

# Pre-Osteopathic Medical Program at Messiah College

Messiah College has a proud tradition of preparing students for careers in Osteopathic Medicine (DO). While the academic and experiential requirements *may* vary by institution, most of them have similar requirements. Prospective applicants are encouraged to research the schools to which they may apply to best plan their curriculum. The purpose of this document is to present a brief outline of what is generally expected of successful applicants to DO School, and how Messiah College prepares its students to meet and often exceed these requirements. You will note that at Messiah we have a Pre-Osteopathic Medical **Program**. Our program is best thought of as an overlay of courses that can be scheduled as part of most majors, with the exception of engineering and nursing.

## Preparing for a Career in Osteopathic Medicine

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| <b>Description of the Profession</b> | <ul style="list-style-type: none"> <li>• U.S. Department of Labor <i>Occupational Outlook Handbook</i> <a href="http://www.bls.gov/oco/home.htm">www.bls.gov/oco/home.htm</a></li> <li>• <a href="http://www.explorehealthcareers.org">www.explorehealthcareers.org</a></li> </ul>  |
| <b>Course Requirements</b>           | <ul style="list-style-type: none"> <li>• 1 year general biology</li> <li>• 1 year general chemistry</li> <li>• 1 year organic chemistry</li> <li>• 1 year general physics</li> <li>• Some schools may also require additional biology, English and/or behavioral science (check <i>Osteopathic Medical College Information Book</i>; CIB; <a href="http://www.aacom.org">www.aacom.org</a> )</li> </ul>   |
| <b>Application Timeline</b>          | <p>Medical school directly after Messiah College:</p> <ul style="list-style-type: none"> <li>• Required courses completed by end of junior year</li> <li>• Apply during summer between junior and senior years</li> </ul>   |
| <b>Standardized Test</b>             | <ul style="list-style-type: none"> <li>• Medical College Admission Test (MCAT)</li> <li>• Given 22 times from January to September</li> <li>• Take after prerequisite courses are completed (usually spring of junior year or summer between junior and senior years)</li> <li>• Register on-line (<a href="http://www.aamc.org/students/mcat">www.aamc.org/students/mcat</a>) (registration available 12 weeks before test, registration deadline 14 days before test)</li> <li>• 5 hour test</li> <li>• 4 sections : verbal reasoning (score 1-15), physical sciences (general chemistry and physics; score 1-15), biological sciences (general biology and organic chemistry; score 1-15), writing sample (score J-T)</li> <li>• Receive scores approximately 30 days after test</li> <li>• <i>MCAT Essentials and Preparing for the MCAT Exam</i> <a href="http://www.aamc.org/students/mcat">www.aamc.org/students/mcat</a></li> </ul> |
| <b>Application Service</b>           | <ul style="list-style-type: none"> <li>• American Association of Colleges of Osteopathic Medicine Application Service (AACOMAS) (<a href="https://aacomas.aacom.org">https://aacomas.aacom.org</a>)</li> <li>• Available ≈ June 1</li> <li>• APPLY EARLY!!!</li> </ul>  |

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| <b>Admissions Criteria</b>  | <ul style="list-style-type: none"> <li>• Overall and science GPA (check CIB for #'s)</li> <li>• MCAT (check CIB for #'s)</li> <li>• Letters of evaluation (committee letter and often a letter from a DO; check CIB)</li> <li>• Interview</li> <li>• Extracurricular activities</li> <li>• Medically related experience</li> </ul> |
| <b>Length of Program</b>    | <ul style="list-style-type: none"> <li>• Medical school: 4 years</li> <li>• Residency: 1-6 years</li> </ul>  |
| <b>Degree</b>               | <ul style="list-style-type: none"> <li>• Doctor of Osteopathic Medicine (DO)</li> </ul>  |
| <b>Additional Resources</b> | <ul style="list-style-type: none"> <li>• American Association of Colleges of Osteopathic Medicine (<a href="http://www.aacom.org">www.aacom.org</a> )</li> <li>• American Osteopathic Association (AOA) (<a href="http://www.osteopathic.org">www.osteopathic.org</a>)</li> </ul>  |
| <b>Notes</b>                | <ul style="list-style-type: none"> <li>• The PHPAC interviews students during the spring semester to facilitate writing committee letter of evaluation</li> </ul>  |