Freshmen Pre-Health Students – Required Meeting #3 – Fall 2017

Pre-Health at UND
Kimberly Ruit Julie Bean
Health Sciences Advisors
College of Arts and Sciences
Columbia Hall, Room 1000
http://arts-sciences.und.edu/pre-health

6 Areas Reviewed by Health Professional Schools:
1. Undergraduate Curriculum
2. Standardized Tests (MCAT, DAT, OAT, etc.)
3. Life Experiences/Extracurricular Activities
4. Letters of Recommendation/Evaluation
5. Personal and Legal Record
6. Home State of Residency

1. Undergraduate Curriculum
   • Get a Degree!
     o Most HP schools require or prefer undergraduate degrees
     o At UND a BS or BA consists of
       ▪ 120 credits
       ▪ Courses
         • Major requirements
         • Essential Studies requirements (ES)
         • Pre-Health courses
         • Electives
   • Get a Degree: Major requirements
     o What major?
       ▪ Major list at:
       o http://und.edu/academics/registrar/fields-of-study.cfm
         ▪ Any major is fine!
         ▪ Switching majors after this year may add semesters
         ▪ Some majors + Pre-Health may take 4+ years
           • Aviation/Aerospace, Business, Education, Engineering, AT, MLS, Nursing, Nutrition, Dietetics, Forensic Science (Analyst)
     o Your major advisor helps you plan your degree
   • Get a Degree: ES requirements
     o Complete at any time before graduation
     o Most ES courses are offered all three semesters
     o Many ES courses are offered online
     o List of courses qualifying as ES is posted at the beginning of each school year – find it at:
       http://und.edu/academics/essential-studies/approved-courses.cfm
     o It is a fluid list!! You must check it each year!!
     o Be adventurous, explore unfamiliar topics...
   • Get a Degree: Pre-Health courses
     o Differ from field to field
     o Listed in your Pre-Health Guide/Planner
     o Based on what HP schools
       ▪ require: Biology, Chem, OChem, Physics, BioChem, Math, Psych, English, Public Speaking, etc.
       ▪ prefer: Anatomy, Physio, Genetics, Cell Bio, Immunology, Microbio, etc.
• You need to excel in all of your classes……
  o Cumulative GPA for HP schools
    ▪ All attempts for all courses are included in HP GPA’s
    ▪ Average matriculant GPA = ?
    ▪ Average vs range of entering class
    ▪ Consistent performance is best
    ▪ Represents ability, effort and commitment over time
  o UND GPA
    ▪ Campus Connection will show all courses and GPA
    ▪ UND official transcripts only show courses taken here
  o Plan a sensible schedule (to promote success)
    ▪ Four years vs. five years
    ▪ Take a lighter load in spring of junior year
    ▪ Remember………….credits = time
  o Address academic problems early

2. Standardized Tests
• It is imperative to excel on these tests
  o Which HP schools want which test?
    ▪ MCAT => medical, osteopathic, podiatry
    ▪ DAT => dental
    ▪ OAT => optometry
    ▪ PCAT = pharmacy
    ▪ GRE => physician assistant, veterinary
  o Measure:
    ▪ Base knowledge of concepts (sciences, etc.)
    ▪ Problem solving and critical analysis skills
    ▪ How you function under pressure
  o Should be taken in late spring or early summer after junior year (if on a four year plan)
  o Need preparation!!!!!
    ▪ A lighter load in junior spring will give you time to STUDY and take PRACTICE TESTS!!!
    ▪ Prep aids include: review books, review courses, practice tests
    ▪ We run a Kaplan MCAT Review course every spring
  o Not the only time you will test like this => boards

3. Experiences/Extracurriculars
• This part of your application will set you apart
  o Includes everything!
    ▪ Health related experiences
    ▪ Non-health related activities
    ▪ High school experiences count? Yes and no….
  o HP schools look for depth, not breadth
    ▪ Deep, committed participation in areas that are truly important to you
    ▪ Don’t just go through the motions to be able to put something else on your resume
• Patient Care/Field Experiences
  o Spend time working or volunteering in your field
  o Not so much about hours – what did you learn?
    ▪ Reflect on experiences
      ▪ Do you know what your future career is really like?
      ▪ What do the HP’s do on a day to day basis
      ▪ What are their outside lives like
    ▪ Why do you want to do it?
      ▪ Goals? Strengths? Desires?
- You may need to do more than one
  - See Pre-Health Guide/Planner for suggestions
- Shadowing
  - Amount varies – see Pre-Health Guide/Planner
  - City vs rural
- Community Involvement
  - Volunteer: Young Life, Big Bro/Big Sis programs, Special Olympics, local mission, Meals on Wheels, church, humane society...
  - Work: Lifeguard, coach (little league, etc.), give lessons (sports, music, etc.), camp counselor...
- Biomedical research => top tier schools
  - Hospital
  - UND lab (undergrad departments, med school)
  - National lab (NIH, CDC)
- National / International Experiences
  - Study Abroad
  - Disaster relief (Salvation Army, Red Cross)
  - Peace Corps, AmeriCorps, etc.
  - Medical mission trips

4. Letters of Recommendation
   - Required by all HP schools
     - Author requirements and numbers vary, but most want 3 or 4 letters:
       - Many schools want 1-2 academic letters of recommendation (many prefer science profs)
       - Some schools want letters from professionals in the field (chiropractic, dental, optometry, podiatry, vet)
     - You must develop relationships with potential authors early – they must know you very well!
     - We do not have a Pre-Health Committee here!

5. Personal and Legal Record
   - Keep it clean inside and outside of UND.....
     - Integrity
       - Honesty
       - Ethics
       - ......no exceptions!
   - Remember:
     - You are free to choose, but you are not free from the consequence of your choice!

6. Home State of Residency
   - When applying to HP schools, you are asked to list your state of residency
     - Typically the HP schools define your home state as where you graduated from high school or where your parent(s) are currently living
     - As far as HP schools are concerned, you do not become a state resident just because you attended college in that state
     - Latitude is given in cases where students move around a lot, have parents in separate states, etc.
     - Why do they care?
       - Public HP schools
         - Receive state funding, so usually have state directives or mandates to give high preference for admission to residents or out-of-state students with ties to their state
       - Private HP schools
         - Look for geographic diversity
o Why should you care?
  ▪ Public HP schools
    • Better chance to get into a state school if you are a resident or have ties to the state
    • Have lower tuition rates for residents
  ▪ Private HP schools
    • Usually a bit more competitive to get in to
    • Have higher tuition rates overall

o Special arrangements for certain state residents
  ▪ WICHE (15 states - ND, MT, WY, AK, etc.)
    • ND: Dent, Opt, Vet
    • MT, WY: Med, Osteopathic, Dent, Opt, Pod, Vet, PA
    • AK: Dent, Opt, Pharm, PA, Pod, Vet
  ▪ WWAMI (WA, WY, AK, MT, ID) => Med only
    • Usually require paperwork before you apply
    • State residency cannot be switched to ND just because you are here for college in order to take advantage of these programs!

So...
  • RE: the 6 Areas Reviewed by HP Schools
    o It’s not about checking things off a list!
    o It’s about crafting a resume that:
      ▪ Proves your abilities
      • Academic, non-academic
      ▪ Showcases your personality and strengths
      • Maturity, dedication, reliability, leadership skills, people skills
      ▪ Demonstrates well-roundedness
      ▪ Gives you a thorough understanding of your field
      ▪ Shows your passion to serve people through your field

“To Do” List
  • Now:
    o If you haven’t checked Campus Connection to see if advisors are correct, do so and e-mail me
  • Before next meeting:
    o Review:
      ▪ Your Major requirements
      ▪ Essential Studies requirements – fill out sheet
      ▪ Your Pre-Health courses
      ▪ Spring 2018 Class Schedule (available Oct. 6th on CC)
    o Create and bring tentative Spring 2018 schedule
    o Do BlackBoard A&S Required Assignment:
      ▪ “Using Your ARR” Quiz

Meeting #4 (October)
  • Having problems in a class?
    o Deficiencies/Flags
    o Repeating vs. dropping classes
  • Plan schedules for spring semester
  • We can sign forms then for scholarships, waivers, etc., that require multiple advisor signatures – otherwise forms requiring only one signature should be done by your major advisor