Pre-Med: WHAT IT TAKES

**GPA & MCAT**
The national average for accepted med school applicants: 3.7 overall and 3.64 for science. MCAT: 510 or 83rd percentile. Visit the MSAR to learn more.

**CLINICAL EXPERIENCE**
Volunteer at a hospital or clinic. Aim for 150-300 hours of meaningful patient interactions.

**SERVICE**
Demonstrate compassion for others by volunteering with underserved and disadvantaged communities.

**LEADERSHIP**
Show that you take initiative and can lead a team by sitting on a board, being an Undergrad Instructional Apprentice, or creating your own project. Leadership can take many forms.

**PERSONAL ESSAY**
Write a compelling narrative that outlines your true motivation and resiliency. What experiences have you had that make you determined to pursue this profession? Provide examples.

**LETTERS OF EVALUATION**
Get to know faculty and other professionals: Try office hours, coffee with a prof, or become an Undergrad Instructional Apprentice. Look for mentors, not letter writers. Building relationships take time so begin early!

**15 CORE COMPETENCIES**
Ensure all of your experiences and knowledge meet the AAMC’s Competencies for entering medical students.

**RESEARCH**
Participate in research only if it interests you. This is NOT a requirement, however, exposure to research can help you understand the bigger picture of medicine.