

## Application Timeline



### January

- Review AACOMAS website
- Start researching various medical schools
- Inquire about Intent to Apply at the Health Professions Advising Office on campus

### February

- Request letters of evaluation from letter writers
- Intent to Apply packet due
- Register for MCAT, if you have not already
- Begin drafting personal statement

### March

- Revise personal statement with HPAO advisor
- Keep researching schools

### April/May

- Take MCAT at the latest in May
- Look into AACOMAS application opening up

### June/July

- Finalize and submit AACOMAS application
- Work with Intent to Apply to send your Committee Packet out via AACOMAS

### August

- Secondary applications start to come out
- Verify school deadlines for submitting paperwork

### September-December

- Continue Secondary applications
- Interview and visit with schools
- Make an appointment with the CSUF Career Center and HPAO for a mock interview to practice.

## Intent to Apply

The HPAO at CSUF offers this service to all osteopathic applicants each cycle. This service helps the student obtain a committee letter from the Health Professions Committee on campus and forms the student's committee packet for professional medical schools. The HPAO will also upload the committee packet to AACOMAS and assist you on filling out your application. The Intent to Apply cycle always starts in February. Please contact the HPAO for more information.

### Resources:

On Campus: SHPA, LMSA, AMSA, SHS, Prescribing Hope, Flying Samaritans  
CSUF Career Center- <http://www.fullerton.edu/career/>

Off Campus: Association of American Colleges of Osteopathic Medicine-  
<http://www.aacom.org/>

American Osteopathic Association- <https://www.osteopathic.org/Pages/default.aspx>  
Osteopathic Medical College Information Book- <http://www.aacom.org/news-and-events/publications/cib>

MCAT-<https://students-residents.aame.org/applying-medical-school/taking-mcat-exam/>

*Your best resource on campus!*

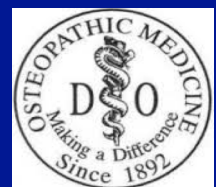
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# D.O. (Osteopathic Medicine)

## Advising Sheet

Osteopathic medicine is very different from the traditional M.D. degree. It brings a much more modern take to medicine, looking at the patient as a whole person, and evaluating how a disease or condition affects the entire individual. D.O.s are licensed all throughout the United States, and can be employed through private practice, military, and in all types of specialties for health care companies. The major distinction between a D.O. and M.D. degree is that an individual studying osteopathic medicine, will focus much more on primary care and will receive a specialized training in osteopathic practices and hands on diagnosis and treatment through osteopathic manipulative medicine.

A degree in osteopathic medicine requires four years of study: two years dedicated to sciences, and two to clinical rotations. After graduating, a student may receive a 12-month internship approved by the American Osteopathic Association, and may then enter either a M.D. or D.O. residency that may last an additional three to eight years depending on the specialty the student wishes to pursue.

### Common Pre-Med (Osteopathic) Prerequisite Courses

Biology	One Year of Coursework with Lab (dependent on your major)	BIOL 151 & BIOL 152
Chemistry	One Year of Coursework with Lab	CHEM 120A & CHEM 120B
Organic Chemistry	One Year of Coursework with Lab	CHEM 301A & CHEM 301B (LAB: 302)
Physics	One Year of Coursework with lab <b>Please note:</b> Undergraduate major may determine physics requirement	PHYS 211 (Lab : 211L) & PHYS 212 (Lab: 212L)
Mathematics	At least one semester of Math is generally required. Some schools require no math, whereas some require calculus, while others require calculus & statistics. *Statistics is highly recommended for the MCAT.	#1) MATH 150A & MATH 150B (Calculus 1 & 2) #2) MATH 130 & MATH 338 (short course Calc & Stats) **for stats: OR stats courses offered by your department for your major
Biochemistry	One semester is strongly recommended but may be required by other Medical Schools. *A full year sequence of Biochemistry is highly recommended for the MCAT.	Biology majors: CHEM 421 (LAB: CHEM 422) Biochem majors: CHEM 423A & CHEM 423B (LAB: CHEM 422)
English	One year is required for most medical schools in the country. <b>Please note:</b> one year can be integrated in upper division science courses that fulfill writing requirements for major.	ENGL 101 & ENGL 301
Social and Behavioral Science	Introductory psychology and sociology are highly recommended for the MCAT.	PSYC 101 SOC 101
<b>Suggested Courses</b>		
Molecular Biology, Genetics, Physiology, and Microbiology, Immunology	Advanced level sciences courses are desirable. Performing well in upper division sciences further demonstrates your ability to handle the rigorous science based curriculum found in medical school. *Physiology is recommended to prepare you for the MCAT.	Molec Bio: BIOL 309 Genetics: BIOL 251 Physiology: BIOL 310 (LAB: BIOL 310L) Microbio: BIOL 302 Immunology: BIOL 424