# 4 Year Medical School and Podiatry School Plan

## Year 1

### Pre-reqs
- **Fall**
  - CHM 2045 (3 credits)
  - CHM 2045L (1 credit)
  - MAC 1147 (4 credits)
- **Spring**
  - CHM 2046 (3 credits)
  - CHM 2046L (1 credit)
  - BSC 2010 & BSC 2010L (4 cr) or MAC 2241 (3 credits)

### Core Courses
- **Fall**
  - CHM 2045 (3 credits)
  - CHM 2045L (1 credit)
  - MAC 1147 (4 credits)
  - BSC 2010 & BSC 2010L (4 cr) or MAC 2241 (3 credits)
- **Spring**
  - CHM 2046 (3 credits)
  - CHM 2046L (1 credit)
  - BSC 2010 & BSC 2010L (4 cr) or MAC 2241 (3 credits)

### Extra-Curricular Activities
- **Fall**
  - Shadow, Volunteer and/or Work in Healthcare
  - Explore alternative healthcare careers
  - Read current events on healthcare topics
  - Begin to get involved in community service, leadership and/or research opportunities
- **Spring**
  - Shadow, Volunteer and/or Work in Healthcare
  - Explore alternative healthcare careers
  - Read current events on healthcare topics
  - Continue your involvement in various community service, leadership and/or research opportunities

### Summer
- If needed: catch up on courses not taken in Fall & Spring
- If unable to take summer classes, meet with advisor for alternative plan

## Year 2

### Pre-reqs
- **Fall**
  - CHM 2210 (3 credits)
  - CHM 2210L (2 credits)
  - BSC 2011 and BSC 2011L (4 credits)
- **Spring**
  - CHM 2211 (3 credits)
  - CHM 2211L (2 credits)
  - PHY 2053 and PHY 2053L (4 credits)
  - PHY 2054 & PHY 2054L (4 credits)**
- **Summer**
  - If needed: catch up on courses not taken in Fall & Spring

### Core Courses
- **Fall**
  - CHM 2210 (3 credits)
  - CHM 2210L (2 credits)
  - BSC 2011 and BSC 2011L (4 credits)
- **Spring**
  - CHM 2211 (3 credits)
  - CHM 2211L (2 credits)
  - PHY 2053 and PHY 2053L (4 credits)

### Extra-Curricular Activities
- **Fall**
  - Shadow, Volunteer and/or Work in Healthcare
  - Read current events on healthcare topics
  - Continue your involvement in various community service, leadership and/or research opportunities
- **Summer**
  - Optional: Submit application for summer experience!

### Extra-Curricular Activities
- **Spring**
  - Shadow, Volunteer and/or Work in Healthcare
  - Read current events on healthcare topics
  - Continue your involvement in various community service, leadership and/or research opportunities
- **Summer**
  - Optional: Submit application for summer experience!

### Core Courses
- **Fall**
  - CHM 2210 (3 credits)
  - CHM 2210L (2 credits)
  - BSC 2011 and BSC 2011L (4 credits)
- **Spring**
  - CHM 2211 (3 credits)
  - CHM 2211L (2 credits)
  - PHY 2053 and PHY 2053L (4 credits)

### Summer
- If needed: catch up on courses not taken in Fall & Spring
- If unable to take summer classes, meet with advisor for alternative plan

*FKLs and Gen. Ed. Core Courses that are strongly recommended for pre-med students:

- ENC 1101: Composition I & ENC 1102: Composition II
- PSY 2012: Intro to Psych (FKL/Core Social & Behavioral)
- SYG 2000: Intro to Soc (FKL/Core Social & Behavioral)
- HUM 1020: Intro to Humanities (FKL Fine Arts/ Core Humanities)
- LIT 2000: Introduction to Literature (FKL/Core Humanities)
- PHI 2010: Introduction to Phil (FKL/Core Social & Behavioral)
- HUM 2240: European Humanities (Humanities FKL)
- HUM 2250: The Twentieth Century (Humanities FKL)
- AMS 2270: 20th Cent. American Culture (Humanities FKL)

See the [MCAT Guide](#) for additional recommendations.

USF Division of Health Professions Advising ● healthprofadvise@usf.edu ● www.cas.usf.edu/healthprofessions/
## Year 3 - Application Year (most crucial!)

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<thead>
<tr>
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<th>Fall</th>
<th>Spring</th>
<th>Summer</th>
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<tbody>
<tr>
<td>Pre-requisite Courses</td>
<td>Biochemistry- BCH 3053 or BCH 4033 (3 credits)</td>
<td>PCB4744 or PCB 3712 or PHZ 4702 or PHZ 4703 (3-4 credits)</td>
<td>If needed: take additional science courses to boost GPA before applying</td>
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<td>PCB 3063 (3 credits)</td>
<td>PCB 3023 (3 credits)</td>
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<td>STA 2023 (3 credits)</td>
<td>3000/4000 level science course (1 – 3 credits)</td>
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<td></td>
<td>Upper Level MCAT Elective-see MCAT Guide (3 credits)</td>
<td>Upper Level MCAT Elective-see MCAT Guide (3 credits)</td>
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<td>Additional courses</td>
<td>Course Selection:</td>
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<td>(fill in w/ major advisor)</td>
<td>If needed) Selection:</td>
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<td>Semester should total 14-16 credits</td>
<td>Semester should total 14-16 credits</td>
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<td>Extra-Curricular Activities</td>
<td>Attend Workshops offered by the Division of Health Professions Advising</td>
<td>Attend Workshops offered by the Division of Health Professions Advising</td>
<td>April/May/June: Take MCAT</td>
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<td>Study for the MCAT</td>
<td>Register to take the MCAT (and continue studying)</td>
<td>May: Begin application for AACOMAS and/or AMCAS</td>
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<td>Begin researching which individual schools you wish to apply to</td>
<td>Decide which individual schools you plan to apply to</td>
<td>June: Submit AMCAS and/or AACOMAS application- can submit without MCAT score</td>
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<td>Continue involvement in healthcare experiences and other extra-curricular activities</td>
<td>Continue involvement in healthcare experiences and other extra-curricular activities</td>
<td>July (if applicable): Begin and submit application for AACPMAS (podiatry)- can submit without MCAT score</td>
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<td>Identify potential letter writers</td>
<td>Early Spring: begin writing personal statement</td>
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## Year 4 (Year AFTER Application is Submitted)

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<tbody>
<tr>
<td>Pre-requisite Courses</td>
<td>Complete any remaining prerequisites for the specific programs where you applied</td>
<td>Complete any remaining prerequisites for the specific programs where you applied</td>
<td>Complete any remaining prerequisites for the specific programs where you applied</td>
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<td>Other courses for your major (fill in w/ academic advisor). Degree should be completed by Summer A</td>
<td>Course Selection:</td>
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<tr>
<td>Extra-Curricular Activities</td>
<td>Continue involvement in healthcare experiences and other extra-curricular activities</td>
<td>Continue involvement in healthcare experiences and other extra-curricular activities</td>
<td>Prepare to begin medical or podiatry school!</td>
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<td>Submit secondary applications</td>
<td>If applicable: prepare for interviews</td>
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<td>Prepare for interviews</td>
<td>If needed: discuss back-up plan with pre-health advisor</td>
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### Important Reminders:
- Plans are for pre-health advisement ONLY and may vary. Students should plan to meet with a health professions advisor each semester to confirm accuracy and receive individual recommendations. Students are responsible for verifying that the courses indicated above meet the requirements of their specific programs of interest. In addition to meeting with a Health Professions Advisor, students should meet with their Academic Advisor (for their major) each semester to ensure they are also meeting graduation requirements.

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