What does it mean to be Pre-Med at WWU?

At any given time, Western has in excess of 400 students on a pre-medicine pathway. Pre-Med students are those who identify themselves as such, formally or informally. Western does not offer a “Pre-Med” major, and there is no formula for getting into medical school. Selection committees evaluate applicants across multiple areas through a holistic review process. Important components include MCAT score, GPA (both cumulative and science/math), letters of recommendation, extracurricular activities, community service, diversity awareness, and an interview, as well as background checks (including legal, conduct, and social records).

Pre-Med Education

Medical schools emphasize the importance of a liberal arts education and do not recruit students from one specific major or discipline. This gives you flexibility in planning your Pre-Med educational program. Use your undergraduate years to explore many academic fields, to develop basic skills and knowledge, to demonstrate expertise and to experience a field of study (major) of your choice. Align with a major in which you both excel and enjoy. While Biology and Chemistry are popular choices, Pre-Med students have majored in a diverse range of disciplines including Anthropology, Behavioral Neuroscience, Business, Kinesiology, Languages (i.e. Spanish, French), Philosophy, Psychology, Sociology, and Fairhaven self-designed programs. Some pursue combined majors such as Anthropology/Biology, Biochemistry, and Cellular & Molecular Biology.

Core Courses

Regardless of your major, certain prerequisite courses expected by most schools include:

**CHEMISTRY** (a sequence of eight courses)

**NOTE:** It is imperative that students begin general chemistry as early in their program as possible

- General Chemistry series (includes labs): CHEM 121, 122, 123 [or Honors equivalent]
- Organic Chemistry lecture series: CHEM 351, 352, 353;
  - with two accompanying labs: 354 and either 355 or 356 (depending upon major)
- Biochemistry: CHEM 471, 472

**BIOLOGY**

- General Biology series (includes labs): BIOL 204, 205, 206
- additional courses under advisement

**PHYSICS**

- Physics series (includes labs): PHYS 114, 115, 116 [or PHYS 161, 162, 163 series]

**MATHEMATICS**

- Calculus: MATH 124, 125
- Statistics: MATH 240 [or major equivalent; i.e. BIOL 340 for Biology majors]

**OTHER (NON-SCIENCE)**

- One or more introductory Social Science GUR course: [i.e. PSY 101]
- One year of English is highly recommended or required by some schools

*This document is for preliminary advising purposes only. Ongoing consultations with the Pre-Healthcare advisors is encouraged for effective holistic preparation.*

Keep informed

- WWU students may join the **Advisor’s Pre-Med Listserv**. To join, e-mail Renee.Murray@wwu.edu or Anna.Tognazzini@wwu.edu with the following SUBJECT information: Pre-med listserv, Last name, First name, WWU student number, and major (if declared).
- **Pre-Med Club**: Join this and other WWU Associated Students clubs at www.as.wwu.edu/clubs.
Notes

ADVANCED PLACEMENT (AP): Check with targeted schools whether they recognize AP as college-earned credit. Not all do. It is better to view any earned credits as qualifying to enrol in upper-division courses rather than as “testing out” of prerequisites.

DECLARING A MAJOR: Departments vary in how to declare majors. Behavioral Neuroscience, Biology, Chemistry, Kinesiology, and others allow students to declare as a “pre-major” while addressing their specified prerequisites. Some majors require a specific GPA across foundational courses. Declare early, even as a “pre-major”, to help shorten your time to degree. While working on any pre-major content, explore many disciplines to keep your options open.

ACCESS TO CLASSES: High volume student demand exists for upper-division courses, especially in the sciences. Many departments grant enrollment priority to students declared in specific majors over those seeking enrollment for professional school purposes. Registration access procedures for impacted courses can change, and departments commonly provide procedural updates through websites, seminars, and email notifications.

REPEATING/DROPPING COURSES: Regardless of Western’s policies, which are provided in the university catalog, https://catalog.wwu.edu/content.php?catoid=13&navoid=2750, these actions are not generally viewed favorably by professional schools. Whereas Western may calculate the most recent repeated course into its GPA, some professional schools will average all grades earned for a course. While an isolated case may be acceptable, it will likely require an explanation on your application. Discuss your options first with a Pre-Healthcare Advisor. Be mindful both dropping and repeating courses can have an impact on eligibility for financial aid, scholarships, and athletic participation as well. Consult advisors in each area that applies to you when making your decision.

SHADOWING: Students should gain at least 40 hours shadowing experience with an MD physician (or with a DO physician for application to osteopathic medical schools). Discuss your shadowing options with Pre-healthcare advisors.

MCAT: The Medical College Admission Test is offered January-September. Applicants must take the exam no later than August of the year preceding anticipated admission. MCAT information is available at www.aamc.org/students/applying/mcat.

Additional Resources

WWU Allied Health Advising: www.wwu.edu/alliedhealth
WWU Pre-health Pinterest: www.pinterest.com/wwuprehealth/
Association of American Medical Colleges (AAMC): www.aamc.org
Explore Health Careers: www.explorehealthcareers.org

Pre-Healthcare Advising Events

Typical programming events offered by Pre-Healthcare Advising include (but are not limited to):

Fall:
Orientation Session: Getting you from WWU to professional school (MEDIC)
Health Professional School & Grad School Info Fair, October 19, 2017
Winter 2018 Pre-Registration Drop-in Advising (in BI 415): Nov 15 (10am-1pm); Nov 16 (3-5pm)

Winter:
Kaplan-sponsored practice MCAT

Spring 2018 Pre-Registration Drop-in Advising (in BI 415): Feb 28 (12-3pm); March 1 (2-4pm)

Spring:
The Healthcare Professional School Application: A session overviewing the process
Fall 2018 Pre-Registration Drop-in Advising (in BI 415): May 16 (12-3pm); May 17 (2-4pm)