



PROFESSION OVERVIEW

Doctors of Osteopathic Medicine (DOs) are fully licensed physicians in the United States who are qualified to practice in all areas of medicine. In addition to standard medical training, DOs receive education in osteopathic principles and osteopathic manipulative treatment (OMT), with an emphasis on understanding how lifestyle and environmental factors may affect health.



LENGTH OF PROGRAM (depending on specialty)

- **Medical School:** Four Years
- **Residency:** Three - Seven Years
- **Fellowship:** One - Three Years

COURSE REQUIREMENTS/RECOMMENDATIONS

Most osteopathic medical schools have similar prerequisite coursework, typically including biology, chemistry, physics, and English. However, some schools may have additional or specific course requirements. Applicants should consult each school's official website and use Choose DO Explorer (<https://www.aacom.org/content-creation/explorer>) for the current admissions criteria.

***It is the applicant's responsibility to verify all prerequisite courses, requirements, and application deadlines for each school they plan to apply to.**

One year of General Biology*	BIOL 101/BIOL 102 or BIOL 107/108
One year of General Chemistry	CHEM 201/CHEM 202
One year of Organic Chemistry	CHEM 311/312
One year of Physics	PHYS 101/102 or PHYS 105/106
One semester of Biochemistry	BIOL/CHEM 317 or BIOL 414
One year English Composition	Gateway + a writing intensive course

To strengthen MCAT readiness, students are encouraged to take Psychology, Sociology, Statistics, alongside the core prerequisites.

***ALL first year Biology students are required to complete Biol 101/102 instead of Biol 107/108**

KEY COMPONENTS OF A COMPETITIVE MEDICAL SCHOOL APPLICATION

Medical schools seek well-rounded applicants with strong academic performance, relevant experience, and personal qualities that reflect readiness for a career in medicine. The following list outlines common factors considered during the admissions process. For data on the average GPA and MCAT scores refer to the [Choose DO Explorer](#).

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| • GPA and Science GPA | • MCAT scores |
| • Extracurricular activities | • Healthcare -related experiences |
| • Research experiences | • Community service |
| • Leadership experiences | • Letters of recommendations |
| • Interview/Personal Statement | • Knowledge of, and commitment to, osteopathic medicine |

APPLICATION TIMELINE

Your timeline for applying to medical school should reflect your readiness: academically, personally, and professionally. While some students apply in the summer before senior year to start medical school right after graduation, others benefit from a more flexible timeline.

For students who need additional time to build a strong foundation in the sciences or adjust to college-level coursework, starting General Chemistry in the sophomore year and applying after senior year is an alternative timeline.

This approach may lead to stronger academic performance and a more confident MCAT preparation. Taking a gap year and applying in senior year does not put students at a disadvantage. Applicants may use that time to gain clinical exposure, develop professional skills, clarify their goals, and shore up weaker areas on their application.

For more information, visit [Make the Most of Your Gap Year](#).

APPLICATION SERVICE

The American Association of Colleges of Osteopathic Medicine Application Service (AACOMAS) is the centralized application service for most U.S. osteopathic medical schools. Applicants submit one primary application through AACOMAS, which is then distributed to participating schools
<https://aacomas.liaisoncas.org/>

Please note that **Texas medical and dental schools** use a separate application system, the **Texas Medical and Dental Schools Application Service (TMDSAS)** <https://www.tmdsas.com>

STANDARDIZED TEST

The Medical College Admission Test (MCAT) is a required component for admission to nearly all U.S. medical schools. Students typically take the MCAT after completing key prerequisite courses in **biology, general and organic chemistry, physics,--and their accompanying lab-- as well as, psychology, sociology, and biochemistry**. The exam is offered multiple times throughout the year. For test dates, registration deadlines, and preparation resources, visit the [AAMC website](#).

The MCAT is a 7.5-hour exam consists of the following four sections. Scores for each section range from 118 to 132, with a total score range of 472 to 528. Score reports are typically released 30 days after the exam date.

- **Biological and Biochemical Foundations of Living Systems (118-132)**
- **Chemical and Physical Foundations of Biological Systems (118-132)**
- **Psychological, Social, and Biological Foundations of Behavior (118-132)**
- **Critical Analysis and Reasoning Skills (118-132)**

The following resources can provide you with more information regarding the MCAT

- Free and low-cost preparation material (www.aamc.org & www.khanacademy.org/mcat)
- AAMC Resources: MCAT Essentials, The Official Guide to the MCAT Exam, The Official MCAT Self-Assessment Package, Practice Test (first one free)
- www.mcat-prep.com

ADDITIONAL RESOURCES

- American Association of Colleges of Osteopathic Medicine (AACOM; www.aacom.org)
- Student National Medical Association (AOA; www.osteopathic.org)
- Student Osteopathic Medical Association (www.studentdo.com)
- Summer Undergraduate Research Program (<https://www.aamc.org/members/great/61052/greatsummerlinks.html>)
- AAMC Summer Enrichment Programs (<https://services.aamc.org/summerprograms/>)
- Student Doctor Network (www.studentdoctor.net)
- Explore Health Careers (<https://explorehealthcareers.org/>)

The American Association of Colleges of Osteopathic Medicine

aacomunities



Handshake is your one-stop source for internship and job postings, campus recruiting, career fairs, and career center resources. Once you're on the login page, enter your iwu.edu email address and click next. If you are already in the system, then you can just select "IWU Single Sign-on" and enter your IWU net-ID and password.

Please visit www.iwu.edu/career-center/handshake for more information on Handshake.

For more information or to make an appointment, contact the
Health & Science Career Counselor

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