

## HEALTH PROFESSIONS INFORMATION FOR FIRST YEAR STUDENTS

(VIA ZOOM)



**Prof. Jumi Hayaki**

Associate Health Professions Advisor

September 3, 2020

## What will we do today?

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What is health professions advising? **How will it work remotely? (We're still here!)**

Who are we?

What should you do in the first and second years? Third and fourth? And beyond?

What courses do you need?

What other health professions are available besides medical school?

**Questions?**  
*Please type them in the chat. We will address them at the end.*



## What is Health Professions Advising?

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- We provide advice for students who are interested in applying to a variety of health professional schools.
- No application necessary! You are **automatically registered** by checking "health professions" as a career interest on your Gateways questionnaire.
  - If not, you may e-mail the HP office (healthprofessions@holycross.edu)
- We will help you identify courses you need, experience, etc.
- If you are planning to apply to **MD/DO, DMD/DDS, or DVM programs**, you can request a formal advisor from the committee during the fall before the summer that you are thinking of applying.
- If you are planning to apply to **allied health programs (e.g., PA, NP, PT)**, you can talk to your First Year Advisor and/or Profs. Cahill, Hayaki, or Hagstrom for advising.



## Who are we?

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**Prof. Miles Cahill**  
Professor, Economics

**Health Professions Advisor**

\* Advising for 3<sup>rd</sup> and 4<sup>th</sup> year students (and alumni)

Help with questions like:

- ✓ Am I ready to apply?
- ✓ Where should I apply?
- ✓ How can I get ready?

**Prof. Jumi Hayaki**  
Professor, Psychology

**Prof. Kirsten Hagstrom**  
Lecturer, Biology

**Associate Health Professions Advisors**

\* Advising for 1<sup>st</sup> and 2<sup>nd</sup> year students

Help with questions like:

- ✓ Can I study abroad and apply to medical school?
- ✓ What do I do if I get a C in orgo?

**Dr. Keith Muccino, SJ, MD**  
Associate Director

- Will develop programs to help with discernment, interviewing, etc.

**Ms. Robin Kirkorian**  
Administrative Assistant

**See handout (sent with meeting announcement) or slide #17 of this slide show for instructions on how to schedule an appointment.**

## General Advice (1)

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- Major in a subject you like**, but be careful to fit in **all required courses**
  - It doesn't have to be a science!
- Don't rush** but be aware of requirements
  - Very few apply to enter medical school straight from college
- Concentrate on doing well **overall and in science**
  - Grades are the most important factor at this point
- But, keep a **rigorous academic schedule**
  - Don't bite off more than you can handle, but don't take light loads (e.g., 3 courses) or choose majors just for expected GPA bump
  - Medical schools expect to see that you thrived in a rigorous program and that you thoughtfully engaged in a discipline



## General Advice (2)

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- Don't get discouraged** too early
  - Many students improve after first year or two
  - Medical schools look at trajectory and distance traveled
- Get **experience in clinic** in summers and in jr./sr. years
  - Volunteer, internships, etc.
  - Work in clinic is ideal, but volunteer work is important too
    - Working in a homeless shelter may be better than shadowing a surgeon
  - Long-term low-hours better than short intensity



## General Advice (3)

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- Get to **know your professors**
- They will provide valuable advice and you will need recommendations!
- Goals for **extracurricular activities**
- Begin to understand what it's like to be from different backgrounds, to have different life experiences
- Learn to communicate with people different from you
- Learn to work with people under stress
- Learn what the life and work of a health care professional is like
- Show compassion for others
- Develop leadership skills



## Med/dental science requirements

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### Chemistry

*Atoms and Molecules* (Chem 181) →  
*Organic Chemistry 1* (Chem 221) →  
*Organic Chemistry 2* (Chem 222) →  
*Equilibrium and Reactivity* (Chem 231)

- Typically A&M starts in fall, a few seats in spring

Online courses  
from Fall 2020  
will be  
accepted!

### Biology

*Introduction to Biology 1 & 2* (Biol 161, 162)

- Offered every semester

### Biochemistry

*Biochemistry 1* (Biol 301 or Chem 301)

### Physics

*Introductory Physics 1 & 2* (Phys 115 and 116)

- Offered Fall-Spring

### Calculus

*Calculus 1* (Math 135/133 or AP AB (for HC credit))

- Calc 1 also required for Physics 1, E&R, Math 220



## Other Med/dental requirements

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### Statistics

- Taken in any department as part of major, or Math 220

### Year of English

- Usually one ENGL and another HC LIT course or AP LIT/LANG suffices

### Social science (take 1<sup>st</sup> or 2<sup>nd</sup> year!!), less common for dental school)

- *Introduction to Psychology* (Psyc 100)
- *The Sociological Perspective* (Soc1 101)

### Additional considerations

- The MCAT has a section interpreting readings in humanities, ethics, social sciences
- Some medical schools have specific additional requirements – it's up to you to identify them

Online courses  
from Fall 2020  
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accepted!



## Other health professions?

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- Different health professions have different entry requirements
- **Most health professions do not have standard requirements**
- Requirements vary from school to school
- Some required courses may not be offered at HC
- You may need to take coursework through Consortium, in summer, or after graduation
- **Go to HP website for information on allied health professions**
- Look up your health profession's society, individual schools
- Speak with your First Year Advisor (this year) and/or Profs. Cahill, Hayaki, or Hagstrom



## If you are (planning) a bio or chem major...

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- **Biology** majors may meet many pre-health requirements

- *Intro to Bio 1 & 2*
- *Some chem*
- *Biochemistry (elective)*
- *Statistics*
- *Calculus 1*

- **Chemistry** majors also meet several requirements

- *General and organic chemistry sequences*
- *Biochemistry*
- *Introductory Physics 1 & 2*
- *Calculus 1*



## If you are NOT a bio or chem major

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### IT'S JUST FINE!!

- You will be **just as competitive and highly sought after**
- Medical schools value a diverse class
- But, there is little space for exploration, additional programs
- 15 MCAT courses + 7 non-overlapping common area requirements + 1 MONT = 23
- This leaves 9 courses for major, minor, electives, study abroad, etc.
- This is possible, but try to make every course count!
- You might not have room for everything, so make strategic choices
- APs can help, especially with common requirements

## Allied health: Most common requirements <sup>13</sup>

### Physician assistant (PA)

- **Biology:** intro to bio 1&2; microbio; anatomy & physiology 1&2
- **Chemistry:** general chem 1 & 2; organic chem 1
- **Biochem** often recommended
- **Statistics**
- **Intro to psych**
- **Significant patient contact work** (3 mo – 1 yr)

### Nursing (NP)

- Similar to PA; usually less science
- **Biology:** intro to bio 1; microbio; anatomy & physiology 1&2
- **Chemistry:** general chem 1; organic chem 1
- **Statistics**
- **Social science** (intro psych; lifespan development)
- **Nutrition**

Note: Can take some classes at another Worcester-area college as part of HC tuition (or elsewhere in summer, after graduation, etc.) if necessary

## Junior, senior year... and beyond <sup>14</sup>

- The Health Professions Advising Committee will help you:
  - Consider the application decision seriously
  - Give you feedback
  - Compile your application file, recommendation
  - Through the application process
- Very few juniors apply to health professional schools
- **Majority of applicants are alumni**
  - You are still fully supported after you graduate



## Issues to talk to us about <sup>15</sup>

- How to fit in study abroad
- Different health care vocations
- Summer classes
- Non-U.S. resident/citizen thinking of applying in US... **please come talk to us right away!**
- Navy and Air Force ROTC students... **please come talk to us right away!**

## General advice <sup>16</sup>

- Answers to many questions on HP web page
- Don't rush, do well in courses
  - Take advantage of all help
  - Cultivate references!
- Don't be discouraged by a few early struggles
- Think about various health professions and alternatives
- Make your decision from lived experiences
- Use resources like Career Development
- Read! Novels, non-fiction, New York Times, New Yorker, Academic Medicine, JAMA
- Be professional... don't get into trouble!



## How to access health professions advising at Holy Cross <sup>17</sup>

**We are still here!**

1. If you have HP questions, **first** contact your **First Year Advisor**.
2. If you have **additional questions**, then **contact the Health Professions office** and request an appointment with a Health Professions Advisor.
  - You **must have an appointment** to speak with a Health Professions Advisor.
  - **To request an appointment**, complete this google form with your schedule: [https://docs.google.com/forms/d/e/1FAIpQLSepom9\\_jfI-UqygmMDH1-fG7yc02O8dcx\\_rcowBZT2uMMAz1w/viewform](https://docs.google.com/forms/d/e/1FAIpQLSepom9_jfI-UqygmMDH1-fG7yc02O8dcx_rcowBZT2uMMAz1w/viewform)
  - Ms. Kirkorian will get back to you with an appointment date and time.
  - Appointments **cannot be made via telephone or e-mail**.

## Health Professions Advising Staff <sup>18</sup>

**We are still here!**

**Ms. Robin Kirkorian, Administrative Assistant**  
Stein 129A (virtual office during Fall 2020); (508) 793-2533  
[rkirkori@holycross.edu](mailto:rkirkori@holycross.edu)

**Prof. Miles Cahill**  
Health Professions Advisor

**Dr. Keith Muccino, SJ, MD**  
Associate Director of Health Professions Advising

**Prof. Jumi Hayaki or Prof. Kirsten Hagstrom**  
Associate Health Professions Advisors

Zoom/Meet appointments:  
See instructions on handout and on slide #17 of this slide show.