Supporting students interested in health professions careers

September 2022
Housekeeping

- To ensure a quality connection during the event, make sure you are close to your wireless access point.
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- All sessions are being recorded, and recordings and slides will be available shortly after the conference.
- The chat function is disabled.
- Use the Q&A function to ask your questions.
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Technical assistance

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Supporting students interested in health professions careers

September 2022
Facts or myths?
Fact or myth? #1

To enter the health professions field, students should love working with a variety of individuals.
Fact or myth? #2

Students don’t need to be science majors to become healthcare professionals.
Fact or myth? #3

In order to attend a health professions program, students must do all course work at a four-year college/university.
Fact or myth? #4

Clinical experience/hours are more beneficial for professional school applications than shadowing.
Fact or myth? #5

Research hours can only be conducted in a lab.
Fact or myth? #6

Letters of recommendation can only be written by STEM faculty.
Topics we will be covering

1. Pathways to becoming a healthcare professional
2. How UC can support and prepare students for professional school
3. Health profession program requirements
4. Resources & final advice
Your student wants to become a healthcare professional?

**How do they know?**

- Shadow a few different health professionals
  - (i.e., nurse, physician, dentist, dental hygienist, EMT, etc.)
- Volunteer at a hospital, nursing home, assisted living facility or community health center
- Explore health education programs (MD/DO, DDS, DPT)
- Preview Day, Info Session, Open House

*Source: UCD Health Professionals Advising*
Pathway to becoming a healthcare professional

1. **High School**
   - CSU, UC or private university
   - Community college transfer

2. **4-Year College**
   - Professional School (3-4 years)
   - Medical, Dental, Pharmacy, Veterinary, Physical Therapy, Occupational Therapy, Physician Assistant

3. **Residency Training (3-5 years)**
4. **Optional Fellowships (1-3 years)**
5. **Practicing Professional**
6. **Continuing Education**

Specialization
What makes a competitive applicant?

**Strong Academics**
- Competitive GPA (overall and science)
- Test Scores (MCAT, DAT, PCAT, GRE)

**Meaningful Experiences**
- Experience in the field
- Research, community service, work

**Personal Narrative**
- Communicate commitment and passion for the field
- Articulate why you are a good fit for the profession

Source: UCR Health Professions Advising Center
Pre-health opportunities / extracurricular activities

For example...

- Med Prep Program
- On-campus employment - Peer Health Educator
- Undergraduate Research Apprenticeship
- Pathway programs: California Medicine Scholars Program - UCR, UCSF Fresno, UCD, UCSD - Recruiting students fall 2022!
- Student organizations
- Scribing, EMT, phlebotomist, etc.
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<th>Center</th>
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Pre-health advising services

- Guidance in becoming a competitive applicant
- Workshops and events every term
- Course selection and planning
- Assistance throughout application process
- Connection to opportunities
Getting started. . . clinical experience

1. Search online. . .
   - Students should call/email inquiring about setting up an informational interview – include important information
     - Name, University of California student, major, and health professions interest
     - Offer to share their resume, LinkedIn profile, etc.

1. Shadow practitioners where they are currently volunteering

2. After each experience, students should take time to reflect on what they observed, how they felt, and whether they want to continue

Examples:
- Hospital volunteering
  - Many UC’s have medical centers/clinics
  - Cope Health Scholar/Solutions
  - Every hospital has a volunteer services office
- Assisted and skilled care facilities; hospice
- Independent retail pharmacy
- Private dental office
- Outpatient physical therapy office
- Veterinary Clinic
- Other opportunities (e.g., Scribe, EMT, etc.)
General health professions requirements

1 Year of English
1 Year of Math—including statistics
1 Year of Chemistry with labs
1 Year of Biology with labs
1 Year of Organic Chemistry with labs
1 Year of Physics with labs
1 Qtr/Sem of Biochemistry

1 Year of Human Anatomy & Physiology
1 Qtr/Sem of Psychology
1 Qtr/Sem of Sociology
1 Qtr/Sem of Public Speaking
1 Qtr/Sem of Life Span/Human Development

*Additional coursework may be required per health professions program*
AP/IB credit: What counts?
• AP scores of 3, 4 or 5 for units
• IB scores of 5, 6 or 7 for units

Grades: Specific grades needed?
• “C” grade is passing, but A/B is most advisable.
• Depending on major, there may be a specific GPA needed for specific courses.

Course retake: What can students retake?
• Repeats of courses only allowed for C-, D/F grades
• Must be the exact same course to count as a direct repeat.
  ○ Best to repeat at the same institution

NOTE:
• Please advise students to complete entire series at one institution.
• Use ASSIST.org.
• Work with UC representative, if any questions.
Where do UC students attend graduate/professional schools in healthcare programs?
Application timeline

FIRST/SECOND YEAR
• Take classes for major
• Think about which health professions schools you are interested in

THIRD YEAR
• Take classes
• Prepare for MCAT/other exams
• Research & identify health professions schools for applying

FOURTH YEAR
• Finish taking classes for your degree
• Start interviewing at health professions schools

START HEALTH PROFESSIONS PROGRAM!

*Please note that pre-health students can start applying to health professions schools earlier or later than recommended timeline.*
General resource guide

**PRE-HEALTH ADVISORS/STUDENTS**

- ExploreHealthCareers.org
- AAMC.org (MD)
- AACOM/Osteopathic.org (DO)
- AspiringDocs.org
- California Board of Nursing
- Occupational Outlook Handbook

**ADVISORS**

- Commission on Accreditation of Allied Health Education Programs
- National Association of Advisors for the Health Professions (NAAHP)
Final advice

Create a plan
- When does your student plan on taking the courses?
- Taking a gap year?
- When do they plan to take entrance exams (i.e., MCAT)?

Get involved!
- On-campus employment
- Clubs/organizations
- Shadow/volunteer

Coursework
- Continue doing well academically
- Learn to use resources on campus (i.e., tutoring)

Ask for help!
- Meet with academic advisor, transfer center, health advising center, career center, etc.
Thank you