Welcome! We are very happy to have you join us today for this introduction to the Prehealth Advising Program at Smith.
My name is Elly Mons and I am the Prehealth Program Director.
Today, we will briefly cover the following topics and leave plenty of time for questions at the end of the presentation.
Relax! I will post today’s presentation and a brochure with other Frequently Asked Questions at the end of the day today.
You will find those resources and other relevant materials for Entering Students at [https://www.smith.edu/prehealth/entering.php](https://www.smith.edu/prehealth/entering.php)
Here’s the URL where you’ll find today’s presentation and other materials.

www.smith.edu/prehealth/entering.php
If you haven’t done so already, I recommend that you bookmark the Prehealth Program homepage and start to take the time to review the treasure trove of resources that are available there.
Here’s a screenshot of the Prehealth Program homepage
One of the greatest assets of the Prehealth Program at Smith is our Board of Prehealth Advisors. The members represent a wide variety of academic backgrounds and experiences, and in most cases, they have been Prehealth advisors for many years. For a small school, we have a large team to support you. NOTE that you are not “assigned” a Prehealth Advisor. You can work with any or all of us during your time at Smith.
Sarah Witkowski is on deck to join us officially as a Board member in the Spring of 2019.

- Note that Dr. Jaffe is available to discuss the experience of being a physician, but does not act as an adviser in the same way that the other Board members do.

- Daryl and I are in the Lazarus Center. Daryl works with students in a number of capacities as a Prehealth advisor (especially with preparing personal statements for health professions program applications and doing mock interviews). He is also a Pre-Law and Graduate School advisor.
1. You get to be an undergraduate only once in your life. This is the time to explore different classes, get involved in new things or take what is already a familiar skill or interest to the next higher level. Take time to get a better sense of who you are and Who you want to be. Identify your values, your strengths and weaknesses. To Explore, “shop classes” (sit in on a class to see if you’d like to try it now or in the future), or take a class in a subject you’ve been curious about but have never had the time or opportunity to try. Be open to things you haven’t considered. If you study what you love, the greater the chances are that you’ll do well.

2. Make appointments during this semester and next to have a first meeting with Prehealth Program Director and other Board members. You can make appointments with Daryl or me through Handshake or in the Lazarus Center. You will make appointments with the other Prehealth Board members via their individual emails which appear on the Prehealth website. Check in Regularly throughout your time at Smith.
1. We care about how you are doing!

2. Your first semester is the time to start thinking about and creating your Plan - your “Road Map” for your time at Smith. Discussions with your Liberal Arts Adviser and Prehealth Advisers are good ways to start planning. Plan, BUT be flexible and willing to change your plans and goals. Allow your interests to evolve and change.
4. If you need Help, ask for it. If you’re not sure who or where to go for help, ask one of us. We can steer you toward the people or resources on campus that are appropriate for your concerns.

5. Give yourself the gift of time. Avoid becoming overcommitted and overwhelmed. You don’t need to accomplish everything in your first semester or first year! **Also take time to get to know your professors who teach your classes each semester. Ask about their research, why they study what they do, get to know them as people and let them do the same with you! Remember, One day, you are going to need recommendation letters.

6. We hope you will take the time to engage with and reflect upon what you are learning. For each class, you should learn more about yourself in addition to learning the course material. Take the time to record your thoughts, write about things, the lessons you have learned about yourself, and how
you might carry those lessons forward. For example, when you are doing research and facing frustrations or failures, how do you handle it, learn from it, and improve your situation?
Human & Veterinary Medicine, Dentistry, Pharmacy, & Podiatry:

- **General Chemistry** - 2 semesters with labs
- **Organic Chemistry** - 2 semesters with labs
- **Biology** - 2 semesters with labs
- **Physics** - 2 semesters with labs


Even though this says common courses for medical, dental, veterinary, pharmacy and podiatry programs, there will still be some variation from program to program within each realm. For reference, the Prehealth website has listings of common courses per health profession.
**Human & Veterinary Medicine, Dentistry, Pharmacy, & Podiatry:**

- **Math** - 1 or 2 semesters
- **English** - 2 semesters
- **Biochemistry**
- **Psychology**
- **Sociology**


1. For math, some programs specifically require calculus and/or statistics.
2. English classes should be writing intensive. You must be able to present coherent arguments and express yourself well in writing. (Writing Intensive: ENG, CLT, *sometimes* FYS)
3. For Biochemistry, many health professions programs are looking for the first semester, but they may or may not require the associated lab. At Smith that is BCH 252 (Biochemistry 1) offered in the spring semester.
4. For Psychology and Sociology, Introductory classes are usually sufficient. Note that both subjects appear on the MCAT
Nursing, Physician Assistant (PA), Physical Therapist (PT), Occupational Therapist (OT):

- All typically require **two** semesters of Anatomy & Physiology with labs
- Less Chemistry and Physics
- More Social Sciences and/or other specific courses
- Interested in Public Health?

- These professions often require less Chemistry and Physics, but more courses in Social Sciences.
- They often require specific courses such as Life Span Development, Microbiology, Nutrition, Ethics, Medical Terminology, etc.
- Nurse practitioner: needs A&P and more psychology/social sciences, but less chemistry, no physics/biochemistry
- PA: same as above but not as much psychology and may require biochemistry
- Public health: HUGE variety among programs, depends on type of program, if they’re definitely interested in public health and want to start pre-reqs now, always good to start with biology and/or intro psychology or sociology
- Common Courses for many of the common health professions are listed on the Prehealth website at this URL
For a quick reference for courses for each of the health professions, visit this page.

https://www.smith.edu/prehealth/preparation_prerequisites.php
Getting Started: Registering for This Year

- **Disclaimer:** The response to this question will be different for everyone!

- **This Fall**
  - CHM 111 or 118 (General Chemistry)
  - Only offered in the Fall

- **Sometime this year**
  - BIO 132/133 (Cells, Physiology and Development)
  - Offered Fall and Spring

- **Other early “prehealth” courses to consider:**
  - MTH 111 (Calculus)
  - PHY 117/118 (Introductory Physics I & 2)
  - ENG 118 or 119 (A variety of topics to choose from)

- Your course selections this semester will be different for each of you depending on what classes you came in with, your high school experiences with different subjects, understanding how much work you can handle in these subjects, and giving yourself time to settle in successfully and get a good start on your first year. DON’T over schedule yourself!!

- With Chemistry, starting the sequence early and finishing by junior year can help free up your schedule to go abroad or take other classes or activities. Chemistry 111 must be taken with the lab during the same semester; Biology 132 and lab 133 can be done separately in different semesters

https://www.smith.edu/academics/academic-program/curriculum/course-search
• Pick a **balanced** course load
• Meet with your LAA
• Be aware of prerequisites
• Need Chemistry?

1. Make choices based on your previous academic preparation and interests
2. Challenge yourself, but maximize your chances to succeed
3. Meet with your LAA to discuss your courses. Check with a Prehealth advisor if you have specific questions about courses we’ve mentioned here or related classes.
4. For example: prerequisites for Biochemistry and Biology classes often include CHM 111 **and** BIO 132.
5. **Need Chemistry?** Start the 4-semester sequence **early**. Doing so can free up your schedule to go abroad or do other classes or activities
6. Use the Prehealth website: [https://www.smith.edu/prehealth/index.php](https://www.smith.edu/prehealth/index.php)
Competitive Health Profession School Applicants Have:

- A high GPA**, especially the “Science / Math GPA”
- High Test Scores: MCAT, DAT, GRE, OAT, PCAT
- Strong, diverse letters of recommendation
- Leadership roles on or off campus
- Substantial related professional experience
- Research experience
- Community service

**The higher your GPA, the better off you will be. Your transcript tells a story. It is okay to get a low grade, but you need to show improvement overall.
- Test scores matter a great deal and many students under-estimate the time and effort needed to prepare properly and thoroughly.
- I must emphasize the need for you to get to know your professors while you are here. Professors who write recommendation letters for you can also provide important context about you and your transcript (discrepancies, low grades vs. high grades; how you tackled a difficult subject and succeeded, etc.)
- Health Professions schools are looking for leaders, individuals who can work with a wide variety of people, get people motivated to achieve a common goal, problem solve, and so on. Health professions programs want to see applicants who have worked to create positive change their corner of the world wherever that may be.
- Research is not just the pursuit of knowledge, but also offers a skill set that includes designing and managing a project from start to finish, collecting and synthesizing large amounts of information, learning to write professionally and appropriately for the specific discipline, time management, working well with others, dealing with success and failure, etc. Research doesn’t have to be in a lab!
- Community service should be authentic, not the just pursuit of checking off boxes on a list of things you need to do.
Here are a few resources to keep in mind.

**Resources**

* Prehealth Program website: [https://www.smith.edu/prehealth/](https://www.smith.edu/prehealth/)

* Prehealth mailing list: [http://div3lists.smith.edu/mailman/listinfo/prehealth](http://div3lists.smith.edu/mailman/listinfo/prehealth)

* Contact us: [https://www.smith.edu/prehealth/contact.php](https://www.smith.edu/prehealth/contact.php)

* Health & STEM Professions Friday Lunchbag Series
  [https://www.smith.edu/prehealth/events.php](https://www.smith.edu/prehealth/events.php)  (McConnell 103)

* Talk to people and network!
  Prehealth advisers, Lazarus Center counselors, peers, guest speakers, alumnae
Fulfilling Chemistry Requirements

- 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*
Fulfilling Biology Requirements

• 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 Requirement-ish

- 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.
Other relevant/recommended 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

NOTE: We do not have an English slide because there are no specific courses they need to focus on, as it really can be any English. BUT, good to encourage them to focus on WRITING INTENSIVE English courses. Might want to mention why (i.e. critical to develop strong writing skills, not only for their applications but they DO actually need to know how to write, as a professional!)
MCAT: new version started in 2015

230 questions

Total Scores range from 472 to 528 (510 = 30 old MCAT)
Section Scores range from 118 to 132
  ●  512 = ~ 87th %ile (% = number of students who scored lower than you)
  ●  500 is ~ 50th %ile

Four Sections
Chemical and Physical Foundations
Biological and Biochemical Foundations
Psychological and Sociological Foundations
Critical Analysis and Reasoning
<table>
<thead>
<tr>
<th>MCAT parts of an exam and question types</th>
</tr>
</thead>
</table>

**Chemical and Physical Foundations:** (59 questions - 95 mins)
- 30% General Chemistry, 25% Physics, 25% Biochemistry, 15% Organic Chemistry, 5% Biology
- 10 passages, 15 discrete items

**Biological and Biochemical Foundations:** (59 questions - 95 mins)
- 65% Biology, 25% Biochemistry, 5% Organic Chemistry, 5% General Chemistry
- 10 passages, 15 discrete items

**Psychological and Sociological Foundations:** (59 questions - 95 mins)
- 65% Psychology, 30% Sociology, 5% Biology
- 10 passages, 15 discrete items

**Critical Analysis and Reasoning:** (53 questions - 90 mins)
- 9 passages