

# Navigating the UC System to a Pre-Health Career

**ENSURING  
TRANSFER  
SUCCESS 2017**

**UNIVERSITY  
OF  
CALIFORNIA**

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# Outline



1. What does “pre-med”/ “pre-health” mean?
2. Prerequisite courses
3. Enriching the application
4. Preparing students for this path

# What does “pre-med” mean?



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# Defining “Pre-Med”

- “Pre-Medical”
- Not a major
- Preparing for professional school No specific major required



KEEP  
CALM  
I'M A  
PRE-MED  
STUDENT

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# Pre-Medical Fields

- Not limited to just human medicine: i.e. veterinary medicine
- Includes:
  - Chiropractic medicine
  - Dentistry
  - Genetic counseling
  - Nurse practitioner
  - Physical therapy
  - Physician assistant
  - Podiatry
  - Public health



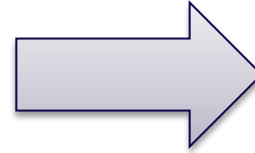
# Myth Busters: TRUE or FALSE



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## True or False?

A student must major in Biology to enter medical school and other health-related programs.



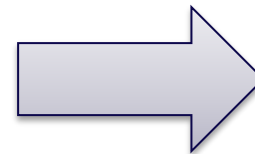
**FALSE**

The GPA in science courses are more important than other non-science coursework.



**FALSE**

A student must major in a science to do research throughout as an undergraduate.

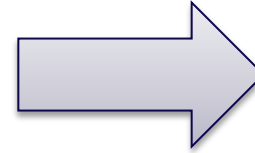


**FALSE**

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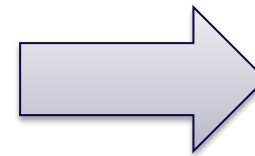
## True or False?

A student must complete your Bachelor's degree in 4 years, with no gaps, and without changing your major.



**FALSE**

Graduating with a science major will increase chances of transitioning directly into the medical school at the same school from which you graduated.



**FALSE**



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# Majors Offered at Each UC Campus

- Biology & biology related majors
- Chemistry & chemistry related majors
- Biology related engineering majors
- Public health
- Human development
- Neuroscience/  
neurobiology



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# Non-Traditional Majors

## ***UC Berkeley***

Toxicology  
Nutritional Sciences  
Genetics & Plant Biology  
Cognitive Science

## ***UC Irvine***

Exercise Sciences  
Pharmaceutical Sciences  
Nursing Science

## ***UC Los Angeles***

Disability Studies  
Mathematical Biology  
Nursing—Prelicensure, B.S.

## ***UC Davis***

Clinical Nutrition/Nutritional Science  
Cognitive Science  
Environmental Toxicology

## ***UC Riverside***

Global Studies

## ***UC Santa Barbara***

American Indian and Indigenous Studies  
Applied Psychology

## ***UC San Diego***

Global Health  
Bioinformatics  
Cognitive and Behavioral Neuroscience  
Health Care – Social Issues

## ***UC Santa Cruz***

Bioinformatics  
Cognitive Science

## ***UC Merced***

Cognitive Science



\* Representative Sample

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# Minors

## ***UC Berkeley***

Molecular Toxicology  
Food Systems

## ***UC Irvine***

Health Informatics  
Hearing and Speech Sciences  
Medical Anthropology

## ***UC Los Angeles***

Applied Developmental Psychology  
Biomedical Research  
Systems/ Structural Biology  
Gerontology

## ***UC Davis***

Exercise Biology  
History of Philosophy & Science  
Science & Society  
Aging & Adult Development

## ***UC Riverside***

Linguistics

## ***UC Santa Barbara***

Sociocultural Linguistics  
Speech & Hearing Sciences

## ***UC San Diego***

Bioethics  
Science and Society  
Human Development

## ***UC Santa Cruz***

Bioinformatics

## ***UC Merced***

Public Health  
Chemical Sciences



# Prerequisites Courses



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# General Prerequisites: Courses

Courses*	Years
Biology	1 year
Physics	1 year
English	1 year
Chemistry (includes Organic Chemistry)	2 years

\*may include more courses

- Overall GPA: minimum 3.0 GPA
- Prerequisite GPA: depends on the school; min. 3.0 GPA

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# General Prerequisites: Tests

Tests	Field
MCAT	Allopathic, Osteopathic, Podiatric, general medicine
DAT	Dental
GRE	Varies- general medicine, vet
PCAT	Pharmacy
OAT	Optometry

# Enriching the Application



"I want to show my colleges I'm well-rounded, so I wrote a poem in Spanish about how chess club has made me a better quarterback."

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# Experience

- Internships
  - Abroad
  - Paid or unpaid
- Shadowing
- Research
- Volunteering
- Community service
- Summer enrichment programs
- Student clubs for pre-health interests
- Work experience





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# On Campus Student Resources

- Internship centers
- Pre-health advising
- Health conferences & events
- Health networking events
- Medical centers
- Clubs & organizations
- Professors & TAs



# How you can help



# Timeline

## Years 1 & 2

- Schedule and complete all pre-med requirements for the schools you are planning on applying to
- Meet with a pre-health adviser
- Plan on getting involved over the summer



## Year 3

- Make a list of professors for letters of recommendation & ask if they can write one
- Register for required test(s)
- *Summer:* complete AMCAS application



## Year 4

- Complete secondary application for schools that send one
- Schedule interviews if offered
- Research financial aid
- Finalize selection

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# Timeline

## *Year 5: Optional/ Gap year*

- Continue with experiences/ internships, etc
- Application process listed under 'Year 4' would start in this year instead



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# Counselor's Guidance

- Explore different majors
- Help navigate career goals with medical school path
- Help students keep on track in meeting pre-med requirements



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# Resources

1. UC Pre Health Advising Page -<http://hpa.ucdavis.edu/>
2. Career Exploration -<https://career.berkeley.edu/Info/CareerExp>
3. UC medical programs -<http://msp.ucr.edu/>
4. Internships -<http://career.ucsd.edu/undergraduates/getting-experience/internship-information/off-campus-internships/life-sciences-and-health.html>
5. Application process -<http://www.career.ucla.edu/Menus/GradProfServ-Left-Side-Nav/Application-Process>
6. All Campus Majors -  
[http://admission.universityofcalifornia.edu/counselors/files/undergraduate\\_majors\\_list.pdf](http://admission.universityofcalifornia.edu/counselors/files/undergraduate_majors_list.pdf)

# Questions?

**ohh ohh ohh**



**pick me! pick me!**