

Pre-Med/Health Advising Office Frequent Asked Questions

FAQ's – General Topics

1. What is Pre-health advising?

Pre-health advising is support provided to students within any program to aid in the process of applying to graduate and professional school.

2. When should I book an appointment with a pre-health advisor?

You can schedule an appointment with a pre-health advisor at any point. We do recommend attending our Pre-health 101 and 202 workshop to obtain pertinent information prior to scheduling your appointment.

3. How do I schedule an appointment with a pre-health advisor?

It's easy! You can go [online](#) to schedule your appointment. New appointments become available daily.

4. Who can schedule an appointment with a pre-med/pre-health advisor?

Appointments are currently prioritized for FSU students and alumni. Alumni may schedule appointments by calling or emailing us at 850-644-7678 or imsadvising@med.fsu.edu. It is recommended that non-FSU students seek advising from their respective institutions.

5. What is the best major for medical school?

There is no "pre-med" major at FSU. Any major is suitable for medical school as long as you satisfy the prerequisite courses. Your major is a chance for you to explore and engage in your interests. Science majors are a typical choice because they contain many of the prerequisite courses. However, you can complete the program prerequisites with any major.

6. What are med school pre-requisites?

Most med schools require 6 hours of math, 6-8 hours of biology, 6-8 hours of chemistry and 8 hours of physics. However, each medical school varies in what they require. Find more specific details in our [Health Professions Manual online](#) and talk with a pre-health advisor about starting the process and getting on your path to med school.

7. Can I talk to the advisor about my classes so that I make sure I get the right ones?

Yes! You need to meet with your major advisor to make sure you are on track for your degree AND meet with your pre-health advisor to discuss the path to graduate and professional school.

8. Can I take a class in the community college in summer when I am back home?

A general liberal studies course is OK but most professional schools prefer science courses from a four-year college or university. Discuss with your choices with your pre-health advisor because circumstances are different for each student.

9. Do medical schools accept pass or fail class's credits?

We do not advise students to elect to take any courses pass/fail. Medical school prerequisites must be taken for a letter grade.

10. Are there any student organizations for pre-health students?

Yes! Getting involved in student organizations is a great way to create connections, gain leadership experience and enhance campus experience. You can get involved with these organizations by emailing them or visiting their social media page. Please visit the [student organizations page](#) for more detailed information.

11. Where in Tallahassee can pre-health students find volunteer activities?

Volunteering is another amazing way to create connections, gain leadership experience, explore your interests, and engage with the members of your community. These activities can also lead to clinical experience, which is vital to obtain for competitive graduate and professional school applications. Please visit the [volunteer opportunities page](#) for a list of places you can volunteer in Tallahassee.

12. Are volunteer hours gained outside of Tallahassee acceptable?

Yes! Volunteer experience from anywhere can be beneficial to your development and accepted on your application.

FAQ's – Letters of Recommendation

13. How does the letter packet service work?

Yes, we offer a letter packet service for medical school applicants only (allopathic and/or osteopathic schools). Letter writers send their letters to us electronically and we submit a letter packet to be uploaded with your professional school application.

More information and details please visit our website: <https://med.fsu.edu/outreach/pre-medical-advising-letters-recommendation> or send an email to virtual.eval@med.fsu.edu.

14. Do I have to use the Letter Packet service?

No, the Letter Packet service is optional for current FSU students and alumni to make sure that their letters are getting to the right place and are formatted correctly. Students can use the Letter Packet Service or ask their writers to upload letters directly AMCAS. Here is a link with instructions for the letter writers to create an account and upload letters letter to AMCAS:

<https://services.aamc.org/letterwriter/> or AACOMAS via interfolio:

[https://help.liasonedu.com/AACOMAS Applicant Help Center/Filling Out Your AACOMAS Application/Supporting Information/1 Evaluations](https://help.liasonedu.com/AACOMAS_Applicant_Help_Center/Filling_Out_Your_AACOMAS_Application/Supporting_Information/1_Evaluations)

15. Can your office provide a committee letter?

FSU does not have a pre-med committee, so we do not offer a “committee letter”. FSU students should request letters of recommendation from letter writers like science faculty, research mentors, healthcare professionals, community service coordinators, etc.

16. What's the difference between a “Committee Letter” and a “Letter Packet”?

A **Committee Letter** is a letter authored by a pre-health committee or pre-health advisor and intended to represent your institution's evaluation of you. A **Letter Packet** is a packet, or set, of letters assembled and distributed by your institution. In contrast to a Committee Letter, a Letter Packet does not include an evaluative letter from your pre-health committee or pre-health advisor.

FSU does not have a pre-med committee so does not offer a “committee letter.”

17. I am requesting letters of recommendation but can't remember if I signed the waiver or not. How can I find out if I did?

Questions like this one regarding our letter packet service and the process of submitting letters of recommendation can be emailed to virtual.eval@med.fsu.edu. If you still have questions, you can go online to schedule an appointment with a pre-health advisor.

18. My professor said they sent their letter, but they did not receive a confirmation email. Did you get my letter?

Letter writers will receive confirmation that their letter was received within 2- 3 business days. Students will also be emailed within 2-3 business days after their letters are received. If they have not been notified by our office, that means the letter has not been sent yet. Students do not need to call or email to check back – just check their emails for the confirmation. They can also check with their letter writer directly for confirmation that they sent the letter. If you are concerned that a letter has been sent but have not received confirmation within 2 weeks email virtual.eval@med.fsu.edu.

19. I want to check how many letters you have received, so that I can know which writer hasn't sent it yet.

Students will be emailed within 72 business hours after each individual letter is received. If they have not been notified by our office, that means the letter has not been sent yet. They do not need to call or email to check back – just check their emails. They can also check with their letter writer directly for confirmation that they sent the letter.

20. I checked my AMCAS application, and my letter status still says “Letters not received” but I got confirmation from Virtual Evals. I am confused. What is going on?

Submitting letter packets is a multistep process. Because so many students apply, it can take AMCAS 2 – 3 business days to process and upload letters for each applicant. Upon receiving your Virtual Evals confirmation, please wait 1 – 2 business days for your AMCAS letter status to update. If you still have problems, let us know!

21. Can students reuse the letters from the past year or previous application cycle?

Letters on file from a previous application cycle cannot be included in a letter packet without consent from the letter writers. Students need to have their letter writers email virtual.eval@med.fsu.edu with an updated letter OR written permission to use the previously submitted letter. It's in the student's best interest to 1) have current letters; 2) receive permission to use a letter written in the past; 3) keep their letter writers updated on their application plans. Some programs do not like to see letters older than a year.

22. Can a student have letters of recommendation sent to AMCAS from two different sources — one directly from a letter writer, and another from the school's Letter Packet Service, if a different person writes each letter?

No. While, letter writers are permitted to submit their letters directly. The student can either use the AMCAS Interfolio service or the FSU Pre-Health Office letter service. For AMCAS Interfolio, students need to include the letter writers' information in AMCAS so they would receive the request and the link to submit. The other option is for a student to make a letter request form for each individual letter and would need to send this request to each letter writer. Below is the link that further explains the two options. <https://students-residents.aamc.org/how-apply-medical-school-amcas/section-6-amcas-application-letters-evaluation>

23. Can students submit their AMCAS application without their letter packet? Will they consider my application if it is not complete?

Yes! students can submit their applications without their letter packets. (All application items must be in before submission except for MCAT score and letters since they don't require verification). AMCAS, AACOMAS, and TMDSAS verify students' applications before sending them out to individual schools; this process takes 4-6 weeks. So, we advise students to have their letters in within this time so all materials will be sent to schools at the same time. However, even if letters are added later than that, they are still accepted.