Bates Medical Studies Committee

First Year Pre-Health Packet
PreMed Checklist
Helpful Hints for Students Interested in Health Care
(From the Medical Studies Committee)

First Year

✓ Take responsibility for your education. Examine your social and academic habits. What do you need to change?
✓ Talk to your first-year advisor about your interest in health care
✓ Work out a study plan with your advisor to keep your options open as you explore your academic and extracurricular interests
✓ Know the basic premedical requirements
✓ Stay on top of your studies and get to know faculty members
✓ Choose the academic area that interests YOU the most. You don’t have to major in science!
✓ Visit the Health Professions Advising webpage at bates.edu/career and click on graduate schools, then select Health Professions Advising to find out about pre-health careers
✓ Check out the Local Area Health Professionals’ listing for local shadowing and internship opportunities. Also, the Bates sponsored internship and CDIP programs provide great opportunities to learn more about the medical professions through networking, shadowing and internship opportunities
✓ Check out explorehealthcareers.org for career, internship and job search information
✓ Start your summer job search early in the year
✓ Join the Bates Health Professions Society “Club Med” and/or the Public Health Initiative
✓ Subscribe to the Medical Studies email listserv (Healthwork) to get up-to-date info on guest speakers, workshops health-related events, internships and job opportunities. Send an email to: healthwork-request@lists.bates.edu in the body of the message type: subscribe.

Sophomore Year

✓ Attend the fall pre-health meeting for sophomores
✓ Gain some clinical and medical experience
✓ Explore summer internship opportunities in community service organizations, hospitals, research labs, and private physician’s practices. Check out the Bates sponsored internship program and the Local Area Health Professional internship opportunities. In addition to conducting your own research, read the weekly BCDC newsletter, emails from Healthwork and visit bates.edu/career, click on graduate schools, then select Health Professions Advising
✓ To job shadow near Bates view the Local Area Health Professionals’ job shadow list. In addition, the CDIP program provides great opportunities to learn more about the medical professions. Visit bates.edu/career, click on graduate schools, then select Health Professions Advising for more information.
✓ Consider volunteering through the Harward Center, local organizations such as St. Mary’s and CMMC, and other opportunities in your home town.
✓ Get to know members of the faculty and start thinking about who will write your letters of recommendation
✓ Decide whether you are interested in a study abroad experience and plan accordingly
✓ Catch any study problems. Consult with your academic advisor
✓ Learn about medicine and health-related issues. Read and read some more!

Junior Year

Throughout the year…
✓ Keep in touch with the pre-health advisors
✓ Consult resources such as the Medical School Admissions Requirements (MSAR) to research medical schools
✓ Read medical literature and stay informed about current issues in medicine
✓ Plan for your Senior thesis or capstone work
✓ Register for the MCAT only after you have completed the required coursework. Register online at aamc.org/mcat

For more information visit: bates.edu/career, click Graduate School, click Health Professions Advising
Junior Year Cont.

September/October
✓ Attend the pre-health meeting for Juniors and Seniors
✓ Start planning/reviewing for the MCAT

December/January
✓ Create a Medical Studies File at the BCDC. Forms found at: bates.edu/career, click Graduate School, click Health Professions Advising
✓ Request letters of recommendation from faculty and others who know you well
✓ Request an unofficial transcript from the Bates registrar (and from any other schools you attended after high school, including study abroad) to add to your Medical Studies file
✓ Complete and submit a personal essay. Attend a personal essay writing workshop and/or check out resources available at the BCDC

February
✓ Check on the status of your reference letters at the BCDC
✓ Be alert for announcements from the BCDC and/or the Medical Studies Committee
✓ Schedule a mock interview with Karen Daigler
✓ Compile a resume and have it critiqued by Karen Daigler

March
✓ Take a look at the Medical School Admission Requirements (MSAR) for schools that might be a good fit for you
✓ Interview with the Medical Studies Committee

April
✓ Review your essay with a writing specialist, and continue to revise and re-write

June
✓ Submit your application online through the appropriate application service. It is an advantage to apply earlier rather than later because of rolling admissions (pay close attention to timelines).

July/August
✓ Complete your secondary applications
✓ Request that the BCDC send the Medical Studies Committee letter and individual reference letters
✓ Check with the BCDC to make sure your letters were submitted

Senior Year

September
✓ Prepare for medical school interview. Mock interviews are available through the BCDC.

Throughout the year…
✓ Complete scholarship and loan applications as soon as possible
✓ Prepare a budget for medical school
✓ If you haven't been accepted, or are on the wait-list, consult with the pre-health advisor
✓ Keep the BCDC and your advisor apprised of your application and interview status with each school

Questions?

Schedule an appointment: Appointments for advising are scheduled through the BCDC by calling (207) 786-6232. In person and phone appointments are available.

Pre-Health Advisors: Professor Lee Abrahamsen Medical Studies Chair and Associate Professor of Biology and Biochemistry, Karen Daigler Senior Associate Director for Graduate and Professional School Advising, and Karina Lemay Program Specialist.

For more information visit: bates.edu/career, click Graduate School, click Health Professions Advising
Premed Requirements
Helpful Hints for Students Interested in Health Care
(From the Medical Studies Committee)

General Course Recommendations

  General Chemistry in your first year assures flexibility in choosing a major and completing general education requirements.
- General Physics, two semesters with labs (Physics 107/108).
- Calculus, one or two semesters (Math 105/106).
  One semester of Calculus and one semester of Statistics is highly recommended at most medical schools. The Math Department has advice on choosing math courses, and a short, anonymous online placement test.
- Biology, two semesters with labs (Bio 190 and Bio 242).
- English, any two courses designated or cross-listed as “Eng.” First Year Seminars do not count.
- Biochemistry, (Bio 321). is required for most medical and veterinary schools is on the MCAT
- Psychology and Sociology, content of basic psychology and sociology will be on the MCAT.

Additional Information

Any major is fine, as long as you take the additional pre-health courses required by the program you are applying to. AP credit cannot be used to meet most requirements for admission to many health-related graduate or professional programs. For example, a student who has AP credit that allows opting out of Chem 107 would need to take another Chem course at a higher level, in addition to Chem 108, Chem 217 and Chem 218, to meet the admission prerequisites.

Physical therapy, Veterinary, Nursing, Occupational Therapy and Physician Assistant programs have similar but often additional prerequisites.

All prerequisites need to be taken for a grade, NOT P/F. Grades lower than a C- do not meet the prerequisites.

Good grades are important. While many students take Chemistry and Calculus in their first semester, you should be mindful of your own abilities and academic background. It is more important to do well than to overload your schedule. If you need help deciding what courses to take, check with one of the Pre-Health Advisors (see below).

Things to Do

1. Join the Healthwork list serve to receive pre-health, internship and job information. To subscribe, send an email to: healthwork-request@lists.bates.edu. In the body of the message type: subscribe.
2. Schedule an appointment: Call the BCDC at 207-786-6232 to meet with one of our pre-health advisors.

Pre-Health Advisors:
Lee Abrahamsen – Medical Studies Chair and Associate Professor of Biology and Biochemistry
Karen Daigler Senior Associate Director for Graduate and Professional School Advising
Emailing Tips
Helpful Hints for Students Interested in Health Care
(From the Medical Studies Committee)

Your Bates professors and staff members generally welcome e-mails from students. In order to make a positive impression that inspires them to respond, there are a few rules you should follow.

Email Examples

The email message below is an example of what NOT to write:

Hey Prof, this is nick from your bio class, i managed to set my alarm wrong and missed the test today, is it pocipal for me to take it at a difrent time. i work at night and have never functioned properly in the morning. Also, what may i do to make up the absences I have in the the class, and help would be greatly apreciated. life has been a little crazy for the past couple months. thank you-nick.

So what would a good email look like?

Dear Professor Smith,
I am writing to apologize, and explain why I was not at the Bio 215 test this morning. I somehow did not set my alarm correctly and by the time I woke up the test was already over. I am very sorry, and hope that it will be possible for me to reschedule the test at your convenience.

Thank You,
Nick Jones ‘18

Tips to Consider

An email to faculty or staff requires a different approach than the casual emails that you send to your friends.

1. **Use Bates Email:** This immediately lets your reader know that your email is legitimate and not spam.

2. **Reply with History:** Include the previous emails with your response as long as the subject remains the same, so it will be immediately evident what has been discussed. When the subject changes, start a new email.

3. **Subject Line:** **ALWAYS** include the reason for the email. Example: Clarification Question RE: BIO 316

4. **Message Greeting:** Choose an appropriate greeting.
   a. Hi/Hello Professor [Last Name] or Hi/Hello Ms./Mr. [Last Name] or Dr. [Last Name] is appropriate.
   b. Substitute “Dear” if you want the tone to be more formal.

5. **Message Body:** This is not a text message. Use upper case letters where appropriate, and ask politely. “I can’t make any of your office hours. Is it convenient for you if I come by on Tuesday, October 17th, at 8:30am?
   a. **Don’t ask questions that require lengthy answers.** These questions are best asked in person during office hours.
   b. **If you miss a class,** it is polite to write a brief e-mail to let the professor know why.
   c. If someone does something nice for you, provides helpful information, or goes out of the way to meet with you, make it a habit to **write a brief thank you note or e-mail.**

6. **Sign:** With your full name.

7. **Before Sending:** **Proof read what you’ve written! Use spell check or Grammarly!** If your email does not have spell check, then copy and paste your text into a word document that does have spell check.
Early Assurance Programs
Helpful Hints for Students Interested in Health Care
(From the Medical Studies Committee)

Early Assurance Programs

Program participants are offered the assurance of medical school admission without the substantial investments of time and energy preparing for optimal scores on the MCAT exam and applying to numerous medical schools. Applicants are selected by the end of their sophomore year and are therefore free to explore other areas of interest during their academic careers, thus broadening their college experience. Admission is highly selective.

1. Tufts Maine Track Program: http://medicine.tufts.edu/Admissions/Special-Admissions-Options/Early-Assurance-Program

Maine college students are only eligible to apply for the Maine Track Program. Candidates must have demonstrated academic excellence in their college work, particularly in the premedical science courses. By the end of the academic year in which the candidate applies, eligible candidates will have taken two semesters of biology, two semesters of general chemistry, and one semester of organic chemistry. Candidates will have attained a Science GPA (calculated on grades earned in courses offered by the departments of Biology, Chemistry, Physics, and Math) and a Total GPA equal to or greater than 3.5.

Competitive candidates will have earned grades of B+ or above in all Biology, Chemistry, and Physics courses, including labs, and will have earned grades of B or above in all other courses, as well as having had some volunteer or employment experience in a health care setting. Meeting the minimum eligibility requirements does not guarantee that an applicant will be selected to interview. Applicants must submit an official score report of their college entrance exam(s). Most accepted applicants to the Early Assurance program have a combined SAT Critical Reading and Math score above 1300 or an ACT Composite score above 30.

Important Dates: Applications become available through premedical advisors at participating schools by mid-December of each year. The application deadline is February 15. An announcement will be made through Healthwork when the application becomes available. Acceptances are sent in June.

2. Mt. Sinai Icahn School of Medicine – FlexMed Program: icahn.mssm.edu/education/medical-education/programs/flexmed

The Icahn School of Medicine at Mount Sinai has expanded its renowned Humanities in Medicine (HuMed) program to offer early acceptance to college sophomores from any major, with no MCAT requirement, and a progressive approach to medical school preparation for half of each entering class.

Prior to the application deadline, students must complete two semesters of college biology OR two semesters of college chemistry. By the time the student matriculates at Mt. Sinai, students must complete 2 semesters of biology, chemistry, and English, and one semester of physics, public health, statistics, ethics, and senior thesis. Students will be strongly encouraged to gain proficiency in either Spanish or Mandarin and an in-depth experience that involves exposure to human illness.

Admitted students will be required to achieve a ‘B’ in all required courses, will be expected to maintain a cumulative GPA of 3.5, and will not be permitted to take the MCAT.

Important Dates: Applications open and review of applications begin on October 15. The application deadline is January 15. Acceptances are sent in June.

Questions?

Call the BCDC at 207-786-6232 to schedule an appointment with one of our pre-health advisors.

Pre-Health Advisors: Lee Abrahamsen – Medical Studies Chair and Associate Professor of Biology and Biochemistry and Karen Daigler Senior Associate Director for Graduate and Professional School Advising