Pre-Health Professions

Truman State

Oct 17, 2018

This Week:

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01 FAQ: Competitiveness

Answers to some of the most common questions about pursuing pre-health professions.

How many hours of shadowing/clinical/research /volunteer experience do I need?

Medical, Dental, Occupational Therapy, Pharmacy, Optometry, Chiropractic

Overall, these health professions schools do not require a certain number of hours. However, you will want to check with individual schools to see if they have specific requirements.

Physical Therapy

Schools often have a minimum number of suggested or required hours. Click here to see a list of programs and hours.

Veterinary

Most schools require experience with animals and experience in a clinical setting. Schools expect applicants to have hundreds of hours of experience.

Physician Assistant

Many schools require a certain number of paid clinical hours before applying. On average, schools require or recommend around 1,000 paid clinical hours. The average number of hours for accepted students is 2,875.

Athletic Training

Truman's MAT program requires a minimum of 75 hours of shadowing. Other programs may have different requirements.

How do I become a CNA, EMT, or Phlebotomist? Is being a Scribe a good way to get hours?

CNA

[Missouri] Requires 175 hours of classroom and clinical training as part of a program. Applicants must pass the two-part final exam within 6 months of training. Click here for more information, including programs offered in Missouri.

EMT

[Missouri] Requires a certified training program. Intensive programs may be as few as 4 weeks long while others are up to 4 months. The courses include hundreds of hours of classroom and clinical training. Click here for more information about licensing in Missouri.

Phlebotomist

[Missouri] Training ranges from on-the-job, depending on the employer, to certification programs. Currently, Missouri does not require you to have certification but some employers prefer it.

Scribe

Training ranges from on-the-job to a training program. Be wary: some medical scribe positions do not allow you to be in the same area as the patient and would not count as patient-contact/clinical experience.

What is the average GPA for accepted students?

The average science GPA of accepted students into most health professions schools is around 3.50. How does your science GPA compare? Most schools are really looking for mostly As (a few Bs are ok usually) in your science courses. Receiving a C in a science course that is a pre-requisite for the health professions school is generally not acceptable.

What else can I do to make me a competitive applicant?

- Leadership - take a leadership role in a club or organization that you really care about (it doesn't have to be a healthcare-related organization)
- Serve - volunteer and serve in your community. Healthcare professions are about serving others. Volunteer in an area that you are truly passionate about; don't just volunteer places that you think will "look good."
- Go abroad - learn about other cultures. Healthcare is a worldwide issue. See what healthcare is like in other parts of the world.

02 EVENTS & ANNOUNCEMENTS

[ALL]

October 18th & 19th
Midterm Break

[ALL]

Thursday, October 25th 3-4pm
Truman Graduate Program Fair in SUB Georgian Room C. All masters programs will be there, including Athletic Training.

[ALL]

Friday, October 26th
The last day to drop a course with a W on transcript & $50 fee.

[Med]

Monday, October 22nd 6:30pm-9pm
Medical School Panel (hosted by AMSA & PreSOMA) in the OP Performance Hall. Come learn about and ask questions for each med school. The following schools have been invited to attend: Mizzou, Creighton, Wash U, ATSU, and KCU.
This is a required event for AMSA & PreSOMA members.

[Med]

Friday, October 26th 10:30am-4pm
Mizzou Pre-Med Day: learn more about admissions, financial aid, and other pertinent information for applying to medical school. Hear from a panel of medical students. For more information & to register, click **here**.

[ALL]

November 5th-9th
Health Professions Week is a week-long series of interactive activities for students interested in the health professions. This is a FREE & ONLINE event. Click **here** for more information & to register.

03 TEST PREP

Resources to get you started on your plan for studying and taking the admission test.

AAMC MCAT Official Prep Hub

AAMC has updated their test prep information & resources. Click here and then click "AAMC Official MCAT Prep Hub"

KHAN Academy

FREE MCAT-specific as well as topic-specific (for other health professions) resources. Click here

Mobile Apps

- KHAN Academy
- Anki
- MCAT+
- DAT Mastery
- MCAT Flashcards by Kaplan
- Dental Admission Test (DAT Cracker)
- Pocket GRE Math
- Intellivocab for GRE & GMAT

OAT Test Prep

- A compilation of test prep videos and ideas for the OAT
  Click here
- A practice test and resources from ADA
  Click here

PCAT Test Prep

- A compilation of resources & information from AACP
  Click here
- A practice test and resources from PCATWeb
  Click here

DAT Test Prep

- A compilation of test prep resources and ideas for the DAT
  Click here
- Sample practice questions from ADA
  Click here

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.

06 IMPORTANT TO KNOW:

Brittany Harden, the Pre-Health Coordinator, is on maternity leave. Here's the plan:

- **The newsletters will still come to you bi-weekly during her absence.**
- **She will be on maternity leave for about six weeks (mid-September through end of October) & will not be answering emails or meeting with students during that time.**
- **After that six weeks, she will be available via email and limited in-person appointments.**
- **She will [most likely] resume normal working hours during finals week of the fall 2018 semester.**