Welcome to the Health Professions Advising Office at the University of North Carolina at Chapel Hill. We hope to serve as your on-campus source of up-to-date information on all health careers, including professional programs such as medicine (both allopathic and osteopathic), veterinary medicine, optometry, dentistry, and podiatry. We give advice geared towards helping you prepare a competitive application for these programs.

This sheet gives the typical minimum requirements for most medical and dental schools. Many schools have additional requirements, so you should always check their websites. Taking these courses also prepares you for the admissions tests for these schools (MCAT/DAT). Pre-health students may major in any BA or BS degree program. Specific requirements are set by the individual medical schools and can be found in:

- ADEA Admissions Requirements of U.S. and Canadian Dental Schools [http://www.adea.org/dental_education_pathways/aadsas/Pages/PDS.aspx](http://www.adea.org/dental_education_pathways/aadsas/Pages/PDS.aspx)
- AAMC Links to Participating Medical Schools by State [https://www.aamc.org/students/applying/amcas/participating_schools/](https://www.aamc.org/students/applying/amcas/participating_schools/)
- Recent matriculation statistics can be found in the Medical School Admissions Requirements [https://www.aamc.org/students/applying/requirements/msar/](https://www.aamc.org/students/applying/requirements/msar/)

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

**CHEMISTRY (18 SEMESTER CREDIT HOURS, INCLUDING LABS)**

- **General/Inorganic**
  - CHEM 101 (3 credits)
  - CHEM 102 (3 credits)
- **Organic**
  - CHEM 261 (3 credits)
  - CHEM 262 (3 credits)

*It is a good idea to take chemistry in the first semester if possible.*

**BIOLOGY (8 semester credit hours, including labs)**

- **General**
  - BIOL 101 (3 credits)
- **Vertebrate**
  - BIOL 474 (3 credits)
- **Human A&P**
  - BIOL 252 (3 credits)

And one other upper-level biology course, such as:

- **Vertebrate Lab**
  - BIOL 474L (1 credit)
- **Human A&P Lab**
  - BIOL 252L (1 credit)

**PHYSICS (8 semester credit hours including labs)**

- **General**
  - PHYS 114 (4 credits)
  - PHYS 118 (4 credits)
  - (MATH 231 prerequisite)

*OR*

- PHYS 115 (4 credits)
  - PHYS 119 (4 credits)
  - (MATH 231, 232, and 233 pre/co-requisites)
2015 MCAT CHANGES
In spring of 2015, the MCAT expanded from three scored sections to four (eliminating the writing sample), encompassing more areas of the natural and social sciences. Questions regarding concepts in psychology, sociology, anthropology, and statistics are now included. Biochemistry test questions are also now more strongly emphasized. 
https://www.aamc.org/students/download/266006/data/2015previewguide.pdf

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 (3 hours) and MATH 232 (3 hours) (though 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/CHM 430 (Biochemistry) (The UNC School of Dental Medicine now requires Chemistry 430. Also, the competencies listed for the MCAT list a large number of biochemistry competencies that can be met by taking Chemistry 430.)
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. For most dental schools, the prerequisite courses are roughly 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.

Some schools require English (1-2 semesters). Others require humanities courses. And it should be noted that each medical school still sets its own pre-requisites which might be different than those courses needed to prepare for the MCAT. 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 with us regarding additional requirements for various schools.

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). Please see the “Letters of Evaluation” section on the prehealth website for best practices in seeking (information to provide, format, etc.)

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.

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).

Remember, the things that you do define who you are. Never ask “what looks good/better” when planning your application. The opportunities in which you wish to engage show what your passion and what you are capable of accomplishing.

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