Clark University Medical Careers Advising Program

Dr. Denis A. Larochelle
Director of the Program
Chair of the Premedical and Predental Advising Committee

Wendy Praisner
Program Coordinator

E. Krygier  D. Merrill  N. Meyer  R. Drewell
OPTIONS IN THE HEALTH PROFESSIONS

- Allopathic Medicine (MD)
- Osteopathic Medicine (DO)
- Dentistry (DDS or DMD)
- Veterinary Medicine (DVM)
- Physician Assistant (PA)
- Nursing (RN, BSN, DNP, etc.)
- Pharmacy (PharmD)
- Nutrition
- Podiatry
- Optometry
- Chiropractic Medicine
- Physical Therapy
- Genetic Counseling
- Sports Medicine
- Occupational Therapy
- Public Health
What we can provide for you:

- Curriculum development
- Extracurricular and volunteering activities (including shadowing, etc.)
- Networking (Clark Connect, Conferences, Open Houses)
- Invited speakers
- Prehealth Society, Predental Society, Clark’s First Responders
- Application assistance (timing, basic information, personal statement edits)
- Guidance on standardized exam preparation (MCAT, DAT, GRE, CASPer)
- Letters of recommendation
- Where to apply
- Mock interviews
Are you interested in medicine? Contact Wendy Praisher at premed@clarku.edu, Sackler, S228, to be put on our health careers mailing list. Check out our website at: https://www2.clarku.edu/departments/prehealth

Please contact Dr. Denis Larochelle at dlarochelle@clarku.edu, Lasry, 334 to talk about your plans and the best way to find the path that is right for you towards a career in one of the many health-related fields.
Undergraduate required prerequisite courses

(Beware: these may change in the near future)

1. Different schools have somewhat different prerequisites (especially regarding Math).

2. Medical, dental and veterinary are generally similar: 1 year of English, Math, General Biology, General Chemistry, Organic Chemistry, and Physics; plus at least 1 semester of Biochemistry*, Psychology*, and Sociology*. *Recently required by increasing numbers of schools.

3. Allied health fields such as nursing and PA do not generally require Physics. However, they, as well as pharmacy, PT, and others, may have additional requirements such as Microbiology, Statistics, Human Anatomy and Human Physiology.

Please see Clark’s website for more information

(http://www.clarku.edu/departments/prehealth/exploring/careers.cfm)
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(http://www.clarku.edu/departments/prehealth/exploring/careers.cfm)
GPA
MCAT
Faculty Letters

Curriculum

Research
Campus, Community, and Clinical Extracurricular Activities

Academics
Humanism

Application Process

Committee Letter
AMCAS Application
Essay
Experience descriptions
Secondary Applications
Interview
Choosing Schools

Medical Schools

Choosing Schools
Planning for a career in medicine: e.g., allopathic (MD)

What does it take to get into medical school?

Medical schools will ask three questions:

1. Can you do the work in medical school?
   Numbers and NCVs

2. Do you know what you are getting in for?
   “Clinical” (usually volunteer) experiences

3. Will you make a good doctor?
   Letters, applications, interviews, and NCVs
1. Can you do the work in medical school?

Data medical schools will use to try to answer this question:

1. Undergraduate GPA (overall and science): ~ 3.5

2. MCAT scores: ~> 70th percentile on each of 4 sections:
   Biology/Biochem, Chemistry/Physics, Behavioral, and Critical Reasoning

3. Non-cognitive variables (NCVs) as predictors of success:
   - Sense of self
   - Realistic self appraisal
   - Leadership
   - Role models
   - Balance in recognizing and dealing with “discrimination”
   - Ability to identify and thrive in a community
   - Nontraditional (experience based) learning
   - Setting goals and receiving rewards
2. Do you know what you are getting in for?

Have you seen patients in distress?
Will you faint at the sight of blood?
Did you learn about medicine from watching Grey’s Anatomy?
Have you ever changed a bedpan?
Have you witnessed health care providers act professionally?

Information medical schools will use to try to answer this question:

1. Experiences in a “clinical” environment - since you cannot treat patients without certification (CNA, LPN, RN, PA, MD, etc.), this is usually obtained as a volunteer in a hospital, nursing home, or health clinic. Also, shadowing physicians and working as a medical scribe.

2. Service on an Emergency Medical Squad (EMS); e.g., CURR

3. Training/experience as an EMT
3. Will you make a good doctor?
   i.e., are you the type of person someone on a medical school’s admissions committee would identify as the type of person they would want as their own doctor?

Data medical schools will use to try to answer this question:

1. Positive letter of evaluation from Committee:
   Based primarily on letters of reference from Clark faculty

2. AMCAS application: personal essay and list of experiences

3. Answers to questions on secondary applications

4. Interview

5. NCVs in all of the above
<table>
<thead>
<tr>
<th>Mean Importance Ratings</th>
<th>Academic Metrics</th>
<th>Experiences</th>
<th>Demographics</th>
<th>Other Data</th>
</tr>
</thead>
</table>
| Highest Importance Ratings (≥3.0) | • GPA: cumulative biology, chemistry, physics, and math  
• MCAT total score  
• GPA: grade trend  
• GPA: cumulative total  
• GPA: cumulative total from postbaccalaureate premedical program  
• MCAT total score trend  
• Completion of premedical course requirements | • Community service/volunteer: medical/clinical  
• Community service/volunteer: not medical/clinical  
• Physician shadowing/clinical observation  
• Leadership | • U.S. citizenship/permanent residency (Public)³  
• State residency (Public)³  
• Rural/urban underserved background | • Interview results⁴ |
| Medium Importance Ratings (≥2.5 and <3.0) | • Completion of challenging upper-level science courses  
• GPA: cumulative “all other” (not biology, chemistry, physics, and math) | • Paid employment: medical/clinical  
• Research/lab  
• Other extracurricular activities  
• Military service | • Race/ethnicity  
• U.S. citizenship/permanent residency (Private)³  
• Parental education/occupation/socioeconomic status (SES) | |
| Lowest Importance Ratings (<2.5) | • Degree from graduate or professional program  
• Completion of challenging nonscience courses  
• Selectivity of undergraduate institution(s)  
• Undergraduate major | • Teaching/tutoring/teaching assistant  
• Paid employment: not medical/clinical  
• Intercollegiate athletics  
• Honors, awards, recognition  
• Conferences attended, presentations, posters, publications | • First-generation immigrant status  
• Fluency in multiple languages  
• Gender  
• English language learners  
• State residency (Private)³  
• Legacy status  
• Community college attendance  
• Age | |
### Highest tier

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<thead>
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• Physician shadowing/clinical observation  
• Leadership | • U.S. citizenship/permanent residency (Public)  
• State residency (Public)  
• Rural/urban underserved background | • Interview results  

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2. Mean Importance Ratings
3. U.S. citizenship/permanent residency (Public)
4. Interview results
# Middle tier

| Medium Importance Ratings (≥2.5 and <3.0) | Paid employment: medical/clinical | Race/ethnicity | U.S. citizenship/permanent residency (Private)

- Completion of challenging upper-level science courses
- GPA: cumulative "all other" (not biology, chemistry, physics, and math)
- Paid employment: medical/clinical
- Research/lab
- Other extracurricular activities
- Military service
- Parental education/occupation/socioeconomic status (SES)
# Lowest tier

<table>
<thead>
<tr>
<th>Lowest Importance Ratings (&lt;2.5)</th>
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<tbody>
<tr>
<td>• Degree from graduate or professional program</td>
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<tr>
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| • Teaching/tutoring/teaching assistant |
| • Paid employment: not medical/clinical |
| • Intercollegiate athletics |
| • Honors, awards, recognition |
| • Conferences attended, presentations, posters, publications |

| • First-generation immigrant status |
| • Fluency in multiple languages |
| • Gender |
| • English language learners |
| • State residency (Private)³ |
| • Legacy status |
| • Community college attendance |
| • Age |
PREHEALTH SOCIETY
PREDENTAL SOCIETY
GET INVOLVED!
Alpha Epsilon Delta

The Health Preprofessional Honor Society
What is the best way to approach your college career?

1. Explore
   Courses
   Majors
   Campus activities
   Community

2. Enjoy
   All of the above
   Find your passion
   Make time for you

3. Focus
   Grades
   Standardized tests (MCAT, GRE, etc.)
   Service
   Application process
Medical School Requirements (bold)
It is possible to complete them in 3 years

<table>
<thead>
<tr>
<th>Year 1</th>
<th>Fall</th>
<th>Spring</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intro Chem I</td>
<td>Intro Chem II</td>
<td></td>
</tr>
<tr>
<td>Intro Biol I</td>
<td>Intro Biol II</td>
<td></td>
</tr>
<tr>
<td>xxx</td>
<td>xxx</td>
<td></td>
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<tr>
<td>xxx</td>
<td>Math/Statistics*</td>
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<table>
<thead>
<tr>
<th>Year 2</th>
<th>Fall</th>
<th>Spring</th>
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<tbody>
<tr>
<td>Organic I</td>
<td>Organic II</td>
<td></td>
</tr>
<tr>
<td>(Math)*</td>
<td>Psychology*</td>
<td></td>
</tr>
<tr>
<td>xxx (Cell)</td>
<td>XXX (Genetics)</td>
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<tr>
<td>xxx</td>
<td>xxx</td>
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<table>
<thead>
<tr>
<th>Year 3</th>
<th>Fall</th>
<th>Spring</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intro Physics I</td>
<td>Intro Physics II</td>
<td></td>
</tr>
<tr>
<td>Biochemistry I</td>
<td>xxx (Physiology)</td>
<td></td>
</tr>
<tr>
<td>English (any)</td>
<td>English (any)</td>
<td></td>
</tr>
<tr>
<td>xxx</td>
<td>Sociology*</td>
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</tbody>
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Other desirable courses: Spanish, computer literacy
Clark’s Prehealth website

Welcome to Clark’s Prehealth Career Advising Program!

We at Clark value the importance of educating future physicians and other members of the health care professions. We are committed to helping you find the right path for YOU towards a career in medicine. To explore careers in medicine, undergraduate priorities, the application process, and other resources, use the links on the right side of the page. Get a bird's-eye overview of applying to medical schools. View a list showing U.S. health professional schools and profiles of Clarkies who have been attending them since 2000.

http://www.clarku.edu/departments/prehealth/exploring/careers.cfm
Final Thoughts

• The health profession is one of the most rewarding careers one can choose.

• Medicine may be one of the most demanding professions one can choose.

• Start the process of becoming the type of individual to whom you would trust your own health and well being now.

• There are many fields. You will have plenty of time to decide which is most attractive to you.

• We are here to help. Please come see and talk with us soon and often.

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