Orientation to Prehealth at Smith

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Christine White-Ziegler
What are the Health Professions?

- Acupuncture & Oriental Medicine
- Dentistry
- Human Medicine
- Naturopathic Medicine
- Nursing
- Optometry
- Occupational Therapy
- Pharmacy
- Physician Assistant
- Physical Therapy
- Podiatry
- Public Health
- Sports Medicine
- Veterinary Medicine
- …and more!

Resources

http://www.smith.edu/prehealth/professions.php

http://explorehealthcareers.org/en/home
Board of Prehealth Advisers

• Nalini Easwar – Physics
• Daryl Gehman – Lazarus Center
• Dave Gorin – Chemistry
• Adam Hall – Biology/Neuroscience
• Leslie Jaffe – Health Services
• Katie Lipp – Smith Prehealth (on leave through 10/2)
• Beth Powell – Psychology/Neuroscience
• Eeva Sointu - Sociology
• Chris White-Ziegler – Biology/Biochemistry

• On sabbatical for 2015-2016: Kevin Shea – Chemistry
The Board’s Advice for New Students

- Explore! Find your passion
- Plan wisely in order to reach your academic and career goals
- Be flexible, willing to change your plan(s) and your goal(s)
How do I get started?

1. Visit our website: www.smith.edu/prehealth
2. Sign up for our mailing list: http://div3lists.smith.edu/mailman/listinfo/prehealth
4. Talk with our peer advisor
5. Attend lunchbags: Most Fridays in McConnell 103
6. Make use of other resources:
   1. People: Advisers, Lazarus Center counselors, students, guest speakers, Smith alumnae
   2. Information to take in the Prehealth Office, McConnell 414
Top Six Attributes of Successful Health Profession School Applicants

- High GPA
- High Test Scores
- Strong, Diverse Letters of Recommendation
- Leadership
- Clinical Experience
- Research Experience
Top Prehealth Myths

- I have to major in the sciences.
- I can’t participate in study abroad.
- I can use Satisfactory/Unsatisfactory (S/U) for required prehealth classes.
- It’s easy to fulfill prehealth requirements away from Smith.
- I must have lots of extracurricular activities (choose wisely).
- Asking for help is a sign of weakness.
- Most students go directly from Smith to professional school.
Selecting and Planning Courses

- Select a balanced course load
- Challenge yourself, but also maximize your chances to succeed
- Avoid becoming overcommitted/overwhelmed
- Ask for help
- Start chemistry early (read: this semester!)
- Make yourself aware of prerequisites (For example, prerequisite courses for BIO 200: Animal Physiology are BIO 150 and CHM 111.)
Common Course Requirements
For medical, dental, veterinary, pharmacy and podiatry

• General chemistry – 2 semesters with labs
• Organic chemistry – 2 semesters with labs
• Biology – 2 semesters with labs
• Physics – 2 semesters with labs
• English – 2 semesters (ENG, CLT, sometimes FYS)
• Math – 1 or 2 semesters of math, some specifically require calculus and/or statistics

• Biochemistry (some may require, highly recommended for all)
• Psychology and/or sociology

• Variations between different professions and different schools
• Order varies by your interests and plans
Chemistry Courses

- CHM 111 Chem I: General Chemistry (fall)
- CHM 222 Chem II: Organic Chemistry (spring)
- CHM 223 Chem III: Organic Chemistry (fall)
- CHM 224 Chem IV: Introduction to Inorganic and Physical Chemistry (spring)
- CHM 118 Advanced General Chemistry (fall)
- Option 1 – 111, 222, 223, 224
- Option 2 – 118, 222, 223, plus one additional chemistry course with lab
- *Note non-traditional sequence*
Why take general chemistry now?

• You will need to take 4-5 semesters of chemistry
• Getting started now
  – You will have completed the intro and organic chemistry courses before junior year when you might want to study abroad
  – If you don’t start now, you have to wait until next fall (you cannot start in the spring)
  – Several other courses in the Life Sciences you need to take have CHM as a prerequisite
  – CHM 111 (or 118) are populated by primarily first year students like yourself!
  – The professors are awesome!
Biology Courses

- BIO 150/151 Cells, Physiology, and Development (fall and spring) – \textit{prereq for BIO 200 and BIO 202}
- BIO 200/201 Animal Physiology (fall)
- BIO 202/203 Cell Biology (fall) – \textit{prereq for BCH 252 Biochemistry I}

- BIO 150/151 is offered both semesters. Consider taking it during your first year so you have the option to take BIO 202/203 or BIO 200/201 next fall!
Physics Courses

• PHY 117 General Physics I (fall & spring)
  – (prereq 1 semester Calculus)

• PHY 118 General Physics II (fall & spring)
  – (prereq 1 semester Calculus and PHY 117)

• First-year students will be given priority in PHY 117 in the spring. There are currently no enrollment restrictions for PHY 118.
Math Courses

- MTH 111 Calculus 1
- MTH 112 Calculus 2
- MTH 201 Statistical Methods for Undergraduate Research
- MTH 220 Introduction to Probability and Statistics
Most health profession schools that require or recommend biochemistry are looking only for the first semester.

At Smith this is BCH 252, Biochemistry I.

You may or may not need to take the associated lab.
Psychology and Sociology

- PSY 100 Introduction to Psychology
- SOC 101 Introduction to Sociology
Don’t forget these resources!

1. Our website: [www.smith.edu/prehealth](http://www.smith.edu/prehealth)
2. Our mailing list: [http://div3lists.smith.edu/mailman/listinfo/prehealth](http://div3lists.smith.edu/mailman/listinfo/prehealth)
3. Prehealth advisers: Make appointments with Adam Hall or Christine White-Ziegler at [http://www.smith.edu/prehealth/contact.php](http://www.smith.edu/prehealth/contact.php).
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