

## **XII. PRE-HEALTH PROFESSIONS ADVISING**

### **Contents**

Pre-Health Professions Overview .....	2
Pre-Health Professions at Messiah.....	2
3+ Pre-Health Professions Programs at Messiah.....	2
Planning the Academic Program /Choosing a Major .....	2
Advising Services .....	2
Course Selection, A Generic Framework .....	3

## Pre-Health Professions Overview

*The Pre-Health program is best thought of as an overlay of courses that can be scheduled as part of most majors, with the exception of nursing.*

Pre-health professions advising at Messiah University is just that: specialized advising to help students overlay courses that can be part of virtually any major on campus (with the exception of nursing). Because medical programs of all types – medicine, dentistry, veterinary, PA, podiatry, chiropractic, and the list goes on – are looking for broadly educated applicants, at Messiah the choice of major is up to the student. A partial list of the pre-health professions advising choices follow.

### Pre-Health Professions at Messiah

- Allopathic and Osteopathic Medicine
- Chiropractic Medicine
- Dentistry
- Forensic Science
- Occupational Therapy
- Optometry
- Pharmacy
- Physical Therapy
- Physician Assistant
- Podiatric Medicine
- Public Health
- Veterinary Medicine

**3+ Pre-Health Professions Programs at Messiah** (3 years at Messiah with an articulated curriculum at a partner institution)

- Biopsychology (B.S.) / MSOT in Occupational Therapy – Messiah University
- Applied Health Science (B.S.) / MSOT in Occupational Therapy – Messiah University

### Planning the Academic Program /Choosing a Major

There is no single, best "pre-health" major. Medical schools are looking for students who have completed specific course work and have performed at a high academic level. We recommend that a student's interest dictate his/her choice of major as long as the prerequisites for medical school admission are met. Because of their natural interest in the sciences, many Messiah applicants to medical school complete a degree in Applied Health Science, Biology, Molecular Biology, Chemistry, Biochemistry (B.A. or B.S.) or Biopsychology.

Some students, however, pursue majors outside of the sciences. ***Medical school admissions personnel unequivocally state that the specific undergraduate major is not a consideration in the admissions process.*** They are interested in the rigor of the courses the applicants have completed and the grades they have earned.

### Advising Services

Messiah students who plan to pursue a career in the healthcare professions are assigned **two** advisors: one in their academic major, and our Pre-Health Professions Advisor, Martha Stigelman. It is vital that the student contact her as soon as possible after meeting with you, the academic advisor.

## Course Selection, A Generic Framework

To help students plan, the following minimal sequence of courses is recommended. It should be impressed upon the student that this is not the complete list of courses required for the medical program to which they hope to apply. It is a preliminary list of classes that will be supplemented by additional program-specific and school-specific requirements. (Note: Math and Statistics course requirements vary by institution and are not included in this framework.) It is important that all required courses be taken at Messiah. If this is not possible, the student must meet with Martha Stigelman before enrolling at another institution.

### FIRST YEAR SEQUENCE\*\*

<u>Fall Semester</u>	<u>Spring Semester</u>
CHEM 105 General Chemistry I	CHEM 106 General Chemistry II
BIOL 170 Cell and Animal Physiology	BIOL xxx
BIOL 171 Biology Cornerstone	

### SOPHOMORE YEAR SEQUENCE\*\*

<u>Fall Semester</u>	<u>Spring Semester</u>
CHEM 309 Organic Chemistry I	CHEM 310 Organic Chemistry II
	PHYS 211 General Physics I *

### JUNIOR YEAR SEQUENCE\*\*

<u>Fall Semester</u>	<u>Spring Semester</u>
CHEM 410 Biochemistry I	PHYS 202 Intro Physics II*
PHYS 212 General Physics II*	BIOL xxx
PHYS 201 Intro Physics I*	
BIOL xxx	

\*In most cases students have the choice of taking intro or general physics, depending on the requirements of their major. Intro Physics I and II are an appropriate, and somewhat easier, choice for most applicants.

\*\* One semester of introduction to psychology (PSYC 101) and one semester of introduction to sociology (SOAN 101), or strong AP scores in these areas must be completed prior to taking the MCAT.