FROM: Dr. Edel Alonso  
Counseling Faculty/MESA Counselor  
Re: Becoming A Physician  

Part 1: College or University  

- Earn a BA or BS degree with any major.  
- Complete pre-requisite courses required for admission to medical schools in the U.S:  
  1 year of Biology (COC's BIOL 106 + 107)  
  1 year of General Chemistry (COC's CHEM 201 + 202)  
  1 year of Organic Chemistry (COC's CHEM 255 + 256)  
  1 year of Physics (COC's PHYS 110 + 112 or PHYS 220 + 221)  
  1 year of English (COC's ENG 101 + 102 or 103)  
  Additional courses in the social and behavioral sciences  
  In California, Spanish language.  
- Earn a GPA of 3.5 - 4.0  
- Participate in leadership opportunities  
- Participate in community service opportunities  
- Participate in medical related extracurricular activities  
- Work experience  
- Procure good letters of recommendation  
- Prepare to take and apply to take the Medical College Admissions Test (MCAT)  
- Take the 5.5 hr. long, multiple-choice on the computer at an authorized testing site and submit score results. You can request a paper and pencil test.  
- The MCAT will consists of the following 4 sections beginning in 2015:  
  Biochemical Foundations of Living Systems; Chemical and Physical Foundations of Living Systems; Psychological, Social and Biological Foundations of Behavior; and Critical analysis and reasoning Skills.  
- MCAT results will be available online in a month's time.
Part 2: Apply to Medical Schools

- Apply to US medical schools accredited by the Liaison Committee of Medical Education (LCME) and affiliated with a teaching hospital in June for the following year. (The application is available online beginning in May).
- Use the American Medical College Application Service (AMCAS), a centralized application processing service which sends application and MCAT scores to each medical school you choose on the application.
- Apply for FAFSA because some medical school require it.
- There is a supplemental, secondary application that includes letters of recommendations, an essay, and additional forms.
- Send official transcripts from every college and university attended
- Submit to interviews

Part 3: Medical School (4 years)

- Begin medical school with the White Coat Ceremony and taking the Hippocratic Oath
- During first two years - classes on fundamentals and clinical experience taking medical histories from patients and doing physical exams
- Near end of 2nd year, complete the 1st part of the US Medical Licensing Exam (USMLE) on basic medical principles
- During the last two years - complete rotations through all departments for supervised clinical experiences with patients
- Near end of 4th year, complete the 2nd part of the US Medical Licensing Exam (USMLE) on clinical diagnosis and disease development
- Use Careers in Medicine (CiM) online program for career planning to help medical students choose specialty for residency
- During the 4th year, choose the specialty and apply to residency for specialized medical training after medical school, through the National Resident Matching Program (NRMP)
• Application for residency includes a formal application, letters of recommendation, and personal interviews

• Find out on "Match Day" in March of the 4th year, where residency will take place

• Graduate with a Doctor of Medicine (MD) or Doctor of Osteopathic Medicine (OD) degree and earn the title "Doctor".

Part 4: Residency

• Complete residency program accredited by Accreditation Council for Graduate Medical Education (ACGME)

• Receive a stipend and medical benefits during residency

• Residency includes treating patients, teaching less experienced students, attending conferences, and continuing educational opportunities

• Complete the 3rd part of the US Medical Licensing Exam (USMLE) during the 1st or 2nd year

• Length of residency depends on specialty but generally takes 3-5 years at the hospital. However, it could take as long as 10 years.

• Obtain specialty certification that requires a written examination and sometimes an oral examination as well

Part 5: Licensure

• Apply for medical license in the state in which to practice. Requirement vary from state to state.

Source: www.aamc.org The Association of American Medical Colleges

PreMed Conferences :
October 6-7, 2012  UC Davis Pre-Health Conference

Last Registration: $45.00 from September 2, 2012 to September 30, 2012 at 11:59pm
Last Chance Registration: $50.00 from October 1, 2012 to October 5, 2012 at 11:59pm
At Door Registration: $55.00 from October 6, 2012 to October 7, 2012 at 6:00pm
Group Registration: $30.00 until September 21, 2012 (minimum 7 tickets) www.AMSAARCUCD.org

October 13, 2012  UC Irvine School of Medicine

11th Annual LMSA/SNMA Pre-Health Conference ($10)
“The Strength to Rise for the Dream to Heal” 2012
Conference Highlights
400+ Pre-Health Students (expected)
30+ Exhibitors from across US, including Programs in:
- Medicine (MD & DO)
- Dentistry
- Public Health
- Nursing
- Post-Bacc Programs
- Many others...
- Optometry
- Physician Assistant (PA)
- Podiatry
- US Med Residency Programs

http://www.ucilmsa.org/conference.html
http://uciprehealthconference2012.eventbrite.com

January 6-8, 2013  UC Berkeley Pre-Health Conference

March 27-31, 2013  AMSA Annual Medical Education Conference
Louisville, Kentucky www.snma.org/amec.php

February?  Stanford University SUMMA Premedical Student Conference
http://summa.stanford.edu/conference

If not Medical School, exploring other health careers: