

Bates Medical Studies Committee



First Year Pre-Health Packet

Premed Requirements

Helpful Hints for Students Interested in Health Care
(From the Bates Medical Studies Committee)

Bates

General Course Recommendations

- **General Chemistry**, two semesters with labs (Chem 107/108).
- **Organic Chemistry**, two semesters with labs (Chem 217/218).
- **General Physics**, two semesters with labs (Physics 107/108).
- **Calculus**, one semester (Math 105 or 106). **Statistics** one semester (from any department).
- **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 and is tested on the MCAT
- **Psychology and Sociology**, the content of basic psychology and sociology is tested 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 often cannot be used to meet requirements for admission to health-related programs. For example, a student who has AP credit that allows for 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 such as nutrition, anatomy and physiology and developmental psychology.

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. Send an email message to: jsmith6@bates.edu or kdaigler@bates.edu to request your subscription.
2. **Schedule an appointment:** Call the Bates Center for Purposeful Work at 207-786-6232 to meet with one of our pre-health advisors.

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Emailing Tips

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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 appreciated. life has been a little crazy for the past couple months. thank you-nick.

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 inappropriate.
 - b. Substitute "Dear" if you want the tone to be more formal.
5. **Message Body:** This is not a text message. Use uppercase 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 email 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 of writing **a brief thank you note or email.**
6. **Sign:** With your full name.
7. **Before Sending: Proofread 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

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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>

Maine college students (and students from Maine who attend college elsewhere) are eligible to apply for the Maine Track Early Assurance Program. Candidates must have demonstrated academic excellence, particularly in the premedical science courses. By the end of the sophomore year, 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 Biology, Chemistry, Physics, and Math) and a Total GPA of 3.5 or higher.

Competitive candidates will have grades of B+ or above in all science courses, 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 SAT or ACT exam. Most accepted applicants have a combined SAT Critical Reading and Math score above 1300 or an ACT Composite score above 30.

Important Dates: Applications become available through Bates premedical advisors by mid-December. An announcement will be made through Healthwork when the application becomes available. The application deadline is February 1. Acceptances are sent in June. **BE SURE TO CHECK THE TUFTS EARLY ASSURANCE PROGRAM WEBSITE FOR THE 2018-2019 INFORMATION.**

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 offers 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 matriculation, students must complete 2 semesters of biology, chemistry, and English, and one semester of physics, public health, statistics, ethics, and a senior thesis. Students will be strongly encouraged to gain proficiency in Spanish or Mandarin and have an in-depth experience involving 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 July.