

Welcome! We will begin shortly

**Pre-Health
Career Advising
Cal Poly, SLO**

2020 / CSM Student Services



CAL POLY



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CAL POLY

Overview

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

PRE- HEALTH ADVISORS

Kristi Weddige

Meghan Farrier-Nolan

Anya Bergman

Laura Wilson

Tiffany Kwapnoski

Pre-Health Peer Advisors

JULIE ZWENG

- 4th year
- Major: Biochemistry
- Career Plan: Nursing

JACLYN CHARBONNEAU

- 3rd year
- Major: Biological Sciences
- Career Plan: Optometry

CONNOR HATFIELD

- 4th year
- Major: Liberal Arts and Engineering Studies
- Career Plan: Medicine



COVID-19 and the future of healthcare, healthcare education and admissions

WHAT IS PRE-HEALTH ADVISING?

- Determine the most appropriate career path based on individual interest, skills, values and life goals
- Identify college courses that satisfy admissions requirements
- Determine an appropriate sequence for completing these courses
- Inform student of clinical or research opportunities available
- Advise students on the health professions school admission and application processes—including personal statements and interviews
- Provide additional resources/services based on interests, need and availability

HEALTH PROFESSIONS WE ADVISE

4-YEAR DOCTORAL DEGREE

- Medicine (MD and DO)
- Dentistry (DDS or DMD)
- Pharmacy (PharmD)
- Optometry (OD)
- Physical Therapy (DPT)
- Podiatry (DPM)
- Chiropractic Medicine (DC)
- Veterinary Medicine (DVM)

GRADUATE DEGREES

- Public Health (MPH)
- Nursing (RN and advanced practice nursing degrees)
- Occupational Therapy (MOT)
- Physician Assistant (PA-C)
- Genetic Counseling

Technical Training:

- Clinical Lab Scientist (CLS)

Services Offered at Cal Poly

- 1-1 advising with peer and/or staff advisors for course planning, prerequisites, experiences, and all stages of the application (exam, personal statements, letters of rec, interviews)
- Pre-health professions website (prehealth.calpoly.edu)
- Pre-health professions PolyLearn/Canvas 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
- Pre-health Blog
- Pre-Health residence hall in yak?ityutyu
- Health oriented courses
 - SCM 101—Introduction to Health Careers (Exploring)
 - BIO 253—Health Professions Shadowing
 - BIO 301—Service Learning in the Health Professions
 - SCM 363—Public Health Internship
 - SCM 301—Application preparation
- Application & personal statement support
- Practice Interviews
- Pre-health clubs—one for every career!

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:

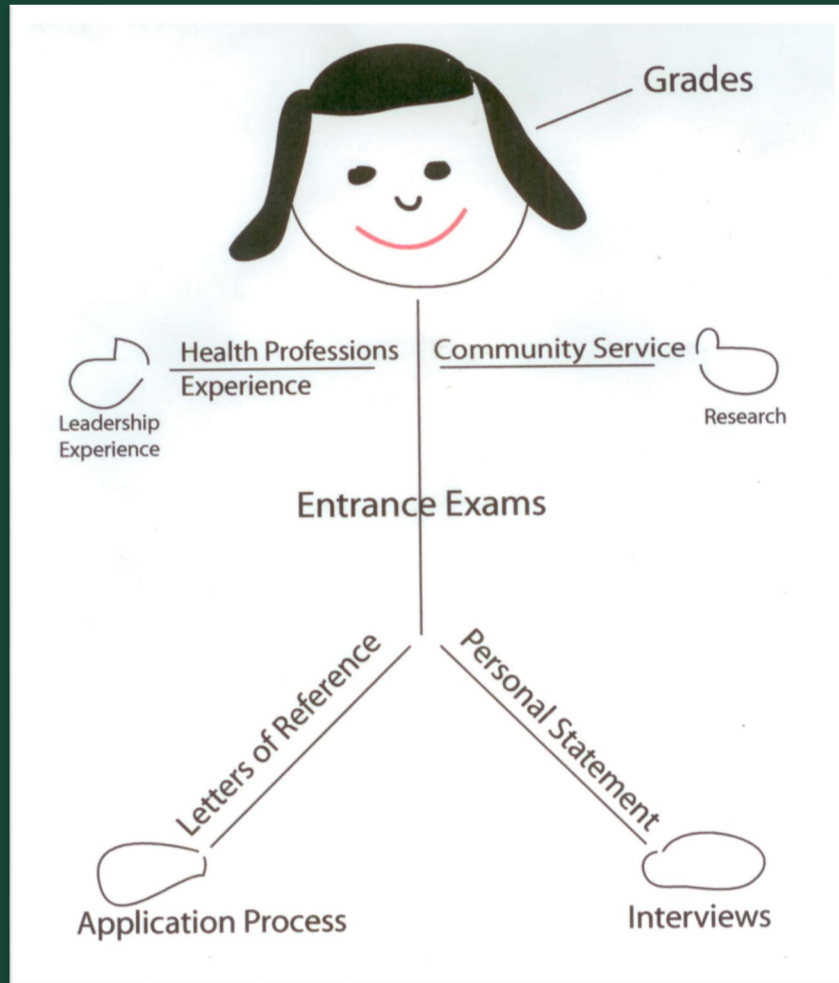
- A high GPA and test score will get you **noticed** by a professional school, but it's everything else in your application that will get you **into** a professional school

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

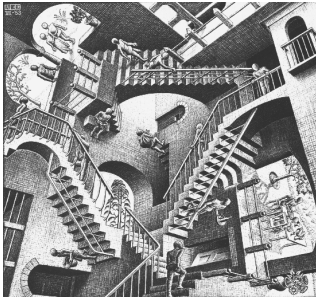
Patty Pre-Health



Medical School Admissions Academic Competencies

THINKING AND REASONING COMPETENCIES

- Critical Thinking
- Qualitative 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

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

Medical School Admissions Inter/Intra-personal Competencies

INTERPERSONAL COMPETENCIES

- Service orientation
- Social Skills
- Cultural Competence
- Teamwork
- Oral Communication

INTRAPERSONAL COMPETENCIES

- Ethical Responsibility to Self and Others
- Reliability and Dependability
- Resilience and Adaptability
- Capacity for Improvement



Example Experiences

There is no right or wrong experience—students are encouraged to do something they are excited about.

Keep track of your experiences: reflect on the impact and keep a journal!

1

Health-Related

Shadowing, informational interviewing, scribe

2

Community Service

Center for Service in Action, volunteer with homeless shelters, youth organizations, elderly, community clinics

3

Leadership

Orientation leader, Resident Advisor, club officer, ASI, tutor, Greek life, SWS workshop leader, pre-health peer advisor

4

Research

Research with faculty on campus, summer research opportunities at Cal Poly and/or other campuses



Pre-Health Clubs

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

Peers Understanding Listening Supporting and Educating (PULSE)



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

2014-18 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
- Texan 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

2014-18 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 (2014-2018)



NUMBER OF YEARS SINCE GRADUATING

None - 9% Three - 12%
One - 29% Four - 16%
Two - 33%



GPA/MCAT TEST SCORES

Science GPA: (3.04-3.94)

- Mean: 3.58

Cumulative GPA: (3.14-3.93)

- Mean: 3.61

MCAT: (501-519)

- Mean: 512

MCAT 2015 BBFL: (122-132)

- Mean: 128

5-year (2013-2017) acceptance: 46%



MAJORS

Biology - 50% Psychology/Child Development - 6%
Biochemistry - 12% Other majors - 9%
Biomedical Engineering - 11%
Kinesiology - 9%
Nutrition - 5%
Microbiology - 4%

Why Cal Poly?

Small class size (lecture and lab)

Lectures and labs are taught by PhDs

Accessible faculty

Senior project/capstone experience and “Learn by Doing” philosophy helps build students’ resumes

Ability to do research with faculty

Pre-health residence hall

Excellent health professions advising and resources!

Less competitive atmosphere, yet talented individuals

Tips on Selecting a University

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

QUESTIONS?



VISIT US FOR VIRTUAL DROP-IN

prehealth.calpoly.edu/content/contact-us



OUR WEBSITE

prehealth.calpoly.edu



EMAIL US

prehealth@calpoly.edu



EXPLORE HEALTH CAREERS

explorehealthcareers.org

