PREFACE

Congratulations on choosing West Texas A&M University for your pre-professional studies! We will do our utmost to help in your preparation for medical school. The Pre-Medicine Program Guidelines are meant to serve as a resource during your journey as you prepare for medical school.

A career in medicine offers many opportunities: private practice, working as a member of a healthcare team, performing clinical research or teaching, just to name a few. Your decisions and competence will directly affect the health and lives of others.

By Fall 2020, there will be 13 medical schools in Texas – 11 allopathic programs and 2 osteopathic programs. Two more schools are projected to open by 2023. Each school retains final authority for its specific admission requirements. When in doubt, call or e-mail the Admissions Office (see p. 17).

WE WISH YOU SUCCESS IN MEETING YOUR GOAL!

Dr. Carolyn Bouma, Ph.D., Associate Professor of Biology
Pre-Medicine Program Advisor
WTAMU Health Professions Advisory Committee, Chairman
JAMP Faculty Director
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THE WTAMU PRE-MEDICINE PROGRAM and MEDICAL SCHOOL: FAQs

What is the Pre-Medicine Program at West Texas A&M University?

The Pre-Medicine Program (PMED specialization) is a track within the Biology curriculum for students who will apply to medical school. It consists of science (Biology, Chemistry, Physics, and Math) and non-science courses that together satisfy the admission requirements for medical schools in Texas. Although the Pre-Medicine Program alone will meet admission requirements, students are strongly encouraged to consider completing a B.S. in Biology through the Pre-Medicine Program. Obtaining a B.S. in Biology will will prepare you for the rigors of a professional medical program, provide advanced-level knowledge, and give you a liberal, well-balanced education.

**Note: Regardless of your academic major, if you plan to become a physician, be sure to designate Pre-Professional Specialization PMED on your Degree Information Form to ensure your Degree Plan includes the courses required by medical schools.

How successful is the Pre-Medicine Program at West Texas A&M University?

1. In any given year, at least 30 former WTAMU students are actively enrolled in medical schools.
2. The medical school acceptance rate for WTAMU students (2003-2018) is >50%, which is higher than the Texas and national acceptance rates. For example, 72% of the WT students who applied to medical school for Fall 2015 were accepted.
3. Many WTAMU graduates practice in West Texas after receiving their M.D. degree and residency training.
4. As of July 2019, there are >100 Biology/PMED students at WTAMU.

What are the MAIN academic objectives of which a Pre-Medicine student should be aware?

1. Declare PMED Specialization on the Degree Information Form. This will ensure your Degree Plan includes all courses required for medical school application. Even if your major is not Biology, be sure to consult with a Pre-Medicine Program advisor (Drs. Bouma, Byers, Fritzler or Ms. Meador) every semester, to ensure you are on-track with courses required for medical school application.

2. Introduce yourself to the Health Professions Advisory Committee (see page 12) and be sure these faculty members know you well!

3. Consult with a Pre-Medicine Program advisor every semester, and be familiar with the courses required for medical school admission (pages 5 and 6 of these Guidelines and https://www.tmdsas.com/medical/education_Requirements.html). With the help of your advisor, select courses appropriate for your ability – avoid taking advanced courses before you are ready, and take introductory-level classes (such as CHEM 1411 and 1412) EARLY.

4. **ALL** course grades (including Freshman year and repeated courses) count toward your GPA for medical school. Therefore, it is important to learn and succeed in your courses, particularly the medical school prerequisites. The average GPA of students accepted to Texas medical schools is >3.70, so earning C's and D's will not make you a competitive applicant! Note that medical schools in Texas will not accept a "D" for ANY required course. Don't hesitate to seek academic assistance if needed – tutoring and other academic resources are available through Educational Services (WT Student Success Center).

5. To start medical school immediately after college graduation, you must apply to medical schools at the end of your Junior year. (This is at least one year before you actually start medical school. Because professional programs are very selective, verification of the application and interviews require a lot of time.) Interviews are conducted during the summer following your Junior year and the Fall of your Senior year. Submit EARLY, because only very high level applicants are selected for interviews from August and September submissions! Plan ahead to ensure you take the MCAT early and submit your application no later than July 31.

6. If you are not ready to apply to medical schools immediately following your Junior year, it is important to remain involved with the medical and/or academic field. This gap year between graduation and medical school is sometimes called an "experiential year," for obvious reasons. In addition, if you apply and are not accepted, enhance your qualifications and reapply!

7. Beware of rumors. In most cases, rumors are inaccurate and the information comes from unreliable sources. Consult the Pre-Medicine Program advisor or medical school admissions web sites (page 17) for accurate information.

Is it difficult to be accepted into medical school?

Yes. All professional schools are selective, so acceptance is very competitive. Medical schools seek mature, responsible individuals with excellent grades, excellent scores on admissions exams, the ability to communicate effectively, leadership ability, and the desire to help their fellow man. Although these are high expectations, realize that you are preparing to practice medicine, which requires great responsibility and knowledge.

Remember that "Pre-Medicine is a *lifestyle*, not just a major." Many pre-medicine students change their path due to lack of study skills and perseverance. During your first college year, you must adjust to many changes (being in large classes, challenging coursework, possibly being away from home, and learning "time-management" skills). Your GPA as a Freshman sets the tone for later semesters - a low GPA during Freshman year is difficult to overcome! If a career in medicine is truly your dream, you must work hard right from the start of your college career.

What major should you choose if you want to become a physician?

Medical schools do not require a specific undergraduate major; however, they do require certain a mathematics and natural science courses. The required courses include 48 to 50 semester hours of Biology, Chemistry, Physics, and Math, so most applicants choose to major in Biology, Chemistry, or a combination of these. Non-science majors are strongly encouraged to take additional science courses beyond the minimum courses required for their degree of choice. There is no "magic" major to ensure acceptance into medical school, but Admissions Committees do look for high grades in the prerequisite courses.

Medical schools do not require a baccalaureate degree for admission, but it is highly recommended. Only truly exceptional applicants – those with a high GPA, a high MCAT score and who are truly professional and mature – are accepted without a baccalaureate degree.

What kind of non-academic endeavors will strengthen my application?

In addition to academic achievement and integrity, Admissions Committees seek individuals with the following qualities and skills:

1. Demonstration of leadership ability
2. Effective interpersonal communication skills
3. Exposure to the field of medicine

4. Professionalism

Consider joining campus organizations that align with your interests. For example, the Pre-Healthcare Club and Beta Beta Beta are for students interested in healthcare professions and Biology. Both organizations regularly sponsor presentations by healthcare professionals and offer volunteer opportunities on campus and in the community. Importantly, you should volunteer with community service organizations, local hospitals, nursing homes, or hospices. The Pre-Healthcare Club provides the latest information about the application process, the MCAT, interviewing, and individual medical schools in Texas. Taking a leadership role ("officer" position) in an organization demonstrates leadership ability to Admissions Committees.

What must I do to best prepare for the medical school application process?

"Excellence is never an accident. It is always the result of high intention, sincere effort and intelligent execution; it represents the wise choice of many alternatives – choice, not chance, determines your destiny." - Aristotle

Medical school applicants need to:

1. Think introspectively about why they want to pursue a career in medicine and convey it in a well-written personal essay
2. Apply concepts and knowledge from their premedical coursework to succeed on the MCAT
3. Engage in meaningful, consistent community service
4. Engage in consistent physician shadowing or other activities that allow observation of patient-physician interaction
5. Take leadership roles in student and community organizations
6. Develop empathy, situational awareness and interpersonal communication skills
7. Develop good social skills for interviews
8. Practice for the MCAT and for interviews
9. Plan for the cost of MCAT preparation, the MCAT, the CASPer and the medical school application

MEDICAL SCHOOLS IN TEXAS

As of July 2019, there are 13 medical schools in Texas: 11 allopathic medical schools (MD degree) and two osteopathic medical school (DO degree). Two additional schools (University of Houston College of Medicine and SHSU College of Osteopathic Medicine) are expected to open by 2023.

Medical schools have a four-year professional curriculum leading to an MD (or DO) degree. The core of basic sciences and clinical clerkships is similar at all the medical schools. Primary care (general practice, pediatrics, internal medicine, and obstetrics) is emphasized. Some schools also have accelerated programs (3 years to an MD degree) and dual-degree programs (MD/PhD, MD/MPH, MD/MBA). Special applications are required for dual-degree programs – a high level of undergraduate academic achievement is required and acceptance to thee programs is extremely competitive.

Upon graduation and successful completion of the US Medical Licensing Exam (USMLE), students enter residency training. Residency lasts from three to seven years (depending on the specialty).

Further information about each school's professional medical program can be accessed on each school's web site. Web pages, addresses and phone numbers for each school's Admissions Office are provided on page 17.

Summary Information and Course Requirements[a] for Medical Schools in Texas, Entry Year 2019

Medical Schools	BCOM Houston	TAM Coll. Station	TCOM Ft. Worth	TTSOM-Lubbock	UIW COM San Ant.	UNTHSC-TCU Ft. Worth
Class Size	185	200	230	200	160	60
Application Deadline	Oct 1[b]	Oct 1[c]	Oct 1[c]	Oct 1[c]	March 15[h]	Oct 1[b]
Minimum Undergrad Hours[d]	90	90	90	90	90	90 GPA 3.0
Biology[e]	8	14 Biochem required	14	14 Biochem required	8	Req'd: Genetics Biochem Physiology
Inorganic Chemistry w/ Lab[e]	8	8	8	8	8	
Organic Chemistry w/Lab[e]	8	8	8	8	8	
Physics w/Lab[e]	--	8	8	8	8	--
College Calculus Or Statistics[f]	--	3 Statistics required	3 Statistics required	3 Statistics required	Recom-mend 6	Recom-mend Statistics
English[e]	6	6	6	6	6	3 See note i below

a. Requirements are subject to change. If you are unsure of the admissions requirements, contact the individual school's Admissions Office.
b. Apply online through AMCAS (https://www.aamc.org/students/applying/amcas/).
c. Apply online through TMDSAS (http://www.utsystem.edu/tmdsas/). Application deadline: approximately October 1.
d. Baccalaureate degree highly desirable.
e. Must have grade of C or better. Biochemistry course may be taught in a Biology, Biochemistry or Chemistry Department.
f. Calculus can be taught by a Math or Physics Department. Statistics must be taught by a Math Department (WTAMU MATH 3360 or 4361).
g. UT Dell requires 12 hours Chemistry: 2 semesters Inorganic Chemistry w/lab + 1 semester Organic Chemistry w/lab, or 1 semester Inorganic Chemistry w/lab + 2 semesters Organic Chemistry w/lab
h. Apply through AACOMAS (https://www.aacom.org/become-a-doctor/applying) Application deadline:
i. UNTHSC-TCU requires English Composition (ENGL 1301), two courses in Social and Behavioral Sciences (Core code 80 such as PSYC 2301, SOCI 1301) and two courses in the Humanities (Core code 40).

Summary Information and Course Requirements[a] for Medical Schools in Texas, Entry Year 2019 (cont'd)

Medical Schools	UT-Dell Austin	UTMB Galv.	UTH	UT-RGV	UTSA	UTSW Dallas	TTSOM-El Paso
Class Size	50	230	240	60	220	230	100
Application Deadline	Oct 1[c]	Oct 1[c]	Oct 1[c]	Oct 1[c]	Oct 1[c]	Oct 1[c]	Oct 1[c]
Minimum Undergraduate Hours[d]	Not specified Minimum GPA 3.2	90	90	Not specified	90	90	90
Biology[e]	11 Biochem required	14	14	14 Biochem required	14 Biochem required	14	14
Inorganic Chemistry w/ Lab[e]	See note g below	8	8	8	8	8	8
Organic Chemistry w/Lab[e]	See note g below	8	8	8	8	8	8
Physics w/Lab[e]	8	8	8	8	8	8	8
College Calculus Or Statistics[f]	3 Statistics required	3	--	3 Statistics required	3 Statistics required	3	3
English[e]	3	6	6	6	6	6	6

a. Requirements are subject to change. If you are unsure of the admissions requirements, contact the individual school's Admissions Office.
b. Apply online through AMCAS (https://www.aamc.org/students/applying/amcas/).
c. Apply online through TMDSAS (http://www.utsystem.edu/tmdsas/). Application deadline: approximately October 1.
d. Baccalaureate degree highly desirable.
e. Must have grade of C or better. Biochemistry course may be taken in a Biology, Biochemistry or Chemistry Department.
f. Calculus can be taken in a Math or Physics Department. Statistics must be taken in a Math Department (WTAMU MATH 3360 or 4361).
g. UT Dell requires 12 hours Chemistry: 2 semesters Inorganic Chemistry w/lab + 1 semester Organic Chemistry w/lab, or 1 semester Inorganic Chemistry w/lab + 2 semesters Organic Chemistry w/lab

GUIDELINES FOR APPLYING TO TEXAS MEDICAL SCHOOLS

2019 MEDICAL SCHOOL ADMISSION STATISTICS: Average GPA and MCAT Scores
Sources: TMDSAS and AAMC

	Texas (as of 2/1/19)		Nationwide	
	Applicants	**Matriculants**	**Applicants**	**Matriculants**
Total Number	5811	1654 (28.5%)	52,777	21,622 (40.9%)
Total GPA	3.58	3.77	3.57	3.72
Science GPA	3.46	3.69	3.47	3.65
Non-Science GPA			3.71	3.80
MCAT	505.3	509.9	505.6	511.2

Medical schools assess six basic factors in judging an applicant's potential for success: cumulative and science GPAs, Medical College Admissions Test (MCAT) scores, the application, letters of evaluation and a personal interview. Each school places different emphasis on these factors.

State Residence

By Texas State law, Medical and Dental Schools receiving State funding cannot enroll more than 10% of their entering class with non-Texas residents. Consequently, Texas residents are given preferential admission and pay lower, resident tuition. You must be a Texas resident at the time of application to be eligible for the Texas resident applicant pool – see https://www.tmdsas.com/Pre-Submission/Residency.html for information.

Academic Performance

Admissions Committees use a student's GPA as a major factor in evaluating potential for academic success in the professional medical curriculum. Also considered are consistency of grades, performance in required courses, course load per semester, number and academic rigor of colleges attended, discrepancies between GPA and MCAT scores, behavioral characteristics, oral communication skills, and social, economic and/or educational background. Each school has its own method for determining a student's suitability for their program, so check their web site for more information!

Official transcripts must be submitted to TMDSAS directly from each academic institution attended. In addition, official transcripts must be provided, prior to matriculation, to the medical school you will attend. The GPA is a composite of all college work at all colleges attended and is calculated by year, overall courses, and science courses. Note that TMDSAS uses **all** college grades (including repeated courses) to calculate the GPA. However, each school's Admissions Committee has its own policy. For clarification, contact the school's Admissions Office (see page 17).

The Medical College Admissions Test (MCAT)

For information, visit https://www.aamc.org/students/applying/mcat/about/422306/changing-the-mcat-exam.html **and** https://www.aamc.org/students/applying/mcat/faq/

The MCAT is a standardized exam designed to assist Admissions Committees in predicting an applicant's success, both in the medical school curriculum and on the Board (licensing/USMLE) exams. It is written and administered by the American Association of Medical Colleges (AAMC), the accrediting organization for all US medical schools. It is given (online) at testing centers throughout the US. All medical schools in Texas require applicants to submit MCAT scores with their application. The TMDSAS application will accept MCAT scores up to five years old. Most schools throughout the country will accept MCAT scores

up three years old. If in doubt, you should confirm each specific school's policy concerning MCAT scores. Useful information about MCAT 2015 is available on the AAMC web site (https://www.aamc.org/students/services/343550/mcat2015.html). Candidates must register for the exam online, on the AAMC web site (http://www.aamc.org/students/applying/mcat/about/).

The MCAT lasts approximately 6 hours and assesses problem solving, critical thinking, and knowledge of scientific concepts and principles. It reflects the current expectations of Admissions Committees concerning knowledge and skills needed for medical school. It tests content taught in two-semester introductory courses in Biology, General Chemistry, Organic Chemistry, and Physics, as well as in first-semester of courses in Biochemistry, Psychology, and Sociology. The exam requires you to "use what you know" to integrate concepts from multiple disciplines, and to use basic research methods and statistical skills to solve problems the way scientists and medical professionals do. It also assesses verbal reasoning skills by asking you to analyze information provided in passages from the humanities and social sciences.

For additional details, please visit AAMC's page, "About the MCAT 2015 Exam" at https://students-residents.aamc.org/applying-medical-school/taking-mcat-exam/about-mcat-exam/.

We highly recommend taking a formal course to prepare for the MCAT! (See p. 15.)

Summary of MCAT Exam Sections

Biological and Biochemical Foundations of Living Systems

This section asks you to combine your knowledge of foundational concepts in the biological and biochemical sciences with your scientific inquiry, reasoning, and research and statistics skills to solve problems that demonstrate readiness for medical school.

Understanding the processes unique to living organisms, such as growing and reproducing, maintaining a constant internal environment, acquiring materials and energy, and sensing and responding to environmental changes is important to the study of medicine. You will be tested on your knowledge of how cells and organ systems within an organism act both independently and in concert to accomplish these processes, as well as your ability to reason about these processes at various levels of biological organization within a living system.

Chemical and Physical Foundations of Biological Systems

This section asks you to combine your knowledge of foundational concepts in the chemical and physical sciences with your scientific inquiry, reasoning, and research and statistics skills to solve problems that demonstrate readiness for medical school.

Understanding the mechanical, physical, and biochemical functions of tissues, organs, and organ systems is important to the study of medicine. You will be tested on your knowledge of the basic chemical and physical principles that underlie the mechanisms operating in the human body, as well as your ability to understand and apply these general principles to living systems.

Psychological, Social, and Biological Foundations of Behavior

This section tests your knowledge and use of the concepts in psychology, sociology, biology, research methods, and statistics that provide a solid foundation for learning in medical school about the behavioral and socio-cultural determinants of health and health outcomes.
Understanding the behavioral and socio-cultural determinants of health is important to the study of medicine. You will be tested on your knowledge of the ways in which psychological, social, and biological factors influence perceptions and reactions to the world; behavior, and behavior change; what people

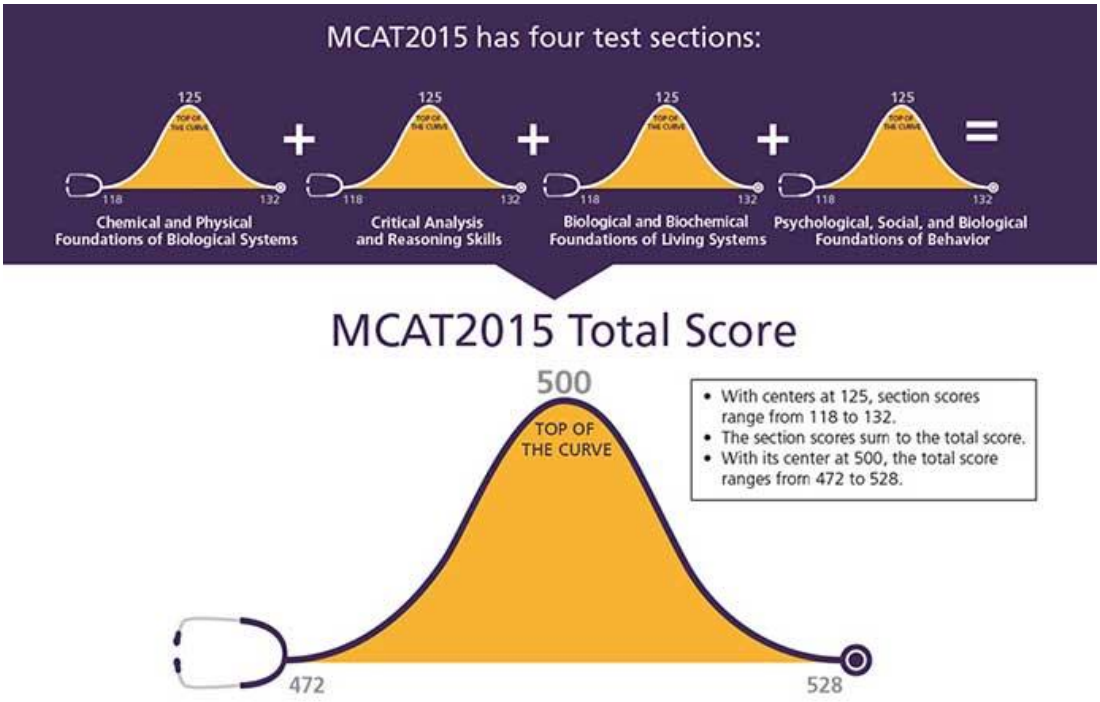
think about themselves and others; the cultural and social differences that influence well-being; and the relationships between social stratification, access to resources, and well-being.

Critical Analysis and Reasoning Skills

This section asks you to critically analyze information from a wide range of social sciences and humanities disciplines. Specific knowledge of these disciplines is *not* required for this section; all the information you need appears in the passages provided. Among the areas from which content is drawn are ethics and philosophy, cultural studies, and population health.

MCAT 2015 Summary

Section	Number of Questions	Time Allotted	Score Range (472-528)
Biological and Biochemical Basis of Living Systems (BBFL)	59	95 minutes	118-132
Chemical and Physical Foundations of Biological Systems (CPBS)	59	95 minutes	118-132
Psychological, Social and Biological Foundations of Behavior (PSBB)	59	95 minutes	118-132
Critical Analysis and Reasoning Skills (CARS)	53	90 minutes	118-132



https://www.aamc.org/students/applying/mcat/scores/421044/how-is-the-new-mcat-exam-scored.html

Financial Assistance for the MCAT

Qualifying students can receive financial assistance for their MCAT and AMCAS fees through the AAMC Fee Assistance Program (FAP). Further information is available at: https://www.aamc.org/students/applying/fap/benefits/

The TMDSAS Application

All state-supported medical and dental schools in Texas share a common application. Students apply online through Texas Medical and Dental Schools Application Service (TMDSAS) at http://www.tmdsas.com. Apply to Baylor College of Medicine and UIW School of Osteopathic Medicine (and medical schools outside of the state of Texas) through the American Medical Colleges Application Service (AMCAS) at https://www.aamc.org/students/applying/amcas/

A poorly-prepared or incomplete application will prevent or delay its review!! Use the following hints to maximize your success.

Follow the directions! The TMDSAS site includes specific instructions (Application Handbook). Follow them.

Allow sufficient time to complete the application. The application contains >50 questions. Most students underestimate the time required to complete it. Start early!

Ensure accuracy. Make sure the information you submit is complete and accurate! Discrepancies or incomplete data are noticed, and give the impression that you are being dishonest. Incomplete information will prevent your application's transmission to schools.

Refer to your transcripts. Obtain an unofficial transcript from each college or university attended. Use them to record course information on the application. Then, when your online application is submitted, you must send official transcripts from all colleges and universities.

Photograph. The TMDSAS application requires your photograph. It need not be a studio portrait, but it should be appropriate and professional. For example, an informal snapshot from a costume party, or a "selfie" taken in the mirror, are not appropriate.

Be honest. Do not "pad" your extracurricular activities and avocational interests to create a certain "image." (Admissions Committee members are very perceptive about this.) All activities you include are fair game for questions during an interview! For example, if you describe yourself as an accomplished chess player on the application, but cannot discuss the pros and cons of basic opening moves, you are not likely to leave a favorable impression.

Personal Essay and Optional Essays. The personal statement is **EXTREMELY** important. This essay is your opportunity to discuss your motivation for entering the field of medicine, your long-term career goals, and to demonstrate your personality. It should be a logical, coherent statement that demonstrates maturity, good judgment, sincerity, and a realistic view of a medical career. Describing specific examples from work or volunteer experience with people (as in a hospital, clinic, or research laboratory) shows your knowledge and interest in the profession of medicine. Moreover, your personal statement should express your individuality. Don't be unduly modest…but don't be arrogant, either. Your Optional Essays should be different than your main statement – don't use the same topics. Be sure that your essays do not contain misspellings or typographical/grammatical errors. Ask a faculty member to review them or ask for help at the WT Writing Center.

GPA. TMDSAS uses an applicant's BCPM (Biology, Chemistry, Math, Physics) GPA as the "science" GPA. This is the average of your grades in all courses with BIOL, CHEM, MATH, and PHYS prefixes. The non-BCPM GPA is also calculated. **ALL courses you completed (for which you received a grade) are included in these GPA calculations – including the grades for repeated courses.**

Proofread carefully. Print a copy of the completed application and any secondary applications and review them for accuracy before submission. Errors in spelling and grammar, and typographical errors, must be corrected. Errors in your personal statement and application

indicate a lack of concern for "details" and that you might ignore certain aspects of patient care. Admissions Committees do notice mistakes! Ask someone (your advisor or another faculty member) to review this material for errors.

Submit your application EARLY. Medical schools begin reviewing applications in June and begin interviews in July. Early submission means you are more likely to be offered an interview!

Keep a copy of the completed application. Print a copy of the application before submitting it. The copy is not only helpful in completing other applications, but also in refreshing your memory before an interview.

Check your eligibility for an application fee waiver. Although TMDSAS does not grant application fee waivers, individual schools may waive the secondary application fee. This policy varies with each school – contact the individual schools. A letter from a financial aid officer and/or your FAFSA Student Aid Report may be needed to document financial need. AAMC offers a Fee Assistance Program for the MCAT and the AMCAS application. See https://www.aamc.org/students/applying/fap/benefits/**.**

Periodically check the status of your application. It is the applicant's responsibility to ensure that his/her application is complete.

Secondary Applications are required by most schools. Admissions Committees will not offer an interview until the secondary application is received. Some questions on the secondary application are similar to the primary application, but resist the temptation to duplicate your essays – write new ones, because this shows motivation and attention to detail, and gives them more information about you.

Social Media profiles might be checked by medical schools; be sure your page is appropriate for a future medical professional!

Letters of Evaluation

In addition to MCAT scores and college transcript(s), the TMDSAS application requires three individual Letters of Evaluation, or one composite evaluation from the institution's Health Professions Advisory Committee (HPAC, see below). Be sure to request evaluations EARLY, preferably six weeks before you plan to submit your application. **Don't wait until the last minute!** Provide the evaluator or HPAC with your transcript, MCAT scores, essays and community service summary. Be sure to include your TMDSAS PIN. **The deadline to request an HPAC evaluation is June 1.** For further information about HPAC evaluations at WT, please contact Dr. Bouma.

The CASPer

The Computer-Based Assesment for Sampling Personal Characteristics (CASPer) is an online tool to assess non-cognitive skills and interpersonal characteristics ("situational judgement"). For the 2019 admissions cycle, four schools in Texas require it. The CASPer requires access to a computer with audio capabilities, a webcam, and a reliable internet connection (you cannot use a smartphone or tablet). The CASPer test comprises 12 sections of video and written scenarios, each followed by three questions. Five minutes are allowed to respond to each scenario. CASPer results are valid for one admissions cycle.

Interviews

An interview (in-person) is required for medical school acceptance. Medical schools in Texas begin reviewing applications in June and interviews are conducted July through December. Interviews assess noncognitive factors such as your communication skills, extracurricular activities, and motivation for a career in medicine. After your interview, an Admissions Committee considers your acceptance based on your MCAT scores, GPAs, the interview, and the letter(s) of evaluation (according to their own criteria).

Be sure to PRACTICE for your interview! This is critical to your success! WT's Career Services offers mock interviews to help you practice and to provide feedback (http://www.wtamu.edu/student-support/mock-interviews.aspx). They also ahe a clothes closet with professional attire available on loan. Here is a link to sample interview questions (from MIT, Massachusetts Institute of Technology): https://capd.mit.edu/sites/default/files/grad/files/sample-med-school-interview-questions.pdf.

Criminal Background Check

A criminal background check is required for medical school matriculants in Texas. Nondisclosure will prevent your acceptance, matriculation, or graduation from medical school.

TIMELINE FOR MEDICAL SCHOOL APPLICATION

A. Freshman Year

1. Establish excellent study habits and time-management skills.
2. Establish a solid GPA (no Cs or Ds!).
3. Take foundational courses in Biology and Chemistry.
4. Take core courses in English, History, etc.
5. Consult with a Pre-Medicine Program advisor (Dr. Bouma, Dr. Byers or Ms. Meador), even if you're not a science major.
6. Don't over-commit to work and extracurricular activities.
7. Join the Pre-Healthcare Club to stay in touch with admissions policies & deadlines, and to get information relevant to medical schools and volunteer opportunities.

B. Sophomore Year

1. Continue to maintain an excellent GPA.
2. Complete the foundational courses; depending on your level of preparation, begin advanced coursework in Biology, Chemistry and Mathematics.
3. Consult with Dr. Bouma, Dr. Byers or Ms. Meador to ensure you are on-track with required courses.
4. Begin volunteer and/or physician-shadowing activities.
5. Gather information about medical schools – become familiar with admissions policies.
6. Learn about the MCAT – format, cost, FAQs, and prep courses. Begin MCAT Preparation when Organic Chemistry I and Physics I are completed. Take a prep course and do practice tests!
7. Become familiar with the TMDSAS application.

C. Junior Year

1. Begin advanced courses in Biology.
2. Seek leadership positions in student organizations and volunteer organizations.
3. Register for the MCAT at least 3 months in advance.
4. Take the MCAT in the late Spring.
5. Request letters of evaluation. (Note: HPAC evaluation requests are due June 1 – see next page.)
6. Prepare and submit medical school application, preferably before September 1.
7. Save money for travel expenses associated with interviews.
8. Finalize your degree plan to ensure you will graduate on time.
9. Participate in mock interviews (offered by the Pre-Healthcare Club).

D. Senior Year

1. Submit medical school application no later than the TMDSAS deadline (October 1).
2. Continue to maintain academic excellence!
3. Go to medical school interviews!!

THE HEALTH PROFESSIONS ADVISORY COMMITTEE (HPAC)

TMDSAS requires applicants to submit three Letters of Evaluation from individual faculty members, **or** one "committee" evaluation. The HPAC performs the committee evaluations, upon request. The Committee is appointed by the Dean of the College of Agriculture, Science and Engineering. **The deadline for requesting an HPAC evaluation is June 1 of each year.** For further information, or to request a committee evaluation, please contact:

Dr. Carolyn Bouma, Associate Professor of Biology
Pre-Medicine Program Advisor and JAMP Faculty Director
HPAC Chairman
Department of Life, Earth, and Environmental Sciences
NSB Room 341
651-2569 or cbouma@wtamu.edu

**Note: If you are unsure about the evaluation requirements for a specific medical school, consult the school's web site or Admissions Office for accurate information. Contact information for all Texas medical schools is provided on page 18.

THE COST OF APPLYING TO MEDICAL SCHOOLS

Below are listed the fees associated with various phases of the medical school application process, as of 2019. Note that the actual cost will vary, depending on the schools to which you apply the MCAT prep course you choose, whether your schools require payment for official transcripts, and the interviews you are offered.

Item	Cost
TMDSAS Application	$185
AMCAS Application	$160 first school + $38 each additional
AACOMAS Application	$195 first school + $40 each additional
Secondary Applications	Up to $150
Transcripts	$20 (estimate)
MCAT Prep course	Up to $2000
MCAT (additional fees for late registration or registration change)	$310
CASPer	$10
CASPer – Transmission of Results	$10 per school
Travel to Interviews	$500 (estimate)

FINANCIAL AID AND SPECIAL PROGRAMS

General Scholarships

For general undergraduate scholarships at WTAMU, contact the Financial Aid Office (806-651-2055, http://www.wtamu.edu/student-support/financial-aid.aspx) or Scholarship Services (806-651-3330, http://www.wtamu.edu/student-support/scholarships.aspx). Be sure to fill out the scholarship application completely!

Joint Admissions Medical Program (JAMP)
If you qualify for Federal financial aid (Pell Grant), you may be eligible for JAMP. This statewide program provides services to support highly-qualified, economically-disadvantaged students pursuing a career in medicine. This program has specific GPA, MCAT and internship participation requirements. Students must apply for JAMP by October 1 of their second college year. Accepted students receive undergraduate scholarships, stipends to attend two summer internships, MCAT prep courses, guaranteed admission to medical school, and a partial tuition scholarship for medical school if all JAMP requirements are met. Consult with Dr. Bouma, the WTAMU JAMP Faculty Director, or visit the JAMP web site (http://www.texasjamp.org) to learn more.

Partnership for Primary Care (PPC)
This program, available to students at WTAMU and eight other colleges in Texas, focuses on educating primary care physicians for rural Texas. Students accepted into PPC receive summer internships and guaranteed admission to TAMU College of Medicine. (The PPC does not provide scholarships, but if you meet the requirements, you are guaranteed a medical school seat.) Students must apply to PPC by February 1 of their first year in college. For further information, visit the PPC web site (http://medicine.tamhsc.edu/admissions/ppc/index.html) or contact Dr. Bouma.

Early Decision Programs
https://www.tmdsas.com/medical/special-programs.html#early_Decision_programs

These programs greatly reduce the high financial and psychological costs of applying to and interviewing at multiple schools, but they are exceptionally competitive. Applicants whose GPA is lower than 3.5 or who have an MCAT score below the average for Texas applicants are unlikely to be accepted through an early decision program. There are four schools providing early decision programs in Texas; please check each school's web site for more information.

- TTUHSC School of Medicine (Lubbock)
- UNT-HSC College of Osteopathic Medicine (TCOM)
- UT Rio Grande Valley (UTRGV)
- TAMU College of Medicine (see Partnership for Primary Care, above).

Armed Forces Health Professions Scholarships
The Army, Navy, and Air Force offer full medical school scholarships through the Health Professions Scholarship Program (HPSP). Students who have been accepted to medical school and meet the respective program requirements receive a full medical school scholarship. After internship and/or residency training, the student repays the scholarship through active-duty service. Requirements may differ among the various branches of the military. For further information, visit the web pages below:

https://www.airforce.com/search/HPSP
http://www.goarmy.com/amedd/education/hpsp.html
https://www.navy.com/index.php/what-to-expect/education-opportunities/graduate-professional-degree-opportunities

SUGGESTED READING AND USEFUL WEB SITES

Aspiring Docs, www.aspiringdocs.org, helps you explore whether a career in medicine is right for you and provides answers to FAQs such as: How do I get started on becoming a doctor? How do I know if medicine is the right career for me? What are my career options once I receive my MD degree? Where can I get information about the MCAT? If I can't afford a prep course, how do I prepare for the MCAT?

American Association of Medical Colleges, www.aamc.org

- What's On MCAT2015, https://www.aamc.org/students/download/377882/data/mcat2015-content.pdf
- MCAT2015 General Information: https://www.aamc.org/students/applying/mcat/faq/
- Question Packs and Practice Exams for MCAT2015: https://www.aamc.org/students/applying/mcat/prepare/

Smart, J., Nelson, S. and Doherty, J. (2005) **Planning a Life in Medicine: Discover if a Medical Career is Right for You and How to Make It Happen**, Princeton Review, Random House, NY. ISBN 0-375-76460-7.

Gray, R MD (2017) **Guide to the Medical School Personal Statement**. Morgan James Publishing, NY. ISBN 97801-68350-853-3

Gray, R MD (2018) **Guide to the Medical School Interview**. Morgan James Publishing, NY. ISBN 978-1-68350-215-9

Jones, S. and Bayer, EA (2003) **Essays that Worked for Medical Schools**, Ballantine Books, NY. ISBN 0-345-45044-2

Goldberg, EM (2018) **So, you want to be a Physician.** 2nd Ed., CreateSpace Independent Publishing, Charleston SC ISBN 978-1-8919-2157-7.

Fleenor, J (2006) **The Medical School Interview**, shift 4 publishing, Denver CO. ISBN 097795590-7

Kansagra, S. (2011) **Everything I Learned in Medical School (Besides All the Book Stuff)**, San Bernardino CA. ISBN 1-451-58761-9.

Young, A. (2004) **What Patients Taught Me: A Medical Student's Journey**, Sasquatch Books, Seattle WA. ISBN 1-57061-527-6.

Sample Medical School Interview Questions: https://capd.mit.edu/sites/default/files/grad/files/sample-med-school-interview-questions.pdf.

Links for Exploration of Various Healthcare Professions: https://www.naahp.org/student-resources/links-of-interest

MCAT Prep Courses (a few examples – there are many!)

- Kaplan, http://www.kaptest.com/mcat
- Princeton Review, www.PrincetonReview.com
- ExamKrackers, http://www.examkrackers.com/mcat
- Berkeley Review, http://www.berkeley-review.com/

Recommended Courses for Medical School Preparation

Major degree programs in most Departments at WTAMU meet medical school admission requirements as long as the prerequisite courses in Biology, Chemistry, Math and Physics are taken. If you seek a Bachelor's degree, you must apply for a Degree Plan upon completion of 60 hours (https://www.wtamu.edu/academics/college-ag-science.aspx, click "Degree Plan Request").

Reminders!

- General Chemistry (CHEM 1411, 1412 with labs), Organic Chemistry (CHEM 2523, 2525 with labs), Physics (PHYS 1401, 1402 with labs), General Psychology (PSYC 2301) and as much Biology as possible are needed before you take the MCAT! Biochemistry I (CHEM 4323) is highly recommended and is required by some medical schools.
    - We strongly recommend taking an MCAT prep course (see p. 15)
- Take CHEM 1411 and CHEM 1412 (with labs) as soon as possible, since these courses are prerequisite for Organic Chemistry and Biochemistry, and the concepts taught in these courses are tested on the MCAT.
- A complete list of required courses can be found on the Pre-Medicine Pre-Professional Program Checklist located on the last page of this booklet.
- We strongly recommend taking the MCAT early (May or June) and submitting your medical school applications no later than mid-August. Students who submit on or near the October 1st deadline are not likely to be offered interviews!
- For a Biology degree, five BIOL elective courses (2000-level and above) with labs are required.
- Advanced Hours: For a Biology degree, a total of 39 advanced hours are required (3000 & 4000-level Biology, Chemistry, Physics and Math courses).
    - Suggested Biology courses: BIOL 3301, 3331, 3350, 3402, 3425, 3451, 3452, 3522, 3575, 4375, 4440.
    - Suggested Chemistry courses: CHEM 4323 & 4324 (with labs) are highly recommended for medical school.
- Complete your University Core requirements if you seek a Bachelor's degree (Degree Checklists for WTAMU online at http://www.wtamu.edu/advising/degree-checklists.aspx.)

Major in Biochemistry or Dual Major in Biology and Biochemistry

If your advanced hours include CHEM 3511 w/lab, BIOL 3301, 3402 and 3440 or 4375, you can earn a major in Biochemistry (MATH 2413 is required). With sufficient Biology advanced hours, you can earn a dual major in Biology and Biochemistry. See the Degree Checklist for Chemistry Option 3, Biochemistry.

Contact Information for Medical Schools inTexas

Medical School	Home Page (Admissions/Prospective Students)	Mailing Address	Phone
Baylor College of Medicine (BCOM)	http://public.bcm.tmc.edu/admissions	One Baylor Plaza Houston, TX 77030	713-798-4951
Texas A&M University College of Medicine (TAMU)	http://medicine.tamhsc.edu/admissions/index.html	159 Joe H. Reynolds Medical Bldg College Station, TX 77843-1114	979-845-7743
Texas College of Osteopathic Medicine (TCOM)	http://www.hsc.unt.edu/education/tcom/Admissions.cfm	University of North Texas Health Science Ctr 3500 Camp Bowie Blvd Fort Worth, TX 76107-2699	1-800-535-TCOM 817-735-2204
TTUHSC School of Medicine, Lubbock (TTSOM)	http://www.ttuhsc.edu/som/admissions/	Office of Admissions, 2B116 3601 4th Street Lubbock, TX 79430	806-743-2297
TTUHSC Paul L. Foster Sch. of Medicine, El Paso (TTSOM-EP)	http://www.ttuhsc.edu/fostersom/admissions/	Office of Admissions 4800 Alberta Avenue El Paso, TX 79905	915-545-6552
Univ. of Texas - Dell Medical School	http://dellmedschool.utexas.edu/prospective-students	Dept. of Medical Education 1912 Speedway, Suite 564 Austin, Texas 78712	512-495-5150
Univ. of Texas Medical Branch at Galveston (UTMB)	http://www.utmb.edu/enrollmentservices/prospectivestudents.asp	301 University Blvd., M-17 Galveston, TX 77555-1317	409-772-3517
Univ. of Texas at Houston McGovern Medical School (UTH)	http://www.med.uth.tmc.edu/prosp_students.htm	6431 Fannin Street MSB G.420 Houston, Texas 77030	713-500-5116
Univ, of Texas – Rio Grande Valley (UT-RGV)	https://www.utrgv.edu/school-of-medicine	One West University Boulevard Brownesville, TX 78520	956-296-1600
Univ. of Texas San Antonio, Long Medical School (UTSA)	http://som.uthscsa.edu/Admissions/	7703 Floyd Curl Dr. San Antonio, TX 78229-3900	210-567-6080
Univ. of Texas Southwestern Medical School (UTSW)	http://www.utsouthwestern.edu/home/education/studentsalumni/index.html	5323 Harry Hines Boulevard Dallas, Texas 75390-9162	214-648-5617
Univ. of the Incarnate Word (UIW-SOM)	http://www.uiw.edu/som/	4301 Broadway, CPO #285 San Antonio, TX 78209	210-829-6005