

## PRE-CHIROPRACTIC INFORMATION SUMMARY

A Doctor of Chiropractic helps meet the health needs of individual patients and of the public, giving particular attention to the structural and neurological aspects of the body in a non-invasive manner. Preparation for chiropractic school involves curricular and extracurricular experiences which demonstrate communication, leadership, community service, and familiarity with chiropractic. Any major is appropriate. For general information about Chiropractic, visit [www.explorehealthcareers.org](http://www.explorehealthcareers.org).

### ❖ EXTRACURRICULAR ACTIVITIES

Extracurricular activities and work experiences which demonstrate interpersonal skills, leadership, and service are very important. For instance, join a student group to gain leadership experience.

#### ➤ **Shadowing Chiropractors**

This should be one of your first experiences as a pre-chiropractic student. Observing a chiropractor in action will help you gather the information you need to fully commit to and to learn about the profession you have chosen. It is also good to interview several chiropractors.

#### ➤ **Chiropractic Experience**

Chiropractic experience is very important in your application. Most students gain this experience by shadowing a general chiropractor for more than a semester.

#### ➤ **Leadership Experience**

As a chiropractor, you will be a leader and team member in many ways – with your patients, your staff, your colleagues, and your community. Examples includes offices held in organizations, committee work; leadership in church activities; coordinating a project; managing, training, supervising at work or in other activities; teaching experience of any kind; peer counseling or mentoring, etc. Consider going to <https://www.umsl.edu/studentinvolvement/service/index.html>

#### ➤ **Service to the Community**

Because you are preparing for a humanitarian profession, it is important to have volunteer learning experiences which demonstrate a commitment to service to others. It is suggested that this be ongoing throughout your college years.

### Things to Remember

- Keep contact information for supervisors and chiropractors you shadow or work with in case you ask them to write recommendation letters. Even if you discontinue some activities, try to maintain a relationship with them.
- Record all hours of service and experiences. Writing your reflections in a journal will be helpful when you write a personal statement.

### ❖ APPLICATION PROCESS

- All applicants must have earned a minimum cumulative grade point average (GPA) of at least 3.0 on a scale of 4.0. Some schools may have lower GPA requirements and minimum grade requirements for required courses. **There is no standardized exam required** for chiropractic school admission.
- There are 15 accredited chiropractic schools in the United States. Most chiropractic schools **accept students 2-3 times a year**, and many of them have rolling admission process. There is no centralized application service for chiropractic school application process. Students need to visit each chiropractic schools' website and **apply online**. Along with application, most chiropractic schools require 2-3 **letters of recommendation**
  - Doctor of Chiropractic
  - An academic professor
  - A work supervisor

Many chiropractic schools require a personal interview as well.

### ❖ Policies

<b>CLEP Credit &amp; Correspondence Study</b>	Limited number of credits for <b>CLEP Credit &amp; Correspondence Study</b> may be accepted by many chiropractic schools.
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<b>AP Credits</b>	Chiropractic schools take <b>AP credits</b> , but it is recommended to take coursework beyond introductory classes waived by
<b>2-year colleges credits</b>	Many schools limit credits taken at 2-year colleges to 60 credit hours.
<b>Repeats</b>	Chiropractic schools take most recent grades if you <b>repeat a course</b> .
<b>Withdrawals</b>	<b>Withdrawals (W) or Excused (EX)s</b> should normally be used only for non-academic emergencies.
<b>GPA</b>	Generally, the minimum GPA is around 3.0, but varies by schools and may be higher or lower.

## Prerequisite Course Guide

*This guide is designed for applying to a range of Chiro schools. It is not a comprehensive list. Requirements will vary by school.*

- **English 1100:** *First-Year Writing*
- **English 3100 or 3160:** *Junior-Level Writing or Writing in the Sciences*
- **Biol 1110:** *Nutrition in Health*
- **Biol 1831:** *Introductory Biology: From Molecules to Organisms*
- **Biol 2482:** *Microbiology*
- **Biol 2402:** *Vertebrate Anatomy*
- **Biol 3622:** *Cell Biology*
- **Biol 3802:** *Vertebrate Physiology*
- **Chem 1111:** *Introductory Chemistry I*
- **Chem 1121:** *Introductory Chemistry II*
- **Chem 2612:** *Organic Chemistry I*
- **Chem 2622:** *Organic Chemistry II*
- **Chem 2633:** *Organic Chemistry Laboratory*
- **Physics 1011&L:** *Basic Physics I and Lab*
- **Physics 1012&L:** *Basic Physics II and Lab*
- **Phy Ed 3283:** *Kinesiology*

The following may be required by some schools:

- **Math 1100:** *Basic Calculus* or **Math 1800:** *Analytic Geometry and Calculus I*
- **Biol 4602:** *Molecular Biology*