Preparing for the Health Professions

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Chemistry Department
Assistant Director of Health Professions Advising
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Health Professions web page
http://college.wfu.edu/prehealth/
The Health Professions Advisors

- Dr. Carole Gibson, Biology - third and fourth year medicine
- Dr. John Tomlinson, Chemistry – first and second year medicine
- Dr. Jane Albrecht, Romance Languages - physician assistant, A-K
- Dr. Steven Folmar, Anthropology – physician assistant, L-Z,
- Dr. Samuel Cho, Physics - physical therapy, occupational therapy, A-K
- Dr. Kristina Gupta, Women and Gender Studies - physical therapy, occupational therapy, L-Z
- Dr. Katy Lack, Biology – dentistry, veterinary science
- Dr. Fred Salsbury, Physics – nursing/pharmacy/audiology
Office of Personal and Career Development

- **Brian Mendenhall** (mendenbh@wfu.edu) - specializes in the sciences and health professions.
- **Patrick Sullivan.** (sullivpc@wfu.edu) – specializes in internships.
Being a Competitive Applicant

• Prerequisite courses
• GPA
• MCAT/DAT/GRE
• Shadowing
• Clinical experience
• Research
• Community service
• Extracurricular Activities
## Typical Course Schedule

<table>
<thead>
<tr>
<th>Fall year 1</th>
<th>Spring year 1</th>
<th>Fall year 2</th>
<th>Spring year 2</th>
<th>Fall year 3</th>
<th>Spring year 3</th>
<th>Fall year 4</th>
<th>Spring year 4</th>
<th>Right after graduation</th>
</tr>
</thead>
<tbody>
<tr>
<td>*CHM 111/L</td>
<td>CHM 122/L</td>
<td>CHM 223/L</td>
<td>CHM 280/L</td>
<td>Study abroad?</td>
<td>BIO 370 or CHM 370</td>
<td>PHY 113/L</td>
<td>PHY 114/L</td>
<td>Apply to medical school</td>
</tr>
<tr>
<td>MTH 111?</td>
<td>Bio 114</td>
<td>*Bio 214</td>
<td>*Bio 213</td>
<td></td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fall year 1</th>
<th>Spring year 1</th>
<th>Fall year 2</th>
<th>Spring year 2</th>
<th>Fall year 3</th>
<th>Spring year 3</th>
<th>Summer Year 3</th>
<th>Fall year 4</th>
<th>Spring Year 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHM 111/L</td>
<td>CHM 122/L</td>
<td>CHM 223/L</td>
<td>CHM 280/L</td>
<td>PHY 113/L</td>
<td>BIO 370 or CHM 370</td>
<td>Apply to medical school</td>
<td>Complete divisionals and major</td>
<td></td>
</tr>
<tr>
<td>MTH 111?</td>
<td>BIO 114/L</td>
<td>BIO 213/L</td>
<td>BIO 214/L</td>
<td>PHY 114/L</td>
<td>Prepare for MCAT</td>
<td>Complete divisionals and major</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*CHM 111/L: Introduction to General Chemistry
CHM 122/L: General Chemistry II
CHM 223/L: Organic Chemistry I
CHM 280/L: Organic Chemistry II
Bio 114: General Biology I
Bio 213/L: General Biology II
Bio 214: General Biology III
PHY 113/L: Introduction to Physics I
PHY 114/L: Introduction to Physics II
PHY 113/L: Introduction to Physics III
BIO 370: Introduction to Microbiology
CHM 370: Advanced Chemistry
PHYS 370: Advanced Physics
BIO 370: Advanced Biology
MCAT: Medical College Admission Test
What if I have a low GPA after my first year?

• You may repeat a course if your grade is lower than a C-.
• Your higher grade will replace the grade on your transcript.
• Med. schools will recalculate using all grades.
• Focus on GPA.
Ask for help if you need it!

- Faculty office hours
- Tutors from Learning Assistance Center
- Math/Chemistry/Biology Centers
- Office of Academic Advising
What do I do if my GPA is lower than 3.4?

• GAP YEAR(S)!
## MCAT and GPAs for Applicants and Matriculants

### Applicants

<table>
<thead>
<tr>
<th>Metric</th>
<th>2016-2017</th>
<th>2017-2018</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total MCAT</strong></td>
<td>Mean 501.8</td>
<td>Mean 504.7</td>
</tr>
<tr>
<td></td>
<td>SD 9.5</td>
<td>SD 9.4</td>
</tr>
<tr>
<td><strong>GPA Science</strong></td>
<td>Mean 3.45</td>
<td>Mean 3.45</td>
</tr>
<tr>
<td></td>
<td>SD 0.43</td>
<td>SD 0.43</td>
</tr>
<tr>
<td><strong>GPA Non-Science</strong></td>
<td>Mean 3.69</td>
<td>Mean 3.70</td>
</tr>
<tr>
<td></td>
<td>SD 0.3</td>
<td>SD 0.29</td>
</tr>
<tr>
<td><strong>GPA Total</strong></td>
<td>Mean 3.55</td>
<td>Mean 3.56</td>
</tr>
<tr>
<td></td>
<td>SD 0.34</td>
<td>SD 0.34</td>
</tr>
<tr>
<td><strong>Total Applicants</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>53,042</strong></td>
<td><strong>51,680</strong></td>
</tr>
</tbody>
</table>

### Matriculants

<table>
<thead>
<tr>
<th>Metric</th>
<th>2016-2017</th>
<th>2017-2018</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total MCAT</strong></td>
<td>Mean 508.7</td>
<td>Mean 510.4</td>
</tr>
<tr>
<td></td>
<td>SD 6.9</td>
<td>SD 6.6</td>
</tr>
<tr>
<td><strong>GPA Science</strong></td>
<td>Mean 3.64</td>
<td>Mean 3.64</td>
</tr>
<tr>
<td></td>
<td>SD 0.3</td>
<td>SD 0.31</td>
</tr>
<tr>
<td><strong>GPA Non-Science</strong></td>
<td>Mean 3.78</td>
<td>Mean 3.79</td>
</tr>
<tr>
<td></td>
<td>SD 0.23</td>
<td>SD 0.22</td>
</tr>
<tr>
<td><strong>GPA Total</strong></td>
<td>Mean 3.7</td>
<td>Mean 3.71</td>
</tr>
<tr>
<td></td>
<td>SD 0.24</td>
<td>SD 0.25</td>
</tr>
<tr>
<td><strong>Total Matriculants</strong></td>
<td><strong>21,030</strong></td>
<td><strong>21,338</strong></td>
</tr>
</tbody>
</table>
A good MCAT score can compensate for a lower GPA

% acceptance, GPA 3.4-3.59

<table>
<thead>
<tr>
<th>MCAT scores</th>
<th>Percent of Matriculates</th>
</tr>
</thead>
<tbody>
<tr>
<td>523-528</td>
<td>70%</td>
</tr>
<tr>
<td>519-522</td>
<td>70%</td>
</tr>
<tr>
<td>512-518</td>
<td>60%</td>
</tr>
<tr>
<td>508-512</td>
<td>60%</td>
</tr>
<tr>
<td>502-507</td>
<td>50%</td>
</tr>
<tr>
<td>498-501</td>
<td>20%</td>
</tr>
<tr>
<td>490-497</td>
<td>10%</td>
</tr>
<tr>
<td>488-490</td>
<td>5%</td>
</tr>
<tr>
<td>484-487</td>
<td>5%</td>
</tr>
<tr>
<td>474-483</td>
<td>0%</td>
</tr>
</tbody>
</table>
Which Major?

• Whatever excites you!
GPA/MCAT alone will not get you into professional school

- Community service
- Clinical experience
- Leadership/extracurriculars
- Research
- Continuous commitment
Study abroad?

• Of course you should!
PHY 113 / PHY 114 in Vienna!

Are you a pre-health student trying to get your physics requirement done? Are you a science major trying to go abroad and can’t get your science classes in? This is your chance!

Now the opportunity exists that students can get both of these physics core classes completed at the same time in a single semester abroad — come to the Flow House in Vienna/Austria in Spring 2020! We will offer the following classes, fulfilling a maximum of divisional requirements:

- PHY 113 and 114
- MUS 219
- HST 120
- GER 110 or 150 or 214
- HMN 190

Division V
Division III
Division I
required
required

Prior knowledge of German is not required, but might make your experience more valuable. For more information, please contact:

Prof. Thonhauser
Department of Physics
thonhauser@wfu.edu
336 758 3991
http://thonhauser.physics.wfu.edu

Marcia Crippen
Center for Global Programs
crippemk@wfu.edu
336 758 5939
http://global.wfu.edu
When should I apply to medical school?

- After junior year?
- After senior year?
- Later?

- Do not apply before you are ready. Time and money
- How do you know if you are ready?
You do not need a HPC letter to apply to medical school
Osteopathic medical schools, entering class 2016

<table>
<thead>
<tr>
<th></th>
<th>Science</th>
<th>Non-science</th>
<th>Overall</th>
</tr>
</thead>
<tbody>
<tr>
<td>Average GPA</td>
<td>3.45</td>
<td>3.64</td>
<td>3.53</td>
</tr>
<tr>
<td>Average MCAT</td>
<td></td>
<td></td>
<td>502</td>
</tr>
</tbody>
</table>

Average GPA of matriculating students

Average MCAT of matriculating students
MD vs Physician Assistant

- Two – three semesters of chemistry
- No physics
- Additional requirements” - Microbiology and Statistics
- 1,000-4,000 hours of “direct patient healthcare experience.” Some require paid clinical hours.
- The average GPA for students who matriculated to PA school in 2015 was 3.5
Early Assurance Program

Well-qualified Wake Forest students upon completion of the sophomore year may apply for acceptance to the class entering two years later through the Early Assurance Program (EAP). To be eligible for this program, candidates must:

• Complete at least half of the prerequisites at WFU by the end of their sophomore year
• Have an overall GPA of 3.5 and a science GPA of 3.5 for each semester in school
• Have satisfactory ethical conduct.
• MCAT score of > 509.
AdviseStream

• E-portfolio
  – Keeping track of your activities and progress towards completion of goals
• Health Professions Application
• http://college.wfu.edu/prehealth/
AdviseStream

How to sign up:
1. Go to https://wfu.advisestream.com
2. Enter the requested information, including the access token below.
3. Look for an email from AdviseStream with a temporary password.

Access Token: wfuprehealth
Enjoy Your Experience at Wake Forest!