

# **Summer 2024 Pre-Health Group Advising Session**

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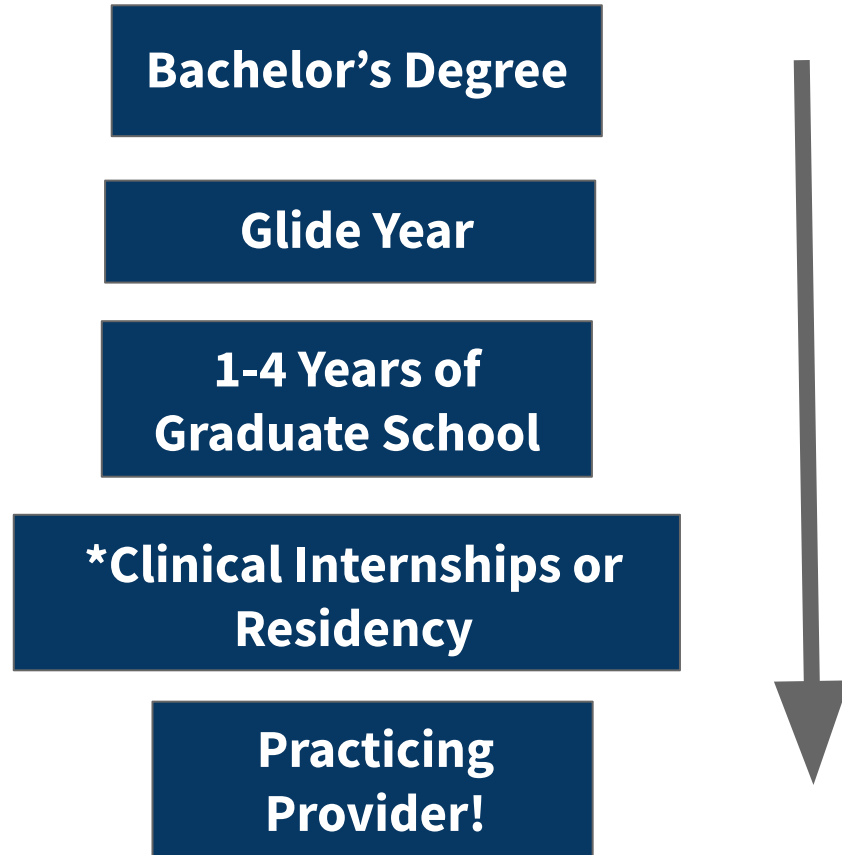
July 8, 2024

# Your Questions



- What do I do if I don't know what I want to major in?
- What classes should I register for in my first semester?
- How many courses should I take?
- Should I transfer credits from AP/IB/A-Level exams or courses taken elsewhere?
- How do I connect with Pre-Health Advising?

# Pathway to Healthcare



# Careers to Consider

**Allopathic Medicine (MD)**  
**Osteopathic Medicine (DO)**  
**Physician Assistant**  
**Dental Medicine**  
**Optometry**  
**Chiropractic**  
**Genetic Counseling**  
**Advanced Nursing**  
**Pharmacy**  
**Physical Therapy**  
**Podiatry Medicine**  
**Veterinary Medicine**  
**Public Health**

# Pre-Health Majors

- Anthropology
- Art History
- Biochemistry
- Biology
- Business
- Chemistry
- Classical Studies
- Health: Science, Society, and Policy
- History
- International & Global Studies
- Music
- Neuroscience
- Philosophy
- Psychology

*There is no one perfect major for pre-health!*

# Pre-Health Courses

Medical, Dental, Veterinary, Pharmacy, Podiatry, Optometry

- **1 year of general chemistry with lab**
  - **1 year of general biology with lab**
  - **1 year of organic chemistry with lab**
  - **1 year of physics with lab**
  - **Statistics**
  - **1 year of English/literature, or writing-intensive**
  - **Biochemistry**
- 
- **Physiology (Recommended)**
  - **Psychology & Sociology (for pre-med, MCAT)**
  - **Calculus (pharm, optometry, some med)**
  - **Evolution/ecology (vet only)**
  - **Animal nutrition (vet only)**

# Pre-Health Courses

## **Nursing, Physician Assistant, Occupational Therapy, Physical Therapy**

- **1 year of general chemistry with lab**
- **1 year of general biology with lab**
- **Human anatomy with lab**
- **Human physiology with lab**
- **Microbiology with lab**
- **Introductory psychology**
- **Abnormal psychology**
- **Developmental psychology**
- **Medical terminology**

*Required courses will be different with every health profession and every graduate program.*

# Visit Our Webpage for Course Planning Guides!

## Academic Services

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Dean's Welcome

Staff and Contact Information

Academic Advising

Academic Fellowships

Myra Kraft Transitional Year Program

Pre-Health Advising

Explore

Health Careers

Informational Interviews

Resources

Prepare

Apply

Events and Workshops

Frequently Asked Questions

Alumni

Student Accessibility Support

Student Support Services Program

Resources for Faculty

Home

## Health Careers

Expand All

Chiropractic	+
Dentistry	+
Genetic Counseling	+
Medicine	+
Nursing/Advanced Practice Nursing	+
Occupational Therapy	+
Optometry	+
Pharmacy	+
Physical Therapy	+
Physician Assistant	+





# AP Credits

*Medical and dental schools vary in whether or not they will accept AP courses for prerequisites.*

- Some health programs view AP credits as college prep and is not viewed as replaceable for college coursework.
- Some health programs may accept AP credits, but may want you to take additional upper level coursework in the same field.
- Some health programs will accept AP credits, but you need to claim credit on your undergraduate transcript.
- AP Credits for Psych 10a and Math 10a are sufficient for medical school. (Scores 4 or 5)

# External Credit (AP/IB, college courses, etc.)

- Have your AP/IB/A-level scores sent electronically to Brandeis (college code 3092)
- Earn up to **16 credits in external credit** from qualifying scores and/or approved college courses (applied toward the 128 credits needed for graduation).
- Have more? All qualifying scores and/or college courses may count for **purpose credit** (used to satisfy major/minor/Brandeis Core requirements, no numeric credit).
  - Example: 4 or 5 in AP Microeconomics
    - External credit: earns 4 numeric credits
    - Purpose credit: equivalent to Econ 10a (Intro to Microeconomics), satisfies QR (quantitative reasoning) requirement

## Advanced Placement Chart

### Beginning Fall 2019

Examination	Accepted Scores	Requirement Met	Numeric Credit	Equivalent Brandeis Courses
Art History	5	None	4	None
Biology	5	None	4	BIOL 15b
Chemistry*	4, 5	Quantitative Reasoning	8	CHEM 11a,b,18a,b
Chinese Language	4, 5	World Languages and Cultures	4	CHIN 30-level
Comparative Government and Politics	5	None	4	None
Computer Science A	5	None	4	COSI 10a
Economics: Macro	4, 5	None	4	ECON 20a
Economics: Micro	4, 5	Quantitative Reasoning	4	ECON 10a
Environmental Science	4, 5	None	4	None

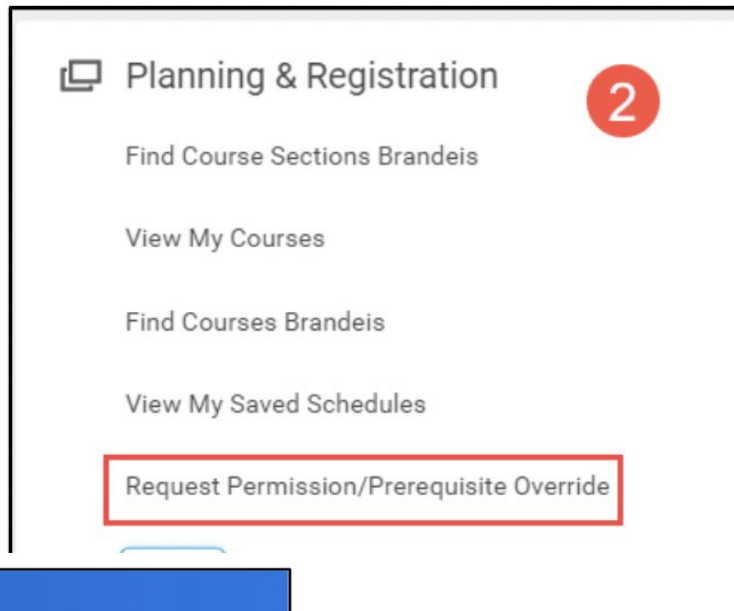
# Claim External Credit

- For AP/IB/A-level, once your scores have been received by Brandeis, email [transfer@brandeis.edu](mailto:transfer@brandeis.edu) in the Office of the Registrar to claim your scores and have them posted to your Transfer Credit tab on Workday.
- For college courses earned while in high school with a grade of B- or better and not needed for HS graduation, send official transcripts to [transfer@brandeis.edu](mailto:transfer@brandeis.edu) and complete [petition for evaluation](#).



# Want to use external credits to place into a higher level class?

Request permission to enroll by completing [prerequisite override form](#) on Workday



Planning & Registration 2

- Find Course Sections Brandeis
- View My Courses
- Find Courses Brandeis
- View My Saved Schedules
- Request Permission/Prerequisite Override**

### < Request Course Section Pre-requisite Override

Confirmation 1 item

Start Date within	Course Section	Pre-requisite Override Item
Spring Semester 2021 (01/19/2021-05/03/2021)	FREN 32A-2 - Intermediate French: Conversation	SR PREQ CR - FREN 20a

5

Submit Save for Later Cancel

# A Note On Placement Tests

- The Calculus Placement test is online and self-scoring, your score determines if you should start in Math 5a (Pre-calc), 10a (Calc I), 10b (Calc II), 15a (Linear Algebra), or 20a (Multivariable Calculus)
  - Plan to take this test independently without notes, books, or calculators!
- The Chemistry placement test is online and self-scoring, your score determines if you should start in Chem 11a (General chemistry) or Che 15a (honors general chemistry)
  - Students placing into Math 5a should delay Chemistry until they successfully complete Math 5a
  - Honors general chemistry is typically taken by students who have done well in AP chemistry
- The computer science placement test determines if you should begin with COSI 10 (Intro to Programming in Python) or COSI 12 (Advanced Programming in Java) based on your coding background. It is accessible online.
- The World Language placement tests vary in format, but you need to connect with the Language department head to get access and details



# Your First Semester Schedule

COMP or UWS	4 credits
World language (or CORE)	4 credits
BIOL 14a/15b/General Chemistry	4 credits
Exploratory course	4 credits
HWL 1-PRE	0 credits
HWL 1	0 credits

## Recommended

- 16-18 credits (4-4.5 four-credit courses)
- Work toward the Core First Year Experience
- Try out a course in an area of interest
- Leave room to explore
- Try to create a balanced schedule

## Making adjustments once the semester starts

- Utilizing the add/drop period
- Electing a course pass/fail

# **Beyond Coursework**

# AAMC Core Competencies

*What do health professions programs look for?*

- Service Orientation
- Social Skills
- Team Work
- Cultural Competence
- Oral Communication
- Ethical Responsibility to Self and Others
- Reliability and Dependability
- Resilience and Adaptability
- Capacity for Improvement
- Critical Thinking
- Quantitative Reasoning
- Scientific Inquiry
- Written Communication
- Living Systems
- Human Behavior



# Clinical Experience

## *What is Clinical Experience?*

- Any paid or volunteer experience in a healthcare environment
- Includes patient interaction, or support a population with specific healthcare needs.
- Does NOT need to be “Hands-On” for most fields

# Goals for Clinical Experience

- Learn if the profession is a good fit for you
- Understand the roles of the provider
- Practice interacting with patients
- Understand how different healthcare team members interact
- Understanding healthcare as a overall system

# Clinical Experience Examples

## VOLUNTEER

- Hospitals
- Hospice
- Crisis Counselor
- Elderly Companion
- EMT
- Blood Drives
- Low-income clinics

## PAID

- **EMT (Emergency Medical Technician)**
- **CNA (Certified Nurse Assistant)**
- **PCA (Personal Care Assistant)**
- **Medical Scribe**
- **Pharmacy Technician**
- **Mental Health Specialist**
- **Clinical Research Coordinator**

# International Students

International Students have additional hurdles to medical school and should **work closely with a Pre-Health Advisor:**

- Support finding experiences open to international students
- How to be more competitive to overcome acceptance rates
- Explore which US medical schools accept international students
- Brandeis international applicants to medical school have been very successful! Connect with an advisor to hear their stories.

# Pre-Health Clubs

- BEMco
- Minority Association of Pre-Medical Schools at Brandeis (MAPS)
- Pre-Dental Society
- Partners In Health Engage Brandeis
- Pre-Veterinary Society and Animal Appreciation Club
- Student Sexuality Information Service (SSIS)
- Students Talking about Reality (STAR)
- Brandeis 6Talk (Peer Support Hotline)
- Waltham Group
- Brandeis Science Research Connection Club
- Active Minds
- ...and more!

# Campus Resources

- Roosevelt Fellows
- Undergraduate Department Representatives (UDR's)
- Academic Advisors
- Hiatt Career Center
- Department of Community Service
- Fellowships Office
- Study Abroad Office
- Undergraduate Research and Creative Collaborations (URCC)

# Goals for First Year Students

- Get involved with one campus organization or club
  - Volunteer
  - Student Clubs
- Go to faculty “office hours”
  - Talk about more than assignments and grades!
  - Get advice on topic of interest
  - It’s a strength to ask for help
- Engage with Pre-Health Advising!
  - Sign-up for newsletter
  - Attend pre-health workshops
  - Create a 4-Year Plan

# Pre-Health Sophomore Check-In

- Program open to all pre-health sophomores
- Invitation to participate in Spring
- Halfway Check-in Point:
  - Advisor check-in conversation
  - Start drafting application materials
  - Recognize strengths
  - Create goals to keep growing
  - Detailed explanation of application timeline



# **Common Pre-Health Myths**

# Myth # 1

## I need to have a 4.0 Perfect GPA

**Answer:** No! A reasonable goal is to achieve a 3.6 or higher GPA with a minimum of a C or higher in each pre-health requirement. You do not need a 4.0 GPA to be accepted to health profession programs!

# Myth # 2

## I need to get a highly competitive internship

**Answer:** No! Health programs want you to have clinical exposure so you understand if it's a good fit for you. Most of the time, internship experiences can be achieved through a combination of volunteering, shadowing, and/or research.

# Myth # 3

## I need to have scientific/bench research experience

**Answer:** No! Health professions expect you to demonstrate critical thinking, quantitative reasoning, written communication, and scientific inquiry. This can be accomplished in a variety of ways, including research in the social sciences or humanities.

# Myth # 4

## Most applicants don't take a glide year

**Answer:** 90% of Brandeis students take one or more glide years before starting a health profession programs. 60% take two or more glide years. This matches the national trend of applicants taking glide year(s).

# Myth # 5

**I need to have a science major OR I need to have a BS**

**Answer:** No! Successful applicants to health programs have a variety of majors. This includes humanities, social sciences, and sciences. As long as you complete the prerequisites, you can choose any major. It also doesn't matter whether you have a BS or a BA.

# Myth # 6

## I need “X” number of experience hours

**Answer:** For most health professions, there are no expected numbers of experiences like shadowing, volunteering, or research. The **quality** of your experiences are more important than **quantity**!

*Note: For allied health professions like PA, there may be required hands-on hours.*

# Myth # 7

## It's not possible to study abroad as pre-health

**Answer:** No! It's absolutely possible to study abroad as a pre-health student. We host a Pre-Health Study Abroad workshop every year, and you can meet with us to arrange your schedule. Popular options include Denmark, Sydney, and Spain!



# Myth # 8

## I should never question why I want to be a doctor

**Answer:** It's normal to have doubts about your future career. It's okay to ask questions from yourself and mentors. The more you explore all your career options, the more confident you will be of your pathway. It's also okay to change your mind later! *It's a strength to ask questions.*

# Newsletter

Summer Semester | July 13, 2020



## PRE-HEALTH ADVISING NEWSLETTER

Academic Services

### FEATURED OPPORTUNITIES

#### Part-Time Summer Job: Kindness Animal Hospital

Posted June 29

[Job Posting](#)

The Kindness Animal Hospital in Waltham, MA is looking for a pre-veterinary student to work part-time this summer. Job duties include restraining animals, preparing vaccines, cleaning exam rooms, cleaning the hospital, preparing laboratory specimens (including fecal and urine specimens), answering phone calls, delivering medications and animals to and from the parking lot (currently no clients are allowed in the hospital).

#### Special Olympics: Volunteer COVID-19 Screener

Posted 7/6/20

[SOMA Volunteer](#)

The Special Olympics of Massachusetts is seeking a volunteer Team Practice COVID-19 Screener. Responsibilities include: Check in, administer COVID-19 screening assessments, and take temperature for each athlete and volunteer.

- **Sign-up for weekly newsletter!**
  - **Important Announcements**
  - **Events**
  - **Opportunities**
  - **Resources**
  - **Sent every Monday**



# Connect with Pre-Health Advising

Register with our  
Office!



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Questions?  
Email [pha@brandeis.edu](mailto:pha@brandeis.edu)