

Pre-Health Organizational Meeting

Presented by

Keisuke Hasegawa and Jim Swartz

**Co-chairs of the Health Professions Advisory
Committee**

and

Mary Jane Shroyer

**Director of the Health Professions Career
Community**

Fall 2025



Outline of Meeting

- Discuss which programs fall under Health Professions
- Introduce the people on campus who are here to support you including Health Professions Advisory Committee (HPAC), Center for Careers, Life, and Service (CLS), and student groups
- Fall events
- General advice

Information specific to medical school:

- Discuss coursework for first two years/ choice of major
- Medical College Admissions Test (MCAT)
- An overview of the application process
- Recent application data
- Answer questions



Programs Related to Health Professions

- MD
- DO
- Physician Assistant
- Veterinary
- Dentistry
- Optometry
- Nursing/midwifery
- Physical Therapy
- Occupational Therapy
- Pharmacy
- Public Health
- Etc.

There are many options!

Health Professions Advisory Committee (2025–2026)

Committee Co-Chairs

- **Jim Swartz** (Chemistry)
- **Keisuke Hasegawa** (Physics)

Center for Careers, Life, and Service (CLS)

- **Mary Jane Shroyer** – Director of the Health Professions Career Community

Committee Faculty Members

- **Ben DeRidder** (Biology)
- **Shannon Hinsa** (Biology)
- **Ryan Miller** (Statistics)
- **Leslie Lyons** (Chemistry)
- **David Lopatto** (Psychology)
- **Colin Nolte** (Statistics)
- **Gina Schlesselman-Tarango** (Library)

HPAC Administrative Support

- **Lauren Hosch-Lorenzen** (Science Office)



Related Student Organizations

Minority Association of Pre-Health Students

- Supports all students pursuing health careers, especially those historically underrepresented in the medical field, through mentorship, informational events, speakers, and hands-on opportunities
- maps@studentorg.grinnell.edu

Translational Medical Club

- Provides health-related volunteer opportunities at local nursing homes and elementary schools
- medicalclub@studentorg.grinnell.edu

Careers, Life, & Service (CLS)

Your CLS Exploratory Team:

Dani Perkins – Senior Director

Robin Bourjaily – Assistant Director & Exploratory Adviser

Amanda Pearce – Assistant Director & Exploratory Adviser

Emily Creery – Exploratory Adviser

Your Career Community Director:

Mary Jane Shroyer – Health Professions Career Community

- Explore career paths within the healthcare industry
- Build your network and plan experiences to support future applications
- Reflect on how your planned experiences (athletics, off-campus study, etc.) support your career goals
- Get specialized support for applications and interviews to internships, jobs, and graduate/professional school



Sample of Fall Events

View & register for CLS events at career.grinnell.edu

Sept. 11: CLS Fall Welcome Event

Sept. 24: Designing Your Premed Journey Webinar

Sept. 29: Optometry Info Session

Sept. 30: Dr. Randall C. Morgan , Jr. '65 Seminar

Oct. 1: Summer Opportunities Info Session

Oct. 15: 4+1 MPH Info Session

Nov. 19: Healthcare Alumni Meetup

Dec. 01: Summer Research Workshop

You will be informed of upcoming HPAC events via the HPAC listserve.
Be sure to sign up today!



How HPAC Can Support You

- Assisting students in planning course work required for health professions
- Advise students in choosing health related careers and appropriate programs
- Writes the committee recommendation letter for applicants
- Occasional meetings on topics of interest to students interested in the health professions:
 - Careers in the health professions (medicine, public health, physical therapy, pharmacy, veterinary medicine, etc.)
 - Information about particular schools
 - Application process
- HPAC website:
www.grinnell.edu/about/committees/hpac

Basic Advice

- **R-E-L-A-X**; 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.



Classes You Need to Get Started On

- Most health professional schools require a year each of Biology and Organic Chemistry
At Grinnell this is BIO 251 & BIO 252, CHM 221 & CHM 222
- **We recommend that you take both CHM 129 or 210 and BIO 150 this year!**
 - These are the pre-requisites for Organic Chem (CHM 221-2) and Molecules, Cells, and Organisms (BIO 251)
- Also consider taking a math course during your first year



Required/Recommended Courses for Most Health Related Programs

Science

- 1 year of Biology (Biology 251 and 252. Note: BIO150 is a prerequisite for 251)
- 2 years of Chemistry (Chemistry 129, 210, 221, 222)
- 1 year of Physics (Physics 131 and 132)
- Calculus (as required for physics at Grinnell College)
- Statistics (some med schools require or recommend stats)
- Biological Chemistry (BCM 262) (~50% of schools require biochem)

Critical Analysis and Reasoning Skills

- 1 year of English (required)
 - Tutorial counts for one semester
 - second semester should stress literature

Social And Biological Foundations of Behavior

- 1 semester Psychology and/or Sociology (recommended)

Check out specific requirements now at schools where you are likely to apply, including at least one school in your state of legal residence.



Application Data

- There are typically 70–100 Grinnell first-year students who express interest in health careers
- 30-55 Grinnell students apply to med schools each year
- A smaller number of students apply to other health professional schools (dentistry, veterinarian, PA, etc.)
- About half of you will change your plans – that is OK!
- More than 2/3 of applicants will apply after they graduate

Choice of Major – U.S. and Grinnell

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

At Grinnell, the most common major is Biological Chemistry, but students major in a wide variety of disciplines. The key for you is to engage in a broad education and to complete some major. Medical and other health professional schools say that they do not care what the major is, so long as the required courses for admission to the professional school are completed.

Medical and Health Professional School Preparation

- Complete courses
- Get relevant experience (and prepare to “make your case”)
- Prepare for and take the MCAT (or other) exam
- You can apply in the summer after your third year, (to matriculate right after graduation) but most students apply after graduation.

Workload Report Example

Applicant Workload Report

Application Year: 2013

Report Date: 09/10/2012

Legal Name: Doe, John M.

AAMC ID: 11110111



AY 05-06	Sem Hrs	BCPM GPA	Cum GPA	Dates	Avg Weekly Hrs	Total W/A Hrs
Coursework	30	3.3	3.3	Work/Activities		106
B1	16	3.3	3.3	Lab Assistant, Organic Chem	9/05 - 3/06	3
B2	14	3.3	3.3	Independent Research*	12/05 - 1/06	4
				Hospital Volunteer	2/06 - 5/06	2

AY 06-07	Sem Hrs	BCPM GPA	Cum GPA		Avg Weekly Hrs	Total W/A Hrs
Coursework	25	4.0	3.4	Work/Activities		84
B1	15	4.0	3.3	Independent Research*	12/06 - 1/07	3
Q3	5	4.0	3.3	Student Government	2/07 - 5/07	4
Q4	5	4.0	4.0	Shadowing/Clinical Experience*	2/07 - 5/07	2

AY 07-08	Sem Hrs	BCPM GPA	Cum GPA			Avg Weekly Hrs	Total W/A Hrs
Coursework	19	3.3	3.4	Work/Activities			308
B1	8	3.3	4.0	Independent Research*	12/07 - 1/08	3	12
B2	8	3.3	4.0	Clerk at Giant	7/07 - 2/08	10	280
BU	3		4.0	Freshman Mentor	9/07 - 11/07	2	18

AY 08-09	Sem Hrs	BCPM GPA	Cum GPA			Avg Weekly Hrs	Total W/A Hrs
Coursework	22	3.3	3.3	Work/Activities			36
B1	12	3.3	3.3	Independent Research*	12/08 - 1/09	3	12
B2	10	3.3	3.3	Biology Student of the Month	2/08 - 3/08	4	16
				SAACS Conference	3/08 - 4/08	2	8
				Research Internship	4/08 - 5/08	6	24

Sem Hrs = Semester Hours | BCPM = Biology-Physics-Chemistry-Math | Cum = Cumulative | * = Most Meaningful Experience(s)

Avg Weekly Hrs = Calculated average based on Total W/A Hrs over weeks in date range indicated | Total W/A Hrs = Total Work/Activity Hours in designated Academic Year

The MCAT

(Medical College Admissions Test)

- Covers basic sciences (physical, biological and social), and critical analysis and reasoning skills.
- 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 taking it in senior year, you will matriculate at least 1 year post-graduation.)
- Master the content (e.g., take courses), become familiar with the exam, practice, practice, practice
- The test scores are good for 2-3 years

GPA and MCAT Data

For all U.S. medical schools

MD

DO

- Mean GPA, 2022-23 applicants: 3.52 3.48
- Mean GPA, 2022-23 matriculants: 3.68 3.67
- Mean MCAT 2022-23 applicants: 506.5 505.9
- Mean MCAT 2022-23 matriculants: 511.9 511.5

For Grinnell College students who are accepted into medical and osteopathic schools (10-year average, 2009-2019)

- Mean GPA, accepted: 3.65



Application Data

About **62,443 applicants** to U.S.
Medical and DO schools this year...

Matriculation rate is about **37%**.

About 65% of Grinnell MD/DO applicants are
admitted
(AAMC, 2021-22)

Grades and MCAT Scores are Important, but...

- Applicants with GPA > 3.8 and MCAT Score > 97th percentile, about 10% are not admitted to any MD program.
- Conversely applicants with GPA around 3.0 and MCAT score <45th percentile, about 15% are admitted.
- Conclusion, having better grades and MCAT scores is helpful, but other factors are taken into consideration by medical schools.



AAMC Premed Competencies

PROFESSIONAL

- Commitment to Learning and Growth
- Cultural Awareness
- Cultural Humility
- Empathy and Compassion
- Ethical Responsibility
- Interpersonal Skills
- Oral Communication
- Reliability and Dependability
- Resilience and Adaptability
- Service Orientation
- Teamwork and Collaboration

SCIENCE

- Human Behavior
- Living Systems

THINKING AND REASONING

- Critical Thinking
- Quantitative Reasoning
- Scientific Inquiry
- Written Communication



Grinnell College & The University of Iowa College of Public Health

BA-Master of Public Health Cooperative Degree Program

- Complete both a baccalaureate and a master's degree in five years
- Open to any major at Grinnell
- Graduate admissions during **spring semester of third year** into the College of Public Health
- Visit websites for more on the requirements or attend **info session on Oct.15** with Iowa's CPH

<https://www.grinnell.edu/academics/centers-programs/ui-mph>

<https://www.public-health.uiowa.edu/grinnell-bachelor-of-arts-to-ui-mph-undergrad-to-grad/>

Additional information

- Health Professions Advisory Committee Members
- CLS, in particular Mary Jane Shroyer
- <https://www.grinnell.edu/about/leadership/committees/health-professions>

MAPS: Minority Association of Pre-Medical Students

Goals

- Support ALL students who are interested in pursuing health professional careers, but especially those in disadvantaged groups and underrepresented students in the medical field
- Events MAPS bring to campus: presentation on summer internships/research, organize attendance for medical education conferences and bring physicians to campus
- Provide hands-on opportunities and informational events; strengthen the premed community at Grinnell

Contact

- maps@studentorg.grinnell.edu for help in your pre-health journey

MAPS Co-leaders:

- Filza Anis '26
- Tina Tran '26
- Meilin Hoshino '27
- Esther Lee '27
- Niel Pearson '27
- Farhan Rahman '27
- Yen Pham '28

What are Medical Schools Looking For?

Importance ratings of data used by admissions committees for making interview and acceptance decisions, scaled from 1=not important to 4=very important

Mean Importance Ratings	Academic Metrics	Experiences	Demographics	Other Data
Highest (≥3.0)	<ul style="list-style-type: none"> GPA: cumulative bio, chem, physics, math (BCPM) MCAT: total score GPA: grade trend GPA: cumulative total GPA: post-bacc pre-med program cumulative total MCAT: total score trend Completion of pre-med course requirements 	<ul style="list-style-type: none"> Community service: medical/clinical Community service: not medical/clinical Physician shadowing/clinical observation Leadership 	<ul style="list-style-type: none"> US citizenship/permanent residency (Public) State residency (Public) Rural/urban underserved background 	<ul style="list-style-type: none"> Interview results
Medium (≥2.5 and <3.0)	<ul style="list-style-type: none"> Completion of challenging upper-level science courses GPA: cumulative “all other” courses (not BCPM) 	<ul style="list-style-type: none"> Paid employment: medical/clinical Research/lab Other extracurricular activities Military service 	<ul style="list-style-type: none"> Race/ethnicity US citizenship/permanent residency (Private) Parental education/occupation/socioeconomic status 	
Lowest (<2.5)	<ul style="list-style-type: none"> Degree from a grad or professional program Completion of challenging non-science courses Selectivity of undergrad institution Undergrad major 	<ul style="list-style-type: none"> Teaching/tutoring/TA'ing Paid employment: not medical/clinical Intercollegiate athletics Honors/awards/recognition Conferences, presentations, posters, publications 	<ul style="list-style-type: none"> First-generation immigrant status Fluency in multiple languages Gender English language learner State residency (Private) Legal status Community college attendance Age 	



What are Medical Schools Looking For?

Table 2. Percentage and Number of 2017 and 2018 Applicants Accepted Into at Least One Medical School, by MCAT Total Score and Undergraduate GPA Range

GPA Total	MCAT Total										All
	472-485	486-489	490-493	494-497	498-501	502-505	506-509	510-513	514-517	518-528	
3.80-4.00	3% 3/107	3% 7/217	8% 40/482	19% 204/1,061	31% 668/2,141	51% 1,782/3,500	64% 3,207/5,009	76% 4,156/5,492	83% 3,971/4,772	89% 4,213/4,743	66% 18,251/27,524
3.60-3.79	0% 0/250	1% 6/416	5% 40/884	13% 221/1,692	25% 707/2,869	36% 1,520/4,177	51% 2,538/4,929	66% 3,014/4,549	75% 2,209/2,944	83% 1,478/1,774	48% 11,733/24,484
3.40-3.59	1% 5/382	1% 7/577	4% 41/1,108	10% 190/1,865	19% 510/2,691	28% 939/3,366	38% 1,359/3,554	52% 1,475/2,835	63% 979/1,559	71% 565/791	32% 6,070/18,728
3.20-3.39	<1% 1/455	<1% 2/559	3% 26/1,001	8% 118/1,483	16% 290/1,864	22% 471/2,138	30% 584/1,919	40% 556/1,383	50% 347/695	58% 158/273	22% 2,553/11,770
3.00-3.19	<1% 1/499	1% 5/515	2% 13/710	6% 62/959	13% 136/1,070	22% 223/1,034	26% 237/908	35% 228/650	42% 103/245	46% 57/123	16% 1,065/6,713
2.80-2.99	1% 3/459	1% 2/367	2% 9/439	5% 23/481	7% 37/504	16% 75/462	21% 76/361	25% 48/190	28% 31/110	39% 14/36	9% 318/3,409
2.60-2.79	0% 0/306	1% 2/212	<1% 1/278	4% 10/254	9% 22/257	18% 31/175	14% 17/124	16% 11/69	43% 18/42	--	7% 117/1,726
2.40-2.59	0% 0/229	1% 1/120	2% 2/122	4% 5/124	3% 3/87	17% 11/63	26% 10/39	27% 8/30	30% 3/10	--	5% 45/830
2.20-2.39	0% 0/126	0% 0/67	0% 0/55	3% 1/37	12% 4/34	23% 6/26	10% 2/21	14% 2/14	--	--	5% 19/387
2.00-2.19	0% 0/76	0% 0/22	5% 1/20	0% 0/18	--	9% 1/11	--	--	--	--	1% 2/159
less than 2.00	0% 0/38	--	10% 1/10	--	--	--	--	--	--	--	1% 1/67
All	<1% 13/2,927	1% 32/3,081	3% 174/5,109	10% 834/7,981	21% 2,377/11,522	34% 5,059/14,953	48% 8,030/16,868	62% 9,498/15,217	74% 7,663/10,381	84% 6,494/7,758	42% 40,174/95,797



CLS Support



Grinnell College

Center for Careers, Life,
and Service

Your CLS Exploratory Team:

- **Dani Perkins** – Senior Director
- **Robin Bourjaily** – Assistant Director & Exploratory Adviser
- **Amanda Pearce** – Assistant Director & Exploratory Adviser
- **Emily Creery** – Exploratory Adviser

In Your First Year with Your Exploratory Adviser:

- Explore the breadth of healthcare and investigate multiple career paths
- Discuss how your Grinnell experiences support your career goals (off-campus study, athletics, performing or visual arts, languages, etc.)
- Plan the healthcare experiences you want to pursue prior to applying (community service, shadowing, building a network, summer internships and research)

CLS Support



Grinnell College

Center for Careers, Life,
and Service

Your Career Community Director:

- **Mary Jane Shroyer** – Health Professions Career Community

In Your Second or Third Year, via the Health Professions Career Community:

- Explore requirements for your programs of interest
- Apply for internships and summer research in healthcare
- Connect with alumni in healthcare professions
- Attend workshops, speaker events, conferences, treks, etc.
- Get specialized advising on graduate and professional school
 - Selecting programs and schools
 - Application essay review & mock interviews
 - MCAT and other test prep resources