



# PLANNING WORKSHEET

for Prehealth students

Fall	Spring	Summer

<u>PREHEALTH REQUIREMENTS</u>	<u>GENERAL EDUCATION REQUIREMENTS</u>	<u>DEPARTMENTAL REQUIREMENTS</u>
Gen Chem	Language	
Organic Chem	EC	
Biology	EM	
Biochem	HA	
Physics	LA (2)	
WRI + English/Literature	SA (2)	
Math		
Psyc/Sociology		
Others?	For BSE: 7 total from these distribution areas	

## Factors for Health Professions School Admission

**Academic Metrics:** Admissions committees will look at the **breadth** and **depth** of coursework, and **balance** of the academic program. **All courses taken at a US college/university will count toward your application GPA** (including courses taken outside of Princeton and courses that you repeat). To calculate your application GPA, if you took all of your courses at Princeton, you can simply add the application grade values for all grades you received and divide by the total number of courses you took (values included here are for the MD application, called the AMCAS). If you took courses elsewhere, you will need to include course credits as a conversion factor to find your average.

Schools will compute a **science GPA** separately, which will include all courses in which at least 50% of the course material was derived from Biology, Chemistry, Physics, and Math (BCPM). Use your judgment to determine which courses “count” toward your BCPM GPA.

### AMCAS GPA Values

A+, A = 4.0	C+ = 2.3
A- = 3.7	C = 2.0
B+ = 3.3	C- = 1.7
B = 3.0	D = 1.0
B- = 2.7	F = 0.0

Averages for accepted  
Princeton MD applicants  
2014-2017:

3.56 cumulative GPA

3.53 BCPM GPA

514 MCAT

**Activities:** Carefully choose your activities and strive for **quality of involvement over quantity of activities**. Gain experience in a clinical setting that will provide a realistic understanding of caring for others in a healthcare environment, such as volunteering or working in a hospital or another patient care facility. Leadership, community service, and research activities are considered particularly useful in preparing for a health professions career. Activities should help you to develop the **personal competencies** sought by professional schools ([hpa.princeton.edu/competencies](http://hpa.princeton.edu/competencies)):

- Ethical responsibility to self and others
- Reliability & dependability
- Resilience & adaptability
- Capacity for improvement
- Service orientation
- Social skills
- Cultural competence
- Teamwork
- Oral & written communication

**Letters of Recommendation:** All schools require letters of recommendation. We ask students to gather 4-6 letters, at least two from faculty/preceptors who can speak to your ability in the sciences. Cultivate relationships with faculty and other mentors who will be able to advocate for you in the admissions process.

**Standardized Test Scores:** Every health professions school requires a standardized test. Your science courses will prepare you for these tests, which you will take no earlier than sophomore summer (more likely junior spring/summer or in senior year).

**Interview:** All schools require an interview: cultivate your oral communication skills and gain comfort in speaking with diverse audiences in preparation for interviews.

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