Pre-Health/Pre-Law Advising Center
Fall Workshop Series 2020

Pre-Health Orientation Workshop

September 3, 2020
Objectives

- Explore Health Careers
- Eight Steps to Professional School
- Speak with the panelists!
  - Dr. Denise Nelson-Hurwitz, PhD
  - Dr. Roy Goo, PharmD
  - Mr. Dick Teshima, MPH, MT(ASCP)
  - Dr. Henry Lew, MD, PhD, CCC-A
## Health Fields

### Patient-Centered

<table>
<thead>
<tr>
<th>10</th>
<th>9</th>
<th>8</th>
<th>7</th>
<th>6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medicine (MD, DO)</td>
<td>Physical Therapy</td>
<td>Naturopathy; Chiropractic</td>
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<tr>
<td>Dentistry; Optometry; Veterinary Medicine</td>
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<tr>
<td>Podiatry</td>
<td>Public Health-Epidemiology</td>
<td>Dietetics</td>
<td>Audiology</td>
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<tr>
<td>Pharmacy</td>
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### Science Extensive

<table>
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<tbody>
<tr>
<td>Public Health-Epidemiology</td>
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### Minimal Science Required

<table>
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<tbody>
<tr>
<td>Respiratory Care Practitioner</td>
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<tr>
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<tbody>
<tr>
<td>Public Health-Environmental Science</td>
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<table>
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<tbody>
<tr>
<td>Biomedical Sciences</td>
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<table>
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<tbody>
<tr>
<td>Public Health-Biostatistics</td>
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<table>
<thead>
<tr>
<th>1</th>
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<tbody>
<tr>
<td>Medical Technologist (Med Tech)</td>
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### Task-Centered

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<tbody>
<tr>
<td>Physical Therapy Assisting</td>
<td>Occupational Therapy</td>
<td>Speech Pathology</td>
<td>Occupational Therapy Assisting</td>
<td>Social Work; Massage Therapy</td>
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<tr>
<td>Nursing</td>
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<tr>
<td>Dental Hygiene; MICT/Paramedic</td>
<td>Dental Assisting; Medical Assisting; Emergency Medical Technician (EMT)</td>
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<tr>
<td>Public Health-Social &amp; Behavioral</td>
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| Radiologic Technologist | Phlebotomist; Surgical Technologist |
| Public Health-Admin. & Policy; Pharmacy Technician |
8 Steps to Professional School!!

1. Course Work
2. Experience
3. Researching Schools
4. Interviews
5. Entrance Exam
6. Applications
7. Financial Aid
8. Personal Development
8 Steps to Professional School!!

1. Course Work
2. Experience
3. Researching Schools
4. Entrance Exam
5. Applications
6. Interviews
7. Financial Aid
8. Personal Development
Coursework

- Varies from school to school
- Dependent on your majors and degrees
- Program sheets
  - Major requirements
  - General education requirements
  - Graduation + Credit Requirements
  - Electives
- Note: There are prerequisites courses taken within other requirements
### What to do

- Make a 4-year plan
- Make sure to check with the programs you are interested in
- Schedule appointments with advisors!

<table>
<thead>
<tr>
<th></th>
<th>Year 1</th>
<th>Year 2</th>
<th>Year 3</th>
<th>Year 4</th>
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<tbody>
<tr>
<td><strong>Fall 20__</strong></td>
<td>BIOL 171+L</td>
<td>BIOL 275+L</td>
<td>BIOCHEMISTRY (400+)</td>
<td>Interviews</td>
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<tr>
<td></td>
<td>CHEM 161+L</td>
<td>MATH (CALCULUS II)</td>
<td>PSY 212</td>
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<tr>
<td></td>
<td>ENG 100</td>
<td>PHYS 151+L</td>
<td>Study for MCAT</td>
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<tr>
<td></td>
<td>MATH 140</td>
<td>Credits</td>
<td>Credits</td>
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<tr>
<td><strong>Experience</strong></td>
<td>Experience</td>
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<tr>
<td><strong>Spring 20__</strong></td>
<td>BIOL 172+L</td>
<td>PHYS 152-L</td>
<td>January: Take MCAT for first time</td>
<td>Decision</td>
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<tr>
<td></td>
<td>CHEM 162+L</td>
<td>STATISTICS</td>
<td>ENG 2XX</td>
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<tr>
<td></td>
<td>MATH (CALCULUS I)</td>
<td>SOC 100</td>
<td>Start working on Personal Statement for AMCAS</td>
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<tr>
<td></td>
<td>PSY 100</td>
<td>Credits</td>
<td>Credits</td>
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<tr>
<td><strong>Experience</strong></td>
<td>Experience</td>
<td>Experience</td>
<td>Experience</td>
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<tr>
<td><strong>Summer 20__</strong></td>
<td>CHEM 272+L</td>
<td>Study for MCAT</td>
<td>Primary Application (AMCAS)</td>
<td>Enter Medical School</td>
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<tr>
<td></td>
<td>CHEM 273+L</td>
<td>Credits</td>
<td>Secondary Application</td>
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<tr>
<td></td>
<td></td>
<td>Credits</td>
<td>Experience</td>
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<tr>
<td><strong>Experience</strong></td>
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8 Steps to Professional School!!

1. Personal Development
2. Entrance Exam
3. Course Work
4. Researching Schools
5. Applications
6. Interviews
7. Financial Aid
Personal Development

- Qualities that can help students become well-rounded health care professionals
  - Empathy
  - Compassion
  - Commitment to public service
  - High ethical and moral standards
  - Maturity
- Seek out jobs, volunteers, internships, etc. to gain these qualities.
8 Steps to Professional School!!

1. Course Work
2. Experience
3. Researching Schools
4. Entrance Exam
5. Applications
6. Interviews
7. Financial Aid
8. Personal Development
Experience

- Explore health careers
- Learn more about specific fields and if they are right for you
- Log your experiences!
- Quality over quantity
- Letters of recommendation
8 Steps to Professional School!!

1. Course Work
2. Experience
3. Researching Schools
4. Interviews
5. Entrance Exam
6. Applications
7. Financial Aid
8. Personal Development
Entrance Exam

- Prepare a timeline
- Learn as much as you can from your courses
- Keep your notes and textbooks
8 Steps to Professional School!!

1. Course Work
2. Experience
3. Researching Schools
4. Entrance Exam
5. Applications
6. Interviews
7. Financial Aid
8. Personal Development

8 Steps to Professional School!!

- Course Work
- Experience
- Researching Schools
- Interviews
- Financial Aid
- Personal Development
- Entrance Exam
- Applications
Researching Schools

- Assess
- Consider all schools
- “Long List”
- “Short List”
  - Reach, Match, & Safety
8 Steps to Professional School!!

1. Course Work
2. Experience
3. Researching Schools
4. Entrance Exam
5. Applications
6. Interviews
7. Financial Aid
8. Personal Development
Applications & Interviews

- Application Process Overview
- How can you prepare?
- Experience Log
- Letters of Recommendation
8 Steps to Professional School!!

1. Course Work
2. Experience
3. Researching Schools
4. Entrance Exam
5. Applications
6. Interviews
7. Financial Aid
8. Personal Development
Financial Aid

- What are the costs of professional school?
- Start saving now
- Find ways to cover your undergrad tuition
Thank you!

Any Questions?
Guest Speakers

- Dr. Nelson-Hurwitz, PhD
- Dr. Roy Goo, PharmD
- Mr. Teshima, MPH, MT(ASCP)
- Dr. Lew, MD, PhD, CCC-A
# Fall 2020 Pre-Health Workshop Series

*All fall workshops will take place online, through zoom!*

<table>
<thead>
<tr>
<th>Event</th>
<th>Date and Time</th>
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<tbody>
<tr>
<td>Practice for Your Interview!</td>
<td>Wednesday, October 7, 2020 from 5:00-5:45pm</td>
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<tr>
<td>The MCAT</td>
<td>Tuesday, October 13, 2020 from 5:00-5:45pm</td>
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<tr>
<td>The GREs</td>
<td>Thursday, October 15, 2020 from 5:00-5:45pm</td>
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<tr>
<td>Health Professions Panel</td>
<td>Wednesday, October 21, 2020 from 5:00-5:45pm</td>
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<tr>
<td>Shadowing and Networking Workshop</td>
<td>Wednesday, October 28, 2020 from 5:00-5:45pm</td>
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<tr>
<td>Pre-Health Summer Opportunities Panel</td>
<td>Wednesday, November 4, 2020 from 5:00-5:45pm</td>
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<tr>
<td>MCAT Practice Test</td>
<td>Saturday, November 7, 2020 from 9:00am-1:00pm</td>
</tr>
<tr>
<td>GREs Practice Test</td>
<td>Saturday, November 14, 2020 from 9:00am-1:00pm</td>
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</table>
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Honolulu, HI 96822-2217

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