Clark University Medical Careers Advising Program

Dr. Denis A. Larochelle
Director of the Program
Chair of the Premedical and Predental Advisory Committee

Wendy Praisner
Program Coordinator
Sackler Sciences S228

E. Krygier
D. Merrill
R. Drewell
OPTIONS IN THE HEALTH PROFESSIONS

Allopathic Medicine (MD)
Osteopathic Medicine (DO)
Dentistry (DDS or DMD)
Veterinary Medicine (DVM)
Physician Assistant (PA)
Nursing (RN, BSN, DNP, etc.)
Pharmacy (PharmD)
Naturopathic Doctor (ND)
Nutrition
Podiatry
Optometry
Chiropractic Medicine
Physical Therapy
Genetic Counseling
Sports Medicine
Occupational Therapy
Public Health
What we can provide for you:

- Curriculum development
- Extracurricular and volunteering activities (including shadowing, etc.)
- Networking (Clark Connect, Conferences, Open Houses)
- Invited speakers
- Prehealth Society, Predental Society, Clark’s Rapid Responders
- Application assistance (timing, basic information, personal statement edits, etc.)
- Guidance on standardized exam preparation (MCAT, DAT, GRE, CASPer)
- Letters of recommendation
- Where to apply
- Mock interviews
Clark University Undergraduates: Health Professions Entering Class of 2021

Are you interested in the health professions? Contact Wendy Praisner at premed@clarku.edu, Sackler Sciences Center, Room S228, to be put on our health careers mailing list. Check out our website at: https://www.clarku.edu/departments/prehealth

Contact Dr. Denis Larochelle at dlarochelle@clarku.edu, Lasry Center for Bioscience, Room 334, to talk about your plans and the best way to find the path that is right for you towards a career in one of the many health-related fields.
Undergraduate required prerequisite courses

*(Beware: these may change in the near future)*

1. Different schools have somewhat different prerequisites (especially regarding Math).

2. Medical, dental and veterinary are generally similar: 1 year of English, Math, General Biology, General Chemistry, Organic Chemistry, and Physics; plus at least 1 semester of Biochemistry*, Psychology*, and Sociology*. *Recently required by increasing numbers of schools.

3. Allied health fields such as nursing and PA do not generally require Physics. However, they, as well as pharmacy, PT, and others, may have additional requirements such as Microbiology, Statistics, Human Anatomy and Human Physiology.

Please see Clark’s website for more information:

https://www.clarku.edu/departments/prehealth/undergraduate/choosing-courses/
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Academics

Curriculum
GPA
Standardized test
Faculty Letters

Research

Campus, Community, and Clinical Extracurricular Activities

Humanism

Committee Letter
Common Application
Essay
Experience descriptions
Secondary Applications
Interview

Application Process

Selecting which program to attend

Schools
Planning for a career in health care:
(i.e. what does it take to get in?)

Programs will ask three questions:

1. Can you do the work in a graduate program?
   Numbers and NCVs

2. Do you know what you are getting in for?
   “Clinical” (usually volunteer) experiences

3. Will you make a good fill-in-the-blank?
   Letters, applications, interviews, and NCVs
1. Can you do the work in graduate school?

Data schools will use to try to answer this question:

1. Undergraduate GPA (overall and science): $\sim 3.5$

2. Standardized test scores:
   $\sim > 70^{th}$ percentile
   MCAT, DAT, GRE, PCAT, OAT, etc.

3. Non-cognitive variables (NCVs) as predictors of success:
   Sense of self, Realistic self appraisal, Leadership, Role models
   Balance in recognizing and dealing with “discrimination”
   Ability to identify and thrive in a community
   Nontraditional (experience based) learning
   Setting goals and receiving rewards
2. Do you know what you are getting in for?

Have you seen patients in distress?
Will you faint at the sight of blood?
Did you learn about medicine from watching Grey’s Anatomy?
Have you ever changed a bedpan?
Have you witnessed health care providers act professionally?

Information schools will use to try to answer this question:

1. Experiences in a “clinical” environment - since you cannot treat patients without certification (CNA, LPN, RN, PA, MD, etc.), this is usually obtained as a volunteer in a hospital, nursing home, or health clinic. Also, shadowing physicians and working as a medical scribe.

2. Service on an Emergency Medical Squad (EMS); e.g., CURR

3. Training/experience as an EMT
3. Will you make a good __________?
   (i.e., are you the type of person someone on a school’s admissions committee would identify as a person they would want as their own __________?)

Data schools will use to try to answer this question:
1. Positive letter of evaluation from Committee:
   Based primarily on letters of reference from Clark faculty
2. Common application: personal essay and list of experiences
3. Answers to questions on secondary applications
4. Interview
5. NCVs in all of the above
Table 1. Mean Importance Ratings of Academic, Experiential, Demographic, and Interview Data Used by Admissions Committees for Making Decisions about Which Applicants Receive Interview Invitations and Acceptance Offers (N = 130)

<table>
<thead>
<tr>
<th>Mean Importance Ratings</th>
<th>Academic Metrics</th>
<th>Experiences</th>
<th>Demographics</th>
<th>Other Data</th>
</tr>
</thead>
<tbody>
<tr>
<td>Highest Importance Ratings (≥3.0)</td>
<td>GPA: cumulative biology, chemistry, physics, and math&lt;br&gt;MCAT total score&lt;br&gt;GPA: grade trend&lt;br&gt;GPA: cumulative total&lt;br&gt;GPA: cumulative total from postbaccalaureate premedical program&lt;br&gt;MCAT total score trend&lt;br&gt;Completion of premedical course requirements</td>
<td>Community service/volunteer: medical/clinical&lt;br&gt;Community service/volunteer: not medical/clinical&lt;br&gt;Physician shadowing/clinical observation&lt;br&gt;Leadership</td>
<td>U.S. citizenship/permanent residency (Public)&lt;sup&gt;1&lt;/sup&gt;&lt;br&gt;State residency (Public)&lt;sup&gt;3&lt;/sup&gt;&lt;br&gt;Rural/urban underserved background</td>
<td>Interview results&lt;sup&gt;4&lt;/sup&gt;</td>
</tr>
<tr>
<td>Medium Importance Ratings (≥2.5 and &lt;3.0)</td>
<td>Completion of challenging upper-level science courses&lt;br&gt;GPA: cumulative “all other” (not biology, chemistry, physics, and math)</td>
<td>Paid employment: medical/clinical&lt;br&gt;Research/lab&lt;br&gt;Other extracurricular activities&lt;br&gt;Military service</td>
<td>Race/ethnicity&lt;br&gt;U.S. citizenship/permanent residency (Private)&lt;sup&gt;3&lt;/sup&gt;&lt;br&gt;Parental education/occupation/socioeconomic status (SES)</td>
<td></td>
</tr>
<tr>
<td>Lowest Importance Ratings (&lt;2.5)</td>
<td>Degree from graduate or professional program&lt;br&gt;Completion of challenging nonscience courses&lt;br&gt;Selectivity of undergraduate institution(s)&lt;br&gt;Undergraduate major</td>
<td>Teaching/tutoring/teaching assistant&lt;br&gt;Paid employment: not medical/clinical&lt;br&gt;Intercollegiate athletics&lt;br&gt;Honors, awards, recognition&lt;br&gt;Conferences attended, presentations, posters, publications</td>
<td>First-generation immigrant status&lt;br&gt;Fluency in multiple languages&lt;br&gt;Gender&lt;br&gt;English language learners&lt;br&gt;State residency (Private)&lt;sup&gt;3&lt;/sup&gt;&lt;br&gt;Legacy status&lt;br&gt;Community college attendance&lt;br&gt;Age</td>
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</tbody>
</table>
### Highest tier

<table>
<thead>
<tr>
<th>Mean Importance Ratings ( \geq 3.0 )</th>
<th>Academic Metrics</th>
<th>Experiences</th>
<th>Demographics</th>
<th>Other Data</th>
</tr>
</thead>
</table>
| Highest Importance Ratings (\( \geq 3.0 \)) | • GPA: cumulative biology, chemistry, physics, and math  
• MCAT total score  
• GPA: grade trend  
• GPA: cumulative total  
• GPA: cumulative total from postbaccalaureate premedical program  
• MCAT total score trend  
• Completion of premedical course requirements | • Community service/volunteer: medical/clinical  
• Community service/volunteer: not medical/clinical  
• Physician shadowing/clinical observation  
• Leadership | • U.S. citizenship/permanent residency (Public)\(^3\)  
• State residency (Public)\(^3\)  
• Rural/urban underserved background | • Interview results\(^4\) |
Middle tier

<table>
<thead>
<tr>
<th>Medium Importance Ratings (≥2.5 and &lt;3.0)</th>
<th>Completion of challenging upper-level science courses</th>
<th>Paid employment: medical/clinical</th>
<th>Race/ethnicity</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>GPA: cumulative “all other” (not biology, chemistry, physics, and math)</td>
<td>Research/lab</td>
<td>U.S. citizenship/permanent residency (Private)³</td>
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<tr>
<td></td>
<td></td>
<td>Other extracurricular activities</td>
<td>Parental education/occupation/socioeconomic status (SES)</td>
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<td></td>
<td></td>
<td>Military service</td>
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</tbody>
</table>
| Lowest Importance Ratings (<2.5) | Degree from graduate or professional program  
|                                 | Completion of challenging nonscience courses  
|                                 | Selectivity of undergraduate institution(s)  
|                                 | Undergraduate major  
| Teaching/tutoring/teaching assistant  
| Paid employment: not medical/clinical  
| Intercollegiate athletics  
| Honors, awards, recognition  
| Conferences attended, presentations, posters, publications  
| First-generation immigrant status  
| Fluency in multiple languages  
| Gender  
| English language learners  
| State residency (Private)  
| Legacy status  
| Community college attendance  
| Age  

Lowest tier
PREHEALTH SOCIETY
PREDENTAL SOCIETY
GET INVOLVED!
Alpha Epsilon Delta
The Health Preprofessional Honor Society
What is the best way to approach your college career?

1. Explore
   - Courses
   - Majors
   - Campus activities
   - Community

2. Enjoy
   - All of the above
   - Find your passion
   - Make time for you

3. Focus
   - Grades
   - Standardized tests (MCAT, GRE, etc.)
   - Service
   - Application process
### Medical School Requirements (bold)
It is possible to complete them in 3 years

<table>
<thead>
<tr>
<th>Year 1</th>
<th>Fall</th>
<th>Spring</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Intro Chem I</td>
<td>Intro Chem II</td>
</tr>
<tr>
<td></td>
<td>Intro Biol I</td>
<td>Intro Biol II</td>
</tr>
<tr>
<td></td>
<td>xxx</td>
<td>xxx</td>
</tr>
<tr>
<td></td>
<td>xxx</td>
<td>Math/Statistics*</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Year 2</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall</td>
<td>Organic I</td>
<td>Spring</td>
</tr>
<tr>
<td></td>
<td>(Math)*</td>
<td>Organic II</td>
</tr>
<tr>
<td></td>
<td>xxx (Cell)</td>
<td>Psychology*</td>
</tr>
<tr>
<td></td>
<td>xxx</td>
<td>*not all schools</td>
</tr>
<tr>
<td></td>
<td>(Math)*</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Year 3</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Fall</td>
<td>Intro Physics I</td>
<td>Spring</td>
</tr>
<tr>
<td></td>
<td>Intro Physics II</td>
<td>xxx (Physiology)</td>
</tr>
<tr>
<td></td>
<td>Biochemistry I</td>
<td>English (any)</td>
</tr>
<tr>
<td></td>
<td>English (any)</td>
<td>Sociology*</td>
</tr>
<tr>
<td></td>
<td>xxx</td>
<td></td>
</tr>
</tbody>
</table>

Other desirable courses: Spanish, computer literacy
Clark’s Prehealth Website

Preparing for a Career in Medicine and Health Care

Whether you hope to become a physician, pharmacist, or another type of health professional, Clark is committed to helping you find the right path toward YOUR career. Our low student-faculty ratio means you will get to know your professors through small classes and research collaboration. Outside of Clark, Worcester abounds with hospitals and

https://www.clarku.edu/departments/prehealth/
Welcome

Traditional Advising Services

MCAT and AMCAS Workshops

Pharmacy, Physician Assistant, and Nursing at MCPHS
Applying to Professional Schools

- Application Process
- Timeline and Deadlines
- Choosing Schools
- Financing Medical School
- Personal Statement
- Letters of Recommendation
- Interview
- Standardized Exams
- What if I’m not accepted?
- Joint Degree Programs

Resources

- Frequently Asked Questions
- Health Profession Schools
- Underrepresented and International Applicants

People
Let us know who you are so we can better help you on your journey!

1. Go to the prehealth website:

https://www.clarku.edu/departments/prehealth/

2. Go to “About Us”
3. Read the Welcome letter
4. Fill out the “form”
5. Submit the form to premed@clarku.edu

Final Thoughts

• The health profession is one of the most rewarding careers one can choose.

• It may also be one of the most demanding professions one can choose.

• Start the process of becoming the type of individual to whom you would trust your own health and well being now.

• There are many fields. You will have plenty of time to decide which is most attractive to you.

• We are here to help. Please come see and talk with us soon and often.

dlaronchelle@clarku.edu