Pre-Health Career Advising
Cal Poly, SLO

WELCOME TO OPEN HOUSE!

2019

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

Pre-Health Peer Advisors
Hannah Davis
Connor Hatfield
Laura Lodolo
Pre-Health Peer Advisors

Hannah Davis
- 4th year
- Major: Psychology
- Career Plan: Nursing

Connor Hatfield
- 3rd year
- Major: Biomedical Engineering
- Career Plan: Medicine

Laura Lodolo
- 4th year
- Major: Biology
- 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

Cal Poly
ORIENTATION PROGRAMS
# Health Professions We Advise

<table>
<thead>
<tr>
<th>4-year doctoral degree</th>
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<tbody>
<tr>
<td>Medicine (MD and DO)</td>
</tr>
<tr>
<td>Dentistry (DDS or DMD)</td>
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<tr>
<td>Pharmacy (PharmD)</td>
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<tr>
<td>Optometry (OD)</td>
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<tr>
<td>Physical Therapy (DPT)</td>
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<tr>
<td>Podiatry (DPM)</td>
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<tr>
<td>Chiropractic Medicine (DC)</td>
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<tr>
<td>Veterinary Medicine (DVM)</td>
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<table>
<thead>
<tr>
<th>Graduate degrees</th>
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<tbody>
<tr>
<td>Public Health (MPH)</td>
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<tr>
<td>Nursing (RN and advanced practice nursing degrees)</td>
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<tr>
<td>Occupational Therapy (MOT)</td>
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<tr>
<td>Physician Assistant (PA-C)</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
- Health oriented courses – SCM 101, BIO 253, BIO 301, SCM 363, SCM 301
- 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.
Myth #4: A strong resume of experiences will compensate for a low GPA

**TRUTH:**

- Applicants must have a strong academic record, as well as an array of experiences that have helped to develop their inter- and intra- personal competencies.

- GPA and test scores are the first screen of applicants.

- Your cumulative GPA is important, but upward grade trends are considered as well.

- Give yourself time to adjust to the quarter system.
Patty Pre-Health

Grades

Health Professions Experience
Leadership Experience

Community Service
Research

Entrance Exams

Letters of Reference
Personal Statement

Application Process
Interviews

Cal Poly
ORIENTATION PROGRAMS
Medical School Admissions Academic Competencies

Thinking and Reasoning Competencies

• Critical Thinking
• Quantitative Reasoning
• Scientific Inquiry
• Written Communication

Science Competencies

• Living Systems
• Human Behavior
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 #5 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.

Cal Poly
ORIENTATION PROGRAMS
Medical School Admissions Inter/Intra - personal Competencies

<table>
<thead>
<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>
</tr>
<tr>
<td>• Social Skills</td>
<td>• Reliability and Dependability</td>
</tr>
<tr>
<td>• Cultural Competence</td>
<td>• Resilience and Adaptability</td>
</tr>
<tr>
<td>• Teamwork</td>
<td>• Capacity for Improvement</td>
</tr>
<tr>
<td>• Oral Communication</td>
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</table>
Myth: #6 I have to do a medical service trip abroad, play an instrument, tutor and do cancer research.

TRUTH:

“The older I get, the less impressed I become with originality. These days, I’M FAR MORE MOVED BY AUTHENTICITY. If your work is authentic enough, believe me—it will feel original.”

—Elizabeth Gilbert

#BigMagic
Example Experiences

- **Health-related**
  - Shadowing, informational interviewing, scribe

- **Community service**
  - Center for Service in Action, volunteer with homeless shelters, youth organizations, elderly, community clinics

- **Leadership**
  - Orientation leader, Resident Advisor, Club officer, Greek Life, Tutor, SWS workshop leader, Pre-health Peer Advisor

- **Research**
  - Research with faculty on campus, summer research opportunities at other campuses

There is no right or wrong experience—do something you’re excited about.

Keep track of your experiences: reflect on the impact and keep a journal!
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 #7: 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.*
2013-17 Allopathic School acceptances

- California Northstate University
- 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
- Eastern Virginia
- East Tennessee State University
- George Washington University
- Georgetown
- Jefferson
- Johns Hopkins University
- Loyola University Chicago
- Mayo Clinic (AZ campus)
- 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
- Texas A&M University
- 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 Dakota
- University of South Florida
- University of Toledo
- University of Washington
- University of Virginia
- Vanderbilt
- Virginia Tech Carilion
- Wake Forest
- Washington University-St. Louis
- Wayne State
- Western Michigan University
- Wright State
2013-2017 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
- Kansas City 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
- 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
### Profile of students accepted to medical school
#### 2013-2017

<table>
<thead>
<tr>
<th>GPA/MCAT Test Scores</th>
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<tbody>
<tr>
<td><strong>Science GPA:</strong></td>
<td><strong>(2.8-4.0)</strong></td>
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<tr>
<td>• Mean:</td>
<td>3.57</td>
</tr>
<tr>
<td><strong>Cumulative GPA:</strong></td>
<td><strong>(2.82-3.98)</strong></td>
</tr>
<tr>
<td>• Mean:</td>
<td>3.6</td>
</tr>
<tr>
<td><strong>MCAT2015:</strong></td>
<td><strong>(503-518)</strong></td>
</tr>
<tr>
<td>• Mean:</td>
<td>512</td>
</tr>
<tr>
<td><strong>MCAT2015 BBFL:</strong></td>
<td><strong>(122-132)</strong></td>
</tr>
<tr>
<td>• Mean:</td>
<td>128</td>
</tr>
<tr>
<td><strong>MCAT (old):</strong></td>
<td><strong>(26-40)</strong></td>
</tr>
<tr>
<td>• Mean:</td>
<td>31</td>
</tr>
<tr>
<td><strong>MCAT Bio Sci (old):</strong></td>
<td><strong>(8 – 14)</strong></td>
</tr>
<tr>
<td>• Mean:</td>
<td>11</td>
</tr>
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- **5-year (2013-2017) acceptance:** 46%

### Number of years since graduating

- none – 11%
- one – 28%
- two – 30%
- three – 14%
- four – 16%

### Majors:

- Biology — 49%
- Biochemistry — 11%
- Biomedical engineering — 9%
- Kinesiology — 8%
- Nutrition — 5%
- Microbiology — 5%
- Psychology/Child Development — 7%
- Other majors — 7%
  - 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!
1. Consider the best **financial** option (least amount of $ borrowed)

2. What type of school/program **best suits** 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
On Campus Health Related Clubs

Campus Showcase
Saturday, April 13th, 11 am to 3 pm
Dexter Lawn

At Campus Showcase, over 200 Cal Poly Clubs and Organizations get a chance to show off what they do with booths, activities, food, and much more!

- AMSA- American Medical Student Association
- AMWA-American Medical Women's 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
Questions?

• Visit us: Science North, 53-211

• Visit our website: www.prehealth.calpoly.edu

• Email: prehealth@calpoly.edu

• Explore Health careers: www.explorehealthcareers.org