INFORMATION ABOUT PRE-PROFESSIONAL MEDICINE AT RED DEER COLLEGE

Before starting your journey to Medical School, it’s important to note there is no degree titled “Pre-Medicine”. Rather, students pursuing medical school are generally completing an Undergraduate degree as they prepare to apply to Medical School. No degree is better than the other, no specific courses are required, and there are many routes to gain admission into Medical School.

Also of importance is the need to be mindful that the majority of students will gain admission to Medical School after completion of an undergraduate degree.

The RDC “Pre-Medicine” program is designed to give student suggestions of courses to help prepare for Medical School and writing the Medical College Admission Test (MCAT). However, we want students to think about an undergraduate degree they would like to pursue as they prepare for Medical School. For students who are not sure about the degree they want to pursue, we have suggested courses for year 1 (which is essentially the 1st year of most Bachelor of Science degrees). We encourage students to have an undergraduate degree path in mind as they start registering for courses in Year 2.

Every Medical School will have different entrance requirements: some schools will allow admission after two years of study, others will require a completed degree. It is recommended to start researching Medical Schools of interest to learn about their admission requirements. This planning guide will have information relating to the University of Alberta and University of Calgary (see pages 4, 5 & 6)
YEAR 1 REGISTRATION INFORMATION

The courses below are recommendations to help students start their path towards Medicine and to help prepare for the MCAT. Not every course that is recommended will need to be completed by each student. Students should take courses that work towards future degree goals, and as preparation for the Medical College Admission Test (MCAT).

Students should identify an undergraduate degree to pursue by Year 2.

It is highly recommended that students complete sample MCAT exams to help decide which courses you may/may not need to take. For more information on the MCAT, please visit: https://students-residents.aamc.org/applying-medical-school/taking-mcat-exam/

See Page 3 for additional information on putting your schedule together!

SAMPLE YEAR 1 PATTERN

There is a great deal of flexibility regarding when you can take the courses below. For Year 1, CHEM 211 is the pre-requisite to CHEM 351 and CHEM 212 (as such, it is recommended to take this course in Fall term). PHYS 205 is only offered in the Fall term; however, the remaining courses can be taken in any order/term during your first year.

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<td>BIOL 217</td>
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<td>CHEM 211</td>
<td>CHEM 351 (see notes 3 and 4 on page 3)</td>
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<td>PHYS 205 or Option</td>
<td>CHEM 212 or Option (see note 3 on page 3)</td>
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<td>Option (ENGL 219 recommended)</td>
<td>STAT 251 or MATH Course (see note 5 on page 3)</td>
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<td>Option (see notes 1 and 2 on page 3)</td>
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YEAR 2 REGISTRATION INFORMATION

As you start planning for year 2, we recommend that students have an undergraduate degree and transfer University in mind. Most students will complete a 4 year degree prior to being admitted into Medical School. The degree you are pursuing can be anything! Students will transfer after year 2 to a University.

SAMPLE YEAR 2 SCHEDULE

Refer to the planning guide of your desired undergraduate degree path.

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<td>CHEM 351 or CHEM 352 (see notes 5 and 6 on page 4)</td>
<td>CHEM 352 or Option (see notes 5 and 6 on page 4)</td>
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<tr>
<td>Course Towards Undergraduate Degree</td>
<td>BIOC 301 or 393 or Option</td>
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FOOTNOTES

1. Examples of available Arts & Science Options for the 2019-2020 academic year can be viewed here: https://rdc.ab.ca/node/80375/attachment
(you can pick up this printout from the School of Arts & Sciences in Room 2203 or view on the Loop)

Not all of these courses may be transferable to your University (although the majority are). Remember to visit Transfer Alberta to check for course transferability, or check with an advisor.

2. The Admissions Committee of the Cumming School of Medicine's MD program recommend that Applicants undertake a rigorous undergraduate education in a field that is of interest to them. **Choose courses that will assist you in preparing for the MCAT exam, as well as your undergraduate degree.** When attempting to choose courses to prepare for the MCAT exam, you may wish to consider the following advice:

Choose courses that will assist your transition to medical school by familiarizing yourself with basic concepts within the foundational medical sciences.
- Areas of study to consider include: Introductory Biology, Inorganic Chemistry, Organic Chemistry, Introductory Physics, Anatomy, Biochemistry, Genetics, Molecular Biology,

Choose courses in the social and behavioural sciences, and the humanities that will assist you in understanding the lived experiences of patients and help you develop as a broadly-educated, humanistic physician.
- Areas of study to consider include Sociology, Psychology, Anthropology, Indigenous Studies, Philosophy and Ethics, Women’s and Gender Studies.

Choose courses that will assist you in developing specific skills required of practicing physicians.
- Areas of study to consider include Statistics, Population Health Studies, Scientific Writing and Foundations of Scientific Inquiry.

These courses are not presented as a comprehensive or exhaustive list. Applicants should choose courses that they feel will provide them personally with the greatest benefit or which will address gaps in their educational background. It is also recommended that students pay close attention to specific course requirements at any other schools they may be applying to in order to maximize their chances of success in obtaining admission to at least one medical school.

*For more information on course recommendations, please refer to the University of Calgary "Doctor of Medicine Applicant Manual"*

3. Completing CHEM 351 in year 1 can offer students more versatility in course scheduling for their second year, however taking the course in Year 1 can also create a heavier schedule (if combined with CHEM 212). As such, students can choose to complete CHEM 351 and/or CHEM 212 in their first or second year of study. **Note: CHEM 212 and CHEM 351 can also be completed in the Spring term. Students wishing to lighten their first year course load should take one of CHEM 212/351 in the Winter term of Year 1, and then the other course in the Spring term of Year 1.**

4. CHEM 352 has a pre-requisite of CHEM 351. UofC bound students must ensure they successfully complete both CHEM 351 and CHEM 352 from RDC to receive 6 credits in Organic Chemistry from UofC.

5. Choose from STAT 251, MATH 202 or 203 (calculus), or MATH 221 (algebra).
*Note about STAT 251: Students should only take Statistic courses that best fit into their degree plans. While STAT 251 is required for most Science degrees, there are programs that may require different Statistics courses (i.e. Psychology). If you are unsure of what Statistic course to take, contact the School of Arts & Sciences!*
1) **Read and review information regarding the Medical College Admissions Test (MCAT).**
   [https://students-residents.aamc.org/applying-medical-school/taking-mcat-exam/](https://students-residents.aamc.org/applying-medical-school/taking-mcat-exam/)
   Take sample exams to help identify areas you may want to study further. Use this information when building your schedule.

   MCAT exams need to completed prior to the year you apply for med school admission. For example, if you are applying to Medicine for Fall 2020, you need to have your MCAT scores completed in 2019 (prior to the admission deadline of your destination university for that cycle). The MCAT can only be written at certain times of the year. Contact your destination university for more information.

2) **Remember: there are no courses you specifically need to complete to gain entry into Medical School.** The recommended courses will be of great help in preparation for the MCAT, but not one is mandatory. As such, take courses you feel help you gain the knowledge you need while still taking a course load that is suitable to your needs.

3) **Plan to gain admission after completing a 4 year degree!** Yes, you may be able to gain admission earlier (which is great!) but the majority of Medical students are admitted after completing a 4 year degree.

4) **Pay attention to your course schedule.** It is not uncommon to experience “growing pains” in your first year. Your first year is meant to be an exploratory year and to help you adjust to post-secondary life. For students who complete a 4 year degree, many universities will use the best three full-time years when calculating admission GPA.

5) **Your schedule should be a mixture of:**
   - Taking a course load that is appropriate for you
   - Taking courses to help you get ready to write the MCAT
   - Taking courses that work towards an alternate Bachelor’s degree

6) **Stay current with Admission dates/deadlines and entrance requirements.** Universities provide a wealth of information to aid you in applying, as well as detailing the full admission process. Admission statistics are often provided, as well.

   Pages 5 & 6 of this guide provide brief overviews of the current year’s admission process. Use this to gain a working knowledge.

7) **Visit different Medical Schools and ask Universities questions.** Many have open houses – go visit and learn from current students & faculty!

8) **We also recommend that students read the University of Calgary Doctor of Medicine Applicant Manual.** This is a handbook that has a wealth of information on how to prepare to apply to medical school. This manual also provides a detailed application timeline, as well as lists courses that can be beneficial to students preparing for the MCAT, which are used as suggestions to help you build your schedule. The U of C traditionally updates this manual in the Summer of each year.
IMPORTANT THINGS TO KNOW ABOUT UNIVERSITY OF ALBERTA’S DOCTOR OF MEDICINE PROGRAM

University of Alberta Website for Doctor of Medicine: [https://www.med.ualberta.ca/programs/md](https://www.med.ualberta.ca/programs/md)

It is highly advised you read and consult the University of Alberta calendar/website as it will have the answers to many questions, as well as provide information on the specifics of the program.

1. **The minimum academic requirement for admission** is the successful completion of a baccalaureate degree prior to admission to Medical school. Applicants must also have a least 60 credits of transferable university coursework to the University of Alberta, and complete at least one academic year of full time coursework (Fall/Winter terms – September 1 through April 30). A full course load is 30 credits (equivalent to 10 half-year courses).

2. **The cumulative admissions average is composed** of all transferable post-secondary coursework to which a grade was assigned while the student was enrolled full-time (by UofA definition) in a term.

3. **For those students who have completed three or more years of transferable post-secondary coursework**, the UofA will exclude the lowest academic year (September through April) from calculation, provided it is not the most recent year, nor the only year in which the student earned 30 credits of transferable coursework.

4. **In addition to the education requirements**, student’s applications will also be assessed on the basis of their MCAT score, personal activities, reference letters, interview and additional testing. Visit [https://www.ualberta.ca/medicine/programs/md/applying](https://www.ualberta.ca/medicine/programs/md/applying) to learn more about the specifics of each requirement field.

5. **To see admission statistics, please refer to the UofA’s website**: [https://www.ualberta.ca/medicine/programs/md/applying/entering-statistics](https://www.ualberta.ca/medicine/programs/md/applying/entering-statistics)

6. **The Application deadline is normally October 1.**
   Visit [https://www.ualberta.ca/medicine/programs/md/applying](https://www.ualberta.ca/medicine/programs/md/applying) for more information on application deadlines & requirements as these dates may change.

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**PLEASE KEEP IN MIND**

- **A minimum grade of C-** must be achieved in order for course credit to be transferable. While courses with grades of D or F will not transfer, they remain on your transcript and will be used in calculation of your GPA. Please talk to an Academic Advisor as soon as possible if you feel you may be in jeopardy of not getting a C- in a course you are enrolled in.

- **Spring term courses**: A spring term course may be taken. The grade will not be calculated in the AGPA nor will it count towards Fall/Winter course load. Please speak to an Advising & Recruiting Specialist if you want to take a Spring Course.
IMPORTANT THINGS TO KNOW ABOUT THE CUMMINGS SCHOOL OF MEDICINE PROGRAM (UNIVERSITY OF CALGARY)

University of Calgary Website for Doctor of Medicine:

It is highly advised you read and consult the University of Calgary calendar/website as it will have the answers to many questions, as well as provide information on the specifics of the program.

1. **The minimum requirement for admission** is the successful completion of at least two full years of transferable post-secondary work. In order for an academic year to be considered, full-time applicants are required to complete at least 24 credits (generally 8 courses) from September through April and grades must have been recorded for at least 18 credits. The two full-time years can be completed at a non-MD/Phd school if there are 24 credits in transferable courses per academic year.

2. **GPA is calculated using only full-time undergraduate years.** Part-time years and spring courses are excluded from the GPA calculation. Those applicants who have more than two full-time years at the time of application and who have already or will be graduating from their undergraduate degree in the current academic year will have their worst academic year dropped from their GPA calculation.

3. **In addition to the education requirements,** student’s applications will also be assessed on the basis of their MCAT score, Reference Letters, Employment History, and various other requirements.

   For example, applicants are given the opportunity to identify up to 10 activities or experiences they feel help to define them as individuals. It is from these Top 10 experiences that file reviewers develop a sense for who the applicant is as a person and what they will bring to the practice of medicine. More information is available in the Applicant Manual and is highly recommended you read it!

   Visit https://www.ucalgary.ca/mdprogram/files/mdprogram/applicant-manual-2018-2019-final_june21.pdf to learn more about all the specific Admission requirements (both academic and non-academic). Information on admission statistics can also be found in the Applicant Manual.

4. **The Application/MCAT Score/Application Documents deadline is October 1.**

   Visit https://www.ucalgary.ca/mdprogram/ for more information on application deadlines & requirements as these dates may change.

   MCAT scores must be submitted before the application deadline, and there are limited times during the year a student can complete the MCAT. Contact the U of C for MCAT deadlines.

   **PLEASE KEEP IN MIND**

   - **A minimum grade of C-** is recommended to attain at the minimum in each course to maximize transferability. *Please talk to an Academic Advisor as soon as possible if you feel you may be in jeopardy of not getting at least a C- in a course you are enrolled in.*

   - **Spring term courses:** A spring term course may be taken. The grade will not be calculated in the AGPA nor will it count towards Fall/Winter course load. *Please speak to an Advising & Recruiting Specialist if you want to take a Spring Course.*
HOW TO FIND MORE INFORMATION

School of Arts & Sciences
Advising & Recruiting
Room 2203
artscienceinfo@rdc.ab.ca
403-342-3585 (select option 1)
www.rdc.ab.ca/artsandsciences

Alberta Transfer Guide
http://transferalberta.alberta.ca

University of Alberta
http://www.ualberta.ca

UofA Faculty of Medicine and Dentistry
admissions@med.ualberta.ca
http://www.med.ualberta.ca

University of Calgary
http://www.ucalgary.ca/

UofC Faculty of Medicine
https://www.ucalgary.ca/mdprogram/
ucmedapp@ucalgary.ca

UofC Applicant Manual

MCAT (Medical College Admissions Test) Resource Information
https://students-residents.aamc.org/applying-medical-school/taking-mcat-exam/

PLEASE NOTE:

This planning guide is designed to help you choose courses at RDC that will transfer to your destination institution and towards your intended degree. The recommendations in this guide are based off current RDC courses that transfer to the institution identified in this guide, as well as information provided by the institution (either through printed publication and/or communication between our institutions).

Institutions can make changes to their program and/or transfer requirements without consulting Red Deer College. As such, it is recommended you consult with the appropriate institutional information (i.e. university calendars, websites, advisors,) to gain the most up to date information.

You are responsible for ensuring that your registration is completed, and that your course choices comply with the program to which you have been admitted to at RDC and/or to the university to which you wish to transfer. This planning guide is meant to help you gain a basic understanding of your program and provide suggestions for course sequencing.

You are cautioned that any changes to your courses, your major, or your transfer destination may adversely affect your transferable credit or admission requirements for future programs. Consult with the student advisor (above) if you have any questions.

Students in university transfer programs are strongly advised to refer to the calendar of the university that they wish to attend, and should contact appropriate university departments as required.