It is our goal at UND to prepare students for any osteopathic medical school in the country. Our undergraduates have been accepted at numerous osteopathic medical schools in the United States. Seats in osteopathic medical school entering classes are limited – all together less than 6,450 seats are available across the country each year. The national ratio of qualified applicants per available seat is approximately 3:1. Getting accepted into any osteopathic medical school is done through a highly competitive, two stage application process. It is extremely important that you are well prepared and able to present the best possible application to medical schools when you apply - good planning is key!

The Pre-Osteopathic Medicine Program is not a major or degree granting program at UND. In order to graduate with a degree from UND, you will need to:

- Choose a Major and complete the specific requirements determined by the department responsible for that major
- Complete the Essential Studies Requirements
- Complete 125 semester credits (36 of which must be upper divisional credits)

You will be assigned two advisors while pursuing your degree and the Pre-Osteopathic Medicine Program at UND:

- A major advisor (from your major department) to help with the planning of your major curriculum
- The Health Sciences Advisor (from the College of Arts & Sciences) to help with all aspects of osteopathic medical school preparation

**Joining** the Pre-Osteopathic Medicine Program is easy!:

1. Incoming freshmen students should plan to attend Summer Orientation - you can declare Pre-Osteo Med at that time
2. Current or transfer students can declare Pre-Osteo Med by stopping in the A&S office or calling us at 701-777-2749

**Staying** in the Pre-Osteopathic Medicine Program is hard!:

1. **Incoming Freshmen** must:
   - Attend all freshmen group advising meetings during the fall semester
   - Attend one freshmen group advising meeting during the spring semester
   - Complete the following courses, with a C grade or better, before the start of sophomore year:
     - Bio 150-151, with labs
     - Math 103 (may test out of this with an ACT Math score of 26, or appropriate Math placement test score)
     - Chem 121-122, with labs
   - Maintain a cumulative GPA of 3.0 or higher during freshman year
2. **Transfer students, or current students** switching to Pre-Osteopathic Medicine after freshman year, must:
   - If not already completed at UND or transferred in, complete the following courses with a C grade or better:
     - Bio 150-151, with labs
     - Math 103
     - Chem 121-122, with labs
   - Have a cumulative GPA of 3.0 or higher
3. **All continuing Pre-Osteopathic Medicine students** must:
   - Take Pre-Osteopathic Medicine courses as advised
   - Prepare for and take the MCAT
   - Keep cumulative GPA and science GPA competitive
Osteopathic medical schools consider the following when reviewing applications:

1. **Academics**
   a. **Undergraduate Preparation**
      Admission into osteopathic medical school typically requires completion of a Bachelor’s degree or at least 90 credits from an accredited college or university. All osteopathic medical schools have specific content or course prerequisites which are included in the UND Pre-Osteopathic Med Program. UND accepts AP and post-secondary transfer credits toward the completion of a bachelor’s degree in accordance with the NDUS policies of [General Education Requirement Transfer Agreement (GERTA)](http://www.und.edu/academic/registrar/fields-of-study.cfm) and [Common Course Numbering (CCN)](http://www.und.edu/academic/registrar/fields-of-study.cfm). UND also has numerous articulation agreements and course equivalencies with other academic institutions. You should, however, check with the osteopathic medical schools on your wish list regarding the post-UND implications of any AP, IB, CIS, CLEP, on-line, distance learning or community college work you plan to complete prior to your undergraduate matriculation.

   b. **Major**

      The choice for a major is entirely up to you! You should pick something you are good at, or enjoy studying, or fits your “plan B” if you don’t end up going to osteopathic medical school. A list of each major and degree offered at UND may be found at: [http://und.edu/academic/registrar/fields-of-study.cfm](http://und.edu/academic/registrar/fields-of-study.cfm). Click on a particular major to see what you will be studying, as well as opportunities and careers associated with that major. For specific requirements and course descriptions, click on the **Academics – Check out the courses you’ll take** link on the right side of each major page. Four year plans (i.e., schedule of courses) for each degree are listed by college and are posted online at: [http://und-public.courseleaf.com/4yearplan/](http://und-public.courseleaf.com/4yearplan/).

      The combination of the Pre-Osteopathic Medicine Program with a major in the College of Arts and Sciences can usually be finished in 4 years if both major and Pre-Osteopathic Mediceine classes are started freshmen year. The combination of the Pre-Osteopathic Medicine program with a major in Athletic Training, Aviation, Dietetics, Engineering, Education, Nursing, Nutrition or Medical Laboratory Science will take longer. Because these majors include busy curricula and/or practicums, in most cases if you plan to combine one of them with Pre-Osteopathic Medicine, you will need at least 5 years of undergraduate studies to do so.

   c. **GPA**
      Since osteopathic medical school curriculum is considerably more challenging than any undergraduate curricula, you need to leave no doubt of your academic ability by excelling at the undergraduate level. Average cumulative GPA of recent osteopathic medical school matriculants: 3.50 - 3.60.

2. **MCAT**
   a. **Timing**
      This rigorous, full day exam is required by all osteopathic medical schools. Students planning to finish their undergraduate degrees in 4 years typically take the MCAT in May or June after their 3rd year (junior year) of college. While retakes are allowed, it is best to “do it right the first time”.

   b. **Preparation**
      Since considerable time (30+ hours/week) needs to go into MCAT preparation, UND students are encouraged to take a lighter load (12 credits) during the spring semester of their junior year to give them room for reviewing and practice testing. UND offers an optional MCAT Review Course every spring facilitated through Kaplan. This course is billed separately and does not count for credit at UND.

   c. **Scores**
      A new MCAT and scoring scale debuted in 2015. The national average MCAT composite score for osteopathic medical school matriculants on the old scale was 27 (representing the 56th – 61st percentile range). On the new scale, the 56th – 61st percentiles fall between 499 and 503.
3. Life Experiences
   a. Direct patient care experience => 500+ hours
      • Osteopathic medical schools expect you to spend considerable time working in health care. You need to get a job in which you give direct medical care to patients, have a chance to observe osteopaths and other health care team members, and have a supervisor observing you (most osteopathic medical schools require a letter of recommendation from a health care work supervisor).
      • You may need to combine several jobs to get the experience and understanding of medicine and osteopathic medicine that you need. Work settings can include hospital, rehab, clinic, group care home (nursing, disabled children or adults, Alzheimer’s unit, VA, etc.), hospice, home health, support services, phlebotomy, EMS, etc.
   b. Shadowing => 20-40 hours
      • The majority of hours need to be with basic care osteopaths: family medicine, internal medicine, or pediatrics
      • A few of the hours can be with specialists
      • Be sure to include both rural and city experiences
   c. Community Service => These activities will set you apart!
      • Do things that you love, have a passion for, demonstrate your desire to serve others and give back, show your love of learning, let your leadership skills shine, etc.
      • These volunteer activities/paid jobs include, but are not limited to:
        o Lifeguards, first responders
        o Coaching/teaching sports (for park boards, travelling leagues, Special Olympics, etc.)
        o Camp counseling (church camps, day camps, medical camps, music camps, etc.)
        o Big Brother/Big Sister, Meals on Wheels, Relay for Life, etc.
        o Volunteering at your local city mission, free clinic, humane society, etc.
        o College organization participation or leadership (clubs, honor societies, sororities/fraternities, etc.)
        o College tutoring or TA positions
        o Medical missions trips (through college organizations, national organizations, or local churches)
        o Church work/sponsored activities (Sunday school teacher, youth worker, mission trips, etc.)
        o American Red Cross, Peace Corps
   d. Keep a log of all hours
      Although formal documentation is not needed, you should keep a simple personal log for all experiences/work in a notebook – be sure to include dates, times, activities, impressions, and note any meaningful patients or experiences. You will also need to provide contact information for someone who witnessed you in each experience or circumstance, so make note of that as well!

4. Letters of Recommendation
   a. You will need 3-4 letters of recommendation or evaluation for most osteopathic medical schools.
   b. Letters need to address the personal attributes and academic abilities that make you a good fit for osteopathic medical school and the profession of medicine.
   c. Authors will have to include an advisor, professors, and health care work supervisors who know you very well.

5. Legal Record
   a. Keep legal records clean. All minors and felonies will need to be disclosed on applications.
   b. Keep university records clean. Any institutional actions for code of student conduct violations (behavioral, academic, legal, etc.) will need to be disclosed on applications.
   c. Keep personal social media sites clean (Facebook, Twitter, etc.). Be sure to demonstrate integrity, maturity, wholesomeness and good taste in all postings (verbal, photos, pictures, etc.).

6. Home State Residency
   In general, osteopathic medical schools consider your home state of residency to be where you graduated high school and/or where your parent(s) currently live. You do not become a resident of a state by just attending college there!
Courses included in the **UND Pre-Osteopathic Medicine Program** fall into one (or more) of three categories. These categories are:

1. Requirements for most osteopathic medical schools
2. Good preparation for the MCAT (as recommended by AAMC and former UND undergraduates)
3. Good, additional elective preparation for osteopathic med schools (as recommended by current medical students)

The checklist below will help you keep track of your progress in the Pre-Osteopathic Medicine Program:

### UND Courses required by most osteo medical schools (all but English and Math are needed for MCAT preparation):

- __Biol 150, 150L__ General Biology I  
- __Biol 151, 151L__ General Biology II  
- __Chem 121, 121L__ General Chemistry I  
- __Chem 122, 122L__ General Chemistry II  
- __Chem 341, 341L__ Organic Chemistry I  
- __Chem 342, 342L__ Organic Chemistry II  
- __BMB 301__ Biochemistry  
- __Phys 211, 211L__ College Physics I  
- __Phys 212, 212L__ College Physics II  
- __Math (choose one)___Math 146  Applied Calculus  
- __Math (choose one)___Math 165  Calculus I  
- __Math (choose one)___Math 165-166  Calculus I and II  
- __Math (choose one)___AP credit for Calculus  
- __A Statistics course (choose one)___Psyc 241  Psychological Statistics  
- __A Statistics course (choose one)___Soc 326  Sociological Statistics  
- __A Statistics course (choose one)___Psyc 111  Introduction to Psychology  
- __Engl 110  Composition I___Engl 130  Composition II

### Additional UND Courses needed/recommended for MCAT preparation:

- __Biol 315__ Genetics  
- __Biol 315R__ Genetics Recitation  
- __Biol 341__ Cell Biology  
- __A Physiology course (choose one)___Psych 250  Developmental Psychology  
- __A Physiology course (choose one)___Psych 270  Abnormal Psychology  
- __A Physiology course (choose one)___Soc 110  Introduction to Sociology  

- __Biol 442__ Physio of Organs/Systems (for Bio majors)  
- __PPT 301__ Human Physiology (for other majors)

### UND electives good for osteopathic medical school preparation (take as many as desired – all are optional):

- __Anat 204, 204L__ Anatomy for Paramed Personnel  
- __Bio 369, 369L__ Histology  
- __Bio 390__ Endocrinology  
- __Bio 415__ Genomics  
- __Bio 420__ Neuroscience  
- __MBio 302__ General Microbiology  
- __MBio 328__ Introduction to Immunology  
- __MBio 328__ Introduction to Immunology  
- __Nutr 240__ Fundamentals of Nutrition
Your course schedule at UND will vary depending on your major. Ultimately, all students, regardless of major, will be able to take the courses covering the content they need for the MCAT and medical school. The chart below shows complete major and Pre-Osteopathic science and math course schedules for both Biology and Chem/Biochem majors. For students pursuing other majors, only the science and math Pre-Osteopathic courses are listed so they will need to "pencil in" their major requirements as well. Also, all UND students will need to add any additional major requirements, Essential Studies requirements, and other electives to each semester in the schedules below as needed or desired:

<table>
<thead>
<tr>
<th>Freshman</th>
<th>Sophomore</th>
<th>Junior</th>
<th>Senior</th>
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<tbody>
<tr>
<td><strong>Fall</strong></td>
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<tr>
<td>Bio majors:</td>
<td>Bio majors:</td>
<td>Bio majors:</td>
<td>Bio majors:</td>
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<tr>
<td>• Bio 120</td>
<td>• Chem 341, 341L</td>
<td>• Physics 211, 211L</td>
<td>• Bio 480</td>
</tr>
<tr>
<td>• Bio 150, 150L</td>
<td>• Bio 315 (Genetics)</td>
<td>• Bio 442, 442L</td>
<td>Bio requirement**</td>
</tr>
<tr>
<td>• Chem 121, 121L</td>
<td>• Bio 315R (Genetics Recitation)</td>
<td>• Chem 333, 333L (for minor)</td>
<td>Anat 204, 204L or Other Bio requirement**</td>
</tr>
<tr>
<td>• Math 103</td>
<td>• Bio 332 (Ecology)</td>
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<tr>
<td>Chem/Biochem majors:</td>
<td>Chem/Biochem majors:</td>
<td>Chem/Biochem majors:</td>
<td>Chem/Biochem majors:</td>
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<tr>
<td>• Chem 101</td>
<td>• Chem 341, 341L</td>
<td>• Chem 466</td>
<td>Chem/Biochem majors:</td>
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<tr>
<td>• Chem 121, 121L</td>
<td>• Chem 361</td>
<td>• Bio 315, 315R</td>
<td>• BMB 401, 403</td>
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<tr>
<td>• Bio 150, 150L</td>
<td>• Chem 333, 333L</td>
<td>• Bio 442 (do not take 442L)</td>
<td>• Chem 492 or 495?</td>
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<tr>
<td>• Math 103</td>
<td>• Physics 211, 211L</td>
<td></td>
<td>• Anat 204, 204L or Other Bio elective**</td>
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<td><strong>Other majors:</strong></td>
<td><strong>Other majors:</strong></td>
<td><strong>Other majors:</strong></td>
<td><strong>Other majors:</strong></td>
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<tr>
<td>• Bio 150, 150L</td>
<td>• Bio 341, 341L</td>
<td>• Physics 211, 211L</td>
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<tr>
<td>• Chem 121, 121L</td>
<td>• Bio 315, 315R</td>
<td>• Bio 442 (do not take 442L) or PPT 301</td>
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</tr>
<tr>
<td>• Math 103</td>
<td>• Your major requirements?</td>
<td>• Chem 333, 333L (for minor)</td>
<td>• Your major requirements?</td>
</tr>
<tr>
<td>Everyone: Courses from Group 1*</td>
<td>Everyone: Courses from Group 1 or 2*</td>
<td>Everyone: Courses from Group 2 or 3*</td>
<td>Everyone: Courses from Group 2, 3 or 4*</td>
</tr>
</tbody>
</table>

| **Spring** |           |        |        |
| Bio majors: | Bio majors: | Bio majors: | Bio majors: |
| • Bio 151, 151L | • Bio 342, 342L | • Physics 212, 212L | Bio requirement** |
| • Chem 122, 122L | • Bio 341, 341L (Cell Bio) | • BMB 301 | Bio requirement** |
| • Math 146 | • Bio 312 (Evolution) | | |
| Chem/Biochem majors: | Chem/Biochem majors: | Chem/Biochem majors: | Chem/Biochem majors: |
| • Bio 151, 151L | • Chem 342, 342L | • Chem 467 | • Chem 492 or 495? |
| • Chem 122, 122L | • Chem 362 | • BMB 301 | Bio elective** |
| • Math 146 | • Physics 212, 212L | • Bio 341 | | |
| **Other majors:** | **Other majors:** | **Other majors:** | **Other majors:** |
| • Bio 151, 151L | • Chem 342, 342L | • Physics 212, 212L | | |
| • Chem 122, 122L | • Bio 341 | • BMB 301 | | |
| • Math 146 | • Anat 204, 204L? | • Bio 341 | | |
| Everyone: Courses from Group 1* | Everyone: Courses from Group 1 or 2* | Everyone: Courses from Group 2 or 3* | Everyone: Courses from Group 2, 3 or 4* |

**Everyone:**
- Courses from Group 1 or 2*:
- **2nd Osteo School Apps Due** (Submit to schools ASAP)
- **Interviews Begin** (Usually run October-February)
- **WICHE Forms – AZ, MT, WY res only** (Complete over Spring Break)
- **MCAT (1st one by June 15th)**
- **1st Osteo School Apps Due** (Submit to AACOMAS by June 30th)

*Courses in Group 1 are required for all majors. Courses from Groups 2, 3 and 4 are options for Bio requirements/electives or other electives.*

**Group 1:  Eng 110 or 130, Psych 111, Psych 250, Psych 270, Soc 110, Comm 110, a Stats class (Psych 241 or Soc 326); additionally, the Chem/Biochem major also requires a level 2 proficiency in a Foreign Language (i.e., Span 101 and 102)**

**Group 2:** Med 205, Nutr 240

**Group 3 Fall courses:** Bio 378, Bio 410, Bio 364+L, Chem 333; **Group 3 Spring courses:** Mbio 302

**Group 4 Fall courses:** Bio 390, Bio 420, Bio 460, Mbio 328; **Group 4 Spring courses:** Bio 369+L, Bio 415