

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

#1 Piece of Advice

We are student initiated– you are the driving force. We will give you the information that you need. It will be up to you to take the initiative to create your own application preparation journey.

Health Professions Office Overview Olin Center 110

- 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

Reminder: 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 – This role is currently empty

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

Things to Keep in Mind



- Use Union e-mail (check regularly) ...@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

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.

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.

For more information about the Pre-Health Society, please contact Allie Kronenberg at kronenba@union.edu.

#2 Piece of Advice

Your application preparation journey should be focused on your interests and passions. There is no one cookie cutter application format that will guarantee a professional school acceptance.

Important Events



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

The International Programs Open House will be held on Tuesday October 28th 12:30-2:00 pm in the Nott Memorial to learn about the term abroad programs offered.

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

What does “pre-health” mean?

Pre-Health is an umbrella term used at Union to describe preparing for the diverse career paths available in the health professions field ranging 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 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

UNION COLLEGE
FOUNDED 1795

User Gateways Tools Athletics News & Events Giving

Admissions & Aid Academics Student Life After Union About Us

Health Professions

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 completed 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

For Current Students
Where Do I Begin?
How Do I Advance My Plan?
Application Process
Student Resources

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

Important 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, whereas 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 for Most Graduate Health Professions Programs

Consult Self-Service for an accurate list of which courses will run each term.

2 English (FYI course 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

BIO 104 Cellular Foundations of Life

BIO 205 Topics in Molecular Biology

***Note:** The above courses are the bare minimum. BIO 206 Topics in Physiology will enhance your preparation for the MCAT if you are pursuing medical school.

4 Chemistry:

CHM 101 Matter: Structure & Change

CHM 102 Matter: Energy & Dynamics

CHM 231 Organic Chemistry I

CHM 232 Organic Chemistry II

Note: CHM 110 = CHM 101 + CHM 102

*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

PHY 111 Physics for the Life Sciences II

Note: prerequisite is Calculus through 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. Due to the infrequency with which HA&P I and II are offered, watch for when HA&P I (BIO108) and HA&P II (BIO 109) are offered when course listings are released for registration and prioritize these courses. Preference is given to those students pursuing a path that required these courses.

Biochemistry

Unless you are a Biochemistry major, 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 so 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?

	Exemplary	Proficient	Developing	Novice	Unable to assess
Critical thinking					
Scientific inquiry					
Communication skills-written					
Communication skills-oral					
Teamwork and collaboration					
Reliability and dependability					
Resilience and adaptability					
Service orientation					
Empathy and compassion					
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



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

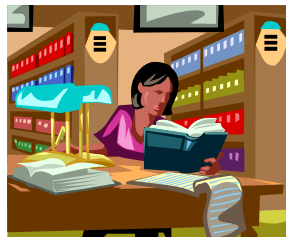
-be wary of time drains



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.

The Writing Center

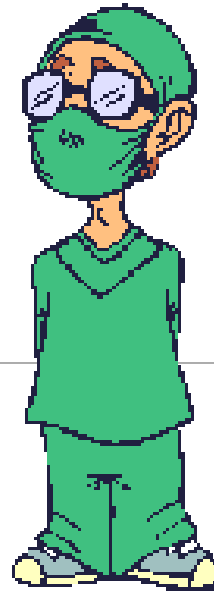
The Writing Center is a student-staffed program designed to provide individualized, one-on-one support at any stage of the writing process, from understanding an assignment, idea development, and brainstorming to structuring, revising, and polishing a draft—along with everything in between. We offer 50-minute peer review conferences for all Union students working on writing projects across the liberal arts, sciences, and engineering curriculum.

Our staff of trained writing mentors—Union undergraduates from a range of majors—work with their peers in an open, supportive, and enthusiastic learning environment. The Writing Center is located on the second floor of Schaffer Library, Rooms 226 and 227. We are open by appointment only throughout the term, Sunday through Thursday, 3-11pm. The Writing Center is closed on Friday and Saturday, and when classes are not in session. Learn how to make an appointment here. Questions? Email writingprograms@union.edu.

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



Any



Questions?