

# Alabama College of Osteopathic Medicine

Medical School Guide map

## Recommended Timeline of Courses to Complete

*(Degree Requirements/Sequencing may impact ability to strictly follow guide map)\**

First Year	
BIOL 1110/1110L: Principles of Biology I/Lab (4 credit hours)	BIOL 1120/1120L: Principles of Biology I/Lab (4 credit hours)
PSY 1010: Introduction to Psychology (3 Credit Hours)**	SOC 1510: Introduction to Sociology (3 Credit Hours)**
CHEM 1110/1110L: General Chemistry I/Lab (4 Credit Hours)	CHEM 1120/1120L: General Chemistry II/Lab (4 Credit Hours)
ENGL 1010 or ENGL 1011: Rhetoric and Writing I (3-4 Credit hours)	ENGL 1020: Rhetoric and Writing II (3 Credit hours)
MATH 1130: College Algebra or MATH 1710: Precal I or Math 1720: Precal II or MATH 1730: Combined Precal (3-4 Credit Hours)***	MATH 1830: Calculus for Management, Life and Social Sciences or MATH 1950 (3-4 Credit Hours)***
Second Year and Third Year	
CHEM 3010/3010L: Organic Chemistry I/Lab (4 Credit Hours)	CHEM 3020/3020L: Organic Chemistry II/Lab (4 Credit Hours)
PHYS 1030/1030L: General Physics - Mechanics & Heat/Lab (4 Credit Hours)	PHYS 1040/1040L: General Physics - Electromagnetism & Optics/Labor (4 Credit Hours)
CHEM 4510: Biochemistry (4 Credit Hours)	Take MCAT April/May of third year
*Students coming in with: transfer credit, AP, Dual Enrollment, other credit, or who opt to take summer courses may have an amended timeline. Please reach out to the Pre-Health Professions Advisor to develop a custom timeline	
** Courses not required admission to ACOM-AL, but are strongly recommended as content is featured in the MCAT. Applicants are encouraged to take this courses as well	
*** Courses not recommended/required for admission to ACOM-AL but are prerequisites for required courses	

## MCAT Facts You Need to Know

Cost	Scores	Timing	Reporting
Registration for MCAT: \$320	50 <sup>th</sup> percentile is considered competitive	Recommended timeline: April/May year prior to when you plan to enroll	No scores can be omitted, every attempt is reported
Registration for the MCAT 8 days or less prior to test date: \$370	125 minimum in each category to be competitive	Deadline for MCAT is last date in Sept. for that year's application cycle	Scores are automatically released to AMCAS, ACOM-AL <b>are not AMCAS schools</b> , scores must be designated to AACOMAS by applicant
16 days or more before test date, refund of \$155 issued, no refund 15 days or less from the test date	500 total score to be considered competitive	Scores are reported within 30 days of the test	Scores must be sent to ACOM-AL electronically via Score Reporting System or mailing official copy
Fee Assistance is offered but MUST be applied for prior to selecting date for exam. Fee is dropped to \$125 <a href="#">MCAT Fee Assistance</a>	Scores must be no older than 3 years from the year you plan to enroll	ACOM-AL is a non-AMCAS School; scores are not automatically uploaded to AACOMAS App.	Additional fees may apply to sending your scores to the AACOMAS application system

# Alabama College of Osteopathic Medicine

Timeline – Freshman and Sophomore Year			
Year 1 Classes	Year 1 Experience	Year 2 Classes	Year 2 Experience
Complete: General Chemistry, General Biology I & III, Psychology, Sociology, English Composition, and Algebra/Calculus	Join clubs/get involved, begin working with PHPA to identify areas to develop	Complete: Organic Chemistry and Physics	Shadowing/scribing, leadership opportunities, work with PHPA on personal statement and participate in MCAT prep. Identify recommenders

Timeline – Junior Year, Senior Year, and Acceptance			
Year 3 Classes	Year 3 Experience	Year 3 Summer	Year 4 Class
Complete: Biochemistry and Physics (if physics not completed in the second year)	Continue shadowing, volunteering, and other activities. Prepare for MCAT and register for MCAT to take April/May. Submit AACOMAS application by March 1 of enrollment year	Submit completed AACOMAS application no later than June 30	Complete: remaining degree requirements

## Application Breakdown

### **Application-Step 1- Gather your Materials and Determine your Eligibility**

CASPer Test	MCAT	Evaluations/Letters of Rec.
The CASPer exam is a computer-based assessment used for sampling personal characteristics. The cost of the exam is \$10 and an additional \$10 per school. Results can take up to three weeks	Prospective students are urged to take the test as early as possible. The January test date will be the last one accepted for the current cycle. The MCAT must be taken within 4 years of the desired date of matriculation	Applicants must submit a letter of recommendation (LOR) from a physician (DO is preferred) and two (2) academic letters from science faculty. Science letters must be written by college science professors who have instructed the applicant in the required science courses or recommended upper-level science courses. ACOM-AL only accepts letters from instructors of biology, chemistry, or physics. Letters from laboratory and research instructors will not meet the requirement.

### **Application-Step 2 and 3- Fill out and Submit Applications**

Application	Cost	Secondary Application
AACOMAS Application required, cycle opens May 2 and closes March 15 of each year for AACOMAS	\$195 for initial application/first school, \$45 for each additional program	Verified primary applications are screened for minimum academic requirements. Selected applicants will receive an email with a link to complete an online supplemental (secondary) application. Two (2) required essays are part of the supplemental application. A \$50 non-refundable supplemental application fee is required ACOM does recognize the AACOMAS fee waiver for approved applicants.

### **Application-Step 4 and 5- Interview and Decision**

Interview	Acceptance
Applicants who are selected for an interview will receive an email invitation with login credentials to schedule their interview date. Applicants are invited to visit the campus for a formal interview with two faculty. After the personal interview, the Admissions Committee reviews the applicant's file along with the interviewers' comments	Applicants are notified of their admission status within a few weeks of their interview. Notification times may vary during the application cycle. Accepted applicants are required to pay a nonrefundable deposit of \$2,000. ACOM-AL follows the suggested <a href="#">deposit guideline</a> established by AACOMAS

**\*\* Some schools may have college service fees - check with Records/Registrar's Office of school for more information**