Welcome
Pre-Health Professions
@ Gustavus Adolphus College
Role of Pre-Health Advisor

- Pre-Health Advisor: Helps you to navigate pre-requisite courses, application timeline, related resources, personal statement, and overall application process.

Services Provided:
- Academics- pre-requisite requirements
- Career Explorations, shadowing, research and volunteer opportunities
- Advising and Support- Individual appointments and group sessions
- Sharing Resources- maintain Health Professions website, campus visits
- Career Explorations, shadowing, research and volunteer opportunities
- Workshops
- Applicant Assistance: personal statement, mock interviews, and support
Role of Faculty Pre-Health Advising Team

Work with the major departments and selected faculty advisors:
- Biology
- Chemistry
- Biochemistry
- Health Fitness
- Athletic Training

- Team approach= stronger and more informed applicants
- Relevant, consistent, current, and accurate information
Pre-Health Professions Advising

- Medicine (M.D. D.O.)
- Physician Assistant
- Dentistry
- Pharmacy
- Physical Therapy
- Occupational Therapy
- Veterinary (faculty advisor)
First Year Pre-Health Session

First Year Pre-Health Advising Session

Thursday, September 10
5-6 pm ~ Beck 101

Pre-Medicine, Pre-Dental, Pre-Pharmacy,
Pre-Veterinary, Pre-Physical Therapy,
Pre-Occupational Therapy and others!

For more information contact:
Heather Banks, Director Health Professions Advising
healthprofessions@gustavus.edu ~ 507-933-7272

Gustavus
Health Professions
First Year Class, Class of 2019

@ First Year Advising Event September 2015
192 out of 642 indicated pre-health = 30% pre-health

- 92 Medicine
- 42 Physical Therapy
- 10 Pharmacy
- 11 Dentistry
- 10 Physician Assistant
- 10 Occupational Therapy
- 14 Veterinary
- 3 Pre-Health (general)
Gustavus Nursing Program
(32 students each year)

Open House
Sponsored by:
Gustavus Nursing Dept.

Wednesday, September 30th, 2015
5:30pm - 6:30pm (Mattson Hall room #130)
OR
6:30pm - 7:30pm (Mattson Hall room #130)

INTERESTED IN A NURSING CAREER?

Nursing OPEN HOUSE

- Learn more about the Gustavus Nursing Program
- Get more information about the Pre-requisites
- Find out the process for applying for the program
Declare a Major, Faculty Advisor

Major Advisor: Once you select a major, your major advisor helps to navigate the major requirements and graduation requirements.

ANY major is appropriate and acceptable.

Most common majors of pre-health students @ Gustavus:

- Biology
- Chemistry
- Biochemistry
- Health Fitness
- Athletic Training
Choice of Major

There is no “best” major. In fact, no medical school requires a specific major of its applicants. Choose a major you find interesting and challenging.

Q: Undergraduate Major is there a significant difference in MCAT scores?

Median MCAT score by major: humanities (29.5), biology (28.5), social science (28.5). Illustrates the fact, any major as long as the basic science courses are taken, will work for MCAT preparation. Source: https://www.aamc.org/download/321496/data/factstable18.pdf

Three main factors when choosing a major:
1. Difficulty of classes
2. Level of interest
3. Convenience

Source: Official Guide to the MCAT Exam, 2010

*Source: Medical School Admission Requirements, 2013-2014
Gustavus Health Professions Website

1. Go to the Gustavus website: https://gustavus.edu/
2. Scroll to the bottom of the page, click on: Career Development
3. Left side click on: Health Professions https://gustavus.edu/career/health/
Welcome Pre-Med (MD) Students

Pre-Med (MD) Information

- Four Year Plan Pre-requisite Requirements
- Core Competencies for Entering Medical School
- Gusties Attending Medical School
- Profiles of Gustie Medical Students
- FAQ
- Quick Links
Example of:
First Year Pre-Med Student Schedule

**First Year: Fall**
- BIO 101 Principles of Biology (MCAT)
- CHE 107 Principles of Chemistry (MCAT)
- FTS 100 (Writing Intensive course- WRITI)
- S/A 112 Principles of Sociology or PSY 100 General Psychology (MCAT)

**First Year: Spring**
- BIO 102 Organismal Biology (MCAT)
- CHE 141 Organic Chemistry I (MCAT)
- S/A 112 Principles of Sociology or PSY 100 General Psychology (MCAT)
- Elective
Torey ‘14

Advice: “Win the daily battles. Put the energy that might be spent worrying about the future into those small daily battles. Focus your energy on what is in front of you and the accumulation of daily wins will put you in a great spot for applying to medical school.”

Torey Asao ‘2014, White coat ceremony, Oakland University- William Beaumont Medical School, Rochester, MI, start Fall 2015
Kat ‘14

Top Five Activities/Experiences:
- Gustavus Women’s Softball
- Student Athlete Volunteer Educators
- Pre-Health Club
- Research in lab of Dr. Margaret Bloch-Qazi
- Scandinavian Olympic Quest (study abroad J-term)

Kat Dahl 2014, attending the University of Minnesota Duluth, start Fall 2014
Gusties Attending Medical School

Fall 2015, Medical School, 14 students (5 class of 2015 and 9 alumni)

- University of Minnesota, Minneapolis & Duluth campus, MN (7 students), included is one MD/Ph.D
- Creighton, Omaha, NE (2 students)
- University of North Dakota
- University of South Dakota
- Medical College of Wisconsin
- Oakland University-William Beaumont, Rochester, MI
- Saint Louis University School of Medicine
January Interim Career Exploration

A few Health Sites from past January Interim:

- Mayo Clinic
- Children’s Hospital
- Saint Paul Heart Clinic
- St. Peter Family Dental
- Kind Veterinary Clinic
- Park Nicollet Methodist Hospital
- Family Eye Center
- Woodwinds Hospital
- Fairmont Medical Center
- Pediatric Therapy Services
- Edina Dental Care
Pre-Health Career Exploration 2015
Program sites

- **HealthPartners Rotation Areas- various Twin Cities locations** (4 students): Primary Care/Family Practice; Emergency Medicine (Regions Hospital ED); Cardiology (Regions Heart Center); Oncology (Regions Cancer Care Center); Orthopedics (Regions and HealthPartners Specialty Center Ortho Clinic); Hospice and Palliative Care

- **Mankato Clinic and Specialty Clinics Rotation Areas- Mankato locations** (4 students): Cardiology, Dermatology, OB-Nurse, Nursing Home, Neurology/Sleep Center, Oncology, Now Care-Occupational Medicine, ENT/Foot & Ankle/Allergy/Ophthalmology, Surgery Center.

- **River’s Edge Hospital and Clinic Rotation Areas- St. Peter** (4 students): Med Surg., OR, ER, Cardiac Rehab, Physical Therapy, Occupational Therapy, Clinic: Allergy & Family Practice Clinic, Radiology (1 day shift), Lab (1 day shift), and *Infusion Therapy (possible extra department)
Health Professions Fair

Wednesday, March 4
11:30 - 2:30
Heritage and St. Peter Rooms

Interested in Medicine, Dentistry, Pharmacy, Physical Therapy, Occupational Therapy, Physician’s Assistant, or Scientific Research or Lab work?

COME ON BY!
All Years Welcome!
Business Casual Dress

Sponsored by the Center for Servant Leadership
Research

On Campus Research Opportunities

- FYRE Program with Gustavus Faculty
- Faculty-Student Summer Research and Mathematics
- Sigma Xi Undergraduate Research Funding Opportunities
- Mayo Innovation Scholars Program
- Student Faculty Research in Chemistry and Biochemistry at Gustavus
- Celebration of Creative Inquiry
Health Related Experience

- **Paid:** C.N.A., P.C.A., Scribe
- **Volunteer:** Mayo Clinic Emergency Department Volunteer Program: Positions are available Monday-Sunday in the evenings.
- **Gustavus Service Programs:**
  - [https://gustavus.edu/servantleadership/communityservice/serviceprograms/](https://gustavus.edu/servantleadership/communityservice/serviceprograms/)
- **Gustavus Service Programs pre-health focus:** Wednesday Friends, Gustie Buddies, Elders, Hoffman Learning Center
Successful Applicant Series:

Centralized Application, Personal Statement, Interview
Like a Ninja
Pre-Health Club
Guest Speakers, Service and Mentoring
Pre-Health Club Suturing Activity
Resources for prospective Pre-Health students

- Reliable database with more than 115 health careers [ExploreHealthCareers.org](http://ExploreHealthCareers.org)
- [Scrubs, Gloves, & Microscopes, U of M](http://Scrubs, Gloves, & Microscopes, U of M)