



The Pathway to Medical School for Post-Bacc Students

GETTING STARTED

Medical Applicant Portal (MAP): MAP is an online resource for post-bacc students and alumni to identify themselves as Pre-Med and stay informed of important dates and events. It also serves as a portfolio to help prepare students for the application process. Create a MAP account in StudentHub!

Connect with us: Meet your pre-health advisor, register for upcoming events, sign up for our monthly newsletter, and read up on our latest blog posts from students, staff, and alumni! Follow us on Instagram and Facebook @NUPreHealth

APPLICATION & TIMELINE

The application process for medical school **begins every year in May** and is a **year-long application process**. Applicants should have their prerequisite courses and MCAT score(s), along with recommended experiences, prior to the application. Please click on the links below to learn more about each medical application type:

Allopathic Medicine (MD) - AMCAS

Osteopathic Medicine (DO) - AACOMAS

TMSDAS - Texas Medical & Dental Schools

Caribbean Medical Programs

Most students in the post-bacc certificate program should expect to be in the program for about one year prior to applying to medical school - more information and resources are on our website.

EXPERIENTIAL PREPARATION

Medical students must possess a broad range of competencies to successfully learn and develop in medical school and become effective physicians. The premed competency model includes **professional, thinking and reasoning**, and **science competencies**, and serves as a roadmap for students as they prepare to succeed in medical school. View the **AAMC Core Competencies** here.

Post-bacc students bring a wealth of professional and interdisciplinary experience that will be valued by medical school admissions. Rather than starting from scratch, post-bacc students should assess where their experiences are already strong and identify areas to supplement with additional **community service, clinical exposure, physician shadowing, and research**.

REQUIRED COURSEWORK

Requisite courses are **school specific**. For detailed course requirements, please review the medical school databases:

- Medical School Admissions Requirements (AAMC)
- Choose DO Explorer (AACOM)

Common courses include:

- **Biology** with labs (Two semesters)
- **General Chemistry** with labs (Two semesters)
- **Organic Chemistry** with labs (Two semesters)
- **Physics** with labs (Two semesters)
- **Biochemistry** with lab
- **Math** (One Calculus & One Statistics)
- **Social Science/Humanities** (Two semesters)

ENTRANCE EXAM

Pre-Med students will take the **Medical College Admissions Test (MCAT)**. We recommend that pre-medical post-bacc students plan to take the MCAT **after completing all laboratory science prerequisite courses** and the applicant has had **4-6 months to study**. At the latest, applicants should take the MCAT by the end of May, the year they apply. MCAT scores are valid for 2-3 years.

Introductory **Psychology** and **Sociology** courses are *strongly recommended* prior to MCAT preparation but are typically *not required* for admission.

LETTERS OF RECOMMENDATION

The Northeastern University PreMed & PreHealth Advising program offers a **Letters Packet** service for medical, dental, and podiatry applicants who complete the **Pre-Med Post-Bacc Certificate Program**. More information on our website here.

The Pathway to Dental School for Post-Bacc Students

GETTING STARTED

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APPLICATION & TIMELINE

The application process for dental school **begins every year in May** and is a **year-long application process**. Applicants should have their prerequisite courses and DAT score(s), along with recommended experiences, prior to the application. Please click on the links below to learn more about each dental application type:

[Dental Medicine - AADSAS](#)

[TMSDAS - Texas Medical & Dental Schools](#)

Most students in the post-bacc certificate program should expect to be in the program for about one year prior to applying to dental school - more information and resources are [on our website](#).

EXPERIENTIAL PREPARATION

Dental students must possess a broad range of competencies to successfully learn and develop in dental school and become effective dentists. The pre-dental competency model includes **professional, thinking and reasoning, and science competencies**, and serves as a roadmap for students as they prepare to succeed in medical careers. View the [AAMC Core Competencies](#) here.

Post-bacc students bring a wealth of professional and interdisciplinary experience that will be valued by dental school admissions. Rather than starting from scratch, post-bacc students should assess where their experiences are already strong and identify areas to supplement with additional **community service, clinical exposure, dental shadowing**.

REQUIRED COURSEWORK

Requisite courses are **school specific**. For detailed course requirements, please review the list of [accredited dental schools](#) on the linked ADEA Go Dental website.

Common courses include:

- **Biology** with labs (Two semesters)
- **General Chemistry** with lab(s) (Two semesters)
- **Organic Chemistry** with labs (Two semesters)
- **Physics** with labs (Two semesters)
- **Biochemistry** with lab
- **Math** (One Calculus & One Statistics)
- **Social Science/Humanities** (Two semesters)
- Additional coursework across disciplines may be required (e.g. Microbiology, Anatomy & Physiology, etc.)

ENTRANCE EXAM

Pre-Dental students will take the **Dental Admissions Test (DAT)**. We recommend that pre-dental post-bacc students plan to take the DAT **after completing all general biology, general chemistry, and organic chemistry prerequisite courses** and the applicant has had **4-5 months to study**. At the latest, applicants should take the DAT by the end of June, the year they apply.

LETTERS OF RECOMMENDATION

The Northeastern University [PreMed & PreHealth Advising](#) program offers a **Letters Packet** service for medical, dental, and podiatry applicants who complete the **Pre-Med Post-Bacc Certificate Program**. More information on our [website here](#).

The Pathway to PA School for Post-Bacc Students

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APPLICATION & TIMELINE

The application process for PA school **begins every year in April and is most often a year-long application process**. Applicants should have their prerequisite courses and GRE/PCAT score(s), along with recommended experiences, prior to the application. Please click on the links below to learn more about the application process: **Physician Assistant Application - CASPA**

Most students in the post-bacc certificate program should expect to be in the program for about one year prior to applying to PA school - more information and resources are on our website.

DIRECT PATIENT CARE HOURS

Many programs require an approximate number of hours of **paid, hands-on patient care experiences** prior to applying. It is strongly recommended that students obtain **2,000+ clinical hours before applying**. Examples of direct patient care positions include, but are not limited to **Certified Nursing Assistant, Medical Assistant**, etc. Be mindful that some position hours (e.g. EMT or Medical Scribe) may not count toward your direct patient care hours, as PA schools do not see these roles as totally hands-on patient care experiences. We strongly recommend that Pre-PA students review the direct patient care requirements and expectations on the individual PA program websites.

Clinical experiences should also include **shadowing** hours with a licensed Physician Assistant. It is the quality of your shadowing experience, rather than number of hours that allows you to demonstrate your understanding of the profession. Check individual programs to see if they have a shadowing requirement.

REQUIRED COURSEWORK

Requisite courses are **highly school-specific**. For detailed course requirements, please review individual program websites to build a school list. We recommend **applying to 8-12 PA programs**.

Browse programs using the link here: **Physician Assistant Education Association Program Directory**

Strongly Recommended Courses:

- 2 Semesters of Biology with labs
- General Chemistry I & II with labs
- Organic Chemistry I & II with labs
- Biochemistry with lab
- Anatomy & Physiology I & II with labs
- Microbiology with lab
- Statistics
- Psychology

Other Recommended Courses:

- Medical Terminology
- Calculus
- 2 Social Science/Humanities Courses
- Spanish (especially if applying to schools in the West or South)

ENTRANCE EXAM

Pre-PA students will traditionally take the **Graduate Record Exam (GRE)**, or the **Physician Assistant College Admissions Test (PA-CAT)**, though an admissions exam is not required by all programs. If an exam is required, we recommend that applicants dedicate 2-3 months to study for the GRE and 4-6 months for the PA-CAT. At the latest, applicants should take their admissions exam by the end of April, the year they apply.



The Pathway to Podiatry School for Post-Bacc Students

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APPLICATION & TIMELINE

The application process for podiatry school **begins every year in August** and is a **year-long application process**. Applicants should have their prerequisite courses and MCAT score(s), along with recommended experiences, prior to the application. Please click on the links below to learn more about the application process: [AACPMAS](#)

Most students in the post-bacc certificate program should expect to be in the program for about one year prior to applying to podiatry school - more information and resources are [on our website](#).

EXPERIENTIAL PREPARATION

Successful candidates who apply for entry into one of the eleven podiatric medical schools display **positive characteristics of mature adults**. Evidence of preparation for a career in medicine, and specifically a career in podiatric medicine, should also be present in each application. Candidates with strong science preparation are preferred. Attributes of successful candidates also include good time management, problem-solving proficiency and a strong sense of inter- and intrapersonal communication skills. Successful candidates also have a demonstrable record of community service or good works, a strong academic record in the sciences, and are well-rounded individuals.

Post-bacc students bring a wealth of professional and interdisciplinary experience that will be valued by podiatry school admissions. Rather than starting from scratch, post-bacc students should assess where their experiences are already strong and identify areas to supplement with additional **community service, clinical exposure, and podiatrist shadowing**.

REQUIRED COURSEWORK

Requisite courses are **school specific**. For detailed course requirements, please review the list of [accredited podiatry schools](#) in the United States.

Common courses include:

- **Biology** with labs (Two semesters)
- **General Chemistry** with lab(s)
- **Organic Chemistry** with lab(s) (Two semesters)
- **Physics** with labs (Two semesters)
- **Biochemistry** with lab
- **Math** (One Calculus & One Statistics)
- **Social Science/Humanities** (Two semesters)

ENTRANCE EXAM

Pre-Podiatry students will take the **Medical College Admissions Test (MCAT)**. We recommend that pre-podiatry post-bacc students plan to take the MCAT **after completing all laboratory science prerequisite courses** and the applicant has had **4-6 months to study**. At the latest, applicants should take the MCAT by the end of September, the year they apply.

Introductory **Psychology** and **Sociology** courses are *strongly recommended* prior to MCAT preparation but are typically *not required* for admission.

LETTERS OF RECOMMENDATION

The Northeastern University [PreMed & PreHealth Advising](#) program offers a **Letters Packet** service for medical, dental, and podiatry applicants who complete the **Pre-Med Post-Bacc Certificate Program**. More information on our [website here](#).

The Pathway to Optometry School for Post-Bacc Students

GETTING STARTED

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APPLICATION & TIMELINE

The application process for optometry school **begins every year in late June/July** and is a **year-long application process**. Applicants should have their prerequisite courses and OAT score(s), along with recommended experiences, prior to the application. Please click on the links below to learn more about the application process: [OptomCAS](#)

Most students in the post-bacc certificate program should expect to be in the program for about one year prior to applying to optometry school - more information and resources are [on our website](#).

EXPERIENTIAL PREPARATION

Optometry students must possess a broad range of competencies to successfully learn and develop in optometry school and become effective optometrists. The medical competency model includes **professional, thinking and reasoning**, and **science competencies**, and serves as a roadmap for students as they prepare to succeed in optometry school. View the [AAMC Core Competencies](#) here.

Post-bacc students bring a wealth of professional and interdisciplinary experience that will be valued by optometry school admissions. Rather than starting from scratch, post-bacc students should assess where their experiences are already strong and identify areas to supplement with additional **community service, clinical exposure, and optometrist shadowing**.

REQUIRED COURSEWORK

Requisite courses are **school specific**. For detailed course requirements, please review the linked list of [accredited optometry schools](#) in the United States.

Common courses include:

- **Biology** with labs (Two semesters)
- **General/Inorganic Chemistry** with labs (Two semesters)
- **Organic Chemistry** with lab (One semester)
- **Physics** with labs (Two semesters)
- **Anatomy & Physiology** (One semester)
- **Microbiology** with lab
- **Biochemistry** with lab
- **Math** (One Calculus & One Statistics)
- **Social Science/Humanities** (Two semesters)
- **Psychology**

ENTRANCE EXAM

Pre-Optometry students will take the [Optometry Admissions Test \(OAT\)](#). We recommend that pre-optometry post-bacc students plan to take the OAT **after completing all laboratory science prerequisite courses** and the applicant has had **3-5 months to study**. Applicants should take the OAT prior to submitting their application to optometry programs.



The Pathway to Veterinary School for Post-Bacc Students

GETTING STARTED

Medical Applicant Portal (MAP): MAP is an online resource for post-bacc students and alumni to identify themselves as Pre-Vet and stay informed of important dates and events. It also serves as a portfolio to help prepare students for the application process. Create a MAP account in StudentHub!

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APPLICATION & TIMELINE

Applications for veterinary school **can be submitted every year between May and September**. The application cycle is a **year-long process**. Applicants should have their prerequisite courses and GRE score(s), along with recommended experiences, prior to the application. Please click on the link here to learn more about the application process: [VMCAS](#)

Most students in the post-bacc certificate program should expect to be in the program for about one year prior to applying to veterinary school - more information and resources are [on our website](#).

VETERINARY & ANIMAL EXPERIENCE

Veterinary Experience includes any veterinary clinical, agribusiness, or health science experiences that took place under the supervision of a veterinarian. **Animal Experiences** include farm and ranch experience, 4-H membership, animal training, or similar activities that were not under the supervision of a veterinarian.

EXPERIENTIAL PREPARATION

Veterinary students must possess a broad range of competencies to successfully learn and develop in veterinary school and become effective veterinarians. The medical competency model includes **professional, thinking and reasoning**, and **science competencies**, and serves as a roadmap for students as they prepare to succeed in veterinary school. View the [AAMC Core Competencies](#) here.

Post-bacc students bring a wealth of professional and interdisciplinary experience that will be valued by veterinary school admissions. Rather than starting from scratch, post-bacc students should assess where their experiences are already strong and identify areas to supplement with additional **community service, animal experience, and veterinary shadowing**.

REQUIRED COURSEWORK

Requisite courses are **school specific**. For detailed course requirements, please review:

- [Veterinary Medical School Admissions Requirements \(AAVMC\)](#)

Common courses include:

- **Biology** with labs (Two semesters)
- **General/Inorganic Chemistry** with lab(s) (Two semesters)
- **Organic Chemistry** with labs (Two semesters)
- **Physics** with labs (Two semesters)
- **Biochemistry** with lab
- **Math** (One Calculus & One Statistics)
- **Social Science/Humanities** (Two semesters)
- **Additional coursework** across disciplines may be required (e.g. Microbiology, Animal Nutrition, etc.)

ENTRANCE EXAM

Pre-Veterinary students will traditionally take the **Graduate Record Exam (GRE)**, though this is not required by all programs. It is recommended that 2-3 months are dedicated to study for the GRE.