



## What is Pre-Med?

- *Definition:* Pre-med is a track for students preparing to apply to medical school—a set of courses and experiences that prepare you for med school.
- *Goal:* Build a foundation in biology, chemistry, and health sciences while developing critical thinking and communication skills.

## Why Choose Pre-Med?

- Interest in medicine, healthcare, or biological sciences
- Desire to help others and make an impact on health
- Strong academic challenge and high career rewards
- Pathway to professions like:
  - Doctor (MD or DO)
  - Dentist
  - Pharmacist
  - Physician Assistant
  - Nurse Practitioner
  - Medical Researcher

## Recommended High School Classes (Preferrably AP versions)

- Biology

- Chemistry
- Physics
- Anatomy & Physiology
- Math (especially Algebra II, Pre-Calc, and Statistics)
- English & Psychology (for communication and understanding patients)

### **Skills You'll Need/Learn**

- Problem-solving and analytical thinking
- Patience and attention to detail
- Empathy and strong communication skills
- Time management and discipline
- Scientific curiosity

### **What You'll Study in College**

Typical pre-med prerequisites include:

- Biology with lab
- Chemistry (general & organic)
- Physics
- Biochemistry
- Math (Calculus/Statistics)
- English and Writing courses

### **Extracurriculars and Experience**

- Shadow doctors or medical professionals
- Volunteer in hospitals, clinics, or nursing homes
- Join science or health clubs (e.g., Health Occupations Students of America (HOSA), Biology Club)
- Conduct research or internships in medical/biology fields
- Community service and leadership roles

### **Steps After College**

1. Take the **MCAT (Medical College Admission Test)**
2. Apply to **Medical School** (Doctor of Medicine [MD] or Doctor of Osteopathic Medicine [DO] programs)
3. Complete **4 years** of medical school
4. Enter a **Residency Program** (3~7 years)
5. Optional **Fellowship** for specialization
6. Become a **Licensed Physician**

## **Career Outlook**

- *High demand* for healthcare professionals
- Excellent salary potential
- Wide range of specialties and work environments
- Growing need due to aging populations and medical advancements