Exploring the Health Professions

Board of Prehealth Advisers
Prof. Dave Gorin
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/Biochemistry
- Adam Hall – Biology/Neuroscience/Biochemistry
- Leslie Jaffe – College Physician
- 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.
Human & veterinary medicine, dentistry, 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.
Strategic Tidbits

- Challenge yourself, but also maximize your chances to succeed
- Avoid becoming overcommitted/overwhelmed
- Ask for help
- Make yourself aware of prerequisites (For example, prerequisite courses for BIO 200: Animal Physiology are BIO 132 and CHM 111.)
- Start CHM early.
A few classes to take note of:

- ENG 118: Water: Science and Politics (WI)
- FYS 112 Doing Good in the World
- FYS 171 Science of Superheroes
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. Contact us at [http://www.smith.edu/prehealth/contact.php](http://www.smith.edu/prehealth/contact.php).
4. Attend lunchbags: Many Fridays in McConnell 103
5. Make use of other people: Advisers, Lazarus Center counselors, students, guest speakers, Smith alumnae

For individual meetings/advising/questions: [prehealth@smith.edu](mailto:prehealth@smith.edu) or pick someone on the board