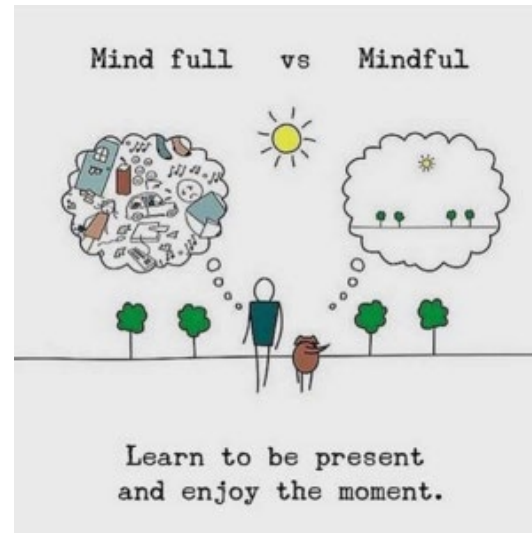


Please take a seat. Be prepared to take notes.



So You Want to Be a Healthcare Professional after Union.....



Rhona Beaton

Assistant Director of Health Professions Advising Office

Olin Center 110B

Union College, Schenectady, NY

www.union.edu/medicine

Goals for Today's Meeting

- Review Health Professions Office staff and resources
- Outline important upcoming events
- Review key components of a graduate professional school application
- Review our expectations for professional behavior
- Provide suggestions for coping and thriving as a student at Union College

Health Professions Office Overview Olin Center 110

We are student initiated – you are the driving force.

- Advising about course requirements for graduate health professions programs
- Career exploration of doctoral and allied health professions
- Preparation of competitive applicant portfolio
- Guidance through application process

Our office has many resources, so if you meet any students interested in a health profession who did not attend today's meeting, please encourage them to come into the office to connect with us so that they receive our information and updates.

Health Professions Office Staff

Program Assistant – Sabrina Bruno

brunoa@union.edu

Assistant Director and 1st year advisor:

Prof. Rhona Beaton

<https://rhonabeaton-advising.youcanbook.me>

Director and 2nd, 3rd, 4th year advisor:

Prof. Carol Weisse

<https://professor-carol-weisse.youcanbook.me>

Student Resources

- Health Professions Office
- Individual advising
- Group advising
- Weekly office updates from health_pro@union.edu
- Pre-Health Society
- Becker Career Center
- Student Activities

The Pre-Health Society

Pre-Health Society (PHS) connects students interested in pursuing clinical and nonclinical careers in all types of health-related fields with educational speakers, seminars, workshops, experiences, and social events.

As a student, members have access to their predecessors' insights and mentorship through Union's alumni network. Whether interested in a career as a physician, dentist, physical therapist, veterinarian, physician associate/assistant, nurse, public health expert, or healthcare administration, PHS welcomes you to join.

The Pre-Health Society

One of the biggest parts of the Pre-Health Society is mentorship. This is for First-Years and Sophomores to be connected with Juniors, Seniors, & Alumni who are interested in the same career path and might have the same major/minor. This is helpful for planning your class schedules, questions about professors/classes, and other elements of applications/career planning.

Contact the current Secretary, Gouzia Sivarajah, (sivarajs@union.edu) for more information.

Things to Keep in Mind



- Use Union e-mail (check regularly)
brunoa@union.edu and Health_pro@union.edu are messages from our office, so check spam folder
- Health Professions Advisor vs. Academic Advisor
- Pre-Health Society vs. Health Professions

Important Events



Pre-Health Society and Health Professions Office Events will be announced in our weekly updates.

Many professional schools are hosting virtual open house events that we advertise in our weekly updates.

Summer research programs, including the CARE Program, will begin appearing in our weekly updates as early as the beginning of winter term in early January!!

Winter and Spring Term Group Advising Meetings

Number 1 Piece of Advice

There is no one correct way to successfully apply to a graduate health profession school.

What does “pre-health” mean?

Pre-Health is an umbrella term that describes preparing for the diverse career paths available in the health professions field from acupuncture to veterinary medicine. Our office encourages open-mindedness when exploring the diverse career paths in the health care field.

What is the “pre-health track”?

Since Union does not have a pre-med/pre-health major or minor, the pre-health track indicates that there are certain courses and activities required and recommended for an application to a graduate health profession school.

Albany Medical College Early Assurance Program

Albany Medical College (AMC) offers an Early Assurance MD program that enables successful Union College students to bypass the MCAT and the regular application process. Students apply at the end of sophomore year and, if accepted, are assured admission to AMC's MD program two years later as long as the student stays in compliance with academic and professional conduct standards.

To qualify for consideration, applicants must:

Enter Union College as first year student

Achieve a 3.5 grade point average in math/science courses and overall by the time of application

Obtain the following standardized test scores: ACT >31 or SAT >1400

Complete a set of specific science courses

Participate in extracurricular experiences that prepare one for a career in medicine

For additional information, students are encouraged to review information on our office web page and contact the Health Professions Office: health_pro@union.edu (518) 388-6300

Health Professions Office Webpage www.union.edu/health-professions

The screenshot shows a web browser window displaying the Health Professions Office webpage. The browser's address bar shows the URL <https://www.union.edu/health-professions>. The page features the Union College logo (FOUNDED 1795) in the top left and a navigation menu with links for Admissions & Aid, Academics, Student Life, After Union, and About Us. A search icon is also present. The main header image shows a close-up of a purple stethoscope. Below this, a dark green box contains the text "Health Professions". A secondary navigation bar includes links for HOME, FAQs, Leadership in Medicine Program, For Current Students (with a dropdown arrow), and Contact Us. The "For Current Students" dropdown menu is open, listing: For Current Students, Where Do I Begin?, How Do I Advance My Plan?, Application Process, and Student Resources. The main content area has a breadcrumb trail "Health Professions /" followed by the heading "HEALTH PROFESSIONS". The text describes the Health Professions Program, stating it provides support for students pursuing health professions. It lists services like advising, application assistance, and resources. A paragraph mentions that advisers help students realize their potential. A photograph of a building on the campus is visible on the right side of the page.

HOME FAQs Leadership in Medicine Program For Current Students **Contact Us**

Health Professions /

HEALTH PROFESSIONS


The **Health Professions Program** at Union provides interested in pursuing a health profession after graduation students can navigate a process that can be complex career options.

Whether you're considering a career as a doctor, pharmacist, physical therapist, advanced practice provider or allied health professional, one of your first steps should be to visit our office to learn more about the services, opportunities, and benefits available to health professions students at Union.

Advisers who help students realize their potential—and their goals

day one. We serve as mentors and coaches, available to

services to students who are provide support so that many different health-related



The Secret to Success...AIM high

A-academic performance

I-interpersonal maturity

M-motivation



Academics

Major GPA's

*BCPM

*All others

*Overall

Course planning

- All of the required course work for professional schools should be taken at your home institution and for a grade.
- Your course planning should not be tied to an application timeline. For example, Chemistry and Biochemistry majors should complete Organic Chemistry by the end of their second year, other majors have no such benchmark in order to complete their requirements.
- When considering withdrawing from a course, please consult with the academic department chair for withdrawal and retake information. For example, you may not be able to retake a course once you have completed a more advanced course.

Standardized test scores (MCAT, DAT, OAT, GRE etc...)

*Start studying early

Core Requirements (from www.union.edu/medicine)

2 English (Preceptorial and one other English course with an EGL prefix)

Introductory Psychology or Sociology (statistics is also recommended)

Biology courses (more would be helpful):

BIO 103 Heredity, Evolution, and Ecology (Fall, Winter, Spring)

BIO 104 Cellular Foundations of Life (Fall, Winter, Spring)

BIO 205 Topics in Molecular Biology (Fall, Winter, Spring)

4 Chemistry:

CHM 101 Matter: Structure & Change (Fall, Winter, Spring)

CHM 102 Matter: Energy & Dynamics (Winter, Spring)

CHM 231 Organic Chemistry I (Fall, Winter)

CHM 232 Organic Chemistry II (Winter, Spring)

Note: CHM 110 = CHM 101 + CHM 102 (Fall)

*Students taking CHM 110 should also take biochemistry for the required four-course sequence. It is needed for the MCAT anyway.

*Biochemistry

2 Physics:

PHY 110 Physics for the Life Sciences I (Fall, Spring)

PHY 111 Physics for the Life Sciences II (Fall, Winter)

Note: prerequisite is Calculus through MTH 102 or MTH 112 or MTH 113

Some Veterinary, Pharmacy, and Dentistry schools also require microbiology. Some PT and PA programs require human anatomy & physiology, which Union does offer. The current plan is to offer HA&P I and II every other academic year with HA&P I in spring term and HA&P II fall term.

Biochemistry

One of the courses below will prepare you for the MCAT and fulfill the Biochemistry requirement for many professional schools. A Biochemistry course is offered every term:

- -BCH 380 is offered every Fall.
- -BCH 382 is offered every Winter.
- -BCH 335 is offered every Spring.

The choice should be made based on input from your academic advisor.

- When developing your four year course plan, remember that you may not always get into a course-have a back up plan.

Interpersonal Maturity

Reflect on how you will develop yourself in this capacity

How will you convince those who will be evaluating you that you can handle a career in medicine?



HOW WILL THE HEALTH PROFESSIONS ADVISORY COMMITTEE RANK YOU WHEN YOU ARE READY TO APPLY?

	Outstanding Top 2%	Excellent Top 10%	Good Top 25%	Fair Next 25%	Poor Lower 50%	Unable To Judge
Thinking and reasoning						
Quantitative ability						
Communication skills-written						
Communication skills-oral						
Ability to work with others						
Reliability /dependability						
Resilience / adaptability						
Service orientation / concern for others						
Familiarity with field/Clinical Background						

What is Health?



Out of the Classroom Experiences

Focus on significant experiences that show a depth of involvement. Follow your interests and passions.

- Artistic Endeavors
- Community Service/Volunteer - Medical
- Community Service/Volunteer - Non Medical
- Conferences Attended
- Extracurricular Activities
- Hobbies
- Honors/Award/Recognition
- Intercollegiate Athletics
- Leadership
- Military Service
- Paid Employment - Medical/Clinical
- Paid Employment - Non Medical/Clinical
- Physician Shadowing/Clinical Observation
- Presentations/Posters
- Publications
- Research/Lab
- Teaching/Tutoring/Teaching Assistant

Motivation

Take advantage of Union's unique opportunities:

- *Get to know your faculty
- *Trimester schedule
- *Attend Health Professions meetings (athletic commitments should not interfere with the 1 mtg/year)
- *Pre-Health Society/ Health Professions Office programs
- *Volunteer opportunities



Explore your interests and try new things



Get involved in the community...



Think about where you would like to study abroad

Full term abroad

Mini-terms

National Health Systems
Term Abroad



Professionalism

Hey,

I think I may try and take the MCAT's again in August to see if I can do better. I haven't been able to work on my application because I've been so stressed about my scores lately, so when should I get all that into you?

Please remind me of everything that I need to get in as well and how many copies I need, I greatly appreciate it.

Professor Beaton,

Hello, I am interested in the ISC 203 Exploring Health Care course....However, **I realize that I have already missed the deadline by a few days**...is it possible to extend the deadline for those oblivious students such as myself whose memory capacity has been victimized by their non-stop, sleep-deprived Senior schedules?

General Professionalism Guidelines

1. Before emailing or meeting with someone, ask yourself- “Can I answer this question myself?”
2. If not, take the time to determine the right person to e-mail or meet with
3. Keep messages and questions to the point and use your Union e-mail address
4. Make sure you have a proper salutation (“Dear professor...”) and include identifying information (relationship, class year, cell phone number)
5. Please remember that an rsvp is a commitment and that you should not e-mail excuses for not attending after the event is over.
6. E-mail replies from our office will come during normal business hours Mon-Fri 9-4.

All faculty/staff with whom you interact may be writing you a reference letter some day!

Coping with College

Coping with College

Time management

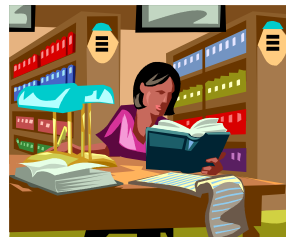
-be wary of time drains



Be organized

-daily planner should include times set aside for assignments

Find a secret study space



Don't be afraid to be yourself and to say no



Office of Student Success: Old Chapel 201

A variety of programs are available to assist students in becoming stronger, more independent learners. The office is committed to helping students get the information and resources they need to be successful at Union.

Current programs include Supplemental Instruction, Academic Coaching with a Peer Coach or Director and Peer Mentoring programs.

To schedule a coaching appointment with a Peer Coach or the Director, please fill out the Appointment Form by following this link:

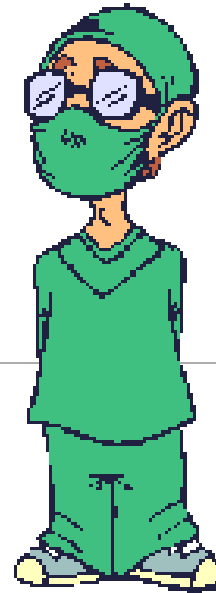
https://union.qualtrics.com/jfe/form/SV_ernDNX7RJP3ok4e

Contact Director Lesly Clay for more information at clayl@union.edu.

If you are struggling at Union, do not just try to blend in. Reach out!



Any



Questions?