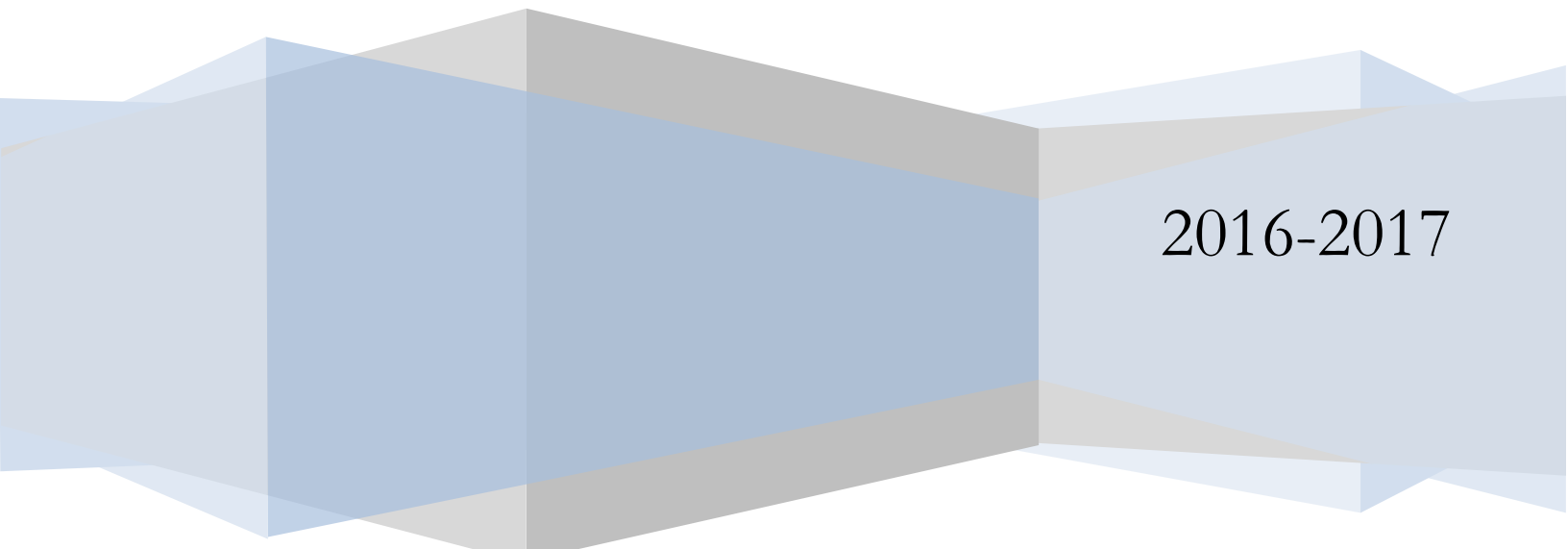


# The University at Buffalo Freshman and Sophomore Prehealth Handbook:

A Guide for College Students Just Getting Started in  
Their Quest for a Professional Health Career

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**\*\*\* Now at the UB School of Engineering and Applied Sciences**



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# TABLE OF CONTENTS

<b><u>Be Advised .....</u></b>	<b><u>1</u></b>
<b><u>Part I: Freshmen .....</u></b>	<b><u>3</u></b>
<u>What Every Prehealth Freshman Should Know .....</u>	<u>4</u>
<u>What You Need to Do This Year .....</u>	<u>10</u>
<b><u>Part II: Sophomores .....</u></b>	<b><u>11</u></b>
<u>What Every Prehealth Sophomore Should Know .....</u>	<u>12</u>
<u>What You Need to Do This Year .....</u>	<u>14</u>
<b><u>Part III: Appendix .....</u></b>	<b><u>15</u></b>
<u>Frequently Asked Questions .....</u>	<u>16</u>
<u>Prehealth Organizations at UB .....</u>	<u>21</u>
<u>Tips from Prehealth Juniors and Seniors .....</u>	<u>22</u>
<u>Helpful Resources .....</u>	<u>23</u>

# Be Advised

**S**tudent Advising Services (SAS) at the University at Buffalo offers Prehealth Advisement to students who intend to pursue admission to professional schools in Medicine, Dentistry, Optometry, Podiatry, Chiropractic and Veterinary.

Information for Physician Assistant programs varies, and material for these programs may be found on the Physician Assistant page on the prehealth web site and 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 freshman 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.

## Prehealth Advisors

The UB Prehealth Advisors are:

- Amber Packard, Ed.M. Academic and Prehealth Advisor
- Amanda Sauter, LMSW, MS, Academic and Prehealth Advisor
- Elizabeth (Libby) Morsheimer, Ed. M., Coordinator of Preprofessional Advising

## Scheduling Appointments

- **Freshmen** should be sure to first see “Pathway to Prehealth” on page 4 of this handbook.
- Stop in or call SAS at (716) 645-6013 or (716) 645-6012.
- Please respect the busy schedules of prehealth advisors by:
  - Adhering to 30 minute appointment policy; and
  - Not dropping in at other times without an appointment.
- Be sure to tell the receptionist:
  - Your appointment is *prehealth advising*;
  - Your class level; and
  - Briefly what the appointment is concerning.
- Appointments may be in person or over the telephone (i.e., if you are ill or out-of-town).
- Be punctual.
- If cancelling or rescheduling an appointment for ANY reason:
  - Call SAS as soon as possible to allow another student to take this appointment slot.
- If you do not show up for an appointment, our records will indicate this as a **“no-show”**. You will receive an email notification of the missed appointment.

### Prehealth Resource Area

- Located in 108 Norton Hall.
- Many handouts and information regarding:
  - Prehealth preparation;
  - Placement tests;
  - Professional health schools.

### Prehealth Workshops

- Offered each semester.
- Important workshop for students just getting started *“So You Want to be a Doctor, Dentist, Vet, Chiropractor, Optometrist, Podiatrist, or Physician Assistant?”*
- To sign up for a prehealth workshop, go to <http://workshops.buffalo.edu>.
- If you are unable to attend a workshop, or if you want a refresher on this information, you will find corresponding videos with PowerPoint and voiceover on our YouTube channel: <https://www.youtube.com/user/AcademicAdvisingatUB>.

### Prehealth Website and Prehealth Bulletin (Prehealth Blog)

- Important news;
- Reminders;
- Volunteer and internship opportunities;
- Student organization meeting updated; and
- Much more!
- Go to <http://prehealth.buffalo.edu> for directions about how to sign up for the prehealth email listserv.
- Follow us on Facebook (University at Buffalo – Prehealth) and Twitter (@ubprehealth).

### Now What?

*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 Freshman Should Know

## “Prehealth 101” Information Sessions

The Prehealth Advising staff is excited to announce our new small group advising sessions specifically for freshmen throughout each semester called “Prehealth 101”. UB prehealth freshmen ***must*** attend one small group advising session prior to scheduling an individual appointment with a prehealth advisor.

Each small group will have a capacity of 12 students and multiple sessions across various days and times are offered. Students may sign up on a first come first served basis by calling Student Advising Services up to 2 weeks prior to each session.

Call (716) 645-6013 or (716) 645-6012.

Again, the sessions are designed for freshmen only. First semester transfers, continuing, and re-entering students are encouraged to attend the *“So You Want to be a Doctor...”* workshop and will make individual appointments as usual. Space permitting, students may sign up to attend at the start of an actual session, in Student Advising Services located at 109 Norton Hall. If arriving late, students may be asked to sign up for another session. We will provide numerous advising sessions throughout the fall and spring semesters.

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 (though beginning with one to ease in is okay)**, 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, personal statement, 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+/3.5+ osteopathic (D.O.)
- Dentistry - 3.4+ sciences/3.5+ overall
- Veterinary Medicine - 3.5+ (3.8+ for Cornell)
- Optometry - 3.3-3.8+ overall
- Podiatry - 3.1+ sciences/3.3+ overall
- Chiropractic Medicine - 3.0+ sciences/3.2+ overall
- Physician's Assistant - 3.4+, but varies widely school to school

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 the CL Requirements or one of its courses, students should still take two semesters of English or literature based coursework)*
- Recommended one year of:
  - *Calculus*
- Recommended for non-bio majors:
  - *Additional Science (Biochemistry, Human Physiology, etc.)*

Additional prerequisites for admission to specific schools include:

- MEDICINE and PODIATRY:

*\*\*\*Due to MCAT changes in 2015, students are being highly encouraged to take:*

- *Introductory Psychology*
- *Medical Sociology*
- *Statistics, Biochemistry*
- *Human Physiology.*

*Please stay informed as to any additional changes or modification by checking our Prehealth Bulletin regularly.*

- DENTISTRY:

*\*\*\*Due to DAT changes in 2015, students should take Statistics. Please stay informed as to any additional changes or modification by checking our Prehealth Bulletin regularly.*

- 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 mentioned above:

General Chemistry (CHE)	101-102 or 105-106 or 107-108
Organic Chemistry (CHE)	201-202 or 251-252
Biology (BIO)	200-201
Also recommended for non-bio majors	Biochemistry (BIO205) or BCH403, & Human Physiology (PGY) 300 or 451-452
Physics (PHY)	101-102 w/151-152 labs or 107-108 w/158 lab plus 1 other lab (this is calculus based PHY) or



	117-118 w/158 plus 1 other lab
English (ENG)	CL1 and CL2 or <i>additional ENG***</i>
Math (MTH) is recommended; check your departmental requirements <i>*Be sure to meet with an advisor to determine the appropriate course sequence for you to take.</i>	121-122 or 141-142

## Your Admissions Exam

*All exams are now computerized.*

- MEDICINE - MCAT
- DENTISTRY - DAT
- OPTOMETRY - OAT
- VETERINARY - GRE/MCAT - *school specific*
- PODIATRY - MCAT
- 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 – 32/45 allopathic (M.D.); 27/45 osteopathic (D.O.)\*

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

Veterinary Medicine - school specific

Optometry - 333/400

Podiatry - 23/45\*

Chiropractic Medicine - none

Physician's Assistant - school specific

\*Please note that with MCAT2015 changes, scoring will be vastly different. To date, there is only one class admitted using the MCAT scoring of 472 to 528.

## 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**. We have an informative, brief video on shadowing and volunteering in the “Resources” tab of the prehealth website. 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 knowledgeable of the type of work involved, not just the necessary academics. In addition, your honors and awards, community service, 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.

Students interested in Veterinary Medicine should seek to obtain at least 500-1500 broad-based (i.e. small animal, large animal, farm, exotic, aviary, aquatic, 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 Organizations at UB, pg. 21), and
- Kaleida area hospitals, other local hospitals, the United Way, and many others can be found on 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. Many opportunities will be posted on the Prehealth Bulletin throughout the year. For UB opportunities, please consult the Center for Undergraduate Research and Creative Activities (CURCA) at [www.curca.buffalo.edu](http://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 website to watch detailed videos. If you are applying Early Assurance, you complete the Committee process during the spring semester of sophomore year for medical, and spring of sophomore year for dental. 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.

The Prehealth Committee is looking for the same aspects of your preparation that the professional schools are looking for in candidates: overall grades, prerequisite grades, grading trends, types of courses, credit hours taken each semester, employment, clinical experience, community service, 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 a 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”, watch the series of four videos on the “Prehealth Committee” tab of our website, and attend the Prehealth Committee Student Information Meetings. These are found on the “Events” tab on 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 II: SOPHOMORES



# What Every Prehealth Sophomore Should Know

## First Things First

- Review *What Every Freshman Should Know* section of this handout.
- Are you close to completing your prerequisites this academic year?
  - If not, please schedule an appointment with a prehealth advisor as soon as possible.
  - Call (716) 645-6013 or (716) 645-6012.
  - Stop in 109 Norton Hall.
- It is essential you maintain competitive grades:
  - Professional health schools look at overall GPA.
  - Professional health schools look at GPA in prerequisite courses.
  - Refer to pages **4 and 5** for information on competitive GPAs of students currently being accepted into professional health schools.

## Early Assurance Programs

- There are two types of Early Assurance Programs:
  - SUNY Upstate Medical School Early Assurance Program
  - UB Dental School Early Assurance Program
- If you are interested in either program, set up an appointment with a prehealth advisor as soon as possible.
- Be fully prepared for apply to and interview with the UB Prehealth Committee during the spring semester.
- If you are not accepted via Early Assurance, you will still have an opportunity to complete the UB Prehealth Committee process the next year for regular admission.

## UB Prehealth Committee

- You will need four (4) to seven (7) letters of recommendation for the Prehealth Committee.
  - One letter **MUST** be a natural science – two natural sciences are preferred.
  - Two letters should be from your instructors in the prerequisite science courses – Ph.D. preferable.
  - At least one letter should be from an instructor from another course – either a course in your major or any other course. It is highly recommended to be a letter from a non-science instructor – Ph.D.
  - At least one letter should be from a doctor, dentist, or other appropriate professional in one of the locations you gained health-related experience.
    - If this is not possible, it is highly advisable to schedule an appointment with a professional specifically to discuss your preparation, motivation, and dedication to the career in order to request a letter.
- When acquiring letters of recommendation:
  - It is advisable that you waive your right to access the letter. Forms are found in 108 Norton Hall or: <http://prehealth.buffalo.edu//pdfs/recomm.pdf>.
  - It is strongly advised that the letter writer know you well so he or she can thoroughly assess your abilities and many characteristics as they write a letter for you.

- Take time to cultivate positive professional relationships both on and off campus.
- When asking for a letter, you should already have a professional relationship established with the recommender.
- Supply the recommender with a resume or summary of health-related experience, activities and more when requesting him or her to write a strong/positive letter of recommendation.
- Drafting a personal statement is very beneficial.
- Although only four (4) letters are required, having the support of five (5) to seven (7) letters of recommendation is, of course, beneficial *if they are strongly supportive*.
- A neutral letter, written by someone who does not know you well is not supportive and could potentially be harmful to your application.
- Do NOT include more than seven (7) letters; follow all directions carefully.





# PART III: APPENDIX



# 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, pre-chiropractic, and pre-PA students.
- There is no prehealth major;
- Rather, there is a curricular program that 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)
- Participate in sincere and sustained health-related and service activities
- Compile a strong record of references and a Prehealth Committee Letter

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

- A Master degree in Physician Assistant Studies will take two to three years.
- All of the other 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 to three years or more*)

### **How do I make an appointment with a Prehealth Advisor?**

- Please see “Pathway to Prehealth” for freshmen on page 4.
- To make an appointment, stop in to SAS at 109 Norton Hall, or call (716) 645.6013 or 645.6012. 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.
- Further, your major may play a role in your backup plans.
- The professional health schools are very competitive and all students are strongly encouraged to formulate a backup plan in the case they are not accepted.
- This may include a reapplication, but students should note alternative plans can save time, money, and heartache.

### ***Questions concerning Prerequisites and Courses:***

#### **What is a prerequisite?**

- See pages 5 and 6 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 the four year professional schools 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?**

- See pages 5 and 6 for further details on prerequisites.
- Physician Assistant varies school to school.

#### **Couldn't a student take BIO129 - 130 instead of BIO200 - 201?**

The Biology 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.
- The other option is to decline that credit and take the course during college.
- See a prehealth advisor for additional details.

#### **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 page 6 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 Academic Requirements Report, their departmental advisor, and a Prehealth Advisor.

### **Can I take my science prerequisites during the summer?**

- Yes, but it is not advised.
- 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.
- Students must realize that instead of a full 15 or 16 weeks as during the fall and spring semesters, they will only have 5-6 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.

### **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, as the professional health school state that they prefer this.
- Some courses taken at community college in conjunction with the vast majority of courses taken at the university level is fine.
- Students are strongly encouraged to meet with a 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 courses to improve their UB GPA, they **must** repeat the courses 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 the majority of graduate and professional schools will average the two grades. D.O. schools will take the last instance of the attempt/grade. 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 a 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 a 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 a 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' "Strong Interest Inventory", MBTI, "StrengthsQuest", or "MyPlan" 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 Undergraduate Advising web site: [www.advising.buffalo.edu](http://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, you may find the most recent national averages for admitted students on pages 4 and 5.

***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 perform research.

**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, winter, semester, or an academic year abroad, participating colleges and universities, costs, necessary paperwork, etc. Note that professional school prerequisites should not be taken abroad.

**What if I was written up by a Resident Advisor for \_\_\_\_\_ 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 integral 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. Contact the Student Association (SA) at 716.645.2950 for more information on clubs.

## **Alpha Epsilon Delta (AED) National Honor Society**

Brings in speakers; provides community service opportunities  
<http://www.aednational.tcu.edu/>

## **Association of Pre-Med Students (APMS)**

Brings in speakers; provides shadowing program; Family Doctor for a Day Program; community service opportunities

## **Minority Association of Prehealth Students (MAPS)**

Brings in speakers; provides community service opportunities

## **Pre-Dental Student Association (PDSA)**

Brings in speakers; provides opportunities for volunteering

## **Pre-Meds Without Borders (PMWB)**

Brings in speakers; fundraising; promote and organize medical mission trips; provides opportunities for community service

## Tips from Prehealth Juniors and Seniors

“Don’t procrastinate. There is so much to do that you cannot afford to put off any aspect of your record.” - Neil Gholkar, 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, Area: Pre-Med



# Helpful Resources

**Prehealth Web Site:** <http://prehealth.buffalo.edu/>

**UB's Health-Related Sites:**

School of Medicine and Biomedical Sciences <http://medicine.buffalo.edu/>

School of Dental Medicine <http://www.sdm.buffalo.edu/>

School of Nursing <http://nursing.buffalo.edu/>

School of Public Health and Health Professions <http://sphhp.buffalo.edu/>

School of Pharmacy and Pharmaceutical Sciences <http://pharmacy.buffalo.edu/>

**Admissions Tests:**

Medical College Admissions Test <https://www.aamc.org/students/applying/mcat/>

Dental Admissions Test <http://ada.org/dat.aspx>

Graduate Record Exam <http://www.ets.org/gre>

Optometry Admissions Test <http://www.opted.org/> (follow OAT link)

**Other Health-Related Sites:**

Association of Schools of Allied Health Professions <http://asahp.org/>

American Association of Schools and Colleges of Optometry <http://www.opted.org/>

American Association of Colleges of Podiatric Medicine <http://aacpm.org/>

Association of American Veterinary Medical Colleges <http://aavmc.org/>

Physician Assistant Education Association <http://paeonline.org/>

American Medical Association (AMA) <http://www.ama-assn.org/ama/pub/education-careers/careers-health-care.shtml>

New York Career Zone

<https://www.careerzone.ny.gov/views/careerzone/index.jsf>

SciWeb Career Center

<http://www.newscientistjobs.com/jobs/default.aspx>

Monster Health Care Jobs

<http://healthcare.monster.com/>

Biology Jobs

<http://biologyjobs.com/>

Occupation Outlook Handbook

<http://bls.gov/ooh>

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