Pre-Health at UND
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Health Sciences Advisors
College of Arts and Sciences
Columbia Hall, Room 1000

CAS Pre-Health Programs
- Pre-Medicine
- Pre-Physician Asst

Pre-Veterinary Med
Pre-Chiropractic
Pre-Podiatry
Pre-Pharmacy
Pre-Mortuary Science

CAS Health Sciences Advisors
- Who we are...
  - Introductions
  - We are not Primary Advisors => major advisor
    - Associated with department housing your major
    - Faculty members or professional advisor
    - Oversee you getting your degree
  - We are considered Secondary Advisors
    - Honors, Athletics, etc.
    - Very specialized
- What we help students do...
  - Anything and everything associated with getting into health professional schools!
  - Plan curriculum/schedule of Pre-Health courses
  - Choose extra-curricular activities/experiences
  - Plan and prepare for standardized tests
  - Prepare for application and submission process
  - Prepare for interviews
- What we don’t do...
  - Make decisions for you
  - Career?
  - Major?
  - Plan curriculum/schedule for your major
  - Register you for classes
  - Graduation checks
- Others who can help... see blue handout

Pre-Health Advising Expectations
- What students can expect from us...
  - Consummate professionals
    - Ethical women of integrity and high standards
    - We will treat you with respect, honesty, kindness and a little tough love if necessary
  - Confidential relationship
  - Accurate, up to date information
  - Regular communications through monthly newsletters, e-mails, BlackBoard messaging
What students can expect from us...
- We prefer to advise in person
- Phone availability is limited
  - We will not answer our phones if we are with someone
  - We will not to play phone tag, so please use e-mail
- E-mail etiquette
  - Our goal is 24 hour response time during office hours
    - Kim: 9am-4:30pm on Tuesdays, Wednesdays and Thursdays
    - Julie: 8am-4:30pm on Monday-Friday
  - Over weekends or certain times of the year, response times will be longer

What we expect from students...
- Professional, adult behavior
- Respect the advising protocols and our time
- Engage in your education!
  - Learn what you need to do
  - Read our material, e-mails, etc.
- Plan ahead... plan ahead... plan ahead!
- Failure to plan on your part does not constitute an emergency on ours

Pre-Health Advising Protocols
- Freshmen
  - We do not meet individually with freshmen => 5 required group meetings instead
    - 4 in the fall
    - 1 in the spring
  - Why?
    - Numbers
    - Freshmen year courses are the same for all PH programs
    - Time to prove you can/want to meet PH expectations
    - Get to know your support system here
  - Occasional exceptions are made for 5 year students such as student-athletes, ROTC students, or students doing Pre-Health with a major outside of A&S (Athletic Training, Medical Lab Science, Nursing, Nutrition, Dietetics, Engineering, Education, Aerospace/Aviation)
  - If you meet expectations of freshman year, then you may stay in your Pre-Health Program and see us individually starting sophomore year...
- Sophomores, Juniors and Seniors
  - Individual advising
    - Done by appointment only – no walk ins
    - Students must use Starfish to request a time
    - 24 hour notice for cancellations please!
    - Show up for your appointment on time
    - Come prepared
    - Cell phones off
  - E-mail advising is limited to simple questions only!
  - E-mails are only answered during work hours
  - We also offer group advising sessions
    - Topics include
      - MCAT Orientation, Preparation, MCAT Class Info => Jr fall
      - Applying to Health Professional Schools = Jr spring
      - Interview Skills=> Sr fall
    - Dates are advertised at the beginning of each year so we ask that you make every effort to be at these group meetings, rather than schedule an appointment to discuss these topics
Pre-Health Program Requirements for all freshmen students

1. Be declared in your specific Pre-Health program
2. Activate and regularly check your UND e-mail account - only official means of communication
3. Attend all four freshmen group advising meetings this fall semester
4. Attend one freshmen group advising meeting next spring semester (February)
5. Complete the following courses, with a C grade or better, before the start of sophomore year:
   => Bio 150-151, with labs
   => Chem 121-122, with labs
   => Math 103
6. Complete this year with a cumulative 3.0+ GPA*
7. Keep legal, institutional and personal records clean
   *most health professional schools expect much higher

Legal Records...
- Keep your legal record squeaky clean!
  - All HP Grad Schools do background checks
  - Absolutely no felonies or misdemeanors of a violent nature
  - No other misdemeanors or “minors” (underage drinking, drug possession, etc.)

Institutional Records...
- Keep your UND record squeaky clean!
- All violations will be put on your permanent record
  - No conduct violations
  - No academic dishonesty - including, but not limited to:
    - Cheating
    - Collusion
    - Plagiarism

Personal and Social Records...
- Keep your personal record squeaky clean!
  - Facebook, Instagram, Twitter, etc.
  - Be sure comments and pictures are in good taste, reflect good character, and show maturity
- Remember... HP schools look for people with:
  - Maturity
  - Honesty
  - Integrity
  - Ethics

Double check classes
- Most of you should be in...
  - Biol 150+L
  - Chem 121+L
  - Math 103 or ?
  - Biol 120 or Chem 101?
  - Essential Studies, Honors or major courses?
  - 15 – 16 credits only
- You can still rearrange your schedule BUT, limited class availability right now...
Meeting #2: Next Week

- Getting off to a good start (part 2)
  - UND, class policies
  - How to approach each semester
  - Study strategies and skills
  - Test taking strategies
- Pre-Health Website => BlackBoard site

Meeting #3 (September)

- Overview of the various Pre-Health Programs
  - Required courses
  - Required entrance exams
  - Expected extracurricular activities
  - Recommendations
- Timeline for classes, tests, applications, etc.

Meeting #4 (October)

- Having problems in a class?
  - Deficiencies
  - Repeating vs. dropping classes
- Plan schedules for spring semester
  - Pre-Health courses
  - Major courses
  - Essential Studies
  - Electives

“To Do” List

- Activate/Claim UND E-mail account
- Check Campus Connection:
  - Make sure UND e-mail is listed as “preferred”
  - Make sure your correct major(s), minor(s), and Pre-Health programs/plans are listed
  - Make sure your correct advisors are listed
  - Complete the required Online Alcohol Education module
- Visit the Pre-Health website: http://arts-sciences.und.edu/pre-health/
  - Print off and review your Pre-Health Guide
- Follow us on Twitter and Facebook