

Bates Medical Studies Committee



Sophomore Pre-Health Packet

Pre-med Requirements

Bates

- **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**, (Bio 195, 202, and 204).
- **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 can be used to meet requirements for admission to most health-related programs BUT plan to take an upper level course in that discipline. 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:** Make an appointment using Handshake or call the Bates Center for Purposeful Work at 207-786-6232 to meet with one of our Pre-Health Advisors.

Karen Daigler, Director of Graduate and Professional School Advising
Bruno Salazar – Perea, Medical Studies Faculty Fellow

Early Assurance Programs

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 Early Assurance 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 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: Due to COVID-19 the application cycle will be different for 2020-2021. From Tufts: “Applicants will submit applications at the end of the spring semester of sophomore year (rather than after the fall semester). This will allow students to present an additional semester of coursework and provide more time to explore medicine and acquire relevant experience. Applications will be reviewed and interview decisions will be released in early summer. Interviews will be held in the early fall, and decisions will be extended by the end of September. We understand that this change may impact student’s plans for their junior year, but we are hoping the consequences will be minimal and we will work with students who may be abroad, etc.” **Be sure to check the Tufts Early Assurance Program Website for additional 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 have taken the SAT or ACT.

Important Dates: Applications open in August. The application deadline is January 15. Acceptances are sent in July. **Be sure to check the Mt. Sinai Icahn Early Assurance Program Website for 2020-2021 information.**



Health Care/Research -- Resources for Internships/Jobs

Bates Related Opportunities

- **LACN and Spotlight on Careers** – Bates belongs to a consortium of 39 schools that work together to share and provide jobs and internships. Go to Handshake, then Resources, then Spotlight and LACN.
- **Purposeful Work Internship Program** – Paid internship opportunities such as the Memorial Sloan Kettering Cancer Center, McLean Hospital, ORA, etc. Another option: apply for funding to work with a non-profit. <https://www.bates.edu/purposeful-work/purposeful-work-internships/>
- **Summer Research Opportunities with Bates Faculty** – Each year the College awards Summer Research Apprenticeships to Bates faculty who wish to hire summer research assistants. www.bates.edu/academics/student-research/summer-funded-opportunities/
- **Harvard Center for Community Partnerships** – www.bates.edu/harvard/grants-2/studentsummer/
- **Daniel Hanley Center for Health Leadership Internships** - The Hanley Center's summer internship program connects undergraduates with paid experiential summer internship opportunities in healthcare sites across Maine. <https://www.hanleyleadership.org/leadership-courses/healthcare-leadership-internship/>

Other Websites

- **Minority/Under represented students** - <http://people.rit.edu/gtfsbi/Symp/mcoop.htm>
- **Neuroscience** - <http://people.rit.edu/~gtfsbi/Symp/Neuroscience.htm>
- **Psychology**: <http://apa.org/education/undergrad/research-opportunities.aspx>
- **Life Sciences** - <http://people.rit.edu/gtfsbi/Symp/summer.htm>

Health Care Organizations/Websites

Partners.org - www.partners.org/Careers/Career-Opportunities/Internships.aspx

Click on Job Search from the left hand menu. There are 2 different databases. To find internships type internships into the keyword search.

Harvard-affiliated Hospitals and Research Institutes - <http://news.harvard.edu/gazette/harvard-affiliated-hospitals-and-research-institutes/>

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 primarily jobs and potentially 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's else. Ex. Go to Children's Hospital of Philadelphia, NYU Medical Center, etc.

Public Health Jobs - <http://publichealthjobs.org/>

National Institute of Health - <http://www.jobs.nih.gov/vacancies/student/default.htm>

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 (NSF) is an independent federal agency which promotes the progress of science; to advance the national health, prosperity, and welfare

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>

10 week paid health career summer internships in 7 regions of the U.S.

Pathways to Science – <http://www.pathwaystoscience.org/>

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. 11 program sites. Each site provides 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.idealists.org

A nonprofit website with volunteer, internship, and job opportunities.

Indeed.com - www.indeed.com

Indeed enables you to search jobs and internships posted on 1,000's of websites. Employers also post jobs directly on Indeed.