Bates Medical Studies Committee

Sophomore Pre-Health Packet
Premed Requirements
Helpful Hints for Students Interested in Health Care
(From the Medical Studies Committee)

General Course Recommendations

- **General Chemistry**, two semesters with labs (Chem 107A/108A or Chem 107B/108B). **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
Early Assurance Programs
Helpful Hints for Students Interested in Health Care
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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](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](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
Health Care/Research -- Resources for Internships and Jobs

Bates Related Opportunities – http://www.bates.edu/career/?p=3146

- LACN and Spotlight on Careers - Bates belongs to a consortium of 30 schools that all work together to share and provide jobs and internships.
- Purposeful Work Internship Program – Paid internship opportunities such as the Memorial Sloan Kettering Cancer Center, Cubist Pharmaceutical, ORA, Bio Technology Industrial Organization, Barbara Bush Children’s Hospital. You can also find a non-profit organization you are interested in and apply for funding.
- Summer Research Opportunities with Bates Faculty – Each year the College awards up to five Summer Research Apprenticeships to Bates faculty who wish to hire Bates students as research assistants during the summer.
- Harvard Center for Community Partnerships – Summer and academic year opportunities.
- Daniel Hanley Center for Health Leadership Internships - The Hanley Center’s unique summer internship program has been designed to connect undergraduates with paid experiential summer internship opportunities in healthcare sites across Maine. Posted in January/February.

Great websites thanks to our friends at RIT and U of R

- Neuroscience/Psychology: http://www.rochester.edu/careercenter/students/internship/links/bcspsychneuro/

Health Care Organizations/Websites

Partners.org - www.partners.org/Careers/Career-Opportunities/Internships.aspx
Find internships and jobs in Boston. Click on Job Search from the left hand menu. There are 2 different databases. To find internships type in internships into the keyword search.

A list of 17 Hospitals and Research Institutes affiliated with Harvard. Click on each link to visit their website, from there look for their careers or employment page to search for jobs and internships.

Hospital websites
Visit individual Hospital websites to find out what they are offering for internships or jobs. Most Hospitals post their own positions right on their website and do not offer them any where else. Go to Children’s Hospital Philadelphia, NYU Medical Center, etc.

Public Health Jobs - www.publichealthjobs.net/

The National Institutes of Health (NIH), is a part of the U.S. Department of Health and Human Services, it is the nation’s medical research agency—making important discoveries that improve health and save lives.

National Science Foundation - http://www.nsf.gov/crssprgm/reu/reu_search.cfm
The National Science Foundation (NSF) is an independent federal agency to promote the progress of science; to advance the national health, prosperity, and welfare; to secure the national defense.

Explore Health Careers - www.explorehealthcareers.org
Everything you want to know about a wide variety of health careers. Click on Career Explorer to find opportunities.

USAJOBS - https://www.usajobs.gov/
Access to hundreds of federal employment opportunities. Put internships into the search box and to narrow down the results select a job category.

Health Career Connection - http://www.healthcareers.org/program-overview
10 week paid health career summer internships in 7 regions of the U.S.

Pathways to Science – http://www.pathwaysoscience.org/
Offers fantastic research opportunities such as AMGEN, SURF, MIT’s Summer Neuro program, etc. Click on undergrad to search opportunities.

SMDEP – http://www.smdep.org/
A great program for First Years and Sophomores. Implemented at 11 program sites across the nation. Each site provides scholars with academic enrichment in the basic sciences and math, clinical experiences, career development activities, learning and study skills seminars, and a financial planning workshop.

Idealist.org – www.idealist.com
A nonprofit website with volunteer, internship, and job opportunities.

Indeed.com - www.indeed.com
Indeed enables you to search jobs posted on 1,000’s of websites. Employers also post jobs directly on Indeed.