

## UMW Premedical Program Timeline: The Traditional Track

There are many routes to the completion of medical school requirements. This is only a rough outline of the *traditional* premedical track. In the traditional track, the student has all premed requirements, course requirements and otherwise, completed by the end of the third year. At the end of the third year, the student interviews with the UMW premed committee (May), takes the MCAT (April – July), and prepares and submits the on-line medical school application (June).

Undergraduate Year	Premedical Course Choices*	Clinical Experiences**	Extracurricular Activities
First Year	8 credits general biology (with lab) 8 credits general chemistry (with lab) 6 credits English (with writing) 6 credits Math	<b>First semester:</b> No clinical experiences. Get a good start on your courses and grades. <b>Second semester:</b> For beginners, get your feet wet with a volunteer experience at one of the area hospitals / clinics / residential senior citizens facilities.	<b>First semester:</b> None. Get a good start on your courses and grades. <b>Second semester:</b> Find one community service organization / activity you like and get your feet wet.
Second Year	8 credits organic chemistry (with lab) - or - 8 credits physics (with lab) 3 credits sociology 3 credits psychology  May also want to take some highly recommended courses, such as Cell Biology, Genetics or others (see list).	Begin or continue work with at least one of the following: Moss Free Clinic, scribe, EMT, shadowing.  Scribing is a paid job with scheduling responsibilities and is in high demand with a waiting list. If you plan on scribing at some point, put an application in early to get on the list.	Build on your community service work. Add a second activity. It is better to get very active with a few community service organizations than to be only slightly involved with many.
Third Year	8 credits organic chemistry (with lab) if needed - or - 8 credits physics (with lab) if needed. 3 credits Biochemistry  Finish all remaining premed courses by the end of this year. May want to take some highly recommended courses, such as Cell Biology, Genetics or others (see list).	By your third year your clinical work should be a significant part of your schedule. Continue the clinical work you began in the second year. Add an additional clinical experience or choose a different experience. It is always better to have extensive experience with at least two different organizations.	Continue active community service work with at least two groups. If you have the time, pursue a leadership position in a campus org.
Fourth Year	Continue taking some highly recommended courses, such as Cell Biology, Genetics or others (see list). Begin to prepare for the MCAT.	Continue clinical work. Clinical work should be an extensive part of your schedule.	Continue with community service work.

\* Refer to the program website and the premedical course requirements for a list of the specific UMW courses that fulfill the course choices.

\*\* Refer to the program website for more information. Remember to continue clinical work over the summer.