

# Pre-Health Organizational Meeting

September 1, 2011



# Outline of Meeting

- Introduce members of the Health Professions Advisory Committee (HPAC)
- Describe the functions of HPAC
- Hand out brochure
- Discuss coursework for first two years
- Share some information on the application process
- Answer your questions



# Health Professions Advisory Committee (2011-2012)

## **Co-chairs**

- Clark Lindgren (Biology), Co-Chair
- Jim Swartz (Chemistry), Co-Chair

## **Committee Members**

- Valerie Benoist (Spanish)
- Vida Praitis (Biology)
- Jeff Jonkman (Math and Statistics)
- Steve Sieck (Chemistry)
- Maria Tapias (Anthropology)
- Vince Eckhart (Biology)
- Chris Ralston (Psychology)

## **Staff Support/Contact**

- Doug Peterson (Science Division Office)

## **Career Development Office (CDO)**

- Mark Peltz (Director of Career Development)

# How HPAC Can Support You

1. Occasional meetings on topics of interest to students interested in the health professions:
  - a. Careers in the health professions (public health, physical therapy, pharmacy, veterinary medicine etc.)
  - b. Information about particular schools
  - c. Application process
2. HPAC website: <http://www.grinnell.edu/academic/hpac>
3. Advise students in choosing health related careers and appropriate programs
4. Upon request, write the committee recommendation letter for applicants.



# Upcoming Events

- James Torner – University of Iowa
  - Epidemiology – Research and Opportunities
  - Friday, September 30
  - 12:00 pm
  - Noyce 2021
- You will be informed of other upcoming events via the HPAC list-serve.



# SHOT: Students on Health-Oriented Tasks

- Student organization:
- Leaders: Corbin Eule '12 and ????
  
- Goals:
  - Provide students with resources to explore health-related fields
  - Connect with alumni
  - Facilitate communication between students, HPAC, and CDO



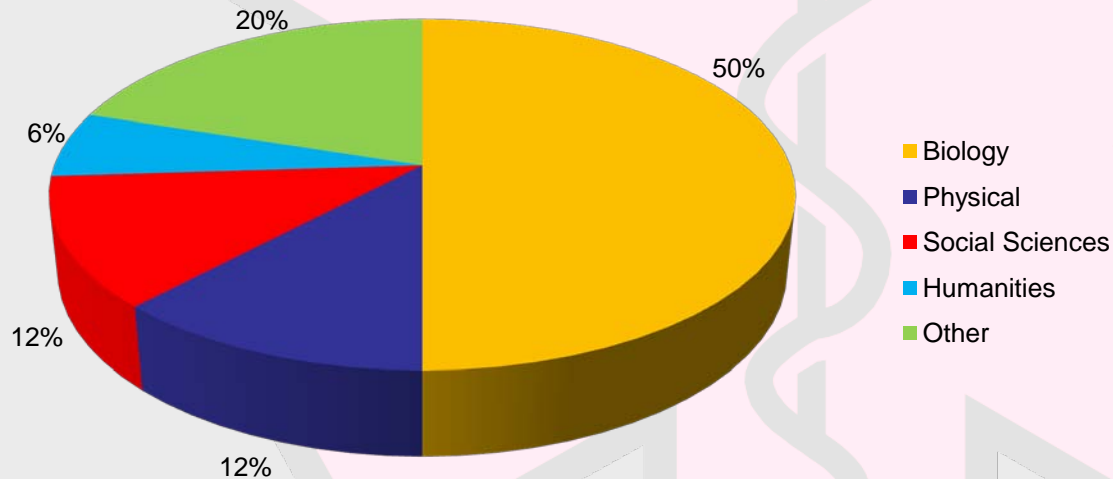
# Required/Recommended Courses for Medical School

- 1 year of Biology
  - (Biology 251,252, note 150 is a prerequisite for 251)
- 2 years of Chemistry
  - (Chemistry 129, 210, 221, 222)
- 1 year of Physics
  - (Physics 131 and 132)
- 1 year Calculus
  - (Calculus is not required for admission to most medical schools. However, calculus is required for Physics at Grinnell College)
- 1 year of English
  - (Tutorial counts for one semester; second semester should stress literature)



# Choice of Major

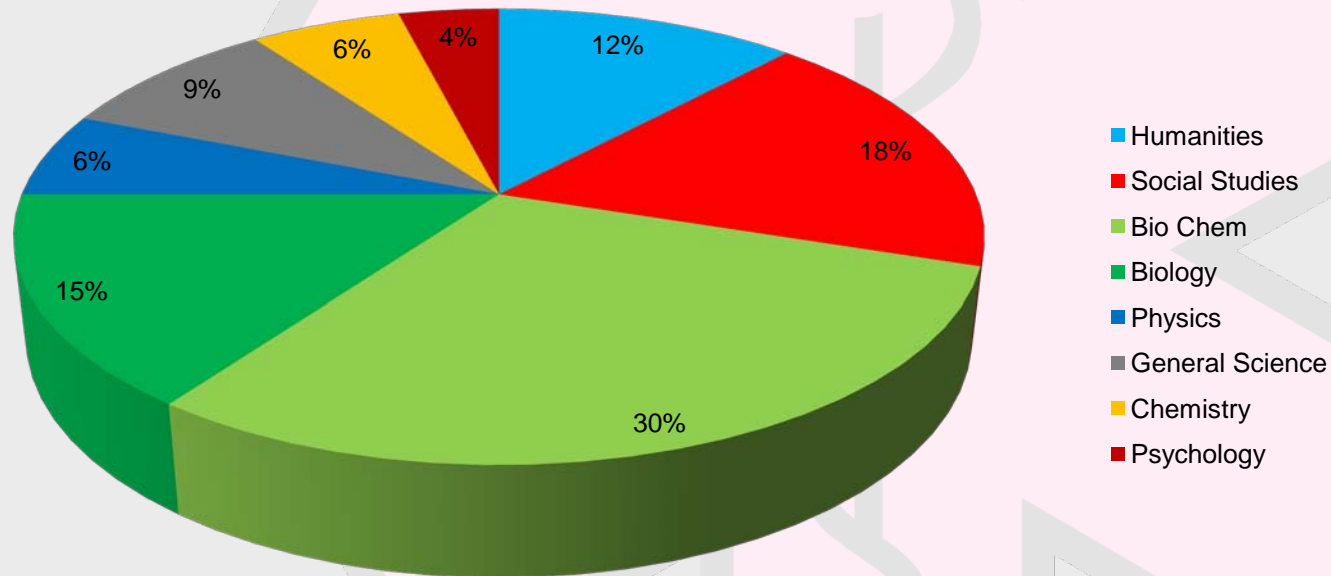
Nationwide Majors of Accepted Medical Students 2009



With careful planning, pre-health students can choose a major in a non-science department.

# Choice of Major

Grinnell Majors applying to Medical School 2010



With careful planning, pre-health students can choose a major in a non-science department.

# Classes for this year

- You absolutely need to take both CHM 129 and BIO 150 this year!
  - These are the pre-requisites for Organic (CHM 221) and Molecules, Cells, and Organisms (BIO 251)
- You need to finish up Calculus for the Physics pre-requisite (if you take Physics at Grinnell)
- It is a good idea to take CHM 210 near CHM 129 (rather than your senior year)
- [Scenarios to help you plan](#)



# The MCAT

(Medical College Admissions Test)

- Covers basic sciences (physical and biological), writing, and verbal reasoning
- Should be taken ~ 12 – 18 months prior to your expected entry into medical school
- Most students take it late spring of their junior or senior year in college (note: if the latter, this will delay matriculation into medical school by one year)
- Master the content (e.g. take courses), become familiar with the exam, practice, practice, practice



# The Application Process

- Complete courses
- Get relevant experience (and prepare to “make your case”)
- Prepare for and take the MCAT
- Choose target medical schools (esp. in state of residence)
- Submit request to Grinnell HPAC for committee letter preparation
- Submit primary application through AMCAS (summer, 1 year prior to expected matriculation)
- Submit secondary applications and request to have committee letter sent to medical schools
- Interview



# Criteria for Acceptance into Medical School

- \*Grades (Mean GPA for 2009, 3.66)
- \*MCAT Scores (Mean Sum MCAT, 30.8)
- Committee Letter
- Interview
- Extracurricular Activities
- Health-related Experiences
- Other Life Experiences

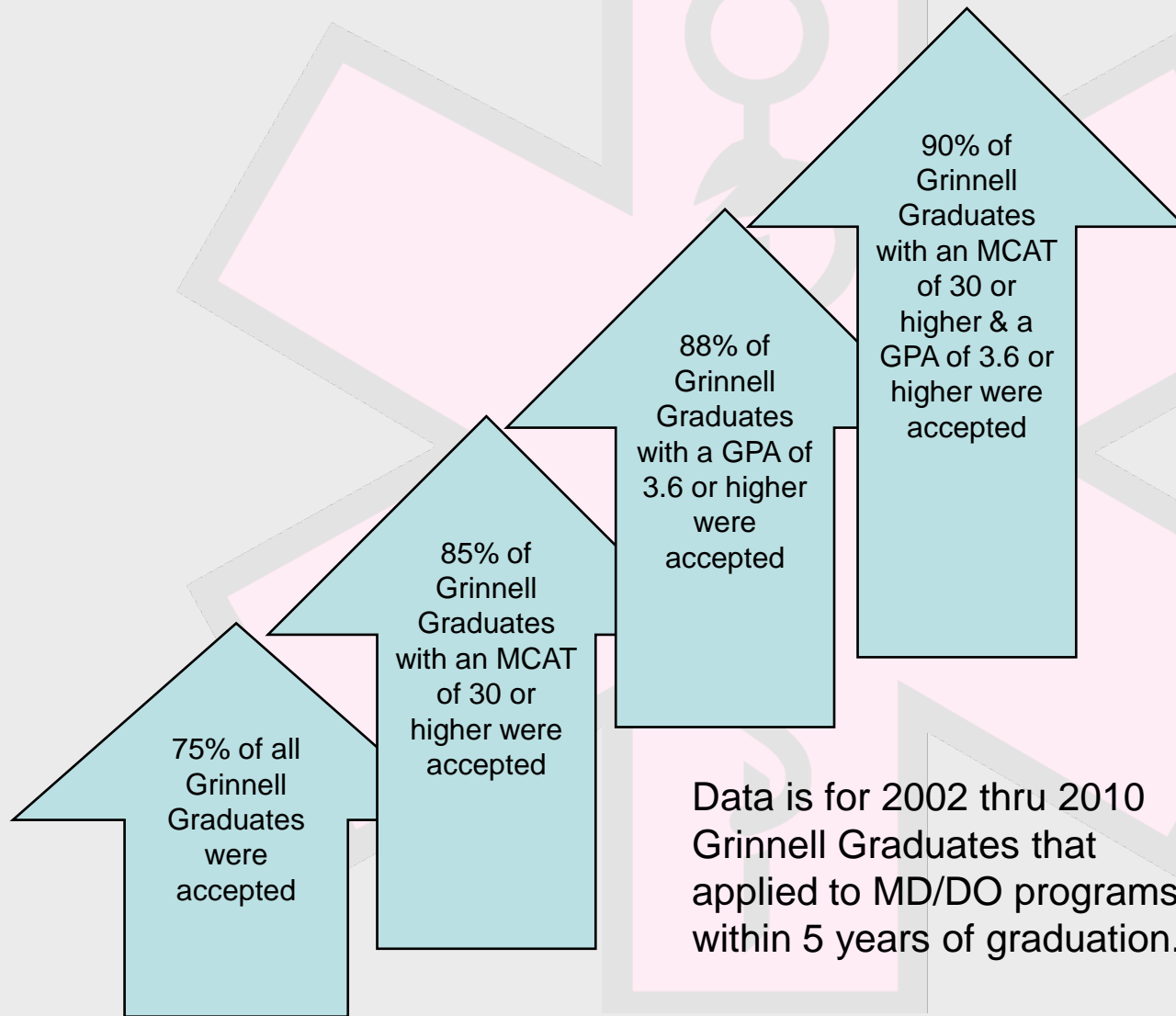
(\*For all accepted students/U.S. Medical Schools)



# Recent Application Data

- There are roughly 60-70 of you here today
  - We usually have 15-25 apply each year
  - Up to 75% of you will change your plans – that is okay!
- 
- In 2009, there were 42,269 applicants to medical school
  - 18390 enrolled in medical school
  - 43.5% matriculation rate (close to acceptance rate)

# Recent Grinnell Data



# Basic Advice

- Relax, you don't have to complete all of the requirements in one term, or even one year.
- Take other courses besides science.
- Study.
- Find opportunities to learn about health professions (e.g. internships, shadowing).
- Find opportunities to demonstrate your social commitment and ability to serve people.
- Ask questions.

