

PRE-MED/PRE-DENTAL REQUIREMENTS

GENERAL GUIDELINES

- Pre-med/pre-dental students are not required to major in the Natural Sciences. In fact, students considering either professional school may take pre-requisite requirements while pursuing ANY major at Carolina.
- Students who wish to enter medical/dental school directly after graduation typically apply to schools between their junior and senior years. But many students opt to take one or two gap years.
- Students are strongly encouraged to begin pre-med courses with the first-year Chemistry sequence, CHEM 101/101L and 102/102L. MATH 110 is a prerequisite for CHEM 101.
- The content of pre-med courses relates directly to the material covered on the MCAT. Therefore, students are advised to complete pre-med requirements prior to taking the MCAT. For details students should consult the MCAT website and preview guide:
 - <https://www.aamc.org/students/applying/mcat/>
- Recent matriculation statistics for various GPAs and MCATs can be found at: <https://www.aamc.org/data/facts/>

MINIMUM REQUIREMENTS FOR MOST U.S. MEDICAL AND DENTAL SCHOOLS

This chart gives the **typical minimum** requirements for most medical and dental schools. Many schools have additional requirements, so you should always check their websites.

SAMPLE TIMELINE

This is a sample timeline for students who plan to start medical school directly after graduation. Students often opt to take these and other courses over the summer. Other students may plan for a gap year. Students should consult with an advisor to develop a plan that suits them.

	Fall Semester	Spring Semester
First Year	CHEM 101/101L	CHEM 102/102L BIOL 101/101L
Sophomore Year	CHEM 241/241L CHEM 261	CHEM 262/262L BIOL 252 or 474/474L
Junior Year	PHYS 114* BIOL/CHEM 430 (Before Taking MCAT)	PHYS 115* (MCAT – Spring or Summer After Jr. Year)
Senior Year	Interviews	May Graduation

*Prerequisite for PHYS 114 is MATH 231. Transfer credit for PHYS 114 and 115 will come in as PHYS 104 and 105.

RECOMMENDED SOCIAL AND BEHAVIORAL SCIENCE and STATISTICS COURSES for MCAT

- PSYC 101 (3): General Psychology
- SOCI 101 (3): Sociological Perspectives
- STOR 151 or 155 (3): Basic Concepts of Statistics and Data Analysis I

The courses listed above will cover the majority of the content in the Behavioral Science areas; however there are other courses students could also take to meet these competencies.

MATHEMATICS

Many medical schools have no math requirement beyond that which is necessary to complete degree requirements. The only NC school with a math requirement is Duke, which requires a year of calculus: MATH 231 (4 hours) and MATH 232 (4 hours), although Duke and other schools requiring calculus will accept statistics in lieu of the second semester – please check their specific requirements.

ADDITIONAL UPPER-LEVEL SCIENCE COURSES TYPICALLY TAKEN/NOT REQUIRED BUT HIGHLY RECOMMENDED**

BIOL 202 (Genetics) BIOL 205 (Cell Biology)

**All of these help students prepare for the MCAT. Courses in cell biology and microbiology have also been proven to help students perform well in the difficult first two years of medical school.

Many schools have restrictions or limits regarding AP credit in prerequisite courses, thus it is important to visit websites of schools of interest. You may also come to our office to talk about additional requirements for various schools.

For most dental schools, the prerequisite courses are the same as for medical schools. The UNC-CH Dental School does not require organic chemistry labs, but most other schools do require these labs. We recommend taking the labs and applying to more than one school.

Other CRUCIAL considerations in preparation for admission to medical or dental school:

SHADOWING (aka “knowledge of the profession”):

Medical/Dental schools want to know that you have made a mature decision to enter their profession. They look for some evidence that you have had exposure to the profession. Participation in a professional experience, such as shadowing a physician or a dentist, represents minimum exposure to what doctors and dentists are doing while they work in their professional settings (office, clinic, ER).

VOLUNTEERING/COMMUNITY SERVICE:

The best activities are those in which you are involved in helping people who are different from you. This shows your ability to care about and work with a diverse group of people, and getting to know particular people and their stories and the culture in which they live. For this reason, we recommend person-to-person work, rather than work at the institutional level. This should be an ongoing/intermittent experience. Environments where health care is given are always a plus. Your ability to articulate how you have grown and been affected by your experiences is more important than simply obtaining a list of experiences.

RESEARCH

Most medical schools do not require **research**, but we recommend that if you commit to do it, you complete at least one year involved in the active planning and execution of research (e.g. more than just cleaning beakers).

For more information:

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Webcasts available: [So You Think You Want to Go to Med School? Part 1](#) and [Part 2](#)