PRE-HEALTH 101

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Pre-Health Professions
Career Development Center
Loyola University Chicago
Pre-Health Professions Program

• Sullivan Center 255 and Environments
• Career Development Center Website
  • http://www.luc.edu/career/
• Pre-Health Professions Website:
  • http://www.luc.edu/prehealth/
• Pre-Health Professions List Serve
• Pre-Health Professions Advisory Committee
  • Register 2 years prior to entrance to health professional school
• Early Assurance Program
• Pre-Health Award
Some Resources

- **www.aamc.org** (Allopathic Medicine)
  - Example: “More Resources”
- **www.aacom.org** (Osteopathic Medicine)
- **www.aspiringdocs.org** (Increasing Diversity in Medicine)
- **www.smdep.org** (Fr. & Soph. Summer Program)
- **https://www.training.nih.gov/programs/sip** (NIH Research Programs)
- **http://ssom.luc.edu/diversity/programs/aspire/** (Loyola Stritch School of Medicine ASPIRE Summer Program)
More Resources

• MSAR and Other Siblings
• [www.adea.org](http://www.adea.org) (dental)
• [www.aacp.org](http://www.aacp.org) (pharmacy)
• [www.apta.org](http://www.apta.org) (physical therapy)
• [www.opted.org](http://www.opted.org) (optometry)
• [www.aapa.org](http://www.aapa.org) (physician assistant)
• [www.aavmc.org](http://www.aavmc.org) (veterinary medicine)
• [www.asph.org](http://www.asph.org) (public health)
• [www.explorehealthcareers.org](http://www.explorehealthcareers.org) (ALL!)
Generally Speaking

Two Sets of General Selection Criteria

• Set 1
  • Academic Record
  • Standardized Test
  • Clinically-Related Experiences

• Set 2
  • Pursuit of Values (Extracurricular)
  • Letters of Evaluation
  • Processing and Articulation of Motivation
  • Research
  • Professional Behavior
  • Special Circumstances
Generally Speaking

• Academic Record
  • Rigor
  • Breadth
  • Excellence
    • Cumulative GPA
    • Science GPA (BCPM)

• Major?
  • Required Courses?
  • Follow Your Heart
Generally Speaking

• Standardized Test
  • MCAT (example)
  • New MCAT
    • https://www.aamc.org/students/applying/mcat/mcat2015/
    • New Subjects?
  • When?
  • How Many Times Can I Take the MCAT?
  • MCAT Preparation: https://www.aamc.org/students/applying/mcat/
Generally Speaking

• Exposure to Health Field
  • High School vs. College
  • Shadowing vs. Volunteering
  • Summer vs. School Year
  • When to Start?
  • When is too Late?
    • Semester before application
    • Academic year before application
  • Not a Family Affair!
  • Journaling
Generally Speaking

• Pursuit of Values (e.g., extracurricular activities)
  • Follow Your Heart
  • Very Wide Range of Valuable Activities
  • Don’t Put Cart before the Horse
  • Do Get Involved
Generally Speaking

• Letters of Evaluation
  • Get to Know your Faculty
  • Get to Know Supervisors and Mentors in Clinical Settings
  • Pre-Medical Advisor or Committee
  • [https://www.aamc.org/initiatives/admissionsinitiative/competencies/](https://www.aamc.org/initiatives/admissionsinitiative/competencies/)
Generally Speaking

• Processing and Articulating Motivation
  • Knowing it for Yourself is not Enough
  • Convincing a Critical (although not mean) Audience
  • Journaling
  • Individual and Distinct
  • Research the Field
  • E-portfolio: CAEs, Journals, Etc.
Generally Speaking

• Research
  • Intrinsic Interest
  • Passive Learning is not Enough
    • Just tell me what to do and I’ll do it is likely not enough
  • Self-Directed Learning = Life Long Learning
Generally Speaking

• Research Continued – Potential Resources of Interest
  • www.aamc.org (Allopathic Medicine)
  • www.aacom.org (Osteopathic Medicine)
  • www.aspiringdocs.org (Increasing Diversity in Medicine)
  • www.smdep.org (Fr. & Soph. Summer Program)
  • https://www.training.nih.gov/programs/sip (NIH Research Programs)
  • http://ssom.luc.edu/diversity/programs/aspire/ (Loyola Stritch School of Medicine ASPIRE Summer Program)
Generally Speaking

• Professional Behavior
  • Institutional Action
  • Credit History
  • Criminal Background Check

• Web-Based Communities
  • MySpace
  • Facebook

• Interactions with Loyola Community
Generally Speaking

• Special Circumstances
  • Infinite Possibilities
    • Full-Time Work
    • Illness
    • Difficult Period of Life
    • Length of Distance Traveled
    • Other....
  • Blame vs. Explanation
Generally Speaking

Journey Toward Greater Independence

“No we do not receive wisdom, we must discover it for ourselves, after a journey through the wilderness, which no one else can make for us, which no one can spare us.”

– Marcel Proust
Generally Speaking

Understanding of Interdependencies

Student
Citizen
Health Care Professional