

# Bioengineering Pre-Med Checklist

Are you interested continuing on to medical school after you finish your Bachelor Degree? Talk to your BIOE advisor and express your interest in medical school. It's never too early to start devising a four-year plan to help accomplish this goal. Here is some helpful information:

## General Courses Needed:

- ✓ 1 year of Biology (both lecture and lab)
- ✓ 1 year of General Chemistry (both lecture and lab)
- ✓ 1 year of Organic Chemistry (both lecture and lab)
- ✓ 1 year of General Physics
- ✓ 1 year of English (Comp I & Advanced Composition)

## Classes you need to take outside of the Bioengineering curriculum map:

- |                      |                      |
|----------------------|----------------------|
| ✓ MCB 250 (3 hours)  | ✓ SOC 100 (4 hours)  |
| ✓ CHEM 233 (2 hours) | ✓ CHEM 332 (4 hours) |
| ✓ MCB 450 (3 hours)  | ✓ CHEM 437 (3 hours) |
| ✓ PSYC 100 (4 hours) |                      |

## Optional Supplementary Courses for MCAT:

- ✓ CHLH 260: Introduction to Medical Ethics (3 hrs.)
- ✓ CLCV 102: Medical Term – Greek & Latin Roots (3 hrs.)
- ✓ MCB 244: Human Anatomy & Physiology I
- ✓ MCB 246: Human Anatomy & Physiology II

***\*\*AP credit—not all schools will accept AP credit!! If you AP'd out of a technical course, take it again (or ask your advisor) to be sure you have all requirements for your Medical School of choice. \*\****

## Other Helpful Tips:

### Tips for LETTERS of RECOMMENDATION:

- ✓ You will need at least 3 letters of recommendation
  - 1 from your advisor or Research PI
  - 2 from science/technical instructors
  - 1 from a non-science instructor
- ✓ For a strong letter of recommendation, get to know your professors/instructors/advisors!
  - Go to office hours
  - Ask questions
  - Be very nice
  - Do well in the class
  - Discuss your goals

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## Freshmen Year

- ✓ Make an appointment at The Career Center with the Health Professions Advisor!
- ✓ Create an account with the Engineering Career Services Office.
  - Attend the Fall & Spring Career Fairs
- ✓ Clinical Volunteering!! (Keep this up throughout your 4 years!)
  - Start volunteering at a Carle or Presence Hospital, Carle or Christie Clinic, or a free health clinic (Patient Contact is Key!)
  - Clinical volunteering with an RSO: some examples - Illini Emergency Medical Services (IEMS) or Illini Medical Screening Society (IMSS)
- ✓ Non-Clinical Volunteering!! (Keep this up throughout your 4 years!)
  - Tutoring (non-paid) - College, high school, middle school and elementary
  - Other places to volunteer: Soup Kitchens & Homeless Shelters
  - RSOs to consider: some examples - Volunteer Illini Project, Habitat for Humanity, APO (service fraternity), Alternative Spring Break, 1867 Society

## Sophomore Year

- ✓ Make an appointment at The Career Center with the Health Professions Advisor!
- ✓ Continue your volunteering efforts
- ✓ Go to the Fall & Spring Engineering Career Fairs
- ✓ Consider job shadowing a clinician
- ✓ If considering MD/PhD start work in a research lab
  - Summer can be a good time for research through REU's
- ✓ Start studying for your MCAT!
  - Prep Courses: Exam Crackers has a 10-week online course; Kaplan, Exam Crackers, & Princeton Review have classroom-taught courses.

## Junior Year

- ✓ Make an appointment at The Career Center with the Health Professions Advisor
- ✓ Study for your MCAT
- ✓ Start working on your Personal Statement
- ✓ Continue your volunteering and research efforts
- ✓ Consider job shadowing a clinician
- ✓ Take MCAT January and if a retake is needed take May - summer of Junior Year

## Senior Year

- ✓ Summer before Senior Year Apply to Medical Schools
- ✓ Make an appointment at The Career Center with the Health Professions Advisor
- ✓ Take regular rigorous coursework – if you are ahead of the curriculum map find other challenging courses to take.
- ✓ Continue your volunteering & research efforts