Pre-Naturopathic Medicine Prerequisites and Timeline for Application

How to use this document:

- These are the common prerequisites for naturopathic medical school and for preparations to take the MCAT. Check individual programs for exact requirements.
- Take these classes (according to prerequisites). Work with a pre-health advisor to determine correct sequencing.
- This page demonstrates the prerequisites, you may choose to take two to four years – whatever amount of time fits best for your plan.
- Add major classes along with pre-medical prerequisites
- Pay close attention to sequences, prerequisites and when classes are offered
- Your major can be in any field as long as you have the classes to prepare you for naturopathic medical school – Choose your major by your greatest field of interest.

<table>
<thead>
<tr>
<th>Course Subject and Title</th>
<th>Credits</th>
<th>Offered</th>
<th>Pre &amp; Co Requisites</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 1101/L General Biology I and Lab</td>
<td>4</td>
<td>F,S,Su</td>
<td>Must place into MATH 1108</td>
</tr>
<tr>
<td>BIOL 1102/L General Biology II and Lab</td>
<td>4</td>
<td>F,S</td>
<td>BIOL 1101/L</td>
</tr>
<tr>
<td>BIOL 4432 Biochemistry</td>
<td>3</td>
<td>F,S</td>
<td>BIOL 1101, CHEM 3301</td>
</tr>
<tr>
<td>CHEM 1111/L General Chemistry I and Lab</td>
<td>5</td>
<td>F,S</td>
<td>MATH 1143 or 1147 (recommended – CHEM 1101)</td>
</tr>
<tr>
<td>CHEM 1112/L General Chemistry II and Lab</td>
<td>4</td>
<td>F,S</td>
<td>CHEM 1111/L</td>
</tr>
<tr>
<td>CHEM 3301/3303 Organic Chemistry I and Lab</td>
<td>4</td>
<td>F</td>
<td>CHEM 1112/L</td>
</tr>
<tr>
<td>CHEM 3302/3304 Organic Chemistry II and Lab</td>
<td>4</td>
<td>S</td>
<td>CHEM 3301</td>
</tr>
<tr>
<td>PHYS 1111/L General Physics I and Lab</td>
<td>4</td>
<td>F</td>
<td>MATH 1143 or 1147</td>
</tr>
<tr>
<td>MATH 1143 College Algebra</td>
<td>3</td>
<td>F,S,Su</td>
<td>MATH 1108</td>
</tr>
<tr>
<td>PSYC 1101 Introduction to Psychology</td>
<td>3</td>
<td>F,S</td>
<td></td>
</tr>
</tbody>
</table>

Recommended courses

BIOL 2227/L or BIOL 3301/L Human Anatomy and Physiology I and Lab | 4 | F,S | Place into MATH 1108 OR BIOL 1101 or BIOL 2227/L |
BIOL 2228/L or BIOL 3302/L Human Anatomy and Physiology II and Lab | 4 | F,S | BIOL 2227 or BIOL 3301 OR BIOL 1101 or BIOL 2227/L |

Additional Humanities courses (3-9 credits recommended) in Sociology, Philosophy, Gender and Sexuality Studies, Religion, Global/International Studies, etc.

For Naturopathic Medical School Application

Research schools you wish to apply to
3-6 months prior to application – Begin drafting personal essay and finding letter writers

NDCAS Application
At least three months prior to application – Create your account and complete the “Colleges Attended” and “Evaluations” sections
10-12 weeks before deadline – Ask you schools to send official transcripts directly to NDCAS; enter coursework; check in with your evaluators to confirm they received evaluation request
6-8 weeks before deadline – Complete and submit your application; review the verification process; monitor your application for receipt of transcripts and letters of evaluation
4-6 weeks before deadline – Continue to monitor application until your status is Verified
After deadline – Download a copy of your application for your records
Reach out to programs to learn about admissions decisions
What else do you need?

- Undergraduate degree
  - Major – complete all requirements for major
  - General Education Requirements

- Shadowing and Interviewing
  - Programs may have a minimum time requirement for shadowing experience
  - Must be done under a certified naturopathic doctor
  - Look for opportunities in your area using networking connections available to you
  - Interview as many naturopathic doctors as you can; consider calling some on the phone and asking for some sort of phone or virtual interview
  - Intern in the natural medicine/natural products field or participate in natural medicine research

- Volunteer Work or Community Service
  - Medical or non-medical
  - Naturopathic schools of medicine are looking for applicants who have concern for others, as well as high levels of empathy, compassion, and integrity; these attributes can be shown in volunteer work
  - Try to use a talent or hobby to reach others in your community

- Health Care Experience
  - All paid or unpaid work in a health-related field where you have patient interaction
  - Preferably in a naturopathic setting of some sort, but any experience is valuable
  - Patient care experience will give you a better idea of what working with patients is really like

- Leadership
  - In a healthcare setting or in a non-healthcare setting, students are encouraged to be creative
  - Shows that you are a strong member of a team
  - Showing leadership will make you stand out from other applicants and show you are actively preparing for your future in your career and community

- Attributes
  - Communicative
  - Socially Conscious
  - Integrity
  - Empathy
  - Passionate
  - Inquisitive

Helpful links:
AANMC: https://aanmc.org/
NDCAS Applicant Help Center: https://help.liaisonedu.com/NDCAS_Applicant_Help_Center