

# Northwestern | HEALTH PROFESSIONS ADVISING

## Pre-Med Coursework Plan: Common Gap Year Option

### 1<sup>st</sup> Year

Fall	Winter	Spring
Chem 110 <b>OR</b> Chem 151/161 <b>OR</b> Chem 171/181	Chem 131/141 <b>OR</b> Chem 152/162 <b>OR</b> Chem 172/182	Chem 132/142 (if applicable)
Math (if applicable)	Math (if applicable)	Biol Sci 201 (no lab)

Summer 1: \_\_\_\_\_

### 2<sup>nd</sup> Year

Fall	Winter	Spring
Chem 215-1 + lab 235-1 or Chem 217-1 + lab 237-1	Chem 215-2 + lab 235-2 or Chem 217-2 + lab 237-2	*Chem 215-3 + lab or Chem 217-3 + lab 237-3
		*could be optional, but required by some med schools

Summer 2: \_\_\_\_\_

### 3<sup>rd</sup> Year

Fall	Winter	Spring
Biol Sci 202 + lab Biol Sci 232	Biol Sci 203 + lab Biol Sci 233	Biol Sci 301 Biol Sci 234 (lab)

Summer 3: \_\_\_\_\_

### 4<sup>th</sup> Year

Fall	Winter	Spring
Physics 130-1 or 135-1 + lab	Physics 130-2 or 135-2 + lab	Physics 130-3 or 135-3 + lab
	<b>Begin application &amp; Take MCAT</b>	

Summer 4: **Submit primary application (ideally by June)**

### Other, Flexible Requirements

- Full year of English or comparative literature (writing-intensive courses) Weinberg First Year Seminars count
- Social and behavioral sciences (recommended by medical schools)
- Statistics (can include applied stats in the sciences and some social sciences)

## **Pre-Med Milestones**

- Intended Graduation: \_\_\_\_\_
- Intended MCAT Timing: \_\_\_\_\_
- Intended Application Cycle: \_\_\_\_\_

## **Additional Preparation**

- Personal Statement Workshop: \_\_\_\_\_
- Interview Preparation Workshop: \_\_\_\_\_
- Medical School Application Support Program: \_\_\_\_\_

## **Letters of Recommendation**

- Start to brainstorm who you might ask to write a letter for you:

Recommenders\*

- |    |    |
|----|----|
| 1) | 4) |
| 2) | 5) |
| 3) | 6) |

\*Note: Each medical school has their own requirements regarding letters of recommendation, and you are responsible for knowing those requirements before applying. HPA advises planning to have letters from two science faculty, one non-science faculty, and a couple from significant experiences (such as research, volunteering, work experience, etc.)