**THE UNIVERSITY OF PUGET SOUND**

2014-2015 CURRICULUM GUIDE

**ANY MAJOR: PRE-MEDICAL**

DEGREE: BA OR BS

CONTACT PERSON: JOYCE TAMASHIRO

PROGRAM COORDINATOR: KATHY SAMMS 235-879-2708

HEALTH PROFESSIONS ADVISING @ WWW.PUGETSOUND.EDU/HPA

**A suggested four-year program:**

Early contact with the Chair of the Health Professions Advising Committee or the program coordinator is recommended in the first year. The Medical School Admission Requirements book must be checked during the sophomore year for specific school requirements.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | *Fall Semester Classes* |  | *Spring Semester Classes* |  |
|  |  |  |  |  |
|  | **Freshman** | **Units** |  | **Units** |
|  | SSI 1 | 1 | SSI 2 | 1 |
|  |  |  |  |  |
|  | CHEM 110/lab (NS core)1 | 1 | CHEM 120/lab2 | 1 |
|  |  |  |  |  |
|  | Pre-med Math\* (MA core) | 1 | Approaches core | 1 |
|  |  |  |  |  |
|  | FL (if needed) or Major\*\* | 1 | FL (if needed) or Major\*\* | 1 |
|  |  |  |  |  |
|  | **Sophomore** | **Units** |  | **Units** |
|  | BIOL 111/lab3 | 1 | BIOL 212/lab3 | 1 |
|  |  |  |  |  |
|  | CHEM 250/lab | 1 | CHEM 251/lab | 1 |
|  |  |  |  |  |
|  | SL core (SOAN 101 recommended) | 1 | Approaches core | 1 |
|  |  |  |  |  |
|  | Elective or Major | 1 | Elective or Major | 1 |
|  |  |  |  |  |
|  | **Junior** | **Units** |  | **Units** |
|  | PHYS 111/lab\*\*\* | 1 | PHYS 112/lab\*\*\* | 1 |
|  |  |  |  |  |
|  | Elective or BIOL 311/lab\*\*\*\* | 1 | Elective  | 1 |
|  |  |  |  |  |
|  | Elective or Major | 1 | Elective or Major | 1 |
|  |  |  |  |  |
|  | Elective or Major | 1 | Elective or Major | 1 |
|  |  |  |  |  |
|  | **Senior** | **Units** |  | **Units** |
|  | CN core5 | 1 | Elective or Major | 1 |
|  |  |  |  |  |
|  | Elective or Major | 1 | Elective or Major | 1 |
|  |  |  |  |  |
|  | Elective or Major | 1 | Elective or Major | 1 |
|  |  |  |  |  |
|  | Elective or CHEM 460/lab\*\*\*\* or BIOL 3614 | 1 | Elective or CHEM 4614\*\*\*\* | 1 |
| **NOTES:** |  | **Puget Sound requires a total of 32 units to graduate.** |  |

1. Students with strong chemistry backgrounds could take CHEM 115.
2. Students who have taken CHEM 115 should take CHEM 230.
3. If Biology major, take BIOL 111/112 first year. If other major, recommend BIOL 212 instead of 112.
4. If Biochemistry with a lab is required take CHEM 460 & 461 (students without CHEM 230 must take CHEM 231 as a pre-requisite). BIOL 361 is a one-semester, non-lab course.
5. Of the three units of upper division coursework required outside the first major, the Connections course will count for one unless it is used to meet a major requirement.
* Beginning in 2015, the MCAT will include more statistics, therefore MATH 160 or 260 or a departmental research methods and statistics course is recommended. Some medical schools require up to a year of calculus, so students may consider taking MATH 180 and/or 181 in addition to statistics. MATH 160 and 180 will count toward the Mathematical Approaches core.
* Meet with advisor to ensure that major requirements as well as university requirements are met.
* PHYS 111/112 is preferable, but PHYS 121 – 122 acceptable.
	+ Recommended. Required at some schools.

**THE UNIVERSITY OF PUGET SOUND**

COURSE CHECKLIST

**ANY MAJOR: PRE-MEDICAL**

**CORE CURRICULUM** **MAJOR REQUIREMENTS**

|  |  |  |
| --- | --- | --- |
| UNIVERSITY CORE | CRS TERM | GRADE |
|  |  |  |

SSI1

SSI2

AR

HM

MA (MATH 160 or 180)

NS (BIOL 111 or CHEM 110 or 115)

SL

CN

**KEY**

SSI1= Seminar in Scholarly Inquiry1 MA= Mathematical Approaches

SSI2= Seminar in Scholarly Inquiry2 NS= Natural Scientific Approaches

AR= Artistic Approaches SL= Social Scientific Approaches

HM= Humanistic Approaches CN= Connections

 FL= Foreign Language

**Foreign Language Requirement** (circle one)

1. Two semesters at 101/102 level or One semester at 200+ level
2. Proficiency exam (3rd year high school level or 1st year college level)
3. AP foreign language score of 4 or 5
4. IB higher level foreign language score of 5, 6, or 7

**Upper Division Level Requirement**

Three units at the upper division level outside the first major.

**Recommendations**

* There is no single best major to prepare for a health profession—choose a subject that you love, and then be sure to take the pre-requisite courses (listed on back).
* For a higher probability of success in your classes, **spread out the science courses.** Science majors will spend most of their semesters taking 2 lab courses; non-science majors have the luxury of tackling the science classes one course at a time. **Warning**: taking 3 science courses with labs in one semester is NOT recommended.
* Start with Chemistry. The first year chemistry sequence is a pre-requisite for future chemistry courses AND for Biology 212 (recommended for most pre-health professions students). Since Chemistry is a year-long sequence, it can’t be started mid-year. [Many of the Biology courses are offered each semester.]
* Minors and second majors are much less important than the actual classes you take. In general, health professions programs appreciate breadth—this means strength in the sciences, but also exposure to courses which will provide insight on other cultures and diverse ways of thinking, ethical issues, and psychological and societal influences on individual health and healthcare systems.

**THIS FORM IS NOT AN OFFICIAL GRADUATION ANALYSIS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| COURSE |  | UNITS | TERM | GRADE |
|  |  |  |  |  |
| BIOL 111# |  |  |  |  |
|  |  |  |  |  |
| BIOL 212# |  |  |  |  |
|  |  |  |  |  |
| BIOL 311\*# |  |  |  |  |
| Biochemistry, CHEM 4601 and 4611 |  |  |  |  |
| OR |  |  |  |  |
| BIOL 361 |  |  |  |  |
| CHEM 110 (or 115)# |  |  |  |  |
|  |  |  |  |  |
| CHEM 120 (or 230)# |  |  |  |  |
|  |  |  |  |  |
| CHEM 250# |  |  |  |  |
|  |  |  |  |  |
| CHEM 251# |  |  |  |  |
|  |  |  |  |  |
| Pre-Med Math2 |  |  |  |  |
|  |  |  |  |  |
| PHYS 111 (or 121) # |  |  |  |  |
|  |  |  |  |  |
| PHYS 112 (or 122) # |  |  |  |  |
|  |  |  |  |  |
| PSYC 101 |  |  |  |  |
|  |  |  |  |  |
| SOAN 101 (SOAN 360 recommended) |  |  |  |
|  |  |  |  |
| **NOTES**# Denotes labs.\* Recommended. Required at some schools.1. CHEM 230 or 231 are prerequisites
2. Beginning in 2015, the MCAT will include more statistics, therefore MATH 160 or 260 or a departmental research methods and statistics course is recommended. Some medical schools require up to a year of calculus, so students may consider taking MATH 180 and/or 181 in addition to statistics. MATH 160 and 180 will count toward the Mathematical Approaches core.
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