Pre-Health

@ UI

options

resources
tips for success
Welcome from the Academic Advising Center
Purpose of Tonight’s Meeting

“Pre-Health” options

Components of a strong profile:

- Academics
- Activities
- Professional Relationships
Commitment to this Path

Where it started...
- Personal experiences
- Altruism / Service
- Science interest
- Monetary drive

Firmly held? Not firmly held?

Methods for confirming your commitment
- Volunteering, Job Shadowing, Research, Mentoring

Alternatives if you change your mind
Pre-Health Majors

- Pre-Chiropractic
- Pre-Dentistry
- Pre-Medicine
- Pre-Occupational Therapy
- Pre-Optometry
- Pre-Physical Therapy
- Pre-Physician Assistant
- Pre-Pharmacy
- Pre-Podiatry
- Pre-Veterinary Medicine
Pre-Health Majors

- Can choose any degree-granting major for most pre-health areas
- Choose a major in which you’re most interested
- Go to [www.explorehealthcareers.org](http://www.explorehealthcareers.org) for more information about health careers
Professionalism

Demonstrate your commitment to your future career NOW by paying attention to these things:

- Punctuality
- Honor Commitments
- Courtesy
- Respect for boundaries & confidentiality
- Ethical behavior
- Openness & willingness to admit mistakes
- Good communication skills
Professionalism continued

- Strong work ethic
- Resiliency: long hours, sometimes stressful conditions
- Ability to be a team player
- Desire to work with those of diverse backgrounds
- Lifelong learning & training
- Behavior (criminal record)
The strong applicant is... well-rounded.

- Academics
- Activities
- Professional Relationships
Student Perspective
# Application Timeline

<table>
<thead>
<tr>
<th>Year</th>
<th>Fall</th>
<th>Spring</th>
<th>Summer</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>Adjust to college academic life &amp; rigor.</td>
<td>Explore student orgs. Volunteer in a way that’s meaningful for you.</td>
<td></td>
</tr>
<tr>
<td>2nd</td>
<td>Volunteer &amp; job-shadow. Get to know your</td>
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<tr>
<td></td>
<td>professors and build professional</td>
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<tr>
<td></td>
<td>relationships. Find leadership</td>
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<tr>
<td></td>
<td>opportunities.</td>
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<tr>
<td>3rd</td>
<td>Finish courses that will prepare you for</td>
<td></td>
<td>Entrance Exam</td>
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<tr>
<td></td>
<td>your exam. Strengthen professional</td>
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<tr>
<td></td>
<td>relationships. Continue other</td>
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<td></td>
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<tr>
<td></td>
<td>involvements.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4th</td>
<td>apply &amp; interview</td>
<td>finish degree</td>
<td>Proceed to next step!</td>
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</table>

Proceed to next step!
How to be Successful ACADEMICS
## Grades

<table>
<thead>
<tr>
<th>Grade</th>
<th>GPA</th>
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<tr>
<td>A+</td>
<td>4.33</td>
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<tr>
<td>A</td>
<td>4.00</td>
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<tr>
<td>A-</td>
<td>3.67</td>
</tr>
<tr>
<td>B+</td>
<td>3.50</td>
</tr>
<tr>
<td>B</td>
<td>3.00</td>
</tr>
<tr>
<td>B-</td>
<td>2.67</td>
</tr>
<tr>
<td>C+</td>
<td>2.33</td>
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<tr>
<td>C</td>
<td>2.00</td>
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<tr>
<td>C-</td>
<td>1.67</td>
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<td>D+</td>
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<tr>
<td>D</td>
<td>1.00</td>
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<tr>
<td>D-</td>
<td>0.67</td>
</tr>
<tr>
<td>F</td>
<td>0.00</td>
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### GPA’s commonly considered:
- cumulative
- sciences & math

### Grades are weighted by the amount of credit they carry:
- 4sh affects GPA more than 3sh
- most sciences and math are 4sh or more
Study Time + Skills

- 2 : 1 study-to-class ratio
- homework ≠ exam
- Tons of material means you need to study early & often.
- Exams require that you apply knowledge, not simply regurgitate it.
Campus Resources

office hours

TUTOR IOWA

Chemistry Center

Math Lab

Supplemental Instruction

Residence Hall Tutoring

private tutors

UCS
Student Perspective
How to be Successful

ACTIVITIES
Q: What should you do?
A: Whatever matters to YOU!

explore options
choose only what’s meaningful
seek out leadership positions
Student Organizations

- Pre-Health Clubs
  - Medicus
  - Pre-PT
  - Pre-PA
  - Pre-Dental
  - and more... talk to your advisor!

- Great opportunity for leadership experience
- Explore other kinds of organizations to learn about yourself
<table>
<thead>
<tr>
<th>Volunteer</th>
<th>Job-Shadow</th>
<th>Work</th>
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</thead>
<tbody>
<tr>
<td>• explore fields</td>
<td>• practitioner perspective</td>
<td>• JobNet</td>
</tr>
<tr>
<td>• show commitment to helping others</td>
<td>• form connections with healthcare professionals</td>
<td>• learn valuable skills like teamwork, time management &amp; dependability</td>
</tr>
</tbody>
</table>
Research

• Apply knowledge to real-life problems
• Finding a position:
  • ICRU
  • Department websites
  • Network with other students
• Be prepared!
  • Learn about the studies
  • Think about your skills
  • Approach more than one professor/lab
Student Perspective
How to be Successful BUILDING RELATIONSHIPS
Make an effort to get to know...

- Professors
- Supervisors
- People you job-shadow
- Advisors
- Classmates
NEXT STEPS...
- Planning Appointment with an advisor
- Explore student organizations and volunteering opportunities
- Practice professionalism
- Get to know instructors in office hours!
- Pre-Health folder
QUESTIONS