

Please take a seat. Be prepared
to take notes.



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

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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
- ***A Request:*** if you meet any students interested in pursuing a health profession path after Union 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.

#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 prerequisites for graduate health professions programs
- Career exploration of diverse health professions paths
- Preparation of a competitive applicant portfolio
- Guidance about the application process

Health Professions Office Staff

Administrative Assistant – Autumn Knight

Assistant Director and 1st year advisor:

Prof. Rhona Beaton

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

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

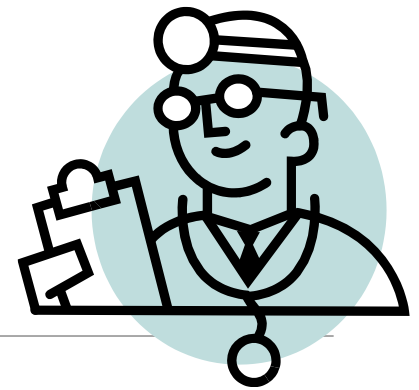
Prof. Carol Weisse

[Google Calendar Advising Appointments](#)

Student Resources

- Health Professions Office
- Individual advising
- Group advising
- Weekly office updates from health_pro@union.edu
- Pre-Health Society
- Minority Association of Premedical Students (MAPS)
- 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 Event Announcements



- Health Professions Office Events plus any other events of interest to Health Professions students will be announced in our weekly updates, which is a document emailed to those students on our office list. Please come into the office if you are not receiving the update newsletter every Friday.
- A new Public Health major was approved by Union and is now accepting students. Please talk to your academic advisor for more information.
- The Health Professions Office is hosting a Physician Assistant Information Session on Friday September 18, 2026 at 12:50-1:50 pm in Karp Hall 105. Two Physician Assistants representing the Yale School of Medicine Physician Assistant Program will present and answer questions.
- An International Programs Open House will be held in October at some point to learn about the term abroad programs offered at Union. Watch for details coming soon!
- Many professional schools are hosting virtual open house events that we advertise in our weekly updates.
- Summer research and internship programs will begin appearing in our weekly updates as early as the beginning of winter term in early January!! Note that financial support for summer experiences is available from various sources on campus including the Undergraduate Research Program and the Becker Career Center.

****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.

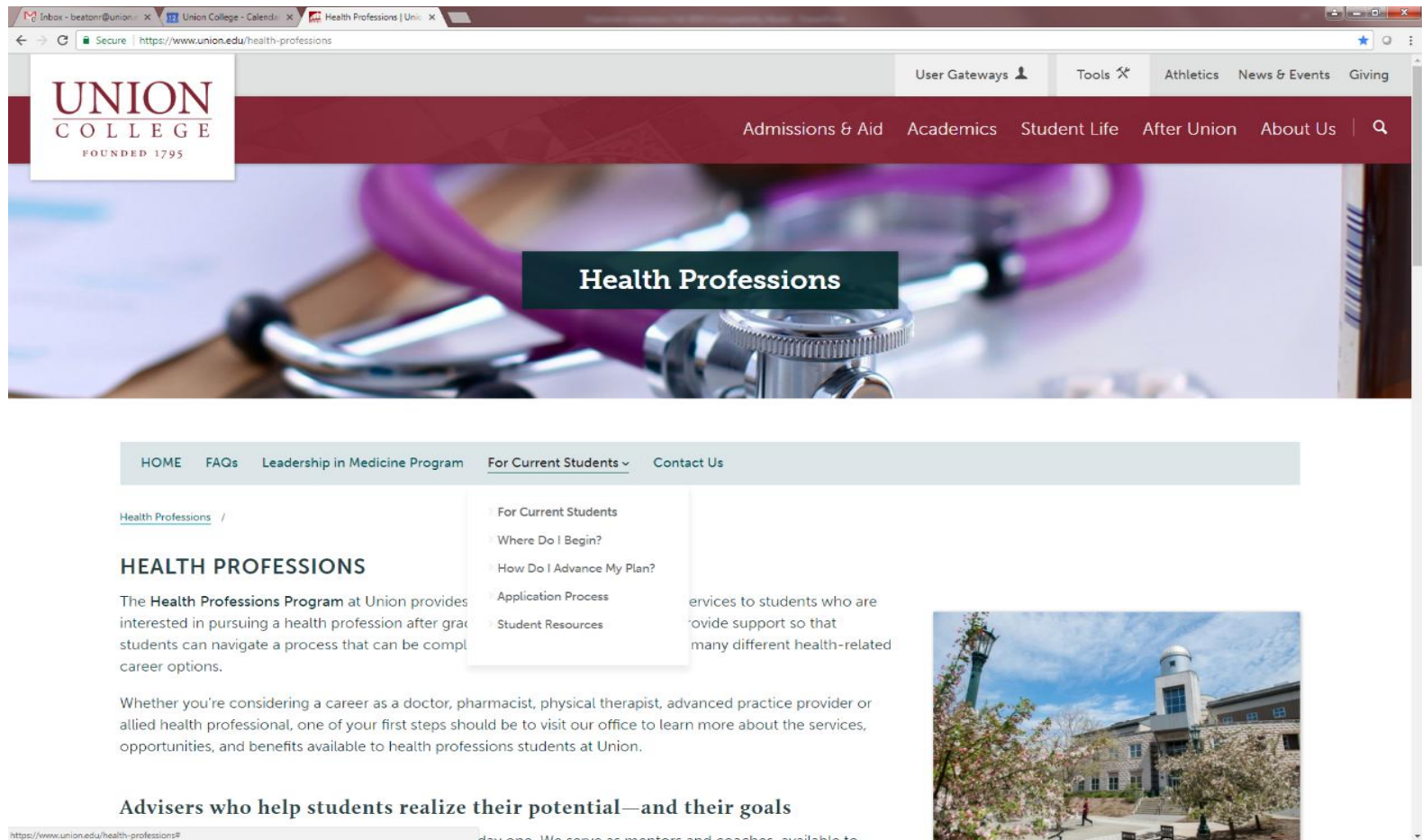
Albany Medical College Early Assurance Program

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

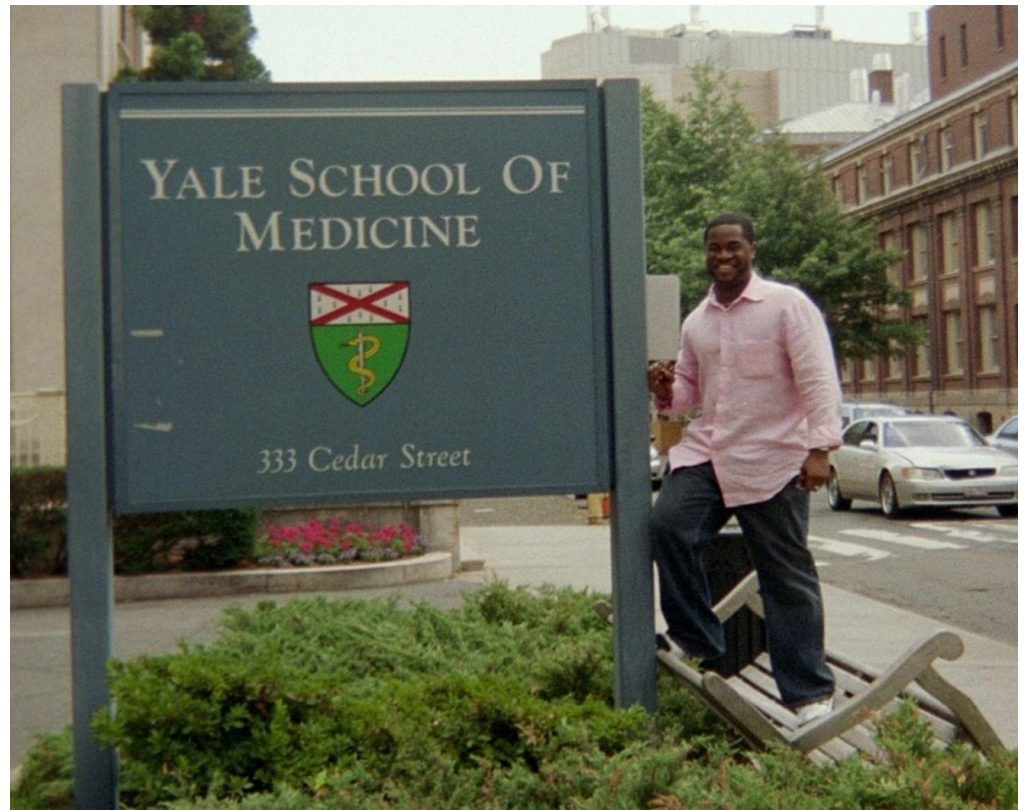


The Secret to Success...AIM high

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 100 Foundational Introductory 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 or CHM 100 + CHM 102

*Students taking CHM 110 should also take biochemistry for the required four-courses with lab 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. **In general, avoid delaying prerequisite course when possible.**

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 – BCH 382 is the Biochemistry course sequence for the major. Both courses have a lab component.
- BCH 335 is a non-lab survey course

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/ MAPS/ 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

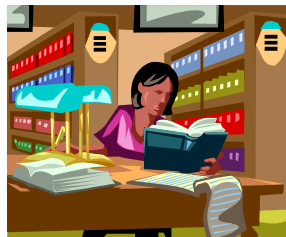
-be wary of time drains



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

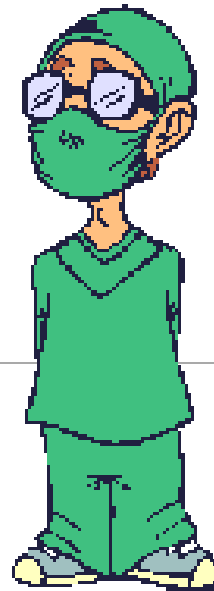
The Writing Center is a student-staffed program designed to provide individualized, one-on-one support at any stage of the writing process, from understanding an assignment, idea development, and brainstorming to structuring, revising, and polishing a draft—along with everything in between. We offer 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?