High school is the perfect time to begin exploring your interests and discovering the path to achieve your goals. Students can start preparing for medical school before they even get to college.

Explore your **OPTIONS**

Mission
OSU Center for Health Sciences educates and trains osteopathic physicians, research scientists and other health care professionals with emphasis on serving rural and underserved Oklahoma.

Vision
OSU Center for Health Sciences will be recognized for:
- Fulfilling the health care needs of rural and underserved Oklahoma
- Producing graduates who are dedicated, effective and compassionate community leaders
- Advancing the frontier of medical research
- Providing excellent medical care and health-related community service
- Being a leader and innovator in education
- Being the medical and graduate school of choice

Degree Programs
- D.O., Doctor of Osteopathic Medicine
- D.O./M.B.A. (Master of Business Administration)
- D.O./Ph.D. in Biomedical Sciences
- D.O./M.S. in Biomedical Sciences
- D.O./M.S. in Health Care Administration
- Ph.D. in Biomedical Sciences
- M.S. in Biomedical Sciences
- M.S. in Forensic Sciences
- M.S. in Health Care Administration
A Doctor of Osteopathic Medicine (D.O.) is a fully trained physician able to provide all aspects of health care to patients and can practice in all medical specialties. D.O.s are licensed to perform surgery, prescribe medicine and utilize manipulative treatment. Osteopathic medicine is a philosophy of caring for people, not just treating symptoms. D.O.s believe in a whole-person philosophy. They help their patients develop attitudes and lifestyles that don’t just fight illness, but prevent it. They give special attention to how the body’s nerves, muscles, bones and organs work together to influence health. D.O.s practice throughout the United States and around the world. It is estimated that 60,000 D.O.s practice in the U.S.

- D.O.s practice a whole-person approach to medicine. Instead of treating specific symptoms or illnesses they regard the body as an integrated whole.
- D.O.s receive extra training in the musculoskeletal system - the body’s interconnected system of nerves, muscles and bones. This training provides osteopathic physicians with a better understanding of the ways in which an injury or illness in one part of the body can affect another.
- Osteopathic physicians focus on preventive health care.
- Osteopathic manipulative treatment (OMT) is incorporated in the training and practice of osteopathic physicians.
  - D.O.s are trained to use their hands to diagnose injury and illness and encourage the body’s natural tendency toward good health.
  - By combining all other medical procedures with OMT, D.O.s offer their patients the most comprehensive health care available in medicine today.
### The ROAD to becoming a physician

<table>
<thead>
<tr>
<th>Step</th>
<th>Description</th>
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<tbody>
<tr>
<td>1</td>
<td><strong>Undergraduate degree</strong> – Earn your bachelor’s degree at an accredited university, which typically takes four years.</td>
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<td>2</td>
<td><strong>Medical school</strong> – Attend medical school for another four years.</td>
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<td>3</td>
<td><strong>Residency</strong> – After graduating from medical school, you are a physician. The next step in your training is to complete a residency program for a specific specialty of your choice, such as pediatrics or orthopedic surgery. The residency program you choose can range from three to five years depending on the specialty.</td>
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### Going to COLLEGE and choosing a major

- There is no one best major. Pre-medical students can choose to major in any subject.
- No matter which major you choose, you must take the prerequisite courses required for medical school.
- Typically, you should apply to medical school the summer after your junior year of college. At this time you will also take the Medical College Admissions Test (MCAT), which is similar to taking the ACT. You should plan to devote three to four months of study for the MCAT.
- There are many paths to get into medical school, and we encourage you to meet with the OSU-COM admissions office to determine the best one for you.
The OSU College of Osteopathic Medicine recruits and considers applications for admission from all qualified candidates without regard to age, gender, religion, race, national origin or disability.

Preference is given to applicants from Oklahoma. Non-U.S. citizens who do not have a permanent resident visa (green card) at the time of application cannot be considered for admission.

Minimum Performance Criteria

At the time of application:
• 3.0 overall GPA (on 4.0 scale)
• Pre-professional science GPA of at least 2.75 (on 4.0 scale)
• Minimum of 21 on the MCAT
• MCAT must be taken within three years prior to application

At the time of entry:
• Completion of at least three years (90 semester hours) and not less than 75 percent of the courses required for a baccalaureate degree at a regionally accredited college or university
• Satisfactory completion of the following courses with no grade below “C” (2.0 on a 4.0 scale):
  – English, 6 semester hours
  – Biology, 8 semester hours (including laboratory)
  – Physics, 8 semester hours (including laboratory)
  – General Chemistry, 8 semester hours (including lab)
  – Organic Chemistry, 8 semester hours (including lab)

Minimum Performance Criteria (continued)

Satisfactory completion of at least one upper division (3000-4000) level science course (three to five strongly preferred), with no grade below “C”. Examples include, but are not limited to:
• Human Anatomy or Comparative Anatomy
• Biochemistry
• Microbiology
• Molecular Biology
• Histology
• Cellular Biology
• Embryology
• Physiology

Competitive Applicant Criteria

What makes a competitive applicant:
• Cumulative GPA of 3.6
• Science GPA of 3.6
• MCAT score of 27
• Clinical experience and community involvement (i.e., physician shadowing, medical field hands-on experience, medical certifications, community service)
• Multiple upper-division science courses
• Early application (begin June 1 of the year before planned matriculation)
The Oklahoma State University College of Osteopathic Medicine seeks to admit students who desire to become primary care physicians in rural and underserved Oklahoma. The Rural and Underserved Primary Care Early Admissions Program enables students to complete pre-doctoral training in seven years. The early admissions program provides an academic plan for students to complete at the following universities:

- East Central University
- Oklahoma State University
  - College of Arts and Sciences
  - College of Agricultural Sciences and Natural Resources
- Northeastern State University
- Southeastern Oklahoma State University
- Southwestern Oklahoma State University

Utilizing an approved academic plan, students complete three years at one of the universities listed above and combined with the OSU-COM first year curriculum will earn a bachelor’s degree. Students then progress through the second, third and fourth years of the rural and underserved osteopathic medical track to graduate with a Doctor of Osteopathic Medicine (D.O.) degree. If admitted into the program, students have the opportunity to apply for scholarships.

For more information on these programs, please visit our website: http://www.healthsciences.okstate.edu/com/admissions/options.php

Students can complete pre-doctoral training in seven years.
Early admissions TIMELINE

High School
- Choose to attend a college with an early admissions program

Freshman year of college
- Work with your advisor to ensure you are following an early admissions program degree plan

Sophomore year of college
- Apply to OSU College of Osteopathic Medicine
- Obtain letters of recommendation
- If selected, interview at OSU-COM
- If offered admission, participate in a summer rural externship the summer between your sophomore and junior year

Junior year of college
- Continue at your college to finish all required course work
- Take the Medical College Admission Test (MCAT)
- Participate in a three to five day shadowing experience during class breaks, as assigned
- Upon completion of all requirements, prepare to enter medical school in the fall

First year of medical school
- Successfully complete the first year of medical school
- Participate in a summer rural externship

Continuation of medical school
- Be awarded a bachelor’s degree from your college following completion of the first year of medical school
- Progress through the second, third and fourth years of medical school to graduate with the Doctor of Osteopathic Medicine (D.O.) degree

Cha’ Hutchison
Class of 2017

I discovered my love for medicine at an early age; I have always wanted to be a physician and nothing else. In high school, the pursuit of my dream mainly consisted of shadowing experiences and I took every shadowing opportunity I found. The next step on the road to becoming a physician was to obtain an undergraduate degree. I attended Oklahoma State University where I pursued Microbiology and Molecular Biology, with plans of continuing to medical school after my four years of undergraduate education were complete.

A few days before my sophomore year, however, I attended an information session about the Early Admissions Program at OSU-CHS. Little did I know that this information session would prove to be one of the most influential meetings of my life! After researching the program, I knew OSU-CHS was where I belonged. The program has an amazing quality of education and the family atmosphere creates a feeling of “home” within the academic world.

One of the first benefits I encountered in the Early Admissions Program was the summer externship experience. Prior to beginning medical coursework, I completed two summer rural externships where I shadowed rural physicians for three weeks at Stillwater Medical Center. This was invaluable clinical experience that could not be gleaned from textbooks; I am ever grateful to the externship program and the various doctors who allowed me such opportunities. Spending time with rural health care professionals made me very excited to one day return to a rural community in Oklahoma as a doctor of osteopathic medicine. Not only will I be an osteopathic physician, but I will also have the privilege of claiming OSU-CHS as my alma mater. The school and the Early Admissions Program have already changed my life for the better, and I am excited for the next few years as OSU-CHS molds me into the person and physician that I will become.
Amanda Jantz
Class of 2017

As soon as I stepped onto campus at OSU-CHS I knew that I was supposed to continue my education here. The family atmosphere, friendliness of the students and faculty, and encouragement of the pursuit of the best possible education all drew me to what OSU-CHS had to offer. However, that is not where my journey to medical school began. I have known that I wanted to become a physician since I was in high school. I started shadowing physicians in the nearest town, earned my Certified Nurse Assistant license so that I could work in the medical field, and even went on a three-week medical mission trip to Uganda, Africa the summer after I graduated. These three experiences I had while I was in high school solidified my decision to become a physician. OSU-CHS has allowed me to expand not only my knowledge of the human body, but also has increased my confidence in myself as a future physician.

Start preparing NOW

- Build a solid foundation in science by taking advantage of classes offered at your high school.
- Think a career in medicine is right for you? Shadowing a doctor is a great way to find out. You’ll get a better understanding of a doctor’s typical day and it will give you valuable experience when you are apply for admission to the OSU College of Osteopathic Medicine. It can also help you become familiar with the different medical environments, like doctors’ offices, clinics and hospitals, as well as research centers. You’ll also be able to observe doctors in many different specialties.
  - How do I locate a doctor to shadow? A great place to start is to ask your family physician or any other doctors that you know. They will be a good resource for finding a shadowing opportunity. If you need assistance locating a doctor, you can sign up for Dr. Pete’s Student of the Day through the OSU Center for Health Sciences. This program will connect you with a doctor in your community willing to let you shadow them. You can also ask your teachers, professors or pre-med or academic advisors if they know any doctors who have had students shadow them in the past. In addition, you can contact local hospitals through their volunteer offices or simply search for local doctors with specialties that you’re interested in and contact their office directly.
- Obtain clinical experience, like volunteering at a local hospital or completing a training program such as Certified Nurse Assistant or Emergency Medical Technician.

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Visit Our Campus in Tulsa

■ Take a tour with a medical student
The best way to see if medical school is right for you is to take a campus tour. OSU College of Osteopathic Medicine offers tours year-round for high school students. A medical student ambassador will show you around campus and let you know what you should do now to help prepare for applying to medical school. Book your tour online at http://www.healthsciences.okstate.edu/com/admissions/highschool.php

If you have questions about how to prepare for medical school, admission requirements or other programs at OSU-COM, prior to your tour, schedule a meeting with an admissions counselor. They can offer you guidance on what college courses to take and help you with Early Admissions requirements. Contact Maghin Abernathy at 918-561-8277 or maghin.abernathy@okstate.edu to schedule your appointment.

■ Med-Xtravaganza for high school students
Med-Xtravaganza is an open house for high school students who are interested in medicine. This is an opportunity for prospective students, parents and counselors to meet with current OSU Medicine students, faculty and admissions staff. Med-Xtravaganza provides information on admissions criteria, hands-on demonstrations, a campus tour and a chance to interact with our current medical students.

■ Field Trips
A field trip is an exciting opportunity for high school clubs to learn about the programs at OSU Center for Health Sciences. You can take a tour of campus, meet with students and faculty and participate in hands-on activities in forensics, biomedical sciences and anatomy. To schedule a club field trip, contact Ashley Milton at ashley.milton@okstate.edu or 918-561-8292.

■ Operation Orange
Spend a day in the life of a medical student at Operation Orange, a summer camp for high school students interested in a career in medicine. Operation Orange is held at various locations across the state of Oklahoma.

Meet with current OSU Medicine students, faculty and admissions staff.
When you take a tour at Oklahoma State University Center for Health Sciences you might be drawn in by the student ambassadors that take you on your tour, the faculty and staff that you encounter, the incredible research facilities or the uplifting aura of the student body. Ultimately, you experience a sense of community. The students and individuals you interact with bring about the greatest characteristic of the OSU-CHS campus—it becomes a very large home. The students support and encourage one another, and the professors welcome all who knock on their doors. After a tour of the campus, I hope that you will have experienced the family atmosphere that makes me proud to attend this school.