Sophomore/Junior Pre-Health Packet
Pre-Health at Bates

Pre-med Requirements

- **General Chemistry**, two semesters with labs (Chem 107/108).
- **General Physics**, two semesters with labs (Physics 107/108).
- **Calculus**, one semester (Math 105 or 106).
- **Statistics** one semester (from any department).
- **Biology**, any two courses designated or cross-listed as “Eng.” First Year Seminars may not count.
- **Biochemistry**, (Bio 321 or Chem 321 & 322) is required for many health programs and is tested on the MCAT.
- **Psychology and Sociology**, the content of basic psychology and sociology is tested on the MCAT.

Other Health Careers

**Physical Therapy, Veterinary, Nursing, Occupational Therapy, and Physician Assistant programs** have similar but often additional prerequisites such as nutrition, anatomy and physiology, developmental psychology, genetics, and medical terminology. Please talk with your advisor about prerequisites for these and other health professions programs.

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 with a lab at a higher level, in addition to Chem 108, Chem 217, and Chem 218.

**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).

**Study Abroad** is a great way to develop important skills and competencies that are valued in the practice of medicine: flexibility, resilience, and cultural sensitivity, to name a few. Most, if not all, health profession programs require that prerequisite courses are taken in the U.S.

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 via Handshake (login to Handshake, go to the upper tab “Career Center” and then click “Appointments”) to meet with one of our Pre-Health Advisors:

   - **Bruno Salazar – Perea**, Chair, Lecturer in Biology, Faculty Fellow for Medical Studies
   - **Karen Daigler**, Director of Graduate and Professional School Advising
Preparation for a Career in Healthcare

Job Shadowing and Internships

Shadows & Internships – Why?

Job Shadows and Internships will allow you to better understand the world of healthcare and the job requirements of a particular profession.

IMPORTANT: Reflect on the experience… Keep a journal…

Who did I shadow and/or where did I intern? What did I learn? Did I engage as much as was appropriate? How did it seem like the patient was feeling? Other thoughts?

Shadowing Opportunities:

- The PW Job Shadow Program: application period opens on October 1st. You can apply to up to 3 job shadows with professionals from a multitude of areas within healthcare and science. In 2021-2022, some shadows will be virtual, some in person.
- The CMMC Job Shadow Program: This is an opportunity to shadow in the outpatient family practice residency clinic at Central Maine Medical Center.
- The PW Health Professions advisors and student assistants have created a list of local healthcare providers who are willing to let Bates students shadow or intern in their office.
- Virtual Shadowing programs: Began as a result of the pandemic. These programs will give you a sense of what the provider’s job is like. HEAL Clinical Education Network is one program that seems to have positive reviews.

Internship Opportunities:

Bates Related

- Purposeful Work Internship Program – Paid internship opportunities such as Brigham & Women’s Hospital, McLean Hospital, MaineHealth, etc. Another option: apply for funding to work with a non-profit.
- Summer Opportunities for Students Underrepresented in Medicine
- Summer Opportunities – For all students
- Summer Research Opportunities through Dean of Faculty’s Office – Each year the College awards Summer Research Apprenticeships to Bates faculty who wish to hire summer research assistants.
- 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.

Other Websites

- Minority/Under-represented students
- Neuroscience
- Psychology
- Life Sciences
Health Care Organizations/Websites

- **Mass General Brigham**
- **Harvard-affiliated Hospitals and Research Institutes**
- **Hospital websites**
  Visit individual Hospital websites to find out what they are offering for internships or jobs. Most Hospitals post their own positions directly on their website and do not offer them anywhere else. Examples may include the Children’s Hospital of Philadelphia, NYU Medical Center, etc.

- **Public Health Jobs**
- **National Institute of Health**
- **National Science Foundation**
- **Explore Health Careers**
- **USAJOBS**
- **Health Career Connection**
- **Pathways to Science**
- **SHPEP**
  A great program for First Years and Sophomores. 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**
  A nonprofit website with volunteer, internship, and job opportunities.

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

   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:** Typically, applications become available through the Bates premedical advisors by mid-December. An announcement will be made through Healthwork. The application deadline is February 1. Interviews are typically held in April. Acceptances are sent in June.

   Be sure to check the [Tufts Early Assurance Program Website](#) for the most up-to-date information.

2. **Mt. Sinai Icahn School of Medicine – FlexMed Program**

   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’ grade 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 late-August, with a January 15 deadline. Interviews are held in April, and acceptance decisions are released in July.

   Be sure to check the [Mt. Sinai Icahn Early Assurance Program Website](#) for the most up-to-date information.