



William & Mary Arts & Sciences

Fall 2023 Information Sheet for New Students Interested in the Health Professions

Updated August 25, 2023 by Dr. Beverly Sher

Advising:

- For premedical advising, contact Professor Shantá D. Hinton (sdhinton@wm.edu), Professor Bev Sher (btsher@wm.edu), or Professor Doug Young (dyoung01@wm.edu)
- For students interested in dentistry, pharmacy, veterinary medicine, optometry, or podiatry: contact Professor Bev Sher at btsher@wm.edu
- For advice on pre-PA and pre-nursing, contact Professor Ashleigh Queen at aeverhardt@wm.edu
- For pre-PT/OT advice, contact Professor Evie Burnet at enburnet@wm.edu
- At <https://www.wm.edu/as/undergraduate/strategies-planning/preprofessional/premed/index.php>, you will find handouts on course selection, our early assurance programs with EVMS and VCU, and other important topics.
- The Health Careers Advising listserv is a great source of information. Subscribe through lists.wm.edu.

Academics:

- **There is no official premed major!** Choose your major by interest. The four most popular premed majors at William & Mary are Neuroscience, Biology, Kinesiology, and Chemistry. Physics has a premed track.
- For the other health professions, major choice may not be as flexible, due to the recommended/required courses that should be completed by the time you apply. Check the websites of the professional schools that interest you for details.
- The courses required for success on the MCAT must be completed before you take the exam. Here's the list. **To save space, lecture-lab combinations are listed as lecture/lab:**
 - BIOL 203/203L and BIOL 204/204L (and taking BIOL 310: Molecular Cell Biology before taking the exam is highly recommended)
 - CHEM 103/103L, 206/206L, 207/253 (or 209/253), and 208/254
 - Biochemistry
 - PHYS 101/101L and PHYS 102/102L or PHYS 107/107L and PHYS108/108L (Chemistry and Physics majors must take PHYS 101/101L and PHYS 102/102L)
 - Psychology as a Social Science (PSYC 202)
 - SOCL 250: Principles of Sociology or SOCL 362: Medical Sociology or SOCL 310: Wealth, Power and Inequality
 - A statistics course could also be helpful for the exam (MATH 106, PSYC 301, KINE 394, Biostatistics)
- Many medical schools require a year of math (statistics, calculus) and a year of English. The COLL 150 courses take care of half of the medical school English requirement.
- AP/ IB credit is accepted by most, but not all, medical schools. See the AAMC's MSAR for school-specific details; see the premed course selection handout for advice on how to use your AP/IB/co-enrollment credit.
- GPA (overall GPA, science GPA) is important, but still, you should challenge yourself!

Extracurriculars:

- See <https://www.aamc.org/services/admissions-lifecycle/competencies-entering-medical-students> for an **overview of the competencies** that every incoming medical student must demonstrate. Many of the

competencies are best developed and demonstrated through involvement in extracurricular activities!

- **The AAMC's "Anatomy of an Applicant"** is must-reading for premedical students, and the checklists it provides will help students assess their progress towards becoming a competitive applicant throughout their undergraduate years. It is available at <https://students-residents.aamc.org/media/10606/download>
- **Commit to a small number of well-chosen extracurriculars.** Don't join a lab, a rescue squad, or a free clinic with the intention of only staying long enough to accumulate the (perceived) minimum number of hours needed to check off a (nonexistent) box on your medical school application: instead, plan to stay involved over the long term. Hours are an inadequate metric: quality matters!
- **Clinical experience is required.** For premeds, this includes shadowing physicians; it also includes volunteer and/or paid work in clinical settings, such as hospitals, free clinics, and physicians' offices. Volunteering with a rescue squad as an EMT also counts.
- Many medical schools require **non-clinical service**: after all, medicine is a service profession. Make a difference in your community during your undergraduate years!
- **Research** is not required for admission to every medical school, but it is a selection factor for some medical schools. If you are interested in research, get involved! See <https://www.wm.edu/as/undergraduate/explore-create-connect/undergrad-research/index.php> for more information on undergraduate research at William & Mary.