Pre-Health Professions

Truman State

Dec 12, 2018

This Week:

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01 SPOTLIGHT: Pharmacist

Learn more about a healthcare profession.

Education Required

Students take pre-requisite undergraduate coursework and the PCAT for admission. Doctor of Pharmacy programs are typically four years. Some Pharm.D. programs require a bachelors degree but some do not. After graduating from a Pharm.D. program, prospective pharmacists must pass licensing exams and do internship hours.

Prior to applying, students complete the following requirements for pharmacy schools:

- 2 semesters of General Biology with lab: BIOL 107 & 108
- 1 semester of Microbiology: BIOL 304
- 1 semester of Anatomy: BIOL 365/365L or BIOL 214 & 215
- 2 semesters of General Chemistry with lab: CHEM 130 & 131
- 1-2 semesters of Organic Chemistry with lab: (CHEM 329, 330, 331, & 332) or CHEM 320 (depending on major)
- 1 semester of Statistics: STAT 190
- 1 semester of Calculus: MATH 198
- 1 semester of Physics: PHYS 185 or 195
- 1 semester of English Composition: ENG 190
- 1 semester of Public Speaking: COMM 170

Note: some schools have additional requirements and/or strong recommendations for courses. You will want to research the schools you are interested in and find out each school's specific requirements. Also, some programs do not require a bachelor's degree for admission.

Day-to-Day

A pharmacist dispenses medications and works with doctors and patients to promote the safe and proper use of prescriptions. They work in a variety of settings, including privately or corporately owned pharmacies, hospitals, pharmaceutical companies, and others.

Resources

- American Association of Colleges of Pharmacy (AACP). Click here.
- American Pharmacists Association (APhA). Click here.
- Truman's Pre-pharmacy webpage. Click here.
- Truman's Pre-health professions page & resources. Click here.
- PCAT resources. Click here.
- Information about programs, applications, requirements, and more. Click here.

02 EVENTS & ANNOUNCEMENTS

[AT]

Tuesday, December 18th
Athletic Training & Sports Medicine virtual fair. Meet admissions reps and faculty from programs. For more information and to register, click **here.**

[ALL]

Applications Open Now!
US Army Institute of Surgical Research Summer Internship Program is June 3-August 9, 2019. The deadline is January 21, 2019. For more information and to apply, click **here.**

[Med]

Thursday, January 17th 9am-9pm
AACOM & the Colleges of Osteopathic Medicine will be hosting an online medical school fair. Live presentations and the ability to chat with admissions officers, physicians, and current medical students. For more information and to register, click **here.**

[Med]

Registration Open Now!
Mizzou MedPrep I registration is available for the January 3-4, 2019 session. This workshop is for junior & senior undergraduate students learn more about the process and how to be more competitive. For more information and to register, click **here.**

[ALL]

Applications Open Now!
DMU Health P.A.S.S. is a summer program for students aspiring to go to physical therapy, physician assistant, or medical school. Learn what it's like to be a health professions student while getting some shadowing and hands-on experience! For more information and to apply, click **here.**

[ALL]

Registration Open Now!
University of Colorado Pre-Health Emergency & Wilderness Medicine Program is January 2-13, 2019. Looking for something to do during your winter break? For more information and to register, click **here.** Use the code JANTPCU for $150 off the registration fee.

03 IDEAS FOR YOUR BREAK

Aside from spending time with your family & friends and resting (which are also very important!), here are some things you could do to prepare you for your health professions path.

Volunteer

Especially during the holidays, there are so many volunteer opportunities. Go make a difference in your community, whether you are volunteering in a healthcare setting or another setting (food banks, shelters, etc).

Shadow

Get a few shadowing hours in. Don't just shadow the health profession you are wanting to go into. Shadow some professionals who work in other areas as well (this can be helpful in interviews!)

Do Some Research [Not the Lab Kind]

(Although the lab kind is good too) Research schools and programs you might be interested in. Figure out your alternate plans & the path to those alternate plans. Start thinking about how you're going to pay for health professions school.

Assess Your Study Habits

Are you studying as efficiently as you can? Here are some resources to help you study (and live) more efficiently (so you have more time for fun/rest/sleep). Click on the title for more information:

- The Power of Habit - by Charles Duhigg
- A Mind for Numbers - by Barbara Oakley
- Make It Stick - by Brown, Roediger, McDaniel

Assess Your Mental Health

Are you sleeping well? If not, it affects your physical & mental wellbeing. See here for some short articles about research into the importance of sleep. Are you feeling overwhelmed much of the time? Or down? Consider talking with a professional about how you're feeling.

Assess Your Competitiveness

Take a hard look at your GPA and your grades in your pre-requisite courses and compare these to the average admitted student. What experiences do you have that will make you competitive? See the newsletter from October 17, 2018 for more ideas.

04 RESOURCES & SUPPORT

Truman has a pre-health professions page with lots of great resources, such as overviews of the different pre-health paths, ideas on shadowing/volunteering/research in Kirksville, archives of all the weekly newsletters, and details about our agreements with health professions schools! Click HERE to visit the page.

Truman has a table with great information about pre-health professions, schools, admission tests, and more. Test prep materials are also available for checkout. The table is located in the Kirk Building, outside of the freshmen academic advising office (Kirk Building 107).

We have an MCAT/Health Admissions Test Prep Course. The course is currently titled INDV 320: MCAT/Med School Success Seminar, and it is open to all students who will be taking an admission test for a health professions school (MCAT, DAT, OAT, etc.) in the next six months to a year. If you have questions regarding this course, contact Brittany Harden.

CONTACT INFO

Brittany Harden
Pre-Health Professions Coordinator & Advisor
Kirk Building 107
bharden@truman.edu
Click **HERE** to make an appointment

If you are in your second year or later at Truman AND majoring in Biology, Chemistry, Exercise Science, Health Science, or Agricultural Science:

You should meet with the designated pre-health advisor in your major. Depending on the department, some major advisors have a specific pre-health profession and some are versed in multiple pre-health professions.

If you are a first-year student OR majoring in anything other than the majors above:

You should meet with Brittany Harden to help guide your preparation for health professions school. You may call 660-785-7403 (Monday-Friday 8am-5pm) or click HERE to make an appointment.