

*So You Want to be a Doctor,
Dentist, Vet, Chiropractor,
Optometrist or Podiatrist?*



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<http://prehealth.buffalo.edu>

Professional Health Fields – Consider Them All...

- **Medicine:**
 - *Allopathic and Osteopathic*
- **Dentistry**
- **Chiropractic**
- **Optometry**
- **Podiatry**
- **Veterinary Medicine**



Your Ideal Healthcare Provider

Take a few moments to think about your ideal physician/dentist/vet/etc. What characteristics & qualities do you expect YOUR OWN healthcare provider to embody?



REFRAME YOUR THINKING

“What is everything I need to do to get into medical school or dental school or vet school, etc?” **ASK INSTEAD:**

“What do I need to do to become the best possible doctor or dentist or vet I can be?”

*IMPORTANT QUESTIONS to Ask Yourself
if You are Considering a Career in the
Professional Health Fields*

- Do I care deeply about other people, their problems, and their pain? Do I enjoy serving others?
- Do I enjoy and value learning and gaining new understanding in the sciences and overall, not just earning good grades?
- Am I intrigued by the way medicine can be used to improve life?



WHY?

HOW DO YOU KNOW?

Use the *10 Minute Rule*

as a guide



“Do I Have “WHAT IT TAKES” to go Into a Professional Health Field?”

DO TWO THINGS to Find Out:

- 1) Take some required prehealth science (and math) courses
- 2) Spend some time in relevant settings

What About a Major?

- ANY major of your choice.
- NO ONE BEST MAJOR. YOU choose it.
- Professional schools value broadly educated applicants.
- DO WELL!! GRADES MATTER – A LOT!

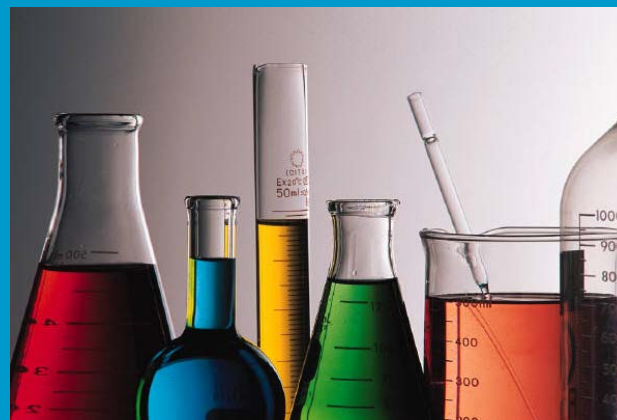
*RECENT *AVERAGE* GPAs OF ACCEPTED STUDENTS*

- » Allopathic Medicine 3.6/3.7+
- » Osteopathic Medicine 3.3/3.4+
- » Dentistry 3.3/3.4+
- » Veterinary Medicine 3.5+
- » Optometry 3.4+
- » Podiatry 3.2+
- » Chiropractic Medicine 3.0+



PREREQUISITE COURSES

- One Year with Two Semesters of Lab for Each of the Following
 - *General Chemistry*
 - *Organic Chemistry*
 - *Biology*
 - *Physics*
- One Year of English
- *Recommended*
 - *One Year of Calculus*
- *Recommended for Non-Bio Majors - Additional Science (Biochemistry, Physiology, etc.)*



UB COURSES RECOMMENDED FOR PREREQUISITES



- Chemistry 101-102; 105-106; 107-108
- Chemistry 201-202; 251-252
- Biology 200-201; *also for non-bio majors - Physiology 300 & Biology 205 recommended*
- Physics 101-102/151-152; 107-108/158; 117-118/158
- English 101-201, *or additional if waived*
- Math 121-122; 141-142

ADDITIONAL PREREQUISITES



- OPTOMETRY: *Statistics, Microbiology, Psychology, Biochemistry*
- CHIROPRACTIC: *Psychology, Social Sciences, Humanities*
- VETERINARY MEDICINE: *Biochemistry, Genetics, Animal Nutrition, Microbiology*

Your academic record includes more than just your GPA!

Admissions committees will analyze your transcript in several ways:

- Trends in your GPA
- Rigor of coursework over time
- Course types – 2 sciences most semesters
- Credit hours – 15 credits most semesters
- Additional science courses – many options
- Minimize repeated courses! (& be sure to talk to one of us first!!)



ADMISSIONS' TESTS

- MEDICINE - MCAT - *spring preferred of junior year*
- DENTISTRY - DAT - *spring preferred of junior year*
- OPTOMETRY - OAT - *February or October*
- VETERINARY - GRE or possibly MCAT - *sophomore or junior year*
- PODIATRY - MCAT - *spring of junior year or fall of senior year*
- CHIROPRACTIC - *NO admissions test is required*

HEALTH-RELATED EXPERIENCE & RESEARCH



Shadowing/Volunteering

MEDICAL - Veterans and Kaleida Hospitals; APMS
Shadowing Program

DENTAL - UB Dental School Shadowing Program

VETERINARY - *minimum hours*

Research

Academic departments; curca.buffalo.edu

Check the “Getting Started” tab on the Prehealth website, as well as the Prehealth Bulletin!

“HOW MUCH CLINICAL EXPOSURE SHOULD I GET??”

Sincere, Sustained/Consistent, Varied

- “Too much is never enough.”
- “A sustained and sincere pattern in a diversity of settings”
- “A broad exposure to medicine”
- “An active history”
- “Start as a freshman; use your summers, semester breaks.”
- “Continuous record”

BEYOND THE BASICS

What else are they looking for in candidates?

ALL of your activities/credentials are relevant & important! Choose to engage in activities that truly interest you – not everything you do has to be related to your interest in prehealth!

- Community service
- Extra-curricular activities
- Employment
- Honors & Awards

BEYOND THE BASICS

What else are they looking for in candidates?



- Integrity/Values
- Professionalism
 - Inside & outside of professional settings
- Maturity/Character
- Motivation/Dedication
- Key skills such as Communication, Critical thinking
- Overall preparedness to be a health care provider



REFERENCES



PREHEALTH COMMITTEE:

1. Eligibility: *UB undergraduates or alumni*
2. Usually junior year
3. Reviews your record, interviews you, and writes evaluation letter to the professional schools to which you are applying

OR

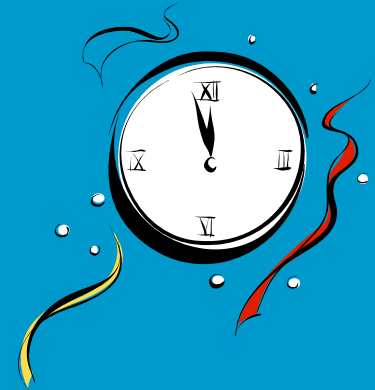
CAREER SERVICES OFFICE:

Interfolio - 259 CAPEN

OR

PREVIOUS UNDERGRADUATE INSTITUTION

EARLY ASSURANCE PROGRAMS

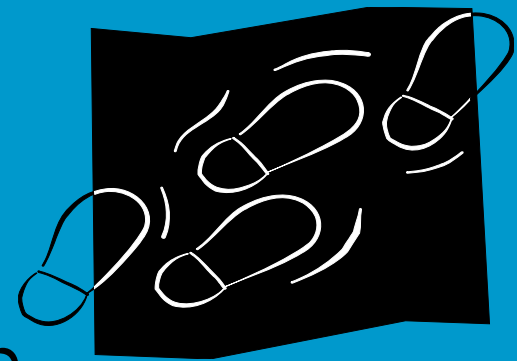


Apply in sophomore year

- **MEDICAL:** 3.75 overall and science, 1/2 prerequisites, *required* 1400 SAT (exempt from MCAT), Prehealth Committee Letter deadline – Dec. 1. Medical School deadline – Feb. 1.
- **DENTAL:** 3.3 overall and science, 3/4 prerequisites, DAT required, Prehealth Committee Letter deadline – Dec. 1 or April 15. Dental School deadline – June 1.

“HOW SHOULD I GET STARTED?”

- Visit “Getting Started” on the Prehealth Web Site <http://prehealth.buffalo.edu>
- Volunteer/Shadow
- Take a Science Course
- Attend Another Workshop
- Join a Prehealth Student Club
- Review the Prehealth Bulletin Several Times/Week



ALTERNATIVES TO DOCTORAL LEVEL HEALTH CAREERS

Nurse Practitioner

Respiratory Therapist

Occupational Therapist

Physician's Assistant

Speech therapist

Physical Therapist

Counselor

Pharmaceutics

Social Worker

Drug Information Specialists

Psychologist

Cardiovascular technologist

Medical Technician

Biomedical Programmer

Nuclear Medical Technician Biomedical Engineer

This list is not exhaustive...

For More Information . . .

- To make an appointment, call 645-6013 or stop by 109 Norton Hall
 - Nicole advises Freshmen and Sophomores
 - Dalene advises Freshmen – Seniors
 - Libby advises Juniors, Seniors, Alumni, and International Students
 - Dalene, Nicole, and Libby all advise Freshmen and Sophomores pursuing Early Assurance and the BS/DDS Program
- Please bring your *completed* worksheet with you to your appointment

FINAL WORDS

“I don’t know what your destiny will be, but one thing I do know: the only ones among you who will be really happy are those who have sought and found how to serve.”

~ Dr. Albert Schweitzer