

Dean Chang's Pre-med course recommendations for Yale undergrads

These are the minimum STEM course requirements for pre-meds. MBB and MCDB majors take considerably more STEM courses.

No gap year

Freshman year:

Gen Chem + lab (or Freshmen Orgo + lab)
Intro bio sequence (you can take this sophomore year)
1 year of calculus
WR credit (English 114/120 highly recommended)
Language

Summer: research at Yale (apply for the Freshman Summer Fellowship or STARS summer)

Extracurricular: Yale New Haven hospital volunteering, Haven Free Clinic, etc to get clinical exposure

Sophomore year:

Orgo + lab (or biochemistry if you took Freshmen orgo)
Intro bio sequence (if you didn't take it freshman year)
Intro Psychology
Intro Statistics
WR credit
Language (if needed)

Summer: research at Yale (apply for a Dean's fellowship)

Extracurricular: Yale New Haven hospital volunteering, Haven Free Clinic, etc to get clinical exposure

Start asking professors for letters of recommendation

Junior year:

Biochemistry (1 semester)
Physics + lab (or take sophomore year)
Research for credit
Language requirement (if needed)

Note: if you didn't do any research in the biological sciences you will need to take a bio lab course

Get all your letters of rec squared away by end of JR year. You need around 5 total. Typical breakdown-2 letters from STEM professors who taught you, one from a non-STEM professor,

one letter attesting to your clinical aptitude, and one letter attesting to your research abilities. These can vary of course based on different interests.

For **MD/PhD** applicants: the research letter is **particularly** important. You should also have a lot of research experiences under your belt (authorships on papers are a huge plus). However, don't neglect the clinical component-you need to be strong in both to succeed.

Study for MCATS

Summer: research at Yale (apply for a Dean's fellowship)
Apply to Med School EARLY!

Extracurricular: Yale New Haven hospital volunteering, Haven Free Clinic, etc to get clinical exposure

Senior year:

Research for credit

Expect medical School interviews to take up a lot of your time first semester

Students taking a gap year (or two)

Freshman year:

Gen Chem + lab (or Freshmen Orgo + lab)

Intro bio sequence (you can take this sophomore year)

1 year calculus

WR credit (English 114/120 highly recommended)

Summer: research at Yale (apply for the Freshman Summer Fellowship or STARS summer)

Extracurricular: Yale New Haven hospital volunteering, Haven Free Clinic, etc to get clinical exposure

Sophomore year:

Orgo + lab

Intro bio sequence (if you didn't take freshman year)

Language requirement

WR credit

Summer: research at Yale (apply for the Dean's fellowship)

Extracurricular: Yale New Haven hospital volunteering, Haven Free Clinic, etc to get clinical exposure

Start asking for letters of recommendation

Junior year:

Biochemistry (1 semester)

Physics + lab (or take senior year, unless it's a pre-req for your major)

Language requirement (if needed)

Research for credit

Summer: research at Yale (apply for a Dean's fellowship)

Senior year:

Physics + lab (or take senior year, unless it's a pre-req for your major)

Intro Psychology

Intro Statistics

Research for credit

Note: if you didn't do any research in the biological sciences you will need to take a bio lab course

Get your Yale letters of rec squared away BEFORE you graduate!!!

Gap year: do something rewarding, not necessarily in health care or research

Study for MCATS

Continue clinical exposure opportunities

Get another letter from whomever you are doing your gap year with.

Apply to med school EARLY

1 year after graduating from Yale:

Med School interviews

For additional information about getting into MD, PhD or MD/PhD programs, contact Dean Chang (s.chang@yale.edu)