Exploring the Health Professions

Katie Lipp
Prehealth Program Director
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 – Prehealth
- Beth Powell – Psychology/Neuroscience
- Kevin Shea – Chemistry
- Chris White-Ziegler – Biology/Biochemistry (Chair)
Our Advice for New Students

- Explore! Find your passion. Pick a major you love. Become a leader on campus. Be open to things you have not previously considered.
- Plan wisely in order to reach your academic and career goals. Then be flexible. Be willing to change your plans and goals.
- Write. A lot.
- Ask for help.
- Take a deep breath. Take your time.
- Meet with a prehealth adviser early and regularly.
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
- Make yourself aware of prerequisites (For example, prerequisite courses for BIO 200: Animal Physiology are BIO 132 and CHM 111.)
Medicine, dentistry, veterinary medicine, pharmacy, podiatry: common course requirements

- 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
- Psychology and/or sociology
Nursing, PA, PT, OT: common course requirements

- Visit https://www.smith.edu/prehealth/preparation_prerequisites.php
- All typically require two semesters of Anatomy & Physiology.
- Often require less chemistry and physics, more social sciences and/or specific courses such as Lifespan Development, Nutrition, Microbiology, Ethics, Medical Terminology.
- Interested in public health….?
So what do I register for tomorrow??

- Disclaimer: No one answer to this question will be the right answer for everyone!
- Typical early prehealth courses include:
  - CHM 111 or 118 (general chemistry)
  - BIO 132/133 (cells, physiology and development)
  - MTH 111 (calculus)
  - PSY 100 (intro psych)
  - ENG 118 (several to choose from)
- Pick a balanced course load with classes appropriate for you based on your previous academic preparation.
- Meet with your LAA to discuss your courses.
A few classes to take note of:

- ENG 118: Water: Science and Politics (WI)
- FYS 140 Literature and Medicine
- FYS 195 Health and Wellness: Personal Perspectives
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*
Biology Courses

- BIO 132/133 Cells, Physiology, and Development (fall and spring) – *prereq for other bio courses*
- BIO 200/201 Animal Physiology (fall)
- BIO 202/203 Cell Biology (fall) – *prereq for BCH 252 Biochemistry I*
- BIO 204/205 Microbiology (spring)
- BIO 230/231 Genomes & Genetic Analysis (spring)
Biochemistry

- Most health profession schools that require or recommend biochemistry are looking only for the first semester.
- At Smith this is BCH 252, Biochemistry I, offered in the spring.
- You may or may not need to take the associated lab.
Math & Physics Courses

- MTH 111 Calculus 1
- MTH 201 Statistical Methods for Undergraduate Research
- 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.
Other relevant courses

- PSY 100 Introduction to Psychology
- SOC 101 Introduction to Sociology
- ESS 250 Nutrition and Health
- English courses: focus on writing!
  - ENG 118 and ENG 119 are great options
    - ENG 118: Water: Science and Politics (WI) (F)
    - ENG 119: This Overheating World (S)
- Of interest:
  - FYS 140 Literature and Medicine
  - FYS 195 Health and Wellness: Personal Perspectives
Don’t forget these resources!

1. Our website: www.smith.edu/prehealth
2. Our mailing list: http://div3lists.smith.edu/mailman/listinfo/prehealth
3. Talk with our peer advisor, Jennifer Aguirre ’18.
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 in the Prehealth Office, McConnell 414