usahealthsystem.com/doctor-of-medicine

Alabama College of Osteopathic Medicine – DO granting  
Location: Dothan, AL  
Website: http://www.acomedu.org
Edward Via College of Osteopathic Medicine, Auburn campus – DO granting
Location: Auburn, AL
Website: http://www.vcom.edu/admissions

Louisiana Medical Schools

LSU Health Science Center New Orleans School of Medicine - MD granting
Location: New Orleans, LA
Website: http://www.medschool.lsuhsc.edu

LSU Health Science Center Shreveport School of Medicine - MD granting
Location: Shreveport, LA
Website: http://www.lsuhscshreveport.edu/Education/som/index

Tulane School of Medicine – MD granting
Location: New Orleans, LA
Website: http://tulane.edu/som

Changes in Medical School Entrance Requirements

Two significant changes have occurred within this last few years that affect premedical students in their preparation for applying to medical school.

1. The Medical College Admissions Test (MCAT) changed in 2015. This test is required for entrance into almost all medical schools. The test has four sections, “Biological and Biochemical Foundations of Living Systems”, “Chemical and Physical Foundations of Biological Systems”, “Psychological, Social, and Biological Foundations of Behavior”, and “Critical Analysis and Reasoning Skills”. The test includes more Biochemistry than the previous MCAT and is over 7 hours in length. See http://www.aamc.org/mcat for more information. The number of testing months and dates are limited. It is offered between late March through September and a couple of test dates in January. Check with the MCAT service to determine when you can sign up for offerings of the MCAT. Register early (months ahead) as testing dates and sites fill up quickly.

2. The University of Mississippi Medical Center School of Medicine changed their entrance requirements starting with admissions of medical students back in the fall 2015 school year. This is specific for the medical school in Jackson, MS, who only take Mississippi residents. This is explained further below in the “Requirements for Applicants” section.

Requirements for Applicants

Each school of medicine has its own entrance requirements and deadlines so students should check the requirements of those particular schools in which they plan to apply. The Association of American Medical Colleges (AAMC) has compiled admission information for most medical schools that grant an MD degree (see http://www.aamc.org then click on “Find Medical Schools with MSAR). Similarly, the AACOM has compiled admission information for osteopathic medical schools (see http://www.aacom.org/become-a-doctor/us-coms). In general, schools of medicine have relatively similar minimum requirements for admission, which typically are:

• completion of a series of specified courses with laboratories in Biology, Chemistry, Physics, Mathematics (BCPM); English composition; advanced science courses
  – AP credit for REQUIRED courses is generally not accepted by many medical schools
  – if you have AP credit for a required course, either take the college course for a grade or take a higher level course with similar content in the same department for a grade
– a maximum of about 65 hours of required courses taken at an accredited community college may be used for admission to most medical schools
- many medical schools do not accept online coursework for required prerequisite courses
• completion of a baccalaureate degree; although consideration is given to exceptional students with a minimum of 90 credit hours, an undergraduate degree is strongly preferred
• a competitive GPA in the required BCPM courses
• competitive scores from the nationally administered Medical College Admission Test (MCAT)
• required prerequisite courses generally need to be within last ten years
  – if you have credit over ten years old you usually need to repeat the required course or take a course more advanced in that department
• evidence of caring for others as often shown through community service and other volunteer activities and sometimes through types of employment
• possess personal attributes, such as good communication skills, initiative, ability to work with diverse sets of people, integrity, good motivation for medicine, can manage heavy workload, leadership ability, and a desire to learn.

UNIVERSITY OF MISSISSIPPI MEDICAL CENTER’S SCHOOL OF MEDICINE ENTRANCE REQUIREMENTS

Students from USM applying to the University of Mississippi Medical Center’s School of Medicine (UMMC) in Jackson, MS, must follow their set of requirements that call for end-point courses

Link to UMMC School of Medicine Admissions:

Link to UMMC School of Medicine Admissions criteria:

Strong preference is given to applicants who are legal residents of Mississippi; in recent years, only Mississippi residents have been admitted or considered.

End-Point Course prerequisites at UMMC
The end-point courses can not be taken online and must be within the past 10 years.
Required courses:
Biochemistry: one semester (either CHE 420 or 421 would be accepted by UMMC)
Physics: 2nd semester – PHY 112/L or PHY 202/L
Life Sciences: 2 courses of any combination of the following:
(Note courses listed below are arranged alphabetically and not in order of importance)
  Anatomy – BSC 361/L
  Biology of Cancer
  Cellular Biology – BSC 360
  Embryology – BSC 465/L or BSC 466/L
  Genetics – BSC 370
  Histology – BSC 461/L
  Immunology and Serology – BSC 486/L
  Immunology
  Infectious Diseases – BSC 403
  Microbiology – BSC 380/L
  Molecular Biology – BSC 476
  Molecular Genetics
  Neuroanatomy
Neuroscience – BSC 457  
Pharmacology – BSC 460 or CHE 460  
Physiology – BSC 450 or 451 or 452 (only one physiology course will be counted by UMMC)  
Virology – BSC 484/L or BSC 485/L  

Each end-point course has its own prerequisites that must be passed before enrolling in the end-point course. Consult the course description of each course in the university’s undergraduate bulletin or course catalog to determine what the prerequisites are for the end-point courses you plan to take.  

UMMC Additional Recommended Subjects:  
- Algebra, Statistics, Psychology, Sociology  
- Electives to reach a minimum of 90 credit hours although a baccalaureate degree is strongly preferred  

**USM recommended courses for premedical students**  
These meet the admission’s course requirements of most medical schools and provides content preparation for the MCAT exam.  
BSC 110/L, BSC 111/L (Principles of Biological Science)  
CHE 106/L, CHE 107/L (General Chemistry)  
CHE 255/L, CHE 256/L (Organic Chemistry)  
CHE 420 or CHE 421 (Biochemistry)  
PHY 111/L, PHY 112/L or PHY 201/L, PHY 202/L (Physics)  
ENG 101, ENG 102 (English Composition)  
MAT 101 and 103, or MAT 114 or MAT 167 (Mathematics)  
PSY 110 (Psychology)  
SOC 101 (Sociology)  
Recommended Statistics course - PSY 360 or CSS 211 or MAT 320  
Choose at least two life science courses from the following list:  
- Anatomy – BSC 361/L  
- Cellular Biology – BSC 360  
- Embryology – BSC 465/L or BSC 466/L  
- Genetics – BSC 370  
- Histology – BSC 461/L  
- Immunology and Serology – BSC 486/L  
- Infectious Diseases – BSC 403  
- Microbiology – BSC 380/L  
- Molecular Biology – BSC 476  
- Neuroscience – BSC 457  
- Pharmacology – BSC 460 or CHE 460  
- Physiology – BSC 450 or 451 or 452 (only one physiology course will be counted by UMMC)  
- Virology – BSC 484/L or BSC 485/L  

Electives to reach a minimum of 90 credit hours although a baccalaureate degree is preferred  

The following list of **Required Courses** meets only the **minimum requirements for admission** to the William Carey University College of Osteopathic Medicine (COM) in Hattiesburg, MS.  
Link to WCUCOM Admissions: [https://www.wmcarey.edu/page/com-admissions#collapseFive](https://www.wmcarey.edu/page/com-admissions#collapseFive)  

- two semesters each of core science courses with laboratories (general chemistry, organic chemistry, physics) (8 hours each for 24 hours total)  
- three to four semesters of biological sciences with laboratory (12 hours total)  
- two semesters of English composition and/or literature (6 hours total)  
- electives to reach 90 credit hour minimum although a baccalaureate degree is strongly preferred  
- required courses can not be taken online or by advanced placement credit
The suggested course sequence below is merely a guideline for timely completion of the courses required to apply to med school at UMMC. Courses to fulfill the major must be worked into the student’s schedule.

Students must consult the USM Undergraduate Bulletin, the USM Class Schedule Guide for each semester, and their academic advisor. It is important to start CHE 106 with lab early in freshman year since the five required chemistry courses and labs CHE 106, 107, 255, 256, and 420 or 421 must be taken in sequential order and should be taken before taking the MCAT at end of junior year. Also BSC 110 and 111 with labs should be taken early in a student’s academic career since they are prerequisites to advanced Biological Sciences courses. During the last semester of the Sophomore year, students should develop a more detailed plan for the Junior and Senior years because many upper level courses in all majors are offered in specific semesters (Fall or Spring only) and/or on a rotating two year cycle.

YEAR 1

<table>
<thead>
<tr>
<th>Fall</th>
<th>Spring</th>
</tr>
</thead>
<tbody>
<tr>
<td>BSC 110&amp;L OR BSC 111&amp;L a</td>
<td>BSC 111&amp;L OR BSC 110&amp;L a</td>
</tr>
<tr>
<td>CHE 106&amp;L</td>
<td>CHE 107&amp;L</td>
</tr>
<tr>
<td>MAT 101 b</td>
<td>MAT 103 b</td>
</tr>
<tr>
<td>ENG 101 c</td>
<td>ENG 102</td>
</tr>
<tr>
<td>One other course d</td>
<td>One other course d</td>
</tr>
</tbody>
</table>

| a  The order in which students take the introductory Biological Sciences (BSC) courses does not matter; BSC 110/L covers molecular and cellular topics whereas BSC 111/L covers ecology and organisms. |
| b  Placement in mathematics (MAT) courses depends on the student’s ACT subtest score. Consult the prerequisites for the math course you plan to take. Calculus is required for some majors in the USM College of Arts and Sciences but is not required by most medical schools. |
| c  Placement in English Composition courses depends on the student’s ACT English subtest score. |
|    • ACT English subtest score 16 or below: ENG 99E (Expanded Composition Studio) and ENG 100E (Composition I expanded) |
|    • ACT English subtest score 17-19: ENG 100E (Composition I expanded) |
|    • ACT English subtest score 20 or above: ENG 101 (Composition I) |
| d  “Other” courses include those in the General Education Curriculum and in the major and/or minor as well as courses needed to develop competencies that will be tested on the MCAT such as introductory Sociology (SOC 101) and Psychology (PSY 110). See more about MCAT below. |

Strategy for Success

• Students should focus on doing well in their academic studies, particularly the required science, behavioral science, and math courses. Students should study for long term retention of knowledge in preparation for their MCAT exam and for use in medical school. The purpose of the MCAT exam is to provide a predictor of success in medical school which relates in part to a student’s retention of foundational knowledge in life sciences, physical sciences, and behavioral sciences. Students should strive to grasp the connections between their courses. The early classes provide foundational knowledge. This essential foundational knowledge is built upon in later science courses and in medical school.
• Students should take note of MCAT topics they should be learning. These are described by the AAMC under “What’s on the MCAT exam” at https://students-residents.aamc.org/applying-medical-school/article/understand-mcat-exam/
• Students should become involved with extracurricular activities, including meaningful **community service learning, volunteer activities, and leadership positions** that will demonstrate effective interactions with diverse people and effective time management skills. Students should maintain a record of the dates and total hours spent performing such activities. As part of that record make note of meaningful experiences and what meaning it had to you. This will be needed when it comes time to apply to medical school.

• Students should start getting some **hands on exposure** to medicine (sights, sounds, smells, feel). Keep record of your experiences including the insight you gained from those experiences. These experiences are generally related to shadowing physicians in practice. Successful medical school applicants typically have an average of six different medical-related experiences as an undergraduate. However, duration of medical exposures in combination with other responsibilities is considered.

• Students are strongly encouraged to complete the prerequisites for the **Hatten Externship (BSC 392)** during the first year. The main part of the course is shadowing physicians in practice. The Externship course is offered in the Fall semester, so students must fulfill the prerequisites for enrolling in the course by the end of the preceding Summer semester. Students may participate in the externship twice. Since students typically apply to medical school at the end of the Junior year, participation in the Externship as Sophomores and Juniors is recommended. **Externship prerequisites** are ENG 101, 102; BSC 110/L, 111/L; CHE 106/L, 107/L; [MAT 101, 103 OR one Calculus course]. Minimum GPA of 3.2 for USM GPA, degree GPA, and BCPM GPA.

• Southern Miss has a chapter of **AMSA** (American Medical Student Association), which students may join at any time by using the online form at: [http://www.amsa.org/members/join/](http://www.amsa.org/members/join/)

• Students may join **AED** (Alpha Epsilon Delta), the national Health Preprofessional Honor Society, as associate members at any time even if they do not fulfill the requirements for full membership (must be enrolled at Southern Miss for a minimum of three semesters and meet specific course and GPA requirements). Full members are inducted during the Spring semester. Information and links to AED Full and Associate Member applications are available on the Southern Miss Preprofessional website.

### YEAR 2

<table>
<thead>
<tr>
<th></th>
<th><strong>Fall</strong></th>
<th></th>
<th><strong>Spring</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>CHE 255&amp;L</td>
<td>4 h</td>
<td>CHE 256&amp;L</td>
<td>4 h</td>
</tr>
<tr>
<td>PHY 111&amp;L</td>
<td>4 h</td>
<td>PHY 112&amp;L</td>
<td>4 h</td>
</tr>
<tr>
<td>[or PHY 201&amp;L]</td>
<td>5 h</td>
<td>[or PHY 202&amp;L]</td>
<td>5 h</td>
</tr>
<tr>
<td>2-3 other classes c, f</td>
<td>7-9 h</td>
<td>2-3 other classes e</td>
<td>7-9 h</td>
</tr>
</tbody>
</table>

**c** “Other” courses include those in the General Education Curriculum and in the major and/or minor as well as courses needed to develop competencies that will be tested on the MCAT such as Sociology (SOC 101) or Psychology (PSY 110). This could be a time to start taking some of the end-point life science courses required for UMMC medical school. Two examples are Cell biology (BSC 360), or microbiology (BSC 380/L) either one will meet one of the two life science electives of UMMC end-point class requirements. Other advanced since electives are shown in footnote h.

**f** Students are strongly encouraged to take the **Hatten Externship** course (BSC 392) in the Fall semester of the second year; the course can be repeated in the Fall of the third year. Prerequisites are ENG 101, 102; BSC 110/L, 111/L; CHE 106/L, 107/L; [MAT 101, 103 OR one Calculus course]. Minimum GPA of 3.2 for USM GPA, degree GPA, and BCPM GPA.

**Strategy for Success**

• Students continue to focus on doing well in their studies, particularly the required science and math courses. Students should make an effort to review and retain knowledge learned in these courses in preparation for their MCAT and medical school. View MCAT topics at [https://students-residents.aamc.org/applying-medical-school/article/whats-mcat-exam/](https://students-residents.aamc.org/applying-medical-school/article/whats-mcat-exam/)
• Students remain involved with meaningful **community service learning, volunteer activities, and leadership positions.**
• Students continue to participate in **hands on exposure** to medicine.
• Students are strongly encouraged to participate in the **Hatten Externship (BSC 392)**, which is offered each Fall. Students may participate in the Externship twice. Since students typically apply to medical school at the end of the Junior year, participation in the Externship as Sophomores and Juniors is recommended.
• Students are typically inducted into **AED**, the national Health Preprofessional Honor Society, in the Spring semester of the Sophomore year, but may be inducted in Junior or Senior year (must be enrolled at Southern Miss for a minimum of three semesters and meet specific course and GPA requirements).

### YEAR 3

<table>
<thead>
<tr>
<th>Fall</th>
<th></th>
<th>Spring</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Biochemistry(^{g})</td>
<td>3-4 h</td>
<td>Advanced science elective(^{h})</td>
<td>3-4 h</td>
</tr>
<tr>
<td>Advanced science elective(^{h})</td>
<td>3-4 h</td>
<td>Other courses(^{i})</td>
<td>12-14 h</td>
</tr>
<tr>
<td>Other courses(^{a, f})</td>
<td>8-10 h</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

\(^{g}\) Biochemistry questions are on the MCAT as it makes up 25% of two sections of the four section MCAT. CHE 420 (Principles of Biochemistry) is suggested for student seeking only a single semester of Biochemistry. Otherwise, students may take the courses in the series intended for majors: CHE 421 (Biochemistry I), CHE 422 (Biochemistry II), CHE 424 (Biochemistry III). Biochemistry labs are optional, unless required for a specific major.

\(^{h}\) Recommended advanced science electives that meet the life science end-point elective requirements of UMMC include Cellular Biology (BSC 360), Comparative Anatomy (BSC 361/L), Genetics (BSC 370), Microbiology (BSC 380/L), Infectious Diseases (BSC 403), Physiology [BSC 451 (Human Physiology), or BSC 450 (Comparative Animal Physiology), or BSC 452 (Environmental Physiology)], Neuroscience or Neurobiology (BSC 457), Pharmacology (BSC 460 or CHE 460), Histology (BSC 461/L), Embryology (BSC 465/L or BSC 466/L), Molecular Biology (BSC 476), Virology (BSC 484/L or BSC 485/L), and Immunology and Serology (BSC 486/L).

\(^{i}\) Students may take **BSC 399 (MCAT Preparation)** during the Spring semester of the Junior year if they would like to review Biochemistry, Biology, Chemistry, Physics, Psychology, and Sociology in a formal class. Otherwise students need to prepare on their own before attempting the MCAT.

BSC 399 is offered in the Spring semester. Prerequisites include ENG 101, 102; BSC 110/L, 111/L; CHE 106/L, 107/L, 255/L, 256/L; PHY 111/L, 112/L; [MAT 101 & MAT 103 OR one Calculus course] and one upper level BSC or CHE course. Minimum GPA of 3.4 for USM GPA, degree GPA, and BCPM GPA.

### Strategy for Success

• Students continue to focus on doing well in their studies. Students should make an effort to review, retain, and connect knowledge learned in their first three years of college in preparation for their MCAT exam and medical school. View MCAT topics at [https://students-residents.aamc.org/applying-medical-school/article/whats-mcat-exam/](https://students-residents.aamc.org/applying-medical-school/article/whats-mcat-exam/)

• Students remain involved with meaningful **community service learning, volunteer activities, and leadership positions.**

• Students continue to participate in **hands on experiences** related to any aspect of medicine.

• Students are strongly encouraged to participate in the **Hatten Externship**, which is offered each Fall. Students may participate in the Externship twice. Since students typically apply to medical school at the end of the Junior year, participation in the Externship as Sophomores and Juniors is recommended.
• Apply to medical school in the summer shortly after the junior year.

YEAR 4

<table>
<thead>
<tr>
<th>Fall</th>
<th>Spring</th>
</tr>
</thead>
</table>
| Classes to fulfill major, minor | 15-18 h  
|                               | Classes to fulfill major, minor | 15-18 h |

The application process continues.

September: UMMC interviews begin. Students should sign up in the summer for mock interviews through Career Services or talk to the Preprofessional advisor, Jeffrey Evans, about setting up mock interviews.

THE APPLICATION PROCESS

The application process typically begins towards the end of the Junior year.

Students should learn about the online AMCAS application process for allopathic medical schools (M.D. granting schools) and about the online ACOMAS application process for osteopathic medical schools (D.O. granting schools), and about getting letters of evaluation from faculty. Students should have been preparing for the MCAT exam throughout their first few years of undergraduate studies. Students should determine if they are eligible for fee assistance to reduce cost of taking the MCAT. They should sign up the first or second semester of the junior year and reserve a MCAT test date and test site for several months later. Below are useful links for applying for MCAT and to medical school.

Link to MCAT: http://www.aamc.org/students/applying/mcat
Link to AMCAS: https://www.aamc.org/students/applying/amcas/
Link to AACOM and AACOMAS site: http://www.aacom.org/become-a-doctor/applying

The MCAT format and content
Four test sections in MCAT

- Biological and Biochemical Foundations of Living Systems
- Chemical and Physical Foundations of Biological Systems
- Psychological, Social, and Biological Foundations of Behavior
- Critical Analysis and Reasoning Skills

MCAT Preparation

Students should be well prepared before taking the MCAT exam. Do not take the official MCAT as a practice attempt. Students find a number of ways to be prepared to do well on the MCAT. Do not wait until shortly before the test to start preparing but begin early in your academic career (e.g. even as a freshman). The following are suggestions how to be prepared.

- Do well on the medical school required prerequisite science and behavioral science courses. Keep study materials such as lectures, lecture notes, and textbooks and review them periodically.
- Visit the official site of the MCAT to determine what is tested on the MCAT. This can be found at https://students-residents.aamc.org/applying-medical-school/article/whats-mcat-exam/
- Apply for fee assistance if eligible before registering for the MCAT. For information go to www.aamc.org/fap
- Make use of the MCAT Official Site and use their advice in preparing for the MCAT at https://www.aamc.org/students/applying/mcat/prepare/
  - This includes purchasing and reading the official guide to the MCAT Exam, Fourth edition (current edition) + online practice questions, using the official MCAT Practice tests #1, #2, and #3 as well as a Sample Test. The MCAT Practice Tests and other materials are at https://students-residents.aamc.org/applying-medical-school/article/online-practice-mcat-exam/ and at https://students-residents.aamc.org/applying-medical-school/article/study-mcat-exam/
Academy MCAT video tutorials and practice questions are available at https://www.khanacademy.org/test-prep/mcat

- Make use of USM’s MCAT Preparation course, BSC 399. This is typically taken the spring of a student’s junior year. It is a review course with course credit that assists in MCAT preparation.
- Make use of commercial materials such as review books, courses, online reviews, and practice questions and practice tests. Each student is different in what may work best for them. We do not endorse any specific set of materials. Listed alphabetically are some of these materials: Altius Test Prep, (http://altiustestprep.com), Exam Krackers (http://www.examkrackers.com/mcat/), Kaplan (http://www.kaptest.com/mcat); Next Step (http://nextsteptestprep.com/tests/mcat-tutor) Princeton Review (http://www.princetonreview.com/medical/mcat-test-prep); and other materials can be found by “Googling” MCAT Preparation.
- Students who study all along their academic career also find it helpful to develop a plan to study daily for the MCAT at a planned time for almost a year before taking the test and have an extended time free for weeks or a month before their scheduled MCAT to only concentrate on final preparation for the MCAT.

**Junior Year Application Preparation**

- **Fall and Spring:** continue MCAT preparation (review content, take practice tests online)
- **Spring/early summer:** take MCAT; do not take the MCAT unprepared or for practice. UMMC considers the combination of BCPM GPA and MCAT scores. The score scale for the MCAT is that the mean for each of the four sections of the test is 125 and the nationwide mean total score is 500. Scores range from 528 down to 472. A score of 500 means about 50th percentile. A score of 514 is about 90th percentile and a score of 485 is about 10th percentile.
- **Spring:** request official transcripts from all colleges attended and letters of evaluation from faculty; work on personal statement that is part of the application; begin formal AMCAS and/or ACOMAS application in May when the AMCAS and ACOMAS application sites open.
- **June 1:** earliest receipt date for complete medical school application by AMCAS and ACOMAS application submission (early summer application is recommended). Many schools have their deadline for applications in late summer or early fall of the year ahead of when you would begin medical school. Please check with the specific school about their deadlines. In most cases if you wait until the deadlines to apply, the school has already filled a considerable number class spots available by then. It is of advantage to apply as early as possible in the summer and not wait until the fall deadlines. It is common that many osteopathic medical schools have later deadlines but that is not a good reason to delay your application.
- **Summer:** repeat MCAT, if needed, after studying hard and taking additional practice tests

**THE INTERVIEW**

Students are advised to practice their interview skills BEFORE attending their first interview. The UMMC interview process is using the multiple mini-interviews method. See information about the UMMC interview system at:

For interview preparation at USM you may use the online **Perfect Interview™** resource: http://www.perfectinterview.com/usm/

- Or, sign up for mock interviews through Career Services by calling 601-266-4153 http://www.usm.edu/career-services/about-us
  or, sign up with the Preprofessional advisor, Jeffrey Evans, to do mock interviews with him.
- **Dress professionally** and act professionally at your interview.
FOR MORE INFORMATION ABOUT A CAREER IN HEALTHCARE, CONTACT THE PREPROFESSIONAL OFFICE

Preprofessional Office
Dr. Jeffrey Evans, Preprofessional Advisor
jeffrey.evans@usm.edu
Phone: 601-266-4315
Office Location: Bobby Chain Technology Center (TEC 100)

College of Arts and Sciences
118 College Dr., #5004
Hattiesburg, MS 39406-0001