

**Virginia Commonwealth University
School of Medicine
Medical College of Virginia Campus**

Important Things to Know

- It is a fact that most medical applicants are science majors in college; however, an applicant can major in any discipline he or she desires. Medical schools require that an applicant demonstrate competence in the pre-med prerequisites and have a competitive grade point average (particularly in the sciences). Challenge yourself with strong science coursework- this will help you on the Medical College Admissions Test (MCAT).
 - **Pre-Med Requirements:**
 - 6 hours of English, including Grammar and Composition
 - 6 hours of College Mathematics
 - 8 hours of Biological Sciences, including lab
 - 8 hours of General or Introductory Chemistry, including lab
 - 8 hours of Organic Chemistry, including lab
 - 8 hours of General or Introductory Physics, including lab
- Prepare yourself for **standardized tests**. Become comfortable taking timed and multiple-choice exams.
- Get the **experience** you need to heighten your knowledge-base about medicine. You can volunteer with the rescue squad or in hospitals or clinics. You can also shadow a physician. A competitive application includes a good GPA, good MCAT scores, and a solid background in healthcare.
- Become a **well-rounded** student. Get involved in organizations to help develop your leadership and interpersonal skills. Don't spread yourself too thin! It's much better to devote your free time to one or two activities that you care about than to dabble in many and not make any real contributions to the organization. Remember to keep your mind focused on your academics- after all; they are your first priority.
- Apply early- **don't procrastinate!** Having your application in early can result in a much smoother process at any medical or graduate school. Sometimes sending in your application later can be the only reason you are not accepted.
- Applicants are considered for medical school by their **total profile**: MCAT scores, GPA, health care experience and exposure, interpersonal skills, and recommendations. Make yourself into the best person you can be!