Premedical Information for Harvard Students

Timelines, Courses, and Resources 2014–2015

HARVARD
Faculty of Arts & Sciences
OFFICE OF CAREER SERVICES

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STARTING OUT

Dear Harvard Students,

Premedical Information for Harvard Students: Timelines, Courses, & Resources 2014-2015 provides an overview of the application timelines and courses required for admission to U.S. medical schools. We hope it will serve as a planning guide to help you integrate this coursework into your academic plan at Harvard. We have also included a list of Harvard resources that will help you as you consider a career in medicine.

As a first-year Harvard student, or someone who has recently decided to pursue premedical coursework, you will hear many opinions about what being premed means and what medical school admission committees expect to see in an applicant. Do not believe all that you hear (or that you read on the web). Misconceptions and misinformation can provoke unnecessary anxiety. This booklet is designed to help dispel some common premed and medical school admissions myths.

While this publication describes the process for students applying to MD programs (allopathic medicine), many Harvard students choose to pursue other health professions, such as public health, dentistry, veterinary medicine, nursing, and osteopathic medicine. Please feel free to contact us in regard to meeting the requirements for these and other health professions fields. We urge you to take advantage of the range of premedical and pre-health advising resources available at Harvard. Concentration advisors, House premedical tutors, OCS career advisors, and practitioners in the field will offer a range of perspectives on how to enhance your experience at Harvard as you plan for medical studies.

Oona Ceder and Sirinya Matchacheep

Premedical and Health Careers Advisors
Office of Career Services
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MEDICAL SCHOOL APPLICATION TIMELINE

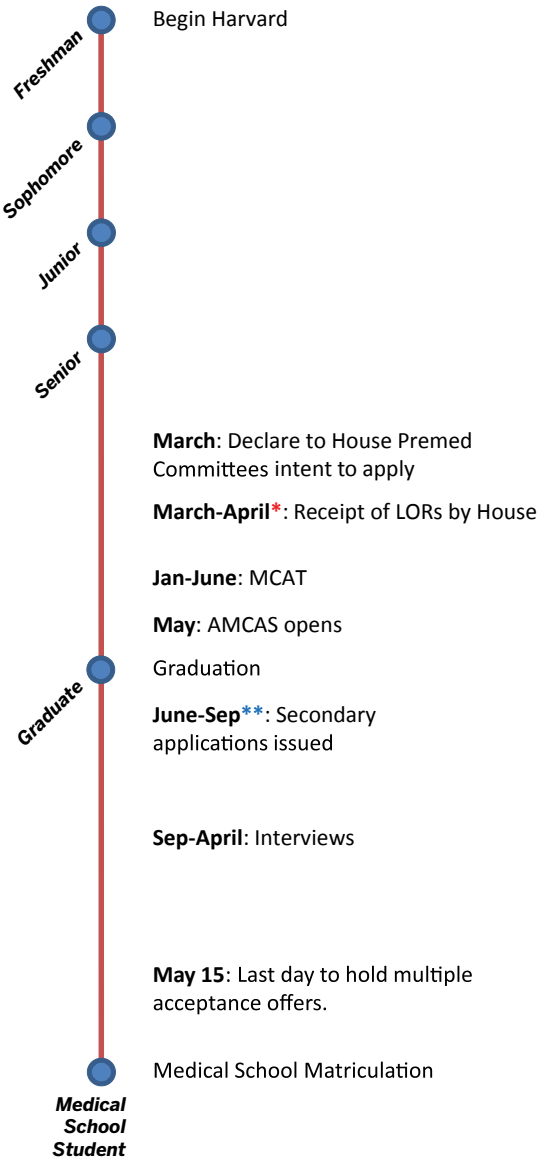
Over two-thirds of Harvard applicants to medical school in recent years have waited until their senior year and beyond to apply to medical school. This timeline allows students four years to fulfill their premedical requirements. Students can also take some or even all of their premedical requirements after they graduate from college. The national average age of entering medical school students is 24, and medical schools value the added experience and maturity brought by students who have taken one or more gap years.

Senior Applicants

**Note: We advise that you request a letter of recommendation from any recommender (i.e., professor, employer, supervisor, etc.) at the time when you have completed your association with them.*

***Note: Recommended turnaround time for secondary applications is 10-14 days.*

Alumni Applicants***



****Note: Timeline of alumni applicant who took one gap year. It is also common to apply a few years after graduation.*

MEDICAL SCHOOL REQUIREMENTS FOR ADMISSION
(AS OF JULY 2014)

I. Course Requirements

- One year of general or inorganic chemistry with lab
- One year of organic chemistry with lab
- One year of general physics with lab
- One year of biology with lab
- One year of English

It is recommended that you complete these courses before taking the MCAT and before applying to medical school.

ADDITIONAL REQUIREMENTS:

- Over 50 medical schools require one or two semesters of mathematics (college math, calculus, and/or statistics).
- Currently the following 30 medical schools require one semester of biochemistry. We expect this number to increase over the next several years.

University of Arizona College of Medicine, Phoenix
University of California, Irvine School of Medicine
Case Western Reserve University School of Medicine
Geisel School of Medicine at Dartmouth
Duke University School of Medicine
Florida State University
University of Florida College of Medicine
Harvard Medical School (new requirements only)
University of Hawaii at Manao, John A. Burns School of Medicine
Indiana University School of Medicine (new requirements only)
Johns Hopkins University School of Medicine
Louisiana State University Health Sciences Center, School of Medicine in Shreveport
University of Michigan Medical School
Mayo Medical School
University of Miami Miller School of Medicine
University of Missouri-Kansas City School of Medicine
University of Nebraska College of Medicine
University of Nevada School of Medicine
University of New Mexico School of Medicine
New York Medical College
State University of New York-Upstate Medical University
Ohio State University College of Medicine and Public Health
Oregon Health and Science University
Texas A&M Health Science Center, College of Medicine
Texas Tech University Health Sciences Center School of Medicine
University of Texas Medical School at San Antonio
Medical College of Wisconsin
University of Wisconsin School of Medicine and Public Health
Marshall University-Joan C. Edwards School of Medicine
Yale University School of Medicine

- 24 medical schools require more than one year of biology. These include many of the Texas and California state medical schools. See the OCS resource Information About Requirements, Admissions, and Financial Aid Policies for 2015 Medical School Matriculation Prepared by Harvard College HPA (XLS) for more detail.
- A few medical schools have additional requirements such as psychology or sociology.

IMPORTANT: Check the current edition of the *Medical School Admission Requirements* (MSAR), the official guide of the Association of American Medical Colleges, for information on particular course requirements for the medical schools to which you may apply.

Be sure to check the premedical requirements for your state medical school. MSAR is updated annually and can be ordered online on the Association of American Medical Colleges (AAMC) website. Most medical schools list their specific requirements on their websites. For a list of all U.S. medical schools and links to their admissions policies pages, see the OCS resource Information About Requirements, Admissions, and Financial Aid Policies for 2015 Medical School Matriculation Prepared by Harvard College HPA (XLS).

II. Medical College Admissions Test (MCAT)

The Medical College Admissions Test (MCAT) currently assesses the applicant's understanding of basic concepts in biology, general chemistry, organic chemistry, and non-calculus based physics, as well as verbal reasoning competency. For more information about the MCAT, we recommend that you read the MCAT Student Manual (www.aamc.org/students/applying/mcat), which describes in detail the content of the physical sciences, biological sciences, and verbal reasoning sections.

Beginning in 2015, the MCAT will also test applicants' understanding of concepts in biochemistry, statistics, psychology, and sociology. Please visit the AAMC website for more information and updates: www.aamc.org/mcat2015, where you will find links to helpful resources such as *The Official Guide to the MCAT® Exam (MCAT 2015)* and full-length sample practice tests (available in the fall of 2014).

The following diagram summarizes changes in the structure and format for MCAT 2015:

current MCAT	# of Test Items	Testing Time (minutes)
Biological Sciences	52	70
Physical Sciences	52	70
Verbal Reasoning	40	60
Total Content Time		3 hours, 20 min

MCAT2015	# of Test Items	Testing Time (minutes)
Biological & Biochemical Foundations of Living Systems	65	95
Chemical & Physical Foundations of Biological Systems	65	95
Lunch Break		
Critical Analysis & Reasoning Skills	60	90
Psychological, Social, & Biological Foundations of Behavior	65	95
Total Content Time		6 hours, 15 min

In preparation for MCAT 2015, we recommend that students take an introductory psychology course such as SLS 20, and Sociology 10 or any of the Sociology 20-series courses. As Harvard courses are not designed specifically to prepare students for the MCAT, there may be some topics that are included on the MCAT but not covered in your courses. Depending on your background, you may find it necessary to learn certain concepts on your own or through a review class.

Note: *In collaboration with the Robert Wood Johnson Foundation and the AAMC, Khan Academy has created Khan Academy MCAT Collection, a collection of educational tutorials for concepts that will be tested by the MCAT 2015 exam. You can find the available tutorials at: www.khanacademy.org/test-prep/mcat*

The tutorials are also included in the Pre-health Collection of the AAMC's MedEDPORTAL® iCollaborative: www.mededportal.org/pre-health

HARVARD COURSES THAT SATISFY MOST MEDICAL SCHOOL ADMISSIONS REQUIREMENTS (AS OF JULY 2014)

For almost all medical schools, Advanced Placement (AP) tests in biology, chemistry, and physics do not fulfill the premedical requirement in these areas. Most medical schools require that biology, chemistry, and physics be taken in college. See the section on "Mathematics" below for more information about using AP Calculus to satisfy medical school math requirements.

Please note that Harvard College does not make the decision about which courses meet premedical course requirements. Each medical school is the final arbiter of which courses they will accept. Therefore, if you have any doubt about whether a course can be substituted for the courses listed below, you should check with the admission offices of the medical schools to which you may apply.

GENERAL OR INORGANIC CHEMISTRY WITH LAB (ONE YEAR):

Two of the following courses. Preferably both should contain labs.

- Life Sciences 1a **or** Life and Physical Sciences A
- Physical Sciences 1 **or** Physical Sciences 11
- Advanced inorganic or physical chemistry. For example, Physical Sciences 10, Chemistry 40, Chemistry 60, or Chemistry 160.

  Note: *Biomedical Engineering concentrators may take Engineering Sciences 181 for one semester of general chemistry.*

If you plan to take only higher level inorganic or physical chemistry courses, most medical schools will accept these courses in lieu of general chemistry. If neither of these courses has lab, you may have to take an additional inorganic or physical chemistry lab course, or demonstrate your lab competency through lab research.

BIOLOGY WITH LAB (ONE YEAR):

Two of the following courses. Preferably both should contain labs. Most medical schools recommend that these courses cover the cellular and molecular aspects as well as the structure and function of living organisms. Narrowly focused biology courses should not be used to meet the basic premedical requirements.

- Life Sciences 1b
- Life Sciences 2
- Molecular & Cellular Biology 52
- Molecular & Cellular Biology 54 (***no longer offered***)
- Molecular & Cellular Biology 60 (***new course***)
- Organismic & Evolutionary Biology 10
- Human Evolutionary Biology 1420
- Advanced courses

  Note: *Biomedical Engineering concentrators may substitute Engineering Sciences 53 for one semester of biology.*

ORGANIC CHEMISTRY WITH LAB (ONE YEAR):

One of the following series:

- Chemistry 17 and Chemistry 27
- Chemistry 20 and Chemistry 30
- CHEM S-20ab (Harvard Summer School)

Note: *Most medical schools that require biochemistry will accept a combination of Chem 17 and Chem 27 as fully meeting both the organic and biochemistry requirements. Students who take Chem S-20ab or Chem 20/30 may subsequently take Chem 27 without the lab component, with permission from the course instructor/preceptor, to satisfy one semester of biochemistry. Students who wish to take a third semester of organic chemistry can take Chemistry 20/30/27, or Chemistry 17/27/30, or Chemistry S-20ab/27.*

BIOCHEMISTRY (ONE SEMESTER):

One of the following courses. Currently one semester of biochemistry is required by 28 medical schools, and we anticipate this number to increase in the near future. MCAT 2015 will also place a stronger emphasis on biochemistry.

- Most medical schools that require biochemistry will accept a combination of Chem 17 and Chem 27 as fully meeting both the organic and biochemistry requirements.
- SCRB 25
- Molecular & Cellular Biology 63 (***new course***)
- Molecular & Cellular Biology 65 (***formerly MCB 56***)
- Molecular & Cellular Biology 234
- BIOS S-10 (Harvard Summer School)
- Enroll in a biochemistry course the summer before starting medical school.

PHYSICS WITH LAB (ONE YEAR):

One of the following series:

- Physical Sciences 2 and Physical Sciences 3
- Physical Sciences 12a and Physical Sciences 12b
- Physics 15a and Physics 15b
- Applied Physics 50a and Applied Physics 50b
- PHYS S-1a and PHYS S-1b (Harvard Summer School)
- Any two physics courses, one with a lab

MATHEMATICS:

One semester of calculus and **one** semester of statistics. *However, depending on your background you may need to take more than one semester of calculus in order to be fully prepared for your concentration or for future coursework.* Note that several physics courses, including Physical Sciences 2 and 3, require Math 1b or equivalent.

- Math Ma **and** Math Mb **or**
- Math 1a **or** Math 1b **or**
- Math 19a **or**
- Math 18 **or**
- Math 21a **or** 21b **or**
- Applied Math 21a **or** 21b **or**
- Any more advanced Math or Applied Math course

PLUS

- Any statistics course (e.g., Statistics Department courses or Psychology 1900 or OEB 153 or Math 19b)

  Note: *If you have a 4 or 5 on the AP Calculus AB test, you have met the requirement for one of the two semesters of math required by many medical schools. If you have a 4 or 5 on the AP Calculus BC test, you have met the requirement for both of the two semesters of math required by many medical schools. Note, however, that some medical schools do not accept calculus (or statistics) APs toward satisfaction of their math (or statistics) requirement unless the AP score is recorded on the applicant's official undergraduate transcript. Only Harvard students who have activated advanced standing will have AP tests and scores recorded on their transcripts.*

ENGLISH (ONE YEAR):

One semester of the English requirement is met with Expos. (Students who take two semesters of Expos have met the full requirement of two semesters of English.) The second semester can be met with English or Literature courses or with many Aesthetic and Interpretive Understanding and Culture and Belief courses at many medical schools.

We cannot confirm that a specific Gen Ed course would be approved by every medical school, since schools make their own determination about what courses they will accept toward fulfillment of this requirement. Therefore, please use your best judgment when considering Gen Ed courses. To be accepted by most medical schools, Gen Ed courses should:

1) deal primarily with literature (English literature or literature originally written in another language but read in English translation). Courses that focus on music, painting, or architecture would not be acceptable for satisfaction of the English requirement at many medical schools.
2) be writing intensive. As for the number of papers, Gen Ed courses ordinarily assign enough papers to be considered writing intensive by medical schools.
3) be taught by a faculty member in the English or Comparative Literature department, or in a foreign Literatures and Languages departments (such as East Asian Studies or Romance Languages and Literatures).

CONSIDERATIONS FOR PLANNING YOUR PROGRAM OF STUDY

Course load, Pass/Fail, and GPA
There is no need to rush and overload with science courses freshman year. We recommend that freshmen take at most two science courses (including math) each semester. The first few years at Harvard involve getting used to a new setting, a new set of social and extra-curricular activities, and new ways of learning and studying. College-level science courses, especially those with lab, can be unexpectedly time-consuming and demanding, particularly for students who have not had strong science preparation in high school. Consult your Freshman Advisor, and the advising staffs in the Life and Physical Sciences, Engineering Sciences, and Math for course load and placement advice.

Just as important as it is not to overload on courses and activities, premed students should also avoid dropping below the regular course rate of four courses per semester. To be competitive for medical school admission, applicants should demonstrate an ability to handle a science-intensive curriculum and a love of learning through in-depth study of a particular area or areas of interest. However, if you anticipate a challenging semester ahead, it is perfectly acceptable to take one of your elective courses pass/fail (Note: *Premedical requirement courses must be taken for a grade to be accepted by medical schools*).

While you do want to achieve an overall strong performance in sciences, there is no specific GPA (or MCAT score) that guarantees acceptance to medical school. Your grades are only one of the factors in the admissions process. Your personal qualities, experiences, and motivation are also critical factors. Medical school admissions committees look favorably on students who have tested their interest in medicine through community service, health-related internships, extracurricular activities, or significant research. Each medical school develops its own criteria and priorities for admission, reflecting the goals of the respective school. For some medical schools, potential for service to an underserved community is very important; for others, a determining factor may be leadership qualities. To assess these qualities, the admissions committees will carefully review the statements and essays in your application, letters of evaluation, your coursework (including trends in academic performance and level of course difficulty), and personal interviews.

Do not be disheartened or discouraged from pursuing medicine if your first science grades do not meet your expectations. Medical school admissions committees look with favor upon an upward trend in your record of academic performance. That being said, if you have received a C or lower grade in a science course, it is a good idea to make an appointment with an OCS premedical advisor, your academic advisor, and/or an advisor at the Bureau of Study Counsel to review your course load, your extracurricular activities, and study strategies as you continue your premedical studies.
For information on GPAs and admission to medical school, check the publication *Medical School Admissions Data,* which is available in the OCS Reading Room.

Chemistry, Biology, and Physics Placement
Please contact the placement advisors in the appropriate department.

Science General Education Courses
Science General Education Courses should not be used to satisfy the science premedical requirements. However, if the content of the General Education course is primarily biology, chemistry, math, or physics, this course will count towards your science GPA as calculated for your medical school application.

Research
Basic science research is not a requirement for medical school admission, and in fact, a number of Harvard students continue on to medical school without working in a lab. Successful medical school applicants have usually demonstrated the ability to pursue an area of study in depth. This could be basic science research, clinical research, or a thesis in English literature. The experience of formulating an original research question and critically analyzing data does not necessarily have to occur in a basic science research lab.

If you are excited about pursuing basic science research at Harvard, there are many wonderful resources available to you, both at the college campus in Cambridge and at the Harvard Medical School campus in Boston. For science concentrators in particular, the experience of working in a research lab can significantly enhance your college experience. Students who are seriously considering a combined MD-PhD or an academic medical career should take advantage of these opportunities to develop research skills.

Study Abroad
Premedical courses should not be taken during study abroad. Most medical schools will not accept premedical requirements taken at a foreign institution. However, students are encouraged to enroll in other courses abroad and to pursue international research and internship opportunities.

Summer School and taking premed courses at a different institution
Harvard Summer School courses can be taken for credit toward your degree and toward your medical school requirements. However, you can also take a premedical course elsewhere during the summer at an academically competitive **four-year U.S. college**. (You do not need to get Harvard credit for a course to use it for medical school admissions.) Do not take more than the equivalent of one year of your premedical course requirements during the summer, as it may appear as if you are avoiding Harvard science courses. Additionally, it is usually not advisable to split sequential courses between institutions. Note that Chem S-20ab: Organic Chemistry does **not** satisfy the requirement of one semester of biochemistry in place at many medical schools.

Post-Baccalaureate Options
Many Harvard students do not complete or even begin taking premedical courses while enrolled as undergraduates. Post-baccalaureate programs or independent coursework allow college graduates to take one or all of the required premedical courses. Harvard students who choose to complete their requirements after graduation can still take advantage of Harvard premedical advising and resources. Please visit the OCS website for more information on post-baccalaureate options and programs.

SAMPLE COURSE SEQUENCES THAT MEET MOST MEDICAL SCHOOL REQUIREMENTS

If you are planning on concentrating in a science, most premedical requirements will be included in your course of study. However, you can also choose any nonscience concentration and still have time to complete these required courses. Many Harvard students started premed coursework later in college or even after graduation. We have created the following sample schedules to illustrate how you can assemble the needed courses for medical school—regardless of your concentration or when you embark on your premed path. Students considering concentrating in the life sciences should consult with the Head Tutor or the Director of Undergraduate Studies in the concentrations you are considering.

PLEASE NOTE THAT THESE ARE EXAMPLES ONLY. There are many possible course sequences and your individual circumstances will determine your plan of study.

Four-Year Plan (applying to medical school after senior year):

	FALL	SPRING
FRESHMAN	Life Sciences 1a/LPS A Math 1a	Life Sciences 1b Math 1b
SOPHOMORE	Life Sciences 2	Physical Sciences 1/11 Stat 102
JUNIOR	Chemistry 17	Chemistry 27
SENIOR	Physical Sciences 2	Physical Sciences 3

Four-Year Plan (applying to medical school after senior year):

	FALL	SPRING
FRESHMAN	*AP Calculus*	Life Sciences 1b Stat 104
SOPHOMORE	Life Sciences 1a/ LPS A Math 1b	Physical Sciences 1/11
JUNIOR	Chemistry 17	Chemistry 27
SENIOR	Physical Sciences 2 OEB 10	Physical Sciences 3

Three-Year Plan (applying to medical school after junior year):

	FALL	SPRING
FRESHMAN	Life Sciences 1a/ LPS A Math 1b	Physical Sciences 1/11 Stat 102
SOPHOMORE	Chemistry 17 OEB 10	Chemistry 27 Life Sciences 1b
JUNIOR	Physical Sciences 2	Physical Sciences 3

Three-Year Plan (applying to medical school after junior year):

	FALL	SPRING
FRESHMAN	Life Sciences 1a/ LPS A Math 19a	Physical Sciences 1/11
SOPHOMORE	MCB 52/60	Chemistry 20 Life Sciences 1b
JUNIOR	Physics 15a Chemistry 30	Physics 15b Stat 110 MCB 65/234

Three-Year Plan (applying to medical school after junior year):

	FALL	SPRING
FRESHMAN	Life Sciences 1a/ LPS A Math 21a	Life Sciences 1b Physical Sciences 1/11
SOPHOMORE	Physical Sciences 2 MCB 52/60	Physical Sciences 3 Chemistry 20
JUNIOR	Chemistry 30	Stat 110 SCRB 25/Chemistry 27

Three-Year Plan with Summer School:

	FALL	SPRING	SUMMER
FRESHMAN	Life Sciences 1a/ LPS A	Life Sciences 1b Math 1b	
SOPHOMORE	Life Sciences 2	Physical Sciences 1/11	Chem S-20 (Orgo)
JUNIOR	Physical Sciences 2	Physical Sciences 3 SCRB 25/Chemistry 27	

Three-Year Plan with Summer School and Study Abroad:

	FALL	SPRING	SUMMER
FRESHMAN	Life Sciences 1a/ LPS A *AP Calculus*	Physical Sciences 1/11 *AP Stat*	
SOPHOMORE	Chemistry 17	Chemistry 27 Life Sciences 1b	Physics
JUNIOR	MCB 52/60	ABROAD	

Four-Year Plan with Study Abroad:

	FALL	SPRING
FRESHMAN	Life Sciences 1a/ LPS A Math 1b	Life Sciences 1b Physical Sciences 1/11
SOPHOMORE	Chemistry 17	Chemistry 27
JUNIOR	ABROAD	Physical Sciences 12a
SENIOR	Physical Sciences 12b Life Sciences 2	Stat 102

Premed Beginning Junior Year:

	FALL	SPRING
JUNIOR	Life Sciences 1a/ LPS A Math 1a	Physical Sciences 1/11 Math 1b
SENIOR	Chemistry 17	Chemistry 27
POST-BAC	Physics Biology	Physics Biology

Premed Beginning after Graduation (Post-Baccalaureate):

	FALL	SPRING	SUMMER
POST-BAC	General Chemistry Physics	General Chemistry Physics	Biology
POST-BAC	Organic Chemistry Biochemistry	Organic Chemistry Statistics	

MEDICAL CAREER RESOURCES FOR HARVARD STUDENTS

Take the initiative to seek out the resources you need to get factual and realistic answers to your questions. Remember that fulfilling your premedical requirements should not completely dominate your college experience. Take the time to step off the "premed path" and take advantage of all Harvard has to offer you.

ACADEMIC AND PREPROFESSIONAL ADVISING

Freshman and Sophomore Advising: Resident proctors, freshman advisors, peer advising fellows, the Advising Programs Office, sophomore advisors, and the Freshman Dean's Office are all here to help you to make your first two years a very positive experience.

Premedical and Health Professions Advising: The medical and health career advisors at the Office of Career Services offer walk-in hours, group meetings, and individual advising. Workshops cover such topics as Considering a Career in Medicine, Creating Your Personal Statement, Selecting Medical Schools, Financing Your Medical Education, and the Medical School Interview. If you would like more information, please check the Premed & Health Careers online calendar.

Pre-Health Peer Liaisons (PPL): The PPL are specialty PAFs who assist the OCS Premed and Pre-Health Advisors with workshops and pre-health programming. See the OCS Health and Medical Careers Website for a list of the PPL.

House Premedical Tutors: Premedical advising also takes place within upper-class Houses. Harvard's House-based premedical advising system is unlike that at any other college. Each House has a committee of premedical tutors, who are generally Harvard Medical School students, residents, and/or alumni, or graduates of other U.S. medical schools currently in residency training in the Boston area. Students should become familiar with their committee. As medical practitioners, the premedical tutors are invaluable resources about your potential career. The House premedical committee is also responsible for the Harvard College committee letter of evaluation sent to the medical schools when you apply. See the OCS Health and Medical Careers Website for a list of Premedical Tutors by House.

Research: For questions and advice about research in the life sciences, contact Margaret Lynch, Life Sciences Research Advisor: margaretlynch@fas.harvard.edu, or Greg Llacer, Director of the Office for Undergraduate Research Initiatives: gregory_llacer@harvard.edu. For more information see http://lifesciences.fas.harvard.edu.

Life and Physical Sciences Advisors: For questions about life and physical sciences concentrations and courses, please contact one of the advisors listed below and be sure to check http://lifescience.fas.harvard.edu regularly for information, including updated FAQs.

Concentration	Name	Email Address
OEB	Andrew Berry	berry@oeb.harvard.edu
Chemistry	Gregg Tucci	tucci@fas.harvard.edu
HEB and Bio. Anthro.	Carole Hooven	hooven@fas.harvard.edu
CPB and MCB	Tom Torello	torello@fas.harvard.edu
Neurobiology	Ryan Draft	draft@fas.harvard.edu
Physics	David Morin	morin@physics.harvard.edu
Psychology	Laura Chivers	lchivers@wjh.harvard.edu
HDRB	Bill Anderson	wanders@fas.harvard.edu
Biomedical Engineering	Sujata Bhatia	sbhatia@seas.harvard.edu

CAREER EXPLORATION AND OPPORTUNITIES

Crimson Careers: This job and internship database maintained by OCS contains listings of opportunities, updated daily: https://harvard-csm.symplicity.com/students. For other OCS job resources, please visit www.ocs.fas.harvard.edu/students/jobs.htm.

Health and Medical Careers Listserv: Announcements, upcoming workshops, and discussion relevant to Harvard premedical and other pre-health career students are posted on a regular basis. To subscribe to the list, visit www.ocs.fas.harvard.edu/students/join-listserv.htm.

OCS Health and Medical Careers Website: You will find information on health-related internship opportunities, downloadable handouts, relevant articles, workshop schedules, past workshop PowerPoint slides, year-by-year timelines, links to relevant and annotated health-related sites on the Internet, and much more at www.ocs.fas.harvard.edu/students/careers/medicine.htm.

The Office of Career Services Website: The general OCS website, www.ocs.fas.harvard.edu, has links to information on fellowships and funding, international opportunities, a calendar of events, and other career resources.

The Office of Career Services Resource Collection: The Health and Medicine shelves in the OCS Reading Room contain a range of relevant publications on careers in medicine and other health professions, including admissions information from the medical schools and graduate schools of public health, dentistry, nursing, and veterinary medicine.

Crimson Compass: This searchable database maintained by the Harvard Alumni Association contains an online listing of Harvard/Radcliffe College and other Harvard alumni/ae who have volunteered to serve as career advisors to students considering medicine or other health professions: http://post.harvard.edu/olc/membersonly/HAA/networking.

Association of American Medical Colleges (AAMC): The website www.aamc.org provides comprehensive information on medical careers and the medical school admissions process. This is a useful site for information on requirements, financial aid for medical school, and post-baccalaureate programs; you can also order *Medical School Admission Requirements* online.