

The University at Buffalo Freshmen and Sophomore Prehealth Handbook



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2009-2010 Academic Year Edition

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Be Advised

Student Advising Services at the University at Buffalo offers Prehealth Advisement to students who intend to pursue professional Medicine, Dentistry, Optometry, Podiatry, Chiropractic and Veterinary Schools. Information for Physician's Assistant programs varies, and information for these programs can be found as handouts in the Prehealth Resource Area in 108 Norton Hall. Utilizing this handbook, in addition to our prehealth web site, workshops and resources, and regularly meeting with the prehealth advisors will assist you in reaching your goals.

Remember, your education and career are your responsibility and we are here to help. It is absolutely necessary to **be informed**. Therefore, if you have any questions - research and ask!

Prehealth students are **advised to thoroughly read and review this handbook**. Within these pages is the information you will need to resourcefully and efficiently use your freshmen and sophomore years at UB while planning to pursue a professional health school. It is expected that you, the student, will read this handbook to seek information *before* meeting with a Prehealth Advisor.

First, Nicole Schwab is an advisor to regular admission freshmen and sophomores.

Dalene Aylward is an advisor for any prehealth interested student (freshmen through senior).

Libby Morsheimer is the Coordinator of Preprofessional Advising and the advisor for juniors and seniors, alumni and international students.

Nicole, Dalene and Libby advise freshmen and sophomores pursuing the combined degree program (BIO B.S./Dental D.D.S.) and Early Assurance Programs.

Please be sure to see the appropriate advisor for your needs.

To make an appointment, stop in to SAS or call at (716) 645.6013. Appointments are 30 minutes in length; therefore, please respect our busy schedules by adhering to this policy and do not drop in at other times. Be sure to tell the receptionist that your appointment is for Prehealth advising, your class level and briefly what the appointment is concerning. You may make a phone appointment (i.e., if you are ill or out of town) or an in-person appointment. Please be punctual. If you need to cancel and/or reschedule your appointment for any reason, please call SAS as soon as possible so that the appointment may be open to another student. If you do not show up for an appointment, our records will indicate this as a "no-show". You will receive an email to notify you of the missed appointment.

Our **Prehealth Resource Area**, located in 108 Norton Hall, is where you will find many handouts and information regarding prehealth preparation, placement tests and many professional health schools. Handouts may be taken, though resource books and periodicals may not be taken out of the Resource Area.

We offer **Prehealth Workshops** each semester; a flyer for these workshops can be found both inside & outside the Prehealth Resource Area. An important workshop for freshmen is, “So, You Want to be a Doctor, Dentist, Vet, Chiropractor, Optometrist, or Podiatrist?” To sign up for Prehealth Workshops, go to <http://workshops.buffalo.edu>.

Visit the **Prehealth Web Site and Prehealth Bulletin** (the new Prehealth Blog) to receive important news, reminders, volunteer and internship opportunities, student organization meeting updates, and more. Go to <http://prehealth.buffalo.edu>.

Continually question your motivations for pursuing a professional health program. Ask yourself the following questions:

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

If you can honestly answer these questions affirmatively, you have the right motivations.

How do you know if you have what it takes to go into a professional health field? Begin by taking some beginning science (and math) prerequisites and by spending some time shadowing and volunteering in relevant settings.

You now need to **gain the knowledge, learn the skills and grow in maturity** to fully prepare for a professional health school. Read further to learn your first important steps!

Part I: Freshmen



What Every Prehealth Freshmen Should Know

What You Need to do This Year

What Every Prehealth Freshmen Should Know

If you want to be a strong candidate for your chosen professional health school, you **MUST** maintain a high GPA. Every year of your undergraduate experience will be reviewed to see that you have been **consistently excelling with full-time coursework**. (Professional health schools prefer to see 15+ credits each semester). Also, professional health schools want to see that you can handle **two of the prerequisite science courses each semester** and that you are completing these **specifically at the four-year university/college level**. However, admissions officers are looking at much more than just your grades to discern your preparedness – they look at your entire record.

Your Record

Your record consists of your overall GPA (any major), your prerequisite GPA, the trends of your grades, your score(s) on admissions tests, your health-related experience, research and activities, letters of reference and recommendation, and your integrity and professionalism.

Your Grades

The following are the most recent average GPAs of students who are being accepted into the professional health schools:

Medicine - 3.6+ sciences/3.7+ overall allopathic (M.D.); 3.4+/3.4+ osteopathic (D.O.)

Dentistry - 3.3+ sciences/3.4+ overall

Veterinary Medicine - 3.6+

Optometry - 3.4+ overall

Podiatry - 3.0+ sciences/3.2+ overall

Chiropractic Medicine - 3.0+ sciences/3.2+ overall

Physician's Assistant - 3.1+ sciences/3.2+ overall

Keep in mind these numbers are averages and various schools can have their own averages that are higher or lower. Also, these averages are climbing higher each year and admission to professional health schools is more competitive than ever. Be sure you take your studies seriously and put in the proper time for reading, studying, and review for each course. A guide is that you should double the number of credits you are taking for a given semester and that will equal the minimum number of hours you should be spending on reading and studying each week (i.e., 16 credits hours. $16 \times 2 = 32$, therefore study for at least 32 hours each week of the semester).

Your Prerequisites

*Note: Please speak with a prehealth advisor if you have AP, IB, or any other kind of alternative credit for any of the prerequisites.

Prerequisites for admission to any health profession include:

ONE YEAR WITH TWO SEMESTERS OF LAB FOR EACH OF THE FOLLOWING:

General Chemistry, Organic Chemistry, Biology, Physics

**Note that Chemistry, Organic Chemistry, and Physics must be taken in sequence, while Biology does not.*

ONE YEAR OF:

English, if waived from one of the Writing Skills Requirements, students should still take two semesters of English

RECOMMENDED ONE YEAR OF:

Calculus

RECOMMENDED FOR NON-BIO MAJORS:

Additional Science (Biochemistry, Microbiology, Physiology, etc.)

Additional prerequisites for admission to specific schools include:

OPTOMETRY:

Biochemistry, Microbiology, Statistics, Psychology

CHIROPRACTIC:

Psychology, Social Sciences, Humanities

VETERINARY MEDICINE:

Biochemistry, Microbiology, Genetics, Animal Nutrition

The following are the specific UB Courses that are recommended for the prerequisites:

General Chemistry 101-102 or 105-106 or 107-108 (chemistry for engineering students/see advisor)

Organic Chemistry 201-202 or 251-252

Biology 200-201; *also recommended for non-bio majors - Physiology 300 & Biology 205/215*

Physics 101-102 w/151-152 labs or 107-108 w/158 lab (this is calculus based PHY) or 117-118 w/151 lab. See a prehealth advisor if your PHY sequence only provides ONE lab.

English 101-201 or 102 *and additional ENG****

Math is recommended; check your departmental requirements 121-122 or 141-142

**Be sure to meet with an advisor to determine the appropriate course sequence for you to take.*

Your Admissions Exam

MEDICINE - MCAT - computerized

DENTISTRY - DAT - computerized

OPTOMETRY - OAT - computerized

VETERINARY - GRE/MCAT - computerized - school specific

PODIATRY - MCAT - computerized

CHIROPRACTIC - NO admissions test is required

PHYSICIAN'S ASSISTANT - GRE/MCAT/NONE - *school specific*

The following are the most recent average Admission Exam Scores of students who are being accepted into the professional health schools:

Medicine - 31/45 allopathic (M.D.); 25-26/45 osteopathic (D.O.)

Dentistry - 19-20/30, and 18-19/30 for PAT section

Veterinary Medicine - school specific

Optometry - 327/400

Podiatry - 23/45

Chiropractic Medicine - none

Physician's Assistant - school specific

Some Early Assurance Programs will exempt students from their admission's exam. See a prehealth advisor for information about Early Assurance Programs.

Your Health Related Experience and Research

Having health related experience and research can be a deciding factor in whether or not you are accepted into a professional health school. Many students do not take this factor seriously enough as part of the admissions process but it is **just as significant as any other factor**. These are some quotes from professional health school admissions officers when asked, "How much clinical exposure is enough?":

- "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 freshmen – use your summers, semester breaks"
- "A continuous record"

The amount of exposure you have to the health fields reveals your dedication, motivation, sincerity, integrity, maturity, values and character. It also shows your awareness of the varieties of fields to enter and that you are well aware of the type of work involved, not just the necessary academics. In addition, your honors and awards, volunteer work, internships, research, employment, and extracurricular activities will be reviewed. These aspects of your life also reveal your values and your character. Keep in mind that admission officers are looking for well-rounded students.

Specifically, students interested in Dentistry should contact the UB Dental School to ask about their Clinical Observation Program at www.sdm.buffalo.edu/clinic/COP.html. Students interested in Veterinary Medicine should seek to obtain at least 500-1500 broad-based (i.e., small animal, large animal, farm, zoo, etc.), documented animal care hours.

Other ways to volunteer and get experience include: Community Action Corps (CAC) through UB's Student Association (SA), Prehealth Student Clubs (see Prehealth Organization at UB, p. 20), Kaleida hospitals, the United Way, and the Prehealth Bulletin.

Research can be done through university departments. Students should feel free to inquire at other colleges and universities for potential research opportunities as well. For UB opportunities, please consult the Center for Undergraduate Research and Creative Activities at www.curca.buffalo.edu.

Your Letters of Reference and Recommendation

For professional health schools and the UB Prehealth Committee, you will need four to seven letters of recommendation. The Prehealth Committee will then write a letter of evaluation for you based upon your application and interview. You will learn more about this as you enter your junior year, or visit the Prehealth Committee tab on the Prehealth web site. Know that the professional health schools will specifically look for a letter from the Prehealth Committee. It can actually hurt your application if you do not have one. If you are applying Early Assurance, you complete the Committee process during the fall semester of sophomore year.

The Prehealth Committee is looking for the same things the professional schools are looking for: overall grades, prerequisite grades, grading trends, types of courses, credit hours taken each semester, employment, clinical experience, volunteer work, research, honors/awards, extracurricular activities, and interview. Again, all these will be used to determine your dedication, motivation, preparedness, character, values, integrity and maturity – all important factors as you pursue professional health school.

Beginning with freshmen year, you should get to know your instructors. Sit at the front of the class, visit office hours often to ask questions and discuss topics of interest to you that pertain to class. If you begin building and maintaining a professional relationship now with your instructors, you will have a much easier time when you need to ask for *strong and supportive* letters of recommendation. For more information on obtaining letters of recommendation, visit the Prehealth Bulletin category labeled "Letters of Recommendation". To begin obtaining letters of recommendation, you must attend one of our workshops entitled, "Prehealth Committee/VE Collect". You will learn about the Prehealth Committee process and how to request and obtain letters of recommendation electronically using the VECollect program. After attending the workshop you will be given an individual authorization code to login. You can find more details about this on the Workshops tab of our web site.

Your Integrity and Professionalism

Listed last but most importantly, the professional schools want to see that you possess the personal characteristics that are **necessary** to be a compassionate, competent, and caring health professional. Many schools look for evidence of an applicant's integrity, sound reasoning, maturity, and true commitment to serving others. *Students need to be aware that their speech, actions, behavior, and choices as an undergraduate can influence a professional school's admission decision.* Be conscientious of your choices inside and outside the classroom, at clinical settings, and online. As an adult, you must take full responsibility for all of your choices.

Part I: Sophomores



What Every Prehealth Sophomore Should Know

What You Need to do This Year

What Every Prehealth Sophomore Should Know

If you have not done so already, or done recently, please review the **What Every Freshman Should Know** section. If you have not yet begun your prehealth prerequisites, please make an appointment with Nicole or Dalene quickly so that you may begin. Again, professional health schools will be looking at both your overall GPA and your GPA in the prerequisite courses; therefore, it is still essential that you are maintaining competitive grades. Refer to page 6 for information on the competitive GPAs of the students currently being accepted into the professional health schools.

If you are interested in and qualified for the UB Medical School Early Assurance Program, SUNY Upstate Medical School Early Assurance Program and the UB Dental School Early Assurance Program, you need to set up an appointment as soon as possible. You will need to be sure you are fully prepared to apply and interview with the Prehealth Committee during the fall semester of your sophomore year for early assurance programs. If students are not accepted via Early Assurance, they do have the opportunity to complete the Committee process later for regular admission.

You will need four to seven letters of recommendation for the Prehealth Committee. The guidelines are that at least two of the letters should be from your instructors in the prerequisite science courses. At least one should be from an instructor from another course, either a course in your major or any other course. At least one letter should be from a doctor, dentist, manager, supervisor, or other appropriate personnel in one of the areas in which you gained health-related experience. Though only four are required, having the support of five to seven letters of recommendation is, of course, beneficial *if they are strongly supportive*. Do not include more than seven letters; follow all directions carefully.

For acquiring letters of recommendation, all students should attend a “Prehealth Committee/VE Collect” workshop to begin this process (please see pg. 9 and the Workshops tab on our web site for details). It is advisable that students waive their right to see the letter that their recommender writes. Further, the student should already have a professional relationship established with their recommender before asking for the letter of recommendation. Also, it helps to supply the recommender with a resume or summary of health-related experience, activities and more when asking if s/he will write a strong/positive letter of recommendation.

Be sure to utilize the list of important tasks to accomplish on the following page.

Part III: Appendix



Frequently Asked Questions

Prehealth Organizations at UB

Tips from Prehealth Juniors and Seniors

Handouts Found in the Prehealth Resource Area

Helpful Resources

Frequently Asked Questions

Questions concerning Prehealth Basics and Majors:

What is “prehealth”?

This jargon is short hand for: pre-med, pre-dentistry, pre-vet, pre-optometry, pre-podiatry, and pre-chiropractic students. There is no prehealth major; rather, there is a curricular program students follow to complete the requirements for entry into these professional schools upon graduation.

What do students need to do to qualify for admissions into these professional schools?

To be a qualified, competitive applicant, a student must do the following:

- Successfully complete the major and degree with an excellent record
- Complete prerequisite courses with superior grades
- Perform very well on the admission test(s)
- Compile a strong record of references and a Prehealth Committee Letter
- Participate in sincere and sustained health-related and service activities

How long will it take for me to become a doctor, dentist, etc.?

All of these professional schools take four years. For some, residencies or more specialized training are required:

- Medicine (3-8 years depending upon the specialty)
- Podiatry and for some aspects of Dentistry (one year or more)

How do I make an appointment with a Prehealth Advisor?

To make an appointment, stop in to SAS at 109 Norton Hall, or call (716) 645.6013. Students should be sure to tell the receptionist that their appointment is for prehealth advising, their class level and briefly what the appointment is concerning. Appointments can be over the phone or in-person.

Can I major in Pre-Med, Pre-Dent, Pre-Chiropractic, etc.?

Actually, very few colleges even offer pre-med, etc. as a major anymore. Instead, medical and other professional schools prefer students with an excellent record in *any* discipline and who have excelled in the prerequisite courses.

What is the best major to choose so I'll “get in”? OR, Shouldn't a student major in Biology or at least a science?

The best major is...whichever is of greatest interest! Students should major in the disciplines they truly enjoy. If it includes the prerequisite courses it is fine, but if not they will take those courses in addition to their major's requirements. Professional schools want students skilled in science, but not exclusively.

Questions concerning Prerequisites and Courses:

What is a prerequisite?

See pages 6 and 7 for further details on prerequisites. Prerequisites are courses required for admission and also may be the basic preparation for the admission tests. Common to all these professions are four sciences and one year of English. Many schools require one year of calculus. The science courses include the following with a year of lab in each:

- Biology, General Chemistry, Organic Chemistry, and Physics

Are these all the prerequisites?

For medicine, dentistry, and podiatry it is. See pages 6 and 7 for further details on prerequisites. Chiropractic, optometry and veterinary have additional requirements:

- Chiropractic: at least one course in Psychology, other Social Sciences and Humanities
- Optometry: Psychology, Biochemistry, Microbiology, Statistics, Calculus and others
- Veterinary: Biochemistry, Microbiology, Genetics, Nutrition and others

Couldn't a student take BIO 129 - 130 instead of BIO 200 - 201?

The BIO 129 – 130 sequence is not recommended as sufficient preparation for admission tests or entrance into the professional schools.

What if a student is waived out of the UB English/Writing Skills requirement?

Students should take other higher-level English courses of their choice to equal two semesters.

Can I use my AP credit for the prerequisites?

Most schools say yes, but then expect students to complete more advanced work in that particular subject at the 4-year college or university level.

Does UB have all the necessary courses to meet these prerequisite requirements?

Yes, and we have several different sequences to choose from depending upon your interest and skills. See p. 7 for details.

How do I know what classes to take next semester?

Students should utilize this handbook for recommended courses, in addition to their personalized DARS Report, their departmental advisor, and the appropriate Prehealth Advisor.

Can I take my science prerequisites during the summer?

Yes, but it is not advised. Students must realize that instead of a full 15 or 16 weeks as during the fall and spring semesters, they will only have 6 weeks to complete the same amount of reading, studying and labs. **It is very intense.** Students should not assume it will be easier than during a semester and not assume that they will be able to work full-time while taking a science course during the summer. Further, the professional health schools want to see students take at least two of the prerequisites each semester; therefore, not doing so will make a student appear less competitive.

Can I take any of my prerequisites at a community college?

Completing prerequisite courses, especially science and math courses, at the university level can help to assure the strongest application to the professional health schools. Some courses taken at community college in conjunction with the majority of courses taken at the university level is fine. Students are strongly encouraged to meet with the appropriate prehealth advisor regarding the number and types of courses they will complete at each type of institution.

If I perform poorly in a UB course, can I repeat it at a community college?

See the previous question. Also, the UB Repeat Policy states that if students want to repeat a course to improve their UB GPA, they **must** repeat the course at UB. The second grade of the two is factored into the UB GPA, though **both** letter grades will be visible on the transcript. *Note that M.D. schools and D.D.S. schools will average the two grades. D.O. schools will take the second of the two grades. Other schools must be researched individually.

I got a C in one prerequisite course...should I retake it?

It is advisable to speak directly with the appropriate Prehealth advisor concerning this situation. In most cases, a student is better off not repeating the course, but instead taking a higher-level course in that subject area and earning a grade of A or A- to remain competitive and demonstrate that s/he can excel in that subject area. See the two previous questions for further information on repeating courses.

If I fail a class, or get a C-, D or D+ in a prehealth prerequisite(s), should I give up my dream of being a doctor, dentist, etc.?

If a student fails or earns a poor grade in one of the prehealth prerequisites, s/he does not have to give up the dreams or goals of becoming a professional in the field. However, a student should reflect on what happened during the semester that caused the poor

performance. Did s/he use time wisely and thoroughly prepare for labs and exams? Did s/he allow social life to be a distraction? Does the student truly enjoy learning and the sciences in particular? Does the student have strengths in the sciences or is s/he gifted in other academic areas? An evaluation of the motives and skills is needed. Students may make an appointment with the appropriate Prehealth Advisor to discuss these and other questions. If the student decides to continue in the prehealth prerequisites, s/he must repeat the courses(s) with poor grades. However, students should definitely avoid a pattern of repeated courses. Further, it would greatly benefit the student to take one or two higher-level courses in that particular subject area and excel to show the professional schools' admissions committees that s/he is competitive and fully prepared for a health professional school. See the three previous questions for further information on repeating courses.

What should I do if I really don't like my prerequisite courses? And/or what should I do if I'm doing poorly in all the prerequisites?

If a student does not like or is performing poorly in some or all of the prerequisites, then it is time to reevaluate. The health professions are extremely competitive; therefore, poor performance on the prerequisites cannot be accepted by the professional health schools. Students in this situation should make an appointment to see the appropriate Prehealth Advisor. One recommendation might be to stop taking science courses for a semester or two and see if there are any other major or career areas of interest. Health professions are not for everyone and students may find that they have great strengths in other areas that they truly enjoy and find fulfilling. Students can attend a "Choosing a Major/Major Decisions" workshop and utilize Career Services' "FOCUS", "Strong Interest Inventory", MBTI or "StrengthsQuest" for the for a starting place. Additionally, the course UBE202: Career Planning has been found to be very helpful. Contact Career Services at 259 Capen Hall, (716) 645.2231. Finally, the Advising web site: www.advising.buffalo.edu has an entire section on Choosing a Major.

What kind of GPA and/or admission test score will I need to be accepted into a professional health school?

There are no cut off scores or GPAs. Although these can change from year to year, the following table includes the national averages for admitted students:

Medicine	MD: 3.7 Overall/3.6 Science DO: 3.4 Overall/3.4 Science	MCAT: 31 (MD-Allopathic Schools) 25-26/45 (DO-Osteopathic Schools)
Dentistry	3.4 Overall/3.3 Science (3.7 UB)	DAT: 19-20/30 (Academic Average) 18-19/30 (Perceptual Aptitude)
Optometry	3.4 Overall	OAT: 327/400
Podiatry	3.2 Overall/3.0 Science	MCAT: 23/45
Veterinary	3.6 Overall (3.7 Cornell)	School Specific
Chiropractic	3.2 Overall/3.0 Science	No test required

Questions concerning other Professional Health School Preparation:

When should I start shadowing and getting volunteer experience?

Right now! This is one area in which many students procrastinate and it can only hurt their application. Professional health schools want to admit students who they know have consistently been getting experience in their chosen area. This shows curiosity, commitment to the field and an ability to manage time wisely...all important traits for a student in a professional health school and a professional in the field.

Should I join any student groups?

Yes. Professional health schools like to see well-rounded students, so it is perfectly fine to join any student organization of interest; sports are great, too. A recommendation is to join at least one prehealth student organization. They can offer assistance in finding opportunities to get health-related experience, hearing speakers on various topics, networking and gleaning knowledge from experienced upper-classmen. See the Prehealth Organizations at UB section in the Appendix of this handbook for more information.

Is there anything I should be doing during the summer?

Summers are a great time for prehealth students to take courses such as General Education requirements, perform research in their major or area of interest, gain health-related experience by shadowing and volunteering in a variety of settings, prepare for professional health school exams and research and visit professional schools of interest.

Can I study abroad?

Yes; it will require strategic planning on the student's part but it is a possibility. Contact the Study Abroad Office, located at 210 Talbert Hall, (716) 645.3912, to discuss the opportunities for a summer, a semester or an academic year aboard, participating colleges and universities, costs, necessary paperwork, etc.

What if I was written up by a Resident Advisor for a disciplinary infraction in the residence halls? Or what if I had a DUI? Can that affect my admission to a professional school?

Yes, certainly any disciplinary action either on or off campus, will in some way affect your application. You will have to detail the event in question and explain what you learned from this situation. A pattern of any kind of disciplinary action can certainly keep you from being accepted. Integrity, morals, ethics, maturity, and professionalism are key qualities that professional health schools are looking for in candidates and you must demonstrate that you possess these qualities.

Prehealth Organizations at UB

The following are the prehealth student organizations existing at UB:

Alpha Epsilon Delta (AED) National Honor Society

Brings in speakers; provides community service opportunities
<http://wings.buffalo.edu/sa/aed>
<http://www.nationalaed.org>

Association of Pre-Med Students (APMS)

Brings in speakers; provides shadowing program
<http://wings.buffalo.edu/sa/apms>

Minorities in Health Related Professions (MHRP)

Brings in speakers; provides service opportunities; scholarship library
Contact Student Association (SA) at 645.2950

Pre-Dental Student Association (PDSA)

Brings in speakers; provides opportunities for volunteering
Contact Student Association (SA) at 645.2950
Go to www.freewebs.com/ubpda

CO-SIGN (Neurology interest group)

Provides community service opportunities; related topic tours
Contact Student Association (SA) at 645.2950

Tips from Prehealth Juniors and Seniors

-“Take GSE 155: Methods of Inquiry! This course will teach you how to study to remember and understand and will improve your GPA. I swear by it!”

Sophia Francis
Graduation Year: May 2006
Area: Pre-Med

-“Don’t procrastinate. There is so much to do that you cannot afford to put off any aspect of your record.”

Neil Gholkar
Graduation Year: May 2006
Area: Pre-Med

-“Make sure you sincerely get to know your instructors. You don’t want to be scrambling for letters of recommendation at the last minute.”

Christian Mitchell
Duke University Alumni taking prehealth prerequisites at UB.
Area: Pre-Dental

-“Apply to schools that you feel may be reaches. Many of the upper tier schools don’t focus strictly on scores, but rather on your application as a whole. If you don’t apply, you’ll never know if you would’ve been granted an interview.”

Brian Mitzman
Graduation Year: May 2006
Area: Pre-Med

Handouts Found in the Prehealth Resource Area

The following are the types of handouts you will find to learn more about and prepare for the professional health schools. Please note that handouts may be taken, while other resources may not be taken from the Resource Area.

General:

- Professional Health School Requirements: An Overview
- Prehealth Studies at the University at Buffalo
- Frequently Asked Questions (FAQ) about Prehealth Studies at the University at Buffalo
- The Semester's Prehealth Programs/Workshops
- Career Opportunities for Health Related Majors: Where to Go for Information
- Volunteer Opportunities for Prehealth Students
- Researching Ethical Issues
- The Princeton Review Courses
- Kaplan Courses
- Letter of Recommendation Waiver Form (Which will be replaced with forms on the VECollect website effective October 2009)

Medicine and Dentistry:

- To UB Students Preparing for a Career in Medicine or Dentistry
- University at Buffalo School of Medicine and Biomedical Sciences Early Assurance Program
- Medical School Admission Myths and Realities
- American Osteopathic Association (AOA) Fact Sheet (two different copies)
- American Association of Colleges of Osteopathic Medicine (AACOM) Overview
- Post baccalaureate Options for the Medical School Applicant
- Association of American Medical Colleges (AAMC) Monetary Decisions for Medical Doctors: A Resource Manual for Financial Planning Throughout Your Career

- National Institute of Health (NIH) Loan Repayment Programs
- U.S. Army Medical Department HPSP Entitlement Sheet
- Dental School Admission Myths and Realities
- Characteristics of the 2008 Entering Class by U.S. Dental School

Optometry, Podiatry and Chiropractic:

- To UB Students Preparing for Careers in Optometry, Podiatry or Chiropractic Medicine
- First Year Class Profiles/Optometry School Requirements 2008
- SUNY State College of Optometry: Facts and Figures
- Podiatric Medicine as a Career: What is a DPM?
- American Association of Colleges of Podiatric Medicine (AACPM): Fact Sheet
- Fact Sheet on Chiropractic
- The Council on Chiropractic Education (CCE): Frequently Asked Questions

Veterinary:

- To UB Students Preparing for a Career in Veterinary Medicine
- Veterinary Medical College Application Service (VMCAS): Fact Sheet
- Trends in Veterinary Medicine: Admissions
- Cornell Vet Guidelines
- First Year Class: Profile of Professional DVM Students (Class of 2008)

Physician Assistant:

- Preparing for a Career as a Physician Assistant at the University at Buffalo
- Why Should You Become a Physician Assistant?
- Trends in Physician Assistant (PA) Education

*Handouts and flyers about the Prehealth student organizations can also be found in the Resource Area. Forms for applying to the Prehealth Committee can be found and completed on the prehealth web site.

Helpful Resources

Prehealth Web Site: prehealth.buffalo.edu

UB's Health-Related Sites:

School of Medicine and Biomedical Sciences buffalo.edu/smbs/

School of Dental Medicine sdm.buffalo.edu/

School of Nursing nursing.buffalo.edu/

School of Public Health and Health Professions sphhp.buffalo.edu/

School of Pharmacy and Pharmaceutical Sciences buffalo.edu/academic/department/pharmacy/

Admissions Tests:

Medical College Admissions (MCAT) aamc.org/students/mcat/

Dental Admissions (DAT) ada.org/prof/ed/testing/dat/index.asp

Graduate Record Exam (GRE) gre.org

Optometry Admissions (OAT) opted.org

Other Health-Related Sites:

Association of Schools of Allied Health Professions asahp.org/

NAAHP National Health Professions Links naahp.org/prof_links.htm

American Association of Schools and Colleges of Optometry opted.org

American Association of Colleges of Podiatric Medicine aacpm.org

Association of American Veterinary Medical Colleges aavmc.org

Physician Assistant Education Association paeonline.org/

American Medical Association (AMA) ama-assn.org/ama/pub/category/2322.html

New York Career Zone	NYCareerZone.org
SciWeb Career Center	scijobs.com
Monster Health Care Jobs	healthcare.monster.com
Biology Jobs	biologyjobs.com
Occupation Outlook Handbook	stats.bls.gov/oco/ocol002.htm

*You may also find an extensive list of Recommended Reading on the Prehealth web site.