

XII. PRE-HEALTH PROFESSIONS ADVISING

Contents

Pre-Health Professions Overview	2
Pre-Health Professions Programs at Messiah	2
3+ Pre-Health Professions Programs at Messiah	2
Planning the Academic Program	2
Choosing a Major	2
Advising Services	3
Course Selection, A Generic Framework	3
Planning Your Academic Program	3
Preparing for Graduate Study	4
Messiah College Course Equivalencies	5
Preparing for a Career in Allopathic Medicine (MD).....	6
Preparing for a Career in Chiropractic Medicine (DC)	7
Preparing for a Career in Dentistry (DDS or DMD).....	8
Preparing for a Career in Occupational Therapy (MS, MA, MOT or OTD).....	9
Preparing for a Career in Optometry (OD)	10
Preparing for a Career in Osteopathic Medicine (DO)	11
Preparing for a Career in Pharmacy (PharmD).....	12
Preparing for a Career in Physical Therapy (MS, MPT, or DPT)	13
Preparing for a Career as a Physician Assistant (PA).....	14
Preparing for a Career in Podiatric Medicine	15
Preparing for a Career in Public Health	16

Pre-Health Professions Overview

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

Pre-health professions advising at Messiah College is just that: specialized advising to help you overlay courses that can be part of virtually any major on campus, with the exception of engineering and 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 as long as the one that is chosen is recognized as being academically rigorous. That said, the majority of pre-med students choose a science-related major, but that is not a requirement. A list of the pre-health professions advising choices follow.

Pre-Health Professions at Messiah (4 years at Messiah)

- Allopathic Medicine
- Chiropractic Medicine
- Dentistry
- Forensic Science
- Occupational Therapy
- Optometry
- Osteopathic Medicine
- Pharmacy
- Physician's 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)

- Biochemistry (B.A.) / Doctor of Pharmacy (Pharm.D.) – University of the Sciences in Philadelphia
- Biopsychology (B.S.) / MSOT in Occupational Therapy – Thomas Jefferson University
- Applied Health Science (B.S.) / MSOT in Occupational Therapy – Thomas Jefferson 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 Biology, Molecular Biology, Chemistry, Biochemistry (B.A. or B.S.) or Biopsychology.

Some students, however, pursue majors outside of the sciences (including majoring in music or the social sciences, for example). In these cases, students are encouraged to take the "strongly recommended" courses described in the next section. Indeed, *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 Smith. It is vital that the student contact Martha Smith as soon as possible after meeting with you, the academic advisor. Because preparing for medical program admissions is more like training for a marathon than a sprint, it is vital that students begin the non-academic portion of their medical program requirements at the beginning of their college career.

Course Selection, A Generic Framework

While the task of advising students how to plan their academic program in the myriad pre-health professions may seem daunting, the course requirements are actually quite straightforward, at least in the early years. Prospective applicants are required to research the schools to which they may apply to best plan their four-year curriculum, but assigning them to the appropriate courses that will get them off to the best possible start is quite formulaic.

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.

FIRST YEAR SEQUENCE*

<u>Fall Semester</u>	<u>Spring Semester</u>
CHEM 105 General Chemistry I	CHEM 106 General Chemistry II
BIOL 160 Molecular & Cellular Biology	BIOL 161 Animal Form and Function (J - Term)
	BIOL 162 Plant Form and Function

SOPHOMORE YEAR SEQUENCE*

<u>Fall Semester</u>	<u>Spring Semester</u>
CHEM 309 Organic Chemistry I	CHEM 310 Organic Chemistry II

JUNIOR YEAR SEQUENCE*

<u>Fall Semester</u>	<u>Spring Semester</u>
PHYS 211 General Physics I	PHYS 212 General Physics II
CHEM 410 Biochemistry I	

* One semester of introduction to psychology (PSYC 101) and one semester of introduction to sociology (SOAN 101) must be completed prior to taking the MCAT.

Planning Your Academic Program

The courses required for the major are those listed under Major Requirements. They are also listed on the checklist in this handbook. To help the student plan, the course listing by semester for courses in the sciences and mathematics are included below. Note: this list does not *guarantee* that any particular course will be offered in a given semester.

EVERY SEMESTER AND J-TERM

Introduction to Psychology

EVERY SEMESTER

Calculus I	Natural Sciences Capstone Course
Calculus II	Research Methods
Introductory Statistics	Senior Research
Microbiology for Health Professions	Statistical Methods in Psychology
Introduction to Sociology	

FALL SEMESTER ONLY

Biochemistry I	Molecular and Cellular Biology
Chemical Analysis I	Molecular Biology
General Chemistry I	Organic Chemistry I
Genetics and Development	Physical Chemistry I
Intuitive Calculus with Applications	Senior Chemistry Seminar
	Statistics for Mathematical Sciences

SPRING SEMESTER ONLY

Animal Form and Function (J-term)	General Chemistry II
Biochemistry II	Junior Chemistry Seminar
Cell Biology (odd years)	Organic Chemistry II
Chemical Analysis II	Plant Form and Function

ALTERNATE YEARS ONLY

<u>Fall</u>	<u>Spring</u>
Inorganic Chemistry (odd years)	Physical Chemistry II (odd years)
<u>J-Term</u>	Advanced Synthesis & Spectroscopy (even years)
Advanced Organic Chem. (odd years)	Environmental Chemistry (even years)
	Molecular Genetics (even years)

Remember:

1. Students are personally responsible to plan their program to meet all graduation requirements.
2. Under ordinary circumstances, the last thirty (30) credits preceding the conferring of the degree must be earned at Messiah College with a minimum of twelve (12) credits in the major.
3. To continue at Messiah, the student will need to maintain a cumulative grade point of 1.80 (0-23 credits), 1.9 (24-56 credits), and 2.0 (57 credits or above).

Preparing for Graduate Study

Messiah College has a proud tradition of preparing students for careers in the health field. While the academic and experiential requirements *may* vary by institution, most of them have similar requirements. Prospective applicants are encouraged to research the schools to which they may apply to best plan their curriculum. The following charts present a brief outline of what is generally expected of successful applicants to medical programs, and how Messiah College prepares its students to meet and often exceed these requirements. You will note that at Messiah we have a Pre-Health **Program**. Our program is best

thought of as an overlay of courses that can be scheduled as part of most majors, with the exception of engineering and nursing.

Messiah College Course Equivalencies

The tables on the following pages refer to course requirements in one year increments. Here is how that translates to specific Messiah College courses.

- 1 year general biology (Biology 160, 161 and 162)
- 1 year general chemistry (Chemistry 105 and 106)
- 1 year organic chemistry (Chemistry 309 and 310)
- 1 semester biochemistry (CHEM 410) (minimum requirement) Two semesters are preferred (CHEM 410 and 412)
- Math – Requirement varies by institution. This likely includes one semester of statistics (STAT 269, STAT 291 or PSYC 271) and/or one or two semesters of mathematics (MATH 108 or higher).
- 1 year physics (Physics 201 and 202 or Physics 211 and 212)
- 1 year English (satisfied by FYS, CCC and the writing intensive course requirement)
- 1 semester Psychology (PSYC 101)
- 1 semester Sociology (SOAN 101)

Preparing for a Career in Allopathic Medicine (MD)

Description of Profession	<ul style="list-style-type: none"> U.S. Department of Labor <i>Occupational Outlook Handbook</i> www.bls.gov/oco/home.htm or www.explorehealthcareers.org
Course Requirements	<ul style="list-style-type: none"> 1 year general biology 1 year organic chemistry Some schools may also require math and/or English (check <i>Medical School Admission Requirements</i>; MSAR; www.aamc.org/msar) 1 year general chemistry 1 year general physics
Application Timeline	<p>Medical school directly after Messiah College:</p> <ul style="list-style-type: none"> Required courses completed by end of junior year Apply during summer between junior and senior years
Standardized Test	<ul style="list-style-type: none"> Medical College Admission Test (MCAT) Given 22 times from January to September Take after prerequisite courses are completed (usually spring of junior year or summer between junior and senior years) Register on-line (www.aamc.org/students/mcat) (registration available 12 weeks before test, registration deadline 14 days before test) 5 hour test 4 sections : verbal reasoning (score 1-15), physical sciences (general chemistry and physics; score 1-15), biological sciences (general biology and organic chemistry; score 1-15), writing sample (score J-T) Receive scores approximately 30 days after test <i>MCAT Essentials and Preparing for the MCAT Exam</i> (www.aamc.org/students/mcat)
Application Service	<ul style="list-style-type: none"> American Medical College Application Service (AMCAS) (www.aamc.org/amcas) Available ≈ May 1 • APPLY EARLY!!!
Admissions Criteria	<ul style="list-style-type: none"> Overall and science GPA (check MSAR for #'s) MCAT (check MSAR for #'s) Letters of evaluation (committee letter) The type of letter written on behalf of the applicant may vary. For myriad reasons that will be discussed at the time of application, applicants may have a Committee Letter of Recommendation or a Committee Packet of Information sent on their behalf. Interview Medically related experience Study abroad (but take prerequisites in US) Extracurricular activities Research experience
Length of Program	<ul style="list-style-type: none"> Medical school: 4 years Residency: 3-8 years
Degree	<ul style="list-style-type: none"> Doctor of Medicine (MD)
Additional Resources	<ul style="list-style-type: none"> American Association of Medical Colleges (www.aamc.org) Tomorrow's Doctors website (www.tomorrowsdoctors.org) American Medical Association (www.ama-assn.org)
Notes	<ul style="list-style-type: none"> The Health Professions Committee interviews students during the spring semester to facilitate writing committee letter of evaluation

Preparing for a Career in Chiropractic Medicine (DC)

Description of Profession	<ul style="list-style-type: none"> • U.S. Department of Labor <i>Occupational Outlook Handbook</i> www.bls.gov/oco/home.htm • www.explorehealthcareers.org
Course Requirements	<ul style="list-style-type: none"> • 1 year general biology • 1 year organic chemistry • 1 year English • 5 courses in social sciences or humanities • Some schools may also require additional courses (check the Association of Chiropractic Colleges website at www.chirocolleges.org) • 1 year general chemistry • 1 year general physics • 1 semester psychology
Application Timeline	<p>Chiropractic college directly after Messiah College:</p> <ul style="list-style-type: none"> • Required courses completed by end of senior year (although preference may be given to applicants that complete the required courses sooner) • Apply during fall of senior year
Standardized Test	<ul style="list-style-type: none"> • Usually none, but check the Association of Chiropractic Colleges website at www.chirocolleges.org
Application Service	<ul style="list-style-type: none"> • No centralized application service • Apply directly to each Chiropractic College • APPLY EARLY!!!
Admissions Criteria	<ul style="list-style-type: none"> • GPA • Letters of evaluation • Health-related experience • Personal statement
Length of Program	<ul style="list-style-type: none"> • Varies by school • Typically, 3-4 years
Degree	<ul style="list-style-type: none"> • Doctor of Chiropractic (DC)
Additional Resources	<ul style="list-style-type: none"> • Association of Chiropractic Colleges (www.chirocolleges.org) • The Council on Chiropractic Education (www.cce-usa.org) • American Chiropractic Association (www.amerchiro.org)

Preparing for a Career in Dentistry (DDS or DMD)

Description of the Profession	<ul style="list-style-type: none"> U.S. Department of Labor <i>Occupational Outlook Handbook</i> www.bls.gov/oco/home.htm or www.explorehealthcareers.org
Course Requirements	<ul style="list-style-type: none"> 1 year general biology 1 year organic chemistry Some schools may also require additional biology, English, math and/or social sciences (check the <i>Official Guide to Dental Schools</i>; www.adea.org) 1 year general chemistry 1 year general physics
Application Timeline	<p>Dental school directly after Gettysburg College:</p> <ul style="list-style-type: none"> Required courses completed by end of junior year Apply during summer between junior and senior years
Standardized Test	<ul style="list-style-type: none"> Dental Admission Test (DAT) Given virtually daily at computer test centers Take after general biology, general chemistry, and organic chemistry are completed (usually end of junior year) Register on-line (www.ada.org) Length 4.25 h 4 sections : survey of natural sciences (general biology, general chemistry, organic chemistry), perceptual ability, reading comprehension, quantitative reasoning Receive scores immediately DAT Program Examinee Guide (www.ada.org)
Application Service	<ul style="list-style-type: none"> American Association of Dental Schools Application Service (AADSAS) (www.adea.org) Available ≈ May 15 APPLY EARLY!!!
Admissions Criteria	<ul style="list-style-type: none"> Overall and science GPA (check <i>Official Guide</i> for #'s) DAT (check <i>Official Guide</i> for #'s) Letters of evaluation (committee letter) - The type of letter written on behalf of the applicant may vary. For myriad reasons that will be discussed at the time of application, applicants may have a Committee Letter of Recommendation or a Committee Packet of Information sent on their behalf. Interview Extracurricular activities Health-related experience
Length of Program	<ul style="list-style-type: none"> Dental school: 4 years Specialties require additional education after dental school
Degree	<ul style="list-style-type: none"> Doctor of Dental Surgery (DDS) Doctor of Dental Medicine (DMD) (The two degrees are entirely equivalent.)
Additional Resources	<ul style="list-style-type: none"> American Student Dental Association (ASDA) (www.asdanet.org) <i>Getting into Dental School: ASDA's Guide for Predental Students</i> (www.asdanet.org/publication) American Dental Association (www.ada.org) American Dental Education Association (www.adea.org)
Notes	<ul style="list-style-type: none"> The Health Professions Committee interviews students during the spring semester to facilitate writing committee letter of evaluation

Preparing for a Career in Occupational Therapy (MS, MA, MOT or OTD)

Description of Profession	<ul style="list-style-type: none"> U.S. Department of Labor <i>Occupational Outlook Handbook</i> www.bls.gov/oco/home.htm www.explorehealthcareers.org
Course Requirements	<ul style="list-style-type: none"> Requirements vary by school Check the Student section on the American Occupational Therapy Association webpage (www.aota.org) Generally, course work should include general biology, human anatomy and physiology, statistics, and social sciences
Application Timeline	<p>Occupational therapy school directly after Messiah College:</p> <ul style="list-style-type: none"> Required courses completed by end of senior year (although preference may be given to applicants that complete the required courses sooner) Apply during fall of senior year
Standardized Test	<ul style="list-style-type: none"> Graduate Record Exam (GRE) Given virtually daily at computer test centers Register on-line (www.gre.org) Length 3 h 3 sections : verbal (scores 200-800), quantitative (200-800), analytical writing (0-6) Receive scores immediately
Application Service	<ul style="list-style-type: none"> No centralized application service Apply directly to each occupational therapy school APPLY EARLY!!!
Admissions Criteria	<ul style="list-style-type: none"> GPA Letters of evaluation Personal statement GRE Health-related experience
Length of Program	<ul style="list-style-type: none"> Varies by school ≈ 3-4 years for OTD programs ≈ 2 years for MS, MA, or MSOT programs
Degree	<ul style="list-style-type: none"> OTD (Doctor of Occupational Therapy) (5 programs) MS (Master of Science) , MA (Master of Arts), or MOT (Master of Occupational Therapy) (most programs)
Additional Resources	<ul style="list-style-type: none"> The American Occupational Therapy Association (www.aota.org)

Preparing for a Career in Optometry (OD)

Description of the Profession	<ul style="list-style-type: none"> U.S. Department of Labor <i>Occupational Outlook Handbook</i> www.bls.gov/oco/home.htm or www.explorehealthcareers.org
Course Requirements	<ul style="list-style-type: none"> 1 year general biology 1 year organic chemistry 1 year English Some schools may also require additional biology and psychology (check <i>Schools and Colleges of Optometry Admission Requirements</i> or online at www.opted.org) 1 year general chemistry 1 year general physics 1 year math (algebra/trigonometry/calculus)
Application Timeline	<p>Optometry school directly after Messiah College:</p> <ul style="list-style-type: none"> Required courses completed by end of junior year Apply during summer between junior and senior years or in the early fall of senior year
Standardized Test	<ul style="list-style-type: none"> Optometry Admission Test (OAT) Given virtually daily at computer test centers Take after general biology, general chemistry, organic chemistry, and physics are completed Register on-line (www.opted.org) Length 275-300 minutes 4 sections : Survey of the Natural Sciences (Biology, General Chemistry, Organic Chemistry), Reading Comprehension, Physics, Quantitative Reasoning Receive scores immediately Scaled scores range from 200 to 400 <i>Examinee Guide</i> available at www.opted.org
Application Service	<ul style="list-style-type: none"> No centralized application service Apply directly to each optometry school APPLY EARLY!!!
Admissions Criteria	<ul style="list-style-type: none"> Overall and science GPA OAT Letters of evaluation (usually committee letter; additional letters may be required) Interview Extracurricular activities Health-related experience Research experience
Length of Program	<ul style="list-style-type: none"> Optometry school: 4 years Optional 1 year residency
Degree	<ul style="list-style-type: none"> Doctor of Optometry (OD)
Additional Resources	<ul style="list-style-type: none"> Association of Schools and Colleges of Optometry (www.opted.org) American Academy of Optometry (www.aaopt.org) American Optometric Association (www.aoanet.org)

Preparing for a Career in Osteopathic Medicine (DO)

Nature of the Work	<ul style="list-style-type: none"> U.S. Department of Labor <i>Occupational Outlook Handbook</i> www.bls.gov/oco/home.htm or www.explorehealthcareers.org
Course Requirements	<ul style="list-style-type: none"> 1 year general biology 1 year organic chemistry Some schools may also require additional biology, English and/or behavioral science (check Osteopathic Medical College Information Book; CIB; www.aacom.org) 1 year general chemistry 1 year general physics
Application Timeline	<p>Medical school directly after Gettysburg College:</p> <ul style="list-style-type: none"> Required courses completed by end of junior year Apply during summer between junior and senior years
Standardized Test	<ul style="list-style-type: none"> Medical College Admission Test (MCAT) Given 22 times from January to September Take after prerequisite courses are completed (usually spring of junior year or summer between junior and senior years) Register on-line (www.aamc.org/students/mcat) (registration available 12 weeks before test, registration deadline 14 days before test) 5 hour test 4 sections: verbal reasoning (score 1-15), physical sciences (general chemistry and physics; score 1-15), biological sciences (general biology and organic chemistry; score 1-15), writing sample (score J-T) Receive scores approximately 30 days after test MCAT Essentials and Preparing for the MCAT Exam www.aamc.org/students/mcat
Application Service	<ul style="list-style-type: none"> American Association of Colleges of Osteopathic Medicine Application Service (AACOMAS) (https://aacomas.aacom.org) Available ≈ June 1 APPLY EARLY!!!
Admissions Criteria	<ul style="list-style-type: none"> Overall and science GPA (check CIB for #'s) MCAT (check CIB for #'s) Letters of evaluation (committee letter and often a letter from a DO; check CIB) Interview Extracurricular activities Medically related experience
Length of Program	<ul style="list-style-type: none"> Medical school: 4 years Residency: 1-6 years
Degree	<ul style="list-style-type: none"> Doctor of Osteopathic Medicine (DO)
Additional Resources	<ul style="list-style-type: none"> American Association of Colleges of Osteopathic Medicine (www.aacom.org) American Osteopathic Association (AOA) (www.osteopathic.org)
Notes	<ul style="list-style-type: none"> The Pre-Health Professions Advising Committee interviews students during the spring semester to facilitate writing committee letter of evaluation

Preparing for a Career in Pharmacy (PharmD)

Description of the Profession	<ul style="list-style-type: none"> • U.S. Department of Labor <i>Occupational Outlook Handbook</i> www.bls.gov/oco/home.htm • www.explorehealthcareers.org
Course Requirements	<ul style="list-style-type: none"> • Requirements vary by school • Check the <i>Pharmacy School Admission Requirements</i> (PSAR) (www.aacp.org) • Generally, course work should include biology, chemistry, physics, English, social sciences, and humanities
Application Timeline	<p>Pharmacy school directly after Messiah College:</p> <ul style="list-style-type: none"> • Required courses completed by end of fall semester of senior year • Apply during summer between junior and senior years or during senior year
Standardized Test	<ul style="list-style-type: none"> • Pharmacy College Admission Test (PCAT) (www.pcatweb.info) • Approximately half of the pharmacy schools require or recommend the PCAT • Given four times a year, <u>usually</u> in January, June, August and October • Register on-line (www.pcatweb.info) • Length 5 h • 6 sections : Verbal Ability, Quantitative Ability, Biology, Chemistry, Reading Comprehension, Writing • Receive scores approximately 6 weeks after test • Scores range from 200 to 600 • <i>Candidate Information Booklet</i> (www.pcatweb.info)
Application Service	<ul style="list-style-type: none"> • Approximately half of the pharmacy schools participate in the Pharmacy College Application Service (PharmCAS) (www.pharmacas.org) • Available ≈ June 1 • Each school selects an application deadline (November, December, January, February, or March) • For pharmacy schools that do not participate in PharmCAS, apply directly to the school • APPLY EARLY!!!
Admissions Criteria	<ul style="list-style-type: none"> • Overall and science GPA (check PSAR for #'s) • PCAT • Letters of evaluation • The type of letter written on behalf of the applicant may vary. For myriad reasons that will be discussed at the time of application, applicants may have a Committee Letter of Recommendation or a Committee Packet of Information sent on their behalf. • Interview • Written communication skills via an essay during the interview process • Health-related experience • Extracurricular activities
Length of Program	<ul style="list-style-type: none"> • 4 academic years or 3 calendar years
Degree	<ul style="list-style-type: none"> • Doctor of Pharmacy (Pharm.D.)
Additional Resources	<ul style="list-style-type: none"> • American Association of Colleges of Pharmacy (www.aacp.org) • American Pharmacists Association (www.aphanet.org)

Preparing for a Career in Physical Therapy (MS, MPT, or DPT)

Nature of the Work	<p>For descriptions of this profession see:</p> <ul style="list-style-type: none"> • U.S. Department of Labor <i>Occupational Outlook Handbook</i> www.bls.gov/oco/home.htm • www.explorehealthcareers.org
Course Requirements	<ul style="list-style-type: none"> • Requirements vary by school • Check the Education section on the American Physical Therapy Association webpage (www.apta.org) • Generally, course work should include general biology, general chemistry, general physics, human anatomy and physiology, statistics, psychology, English, and humanities
Application Timeline	<p>Physical therapy school directly after Messiah College:</p> <ul style="list-style-type: none"> • Required courses completed by end of senior year (although preference may be given to applicants that complete the required courses sooner) • Apply during fall of senior year
Standardized Test	<ul style="list-style-type: none"> • Graduate Record Exam (GRE) • Given virtually daily at computer test centers • Register on-line (www.gre.org) • Length 3 h • 3 sections : verbal (scores 200-800), quantitative (200-800), analytical writing (0-6) • Receive scores immediately
Application Service	<ul style="list-style-type: none"> • No centralized application service • Apply directly to each physical therapy school • APPLY EARLY!!!
Admissions Criteria	<ul style="list-style-type: none"> • GPA • GRE • Letters of evaluation • Health-related experience • Writing and interpersonal skills
Length of Program	<ul style="list-style-type: none"> • Varies by school • ≈ 3 years for DPT programs
Degree	<ul style="list-style-type: none"> • DPT (Doctor of Physical Therapy) (≈ 50% of programs) • MS (Master of Science) or MPT (Master of Physical Therapy) (≈ 50% of programs)
Additional Resources	<ul style="list-style-type: none"> • American Physical Therapy Association (www.apta.org)

Preparing for a Career as a Physician Assistant (PA)

Description of the Profession	<ul style="list-style-type: none"> • U.S. Department of Labor <i>Occupational Outlook Handbook</i> www.bls.gov/oco/home.htm • www.explorehealthcareers.org
Course Requirements	<ul style="list-style-type: none"> • Requirements vary by school • Check the <i>Physician Assistant Programs Directory</i> (www.paeaonline.org/directory) • Generally, course work should include general biology, general chemistry and sometimes organic chemistry, human anatomy and physiology, microbiology, statistics, social sciences, and humanities
Application Timeline	<p>Physician assistant school directly after Messiah College:</p> <ul style="list-style-type: none"> • Required courses completed by end of senior year (although preference may be given to applicants that complete the required courses sooner) • Apply during summer between junior and senior years or during senior year
Standardized Test	<ul style="list-style-type: none"> • Usually Graduate Record Exam (GRE) (check the <i>Physician Assistant Programs Directory</i>) • Given virtually daily at computer test centers • Register on-line (www.gre.org) • Length 3 h • 3 sections : verbal (scores 200-800), quantitative (200-800), analytical writing (0-6) • Receive scores immediately
Application Service	<ul style="list-style-type: none"> • 90 of the 134 physician assistant programs participate in the Central Application Service for Physician Assistants (CASPA) (www.caspaonline.org) • Available ≈ May 1 • Each school selects an application deadline (typically in the fall) • For physician assistant programs that do not participate in CASPA, apply directly to the school • APPLY EARLY!!!
Admissions Criteria	<ul style="list-style-type: none"> • GPA (check the <i>Physician Assistant Programs Directory</i> for #'s) • GRE, if required (check the <i>Physician Assistant Programs Directory</i> for #'s) • Written statement • Letters of evaluation • The type of letter written on behalf of the applicant may vary. For myriad reasons that will be discussed at the time of application, applicants may have a Committee Letter of Recommendation or a Committee Packet of Information sent on their behalf. • Interview • Health-related experience (type and amount varies greatly by school; check the <i>Physician Assistant Programs Directory</i>) • Interview
Length of Program	<ul style="list-style-type: none"> • Varies by school (check the <i>Physician Assistant Programs Directory</i>) • Typically, 2 years
Degree	<ul style="list-style-type: none"> • Physician Assistant (PA)
Additional Resources	<ul style="list-style-type: none"> • Physician Assistant Education Association (www.paeaonline.org) • American Academy of Physician Assistants (www.aapa.org) • www.physicianassistant.net

Preparing for a Career in Podiatric Medicine

Description of the Profession	<ul style="list-style-type: none"> • U.S. Department of Labor <i>Occupational Outlook Handbook</i> www.bls.gov/oco/home.htm • www.explorehealthcareers.org
Course Requirements	<ul style="list-style-type: none"> • 1 year general biology • 1 year general chemistry • 1 year organic chemistry • 1 year general physics • 1 year English • Some schools require additional courses (check the American Association of Colleges of Podiatric Medicine (AACPM) website: www.aacpm.org)
Application Timeline	<p>Podiatry school directly after Messiah College:</p> <ul style="list-style-type: none"> • Required courses completed by end of junior year • Apply during fall of senior year
Standardized Test	<ul style="list-style-type: none"> • Applicants are required to take the MCAT (www.aamc.org/mcat), DAT (www.ada.org), or GRE (www.gre.org) • Check the AACPM website (www.aacpm.org) to determine which test(s) is(are) acceptable for individual schools
Application Service	<ul style="list-style-type: none"> • American Association of Colleges of Podiatric Medicine Application Service (e-AACPMAS) (www.e-aacpmas.org) • Available ~ September 1 • APPLY EARLY!!!
Admissions Criteria	<ul style="list-style-type: none"> • Overall and science GPA • Standardized test scores • Letters of evaluation (committee or individual letters, and often a letter from a DPM; check the AACPM website (www.aacpm.org)) • Health-related experience • Interview
Length of Program	<ul style="list-style-type: none"> • Podiatry school: 4 years • Residency 2-3 years
Additional Resources	<ul style="list-style-type: none"> • American Association of Colleges of Podiatric Medicine (AACPM) (www.aacpm.org) • American Podiatric Medical Association (APMA) (www.apma.org)

Preparing for a Career in Public Health

Description of the Profession	<ul style="list-style-type: none"> • Association of Schools of Public Health webpage (www.asph.org) • www.explorehealthcareers.org
Options	<ul style="list-style-type: none"> • There are 5 core areas of public health: <ul style="list-style-type: none"> • Biostatistics • Epidemiology • Health Services Administration • Health Education/Behavioral Science • Environmental Health • Many schools offer concentrations in addition to the 5 core areas of public health • Check the Association of Schools of Public Health website (www.asph.org) for a list of schools of public health
Course Requirements	<ul style="list-style-type: none"> • Requirements vary by school
Application Timeline	<p>Public health school directly after Messiah College:</p> <ul style="list-style-type: none"> • Required courses completed by end of senior year (although preference may be given to applicants that complete the required courses sooner) • Apply during fall of senior year
Standardized Test	<ul style="list-style-type: none"> • Usually Graduate Record Exam (GRE), but varies by school • Given virtually daily at computer test centers • Register on-line (www.gre.org) • Length 3 h • 3 sections: verbal (scores 200-800), quantitative (200-800), analytical writing (0-6) • Receive scores immediately
Application Service	<ul style="list-style-type: none"> • 22 of the 39 schools of public health participate in the Schools of Public Health Application Service (SOPHAS) (www.sophas.org) • Available ~ September 1 • APPLY EARLY!!!
Length of Program	<ul style="list-style-type: none"> • Varies by school • Master degree programs \approx 1-2 years • Doctoral degree programs \approx 3 years or more
Degree	<ul style="list-style-type: none"> • Master of Public Health (MPH) • Master of Health Administration (MHA) • Master of Science (MS) • Doctor of Public Health (DrPH) • Doctor of Philosophy (PhD) • Doctor of Science (ScD)
Admissions Criteria	<ul style="list-style-type: none"> • GPA • Letters of evaluation • Personal statement • GRE • Health-related experience
Additional Resources	<ul style="list-style-type: none"> • Association of Schools of Public Health (www.asph.org) • www.publichealthjobs.net • www.whatispublichealth.org • American Public Health Association (www.apha.org)

