Pre-Health Career Advising
Cal Poly, SLO

WELCOME TO OPEN HOUSE!

2017

Pre-Health Advisors
Kristi Weddige
Meghan Farrier-Nolan
Anya Bergman
Laura Wilson
Tiffany Kwapnoski

Pre-Health Peer Advisors
Ryan Pineda
Abby Wilmer
Matt Neumann

Matt Neumann
- 3rd year
- Major: Biology
- Career Plan: Medicine

Ryan Pineda
- 4th year
- Major: Kinesiology
- Career Plan: Physical Therapy

Abby Wilmer
- 4th year
- Major: Biochemistry
- Career Plan: Medicine
Overview

• What is Pre-Health Advising?
• Cal Poly Pre-Health Advising Services & Resources
• What Health Profession Careers do Cal Poly Students Pursue?
• Demystifying Common Myths about Health Professions Admissions
• Cal Poly Medical School Acceptance Information
• Tips
• Why Choose Cal Poly?
• Question & Answer Session

What is Pre-Health Advising?

• Determine the most appropriate career path based on individual interests, skills, values and life goals
• Identify college courses that satisfy admissions requirements
• Determine an appropriate sequence for completing those courses
• Inform students of clinical or research experiences available
• Inform students about the health professions school admission and application process
• Provide additional resources/services based on interest, need, and availability
## Health Professions We Advise

<table>
<thead>
<tr>
<th>4-year doctoral degree</th>
<th>Graduate degrees</th>
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<tbody>
<tr>
<td>Medicine (MD and DO)</td>
<td>Public Health (MPH)</td>
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<tr>
<td>Dentistry (DDS or DMD)</td>
<td>Nursing (RN and advanced practice nursing degrees)</td>
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<tr>
<td>Pharmacy (PharmD)</td>
<td>Occupational Therapy (MOT)</td>
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<tr>
<td>Optometry (OD)</td>
<td>Physician Assistant (PA-C)</td>
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<td>Physical Therapy (DPT)</td>
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<td>Podiatry (DPM)</td>
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<td>Chiropractic Medicine (DC)</td>
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<tr>
<td>Veterinary Medicine (DVM)</td>
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### Technical Training:
- Clinical Lab Scientist (CLS)

## Services We Offer

- Pre-health professions website (www.prehealth.calpoly.edu)
- Pre-health professions PolyLearn site (For currently enrolled students)
- Workshops on being a competitive applicant, developing a resume of experiences, post-baccalaureate programs, international experiences, etc.
  - Online career profiles and other handouts
  - Newsletter
- Pre-Health residence hall in Sierra Madre or Yosemite
- Health oriented courses – SCM 101, BIO 253, SCM 363
- Application & personal statement support; practice Interviews
- Pre-health clubs
**Myth #1: I have to be a science major**

**TRUTH:**

- **ANY** major is acceptable and competitive for health professions schools.
- A diverse academic background is essential to help **broaden your perspective** and develop excellent **critical thinking** skills.
- Choose your major based on your **interests** and aptitude and with **alternate career choices** in mind.
- **However...**
  - At **Cal Poly**, your progress to **graduate in 4 years** is monitored, so we advise you to select a major with a lot of **flexibility in course selection** if you aren’t a **science major**.

**Myth #2: Studying abroad is not possible**

**TRUTH:**

- If you **plan early** enough and accordingly, it is always possible to study abroad.

- **Visit the Study Abroad office** in your first year to learn about these opportunities.

- **More than study abroad**: Other health related shadowing and learning opportunities exist internationally.
Myth #3: Admissions Committees are only looking for high GPA and test scores

AKA: If I get a “C” in Chemistry my first year, I’m doomed!

TRUTH:

- A high GPA and test score will get you noticed by a professional school, but it’s everything else in your application that will get you into a professional school.
### Medical School Admissions Academic Competencies

<table>
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<tr>
<th>Thinking and Reasoning Competencies</th>
<th>Science Competencies</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Critical Thinking</td>
<td>• Living Systems</td>
</tr>
<tr>
<td>• Quantitative Reasoning</td>
<td>• Human Behavior</td>
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<tr>
<td>• Scientific Inquiry</td>
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<tr>
<td>• Written Communication</td>
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### Academic Preparedness

- Focus on grades first!
- Give yourself at least a quarter to adjust to college and/or the quarter system
- Both overall & prerequisite/science GPA are important
- Upward grade trends are important
- Interact with instructors & faculty
- Be an engaged participant in your learning!
- MCAT tests knowledge in social and behavioral sciences; not just the natural/hard sciences.
Myth #4 AP scores meet admission requirements

TRUTH:
- It depends on the career, the school/program, and the subject of the AP exam.
- You may need to repeat the course, or even better, take advanced coursework in the same subject area.
- Meet with an advisor during your first quarter for recommendations on how to utilize your AP credit.

✓ Your AP test scores helped get you admitted to Cal Poly and hopefully prepared you for college-level work.

Medical School Admissions Inter/Intra - personal Competencies

<table>
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<tr>
<th>Interpersonal Competencies</th>
<th>Intrapersonal Competencies</th>
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<tbody>
<tr>
<td>• Service Orientation</td>
<td>• Ethical Responsibility to Self and Others</td>
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<tr>
<td>• Social Skills</td>
<td>• Reliability and Dependability</td>
</tr>
<tr>
<td>• Cultural Competence</td>
<td>• Resilience and Adaptability</td>
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<tr>
<td>• Teamwork</td>
<td>• Capacity for Improvement</td>
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<tr>
<td>• Oral Communication</td>
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**Myth #5: Becoming a physician is the ONLY career option for me**

**TRUTH:**

- Many students **change their minds** for a variety of reasons (not just poor academic performance)

- **Explore a variety of careers.** There are over 100 career titles in healthcare. It’s an expanding field with endless opportunities! [www.explorehealthcareers.org](http://www.explorehealthcareers.org)

- Exploring, reflecting and evaluating a variety of careers will help you to find the right **career fit**.

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**Health Field Experience—Why?**

- **Explore** & understand the profession.

- Ensure that this is the **right career path** for you.

- Both shadowing/observation & **direct patient contact** are valuable.

- Be ready to **explain the impact** the experience(s) had for you.
Myth #6: Shadowing a clinician once satisfies admissions requirements

TRUTH:

• Your goal is to find quality experiences over a large quantity of experiences.

• Community service, research and leadership experiences are also important.

• Select experiences you have a genuine interest for.

• High school experience isn’t enough!

2012-16 Allopathic School acceptances

- UC Davis
- UC Irvine
- UCLA
- UC Riverside
- UCSD
- UCSF
- USC
- Loma Linda University
- Albany Medical College
- Albert Einstein College of Medicine
- Boston University
- Chicago Medical College
- Commonwealth Medical College
- Creighton
- Dartmouth
- Drexel
- Duke
- East Tennessee State University
- George Washington University
- Georgetown
- Jefferson
- Johns Hopkins University
- Loyola University Chicago
- Medical College of Wisconsin
- Morehouse
- New York Medical College
- Northwestern University
- SUNY Syracuse
- NYU
- Oakland University-William Beaumont
- Ohio State University
- Oregon Health Sciences University
- Quinnipiac University
- The University of Miami
- Rosalind Franklin
- St. Louis University
- Temple
- Tufts
- Tulane
- Uniformed Services University
- University of Alabama
- University of Arizona
- University of Arkansas
- University of Colorado
- University of Cincinnati
- University of Maryland
- University of Miami
- University of Minnesota
- University of New Mexico
- University of South Florida
- University of Toledo
- University of Washington
- University of Virginia
- Vanderbilt
- Wake Forest
- Washington University-St. Louis
- Wayne State
- Wright State
2012-2016 Osteopathic School acceptances

- Touro University (California)
- Western University (Pomona)
- Alabama College of Osteopathic Medicine
- Arizona College of Osteopathic Medicine (Midwestern University)
- AT Still University
- Campbell University
- Chicago College of Osteopathic Medicine (Midwestern University)
- Des Moines University
- Lake Erie College of Osteopathic Medicine (Pennsylvania campus)
- Lake Erie College of Osteopathic Medicine (Florida campus)
- Marian University
- New York Institute of Technology
- Nova Southeastern University
- Pacific Northwest University of Health Sciences
- Philadelphia College of Osteopathic Medicine (Georgia campus)
- Rocky Vista University
- Touro University (New York)
- Touro University (Nevada)
- University of New England
- Western University (Oregon)
- West Virginia College of Osteopathic Medicine

2012-2016 medical school acceptance profile

GPA/MCAT Test Scores
- Science GPA: (2.91–4.0)
  - Mean: 3.60
- Cumulative GPA: (3 – 3.98)
  - Mean: 3.63
- MCAT: (25 – 41)
  - Mean: 32
- MCAT Bio Sci: (8 – 15)
  - Mean: 11
- MCAT2015: (508 – 518)
  - Mean: 514
- MCAT2015 BBFL: (126-132)
  - Mean: 130
- 5-year (2012-2016) acceptance: 49%

Number of years since graduating
- none – 15%
- one – 34%
- two – 30%
- three – 16%
- four – 4%

Majors:
- Biology – 47%
- Biochemistry – 12%
- Biomedical engineering – 12%
- Kinesiology – 10%
- Nutrition – 5%
- Microbiology – 5%
- Psychology/Child Development – 4%
- Other majors – 5%
- Include: Chemistry, Animal Science, Industrial Engineering, Environmental Engineering
Why Cal Poly?

- Small class sizes (both lecture and lab)
- Lectures and labs are taught by PhDs
- Accessible faculty – get to know them!

Less competitive atmosphere, yet talented individuals

- Pre-Health residence hall
- Ability to do research with faculty
- Senior Project/capstone experience and our “Learn by Doing” philosophy helps build your resume

- Excellent health professions advising and resources!

On Campus Health Related Clubs

- AMSA- American Medical Student Association
- Pre-dental Club
- Physical and Occupational Therapy Club
- Public Health Club
- Pharmacy Club
- Vet Science Club
- PA/Nursing Club
- Neuroscience Club
- Nutrition Club
- Biomedical Engineering Society
- Student Health Advisory Committee
1. Consider the best financial option (least amount of $ borrowed)

2. What type of school/program best suites you?

3. Are there pre-health clubs?

4. What type of research, internship, and enrichment opportunities are available?

5. Ensure that the science curriculum is both rigorous and one that you can successfully complete

6. Don’t choose an Ivy League school just because it is an Ivy League school

7. Do not make the school’s statistics on students accepted into health professions schools a major factor in your decision

Questions?

- Visit us: Science North, 53-211

- Visit our website: [www.prehealth.calpoly.edu](http://www.prehealth.calpoly.edu)

- Email: prehealth@calpoly.edu

- Explore Health careers: [www.explorehealthcareers.org](http://www.explorehealthcareers.org)