There are many ways to complete the premedical requirements while students explore their diverse intellectual interests. This information will serve as a guide in helping students plan their course schedules while they take full advantage of the rich and diverse curriculum at Haverford.

The following are the traditional core premedical requirements for most medical schools:

- One year of biology with lab (typically Bio 200 A and B)
- One year of general chemistry with lab (Chem 111, 112)
- One year of organic chemistry with lab (or one semester of organic and one semester of biochemistry) (Chem 222, 225)
- One year of physics with lab (Phys 101, 102 or 105, 106 depending on the placement exam results).
- One year of English (writing seminar + one course that meets the humanities requirement usually meets this requirement).

AP/IB credits in the sciences: Because medical schools want to see that students can handle college level science and laboratory work, at a minimum students should take as many college level science courses as are listed in the premedical requirements. If students have AP/IB credits, they should consult with that particular science dept. to see if they may take upper level science courses instead of introductory courses.

In addition, the following courses may be recommended or required courses by some medical schools:

- **Science:** Many medical schools require or strongly recommend one or two additional upper level science courses especially for premedical students who do not major in a science, and one of those courses should be biochemistry. (Haverford Bio 300, Bryn Mawr Bio 354)

- **Math:** Approximately 40% of US medical schools have a math requirement. This requirement is usually either one semester of statistics or calculus and schools may accept AP/IB credit listed on Haverford transcripts. Students may take a variety of math/statistics classes to meet this requirement depending on the results of their math placement exam and their intended major. Calculus is required at Haverford for several science majors, and for the introductory Haverford Physics courses. Many students will take either Math 118, or if they have less preparation, 105. For statistics, students usually take Math 203 or Math103, depending on their math preparation, or they may take statistics in the Economics, Psychology or Health Studies departments.

- **Miscellaneous other course requirements:** Although medical schools may have general recommendations for coursework in the social sciences and humanities, some schools
may have specific course requirements in these areas. The Medical School Admissions Requirements (MSAR), published online annually by the AAMC, includes information about course prerequisites.

Nationally, most entering medical students take time off between college and the start of medical school—in fact, the average age for entering medical students is 24 years old--- so there is no need for students to rush.

Here are some suggestions for students on course sequencing:

- First year students may want to take chemistry and calculus in their freshman year since the chemistry courses need to be taken in sequence, and calculus is a requirement for physics and for some science majors.

- Students should not take two lab sciences during the first semester of their first year unless they have a very strong science background and have performed well on their placement exams.

- Students cannot take biology until they have already completed one laboratory course so most students take biology in their sophomore year.

- Although in the past most students have taken Biology 200 and Organic Chemistry during their sophomore year, many students have found that taking these course together is time consuming and challenging. Students should not feel the need to rush through the requirements and overextend themselves academically especially if they are not science majors or they did not perform well in Chem 111,112.

- All science and math courses should be taken for a grade. Medical schools look for applicants who have consistently challenged themselves throughout the undergraduate years.

- Medical schools prefer that students take all their premedical requirements at Haverford (or at Bryn Mawr); i.e., not while studying abroad or during the summer.

Please do not hesitate to contact or have students contact Jodi Domsky, Coordinator of Health Professions Advising, for questions or advice.
jdomsky@haveford.edu
610-896-1148