Haverford College is an exciting place in which to lay the foundation for a career in the health professions because of our academic excellence, rich opportunities for research and service, and humanistic Quaker values. Successful applicants are well-rounded, mature, motivated, curious, intellectually and socially engaged individuals, with a strong capacity for hard work, and a demonstrated commitment to service and to working with diverse populations. Applicants with a broad liberal arts education are, therefore, at an advantage in the admissions process.

There is no rush for our students to apply to medical school. In fact, the average age of students entering medical school is 24, which signifies a national trend of students applying to medical school after graduation.

Most Haverford students choose to apply to medical school after graduation, which enables them to focus on their studies while taking advantage of the opportunities afforded from a liberal arts college education.

There is no preferred major for pre-medical students, and many students find it not just possible, but advantageous to major outside the sciences while preparing for medical school.

As there is no “standard” pre-medical track at Haverford, students have the autonomy to develop their own academic plans in consultation with their advisors. Ultimately they should major in a subject that is at the intersection of their interests and their demonstrated ability to shine in the subject, taking full advantage of the rich curricular options at Haverford while simultaneously completing the traditional core pre-medical requirements.

There is no “right way” to schedule their four years at Haverford, but it’s a good idea for students to make a tentative master schedule in order to visualize when they need to take certain courses in order to achieve their academic goals.

### Core Pre-Medical Courses

Most medical, dental, and veterinary schools require the following core courses:

<table>
<thead>
<tr>
<th>Core Course</th>
<th>Haverford Equivalent</th>
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</thead>
<tbody>
<tr>
<td>2 semesters of Biology w/ Lab</td>
<td>Bio 200A and Bio 200B</td>
</tr>
<tr>
<td>2 semesters of General Chemistry w/ Lab</td>
<td>Chem 111, 113 <strong>OR</strong> 115 and Chem 112 <strong>OR</strong> 114 (depending on Chemistry placement test results)</td>
</tr>
<tr>
<td>2 semesters of Organic Chemistry w/ Lab</td>
<td>Chem 222 and Chem 225</td>
</tr>
<tr>
<td>2 semesters of Physics w/ Lab</td>
<td>Phys 101, 105 <strong>OR</strong> 115 and Phys 102 <strong>OR</strong> 106 (depending on Physics placement test results)</td>
</tr>
<tr>
<td>2 semesters of English</td>
<td>Writing seminar + an additional reading and writing intensive course that meets our general education requirements</td>
</tr>
</tbody>
</table>

Individual medical schools may also require or recommend the following additional courses:

- One or two additional science courses, especially for non-science majors, one of which should be **Biochemistry**.
- **Statistics** or **Calculus** depending on AP credit and the results from the math placement test and their intended major. Note: Students may take statistics courses offered in any department and may find the Health Studies stats course most relevant.
- A related **Social Science** course such as psychology, sociology, or health studies.
AP/IB Credits in the Sciences

Medical schools want to see that students can handle college level science and laboratory work. At minimum, they should take as many college level science courses as are listed in the core pre-medical courses. If they have AP/IB credits, they should consult with that particular department to see if they can enroll in upper level science courses instead of introductory courses.

Factors to Keep in Mind to Help Students Plan their Coursework

Course Sequencing for Students

- Students should consider taking chemistry and one semester of calculus in their first year. The chemistry courses need to be taken in sequence, and although calculus is not a required course for most medical schools, it is a requirement for physics and several science majors.
- Students cannot take biology until they have completed another laboratory course. Most students take biology in their sophomore year.
- Students should not take two lab sciences during the first semester of their first year. Extremely rare exceptions to this norm are advisable only with the strong support of the science department chairs in those two departments.
- While many students have taken both Biology 200 and Organic Chemistry during their sophomore year in the past, many find that taking these courses together extremely time consuming and challenging. Students should not rush through the requirements and overextend themselves academically especially if they are not a science major, or they have not performed well in Chemistry during their first year.
- All science and math courses should be taken for a grade instead of pass/fail. Medical schools look for applicants who have consistently challenged themselves throughout the undergraduate years.
- Although students may decide to take a premedical course in the summer, they should seek advising first.

Study Abroad

- Medical schools appreciate applicants who are culturally sensitive, and welcome study abroad experiences.
- Medical schools prefer that students take all core premedical courses in the US, not while studying abroad.
- It is possible to study abroad, complete the core premedical courses, and apply to medical school, especially if students do not plan on go to medical school directly from college. Students who study abroad usually use senior year as a time to complete their remaining premedical course requirements. Most Haverford students take at least one or two gap years before starting medical school.

Medical School Early Decision Opportunities

Haverford College just launched a new partnership with Sidney Kimmel Medical College (formerly known as Jefferson) for qualified applicants to apply during the fall of their junior year. In addition, there are several other early decision opportunities that are available for students across the US. Feel free to send the students to Jodi Domsky for more information.
Pre-Health Academic Planning Template

Name ____________________________ Class Year ___________ Goal/s _____________________________
AP/IB or Transfer Credits ______________ Interest in Studying Abroad? ____________ If so, when? ____________

Course Requirements (for nearly all medical schools)
☐ 2 Semesters of Biology w/ Lab
   o Bio 200A and Bio 200B
☐ 2 Semesters of General Chemistry w/ Lab
   o Chem 111, 113 OR 115 and Chem 112 OR 114
   (depending on Chemistry placement test results)
☐ 2 Semesters of Organic Chemistry w/ Lab
   o Chem 222 and Chem 225
☐ 2 Semesters of Physics w/ Lab
   o Phys 101, 105 OR 115 and Phys 102 OR 106
   (depending on Physics placement test results)
☐ 2 Semesters of English
   o Writing Seminar + a reading and writing intensive course that meets our general education requirements

Additional Recommended Courses (NOT required)
☐ 1 Semester of Biochemistry
   o Bio 300A, 300B OR Bryn Mawr Bio 354
☐ 1 Semester of related Social Science: Psychology
   OR Sociology OR Health Studies
☐ 1 Semester of Math (if no AP credit)
   o Statistics - Math 203 OR 103 (depending on math placement test results) OR Statistics in Econ, Psych, Soc or Health Studies
   OR
   o Calculus - Math 118 OR 105 (depending on math placement test results and AP credit)

Academic Plan: Possible Major: ________________________________

First Year

<table>
<thead>
<tr>
<th>Fall</th>
<th>Spring</th>
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<tbody>
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<td>1.</td>
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<tr>
<td>2.</td>
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<td>3.</td>
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Second Year

<table>
<thead>
<tr>
<th>Fall</th>
<th>Spring</th>
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<tbody>
<tr>
<td>1.</td>
<td>1.</td>
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<td>2.</td>
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</tbody>
</table>
Junior Year

Fall
1.
2.
3.
4.

Spring
1.
2.
3.
4.

Senior Year

Fall
1.
2.
3.
4.

Spring
1.
2.
3.
4.