# Pre-Health Professions

Truman State

Nov 28, 2018

## This Week:

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## 01 FAQ: Oops! (Things Didn't Go As Planned)

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

### How Do I Balance a Low GPA/Test Score/Not Enough Hours of Experience?

If you are lower than average in GPA, admission test score, or hours of experience (clinical, leadership, shadowing, volunteer), you have some options.
- If you were planning on applying and there isn't time to adjust for the low spot, you might want to consider delaying your application a year and/or considering schools that better match your scores & experience.
- If you have time to adjust for your low spot, then consider your weak areas and how you can improve in them. Do you need to retake a course or take an additional course? Do you need to retake your admission test? Do you need to take on a leadership role in a club/activity?
- Consider your alternate plans. Are you committed to getting into your health profession no matter how long it takes? Or are you ready to consider another career?

### I Received a C (or lower) in a Pre-Requisite Course. What should I do?

What you do in this situation depends on a few things:
- If you have (almost all) As in your other pre-requisite courses, you may be able to get by with one C in a course. You will want to address what happened upfront with admissions (how you messed up - NOT how the professor or course was awful) and how you have grown from the situation.
- If you have mostly As but some Bs in your other pre-requisite courses, you should consider retaking the course you received the C in OR taking an additional, upper-level course in that area (but of course, you will need to get an A or B to justify doing this).
- If you received lower than a C in a pre-requisite course, you will want to retake it -- after you have reflected on why you did poorly and how you can do better the second time.

### I'm Not Doing Well in XYZ Pre-Requisite Course. What Should I do?

- Have you tried tutoring? Have you visited with your professor in office hours? Have you changed your study and/or note-taking strategies? Reflection on how to do better based on what you have (or haven't) done is always the first thing you should do. Remember that in health professions school, you won't get to change your professor or course selection in most cases. You will need to learn how to learn from a variety of teachers and instruction and test styles.
- If you realize that you are not doing well in a pre-requisite course before the 10th week drop deadline, do it. You will get a W on your transcript and pay a fee. It is much better to have a W on your transcript than a C or lower in that course. Most health profession admissions committees won't even notice one or two Ws. The W does NOT affect your GPA.
- If you realize this after the 10th week drop deadline, see "I received a C (or lower)..." above.

### Why Didn't I Get Into XYZ School?

I have no idea. (Ok, sometimes there are red flags on applications or personal statements that I can point out. But many times, I don't know why you didn't get into a particular school).

There are many reasons why competitive applicants don't get in to the school of their choice (or any school that they applied to). Often, it boils down to the applicant group being super competitive. There is always going to be someone with a better GPA or test score or leadership experience, etc.

Each school has its own requirements and preferences for admission. They are all looking for the person that fits in well with their philosophy, etc.
If you did not get admitted to a school, CALL THEM. Very politely ask how you can be a more competitive candidate. Almost every admissions department will give you pointers on reapplying. However, not many students ask for this advice, even though it's best to get the feedback directly from the school you applied to.

Have other questions related to your specific situation? Feel free to email or make an appointment with Brittany Harden!

## 02 EVENTS & ANNOUNCEMENTS

[Med]

**Wednesday, November 28th 7-8pm in BH 212**
Pre-health presentation at Truman. Applying to Medical School: Navigating AMCAS, Secondaries, and Interviews.

[ALL]

**Wednesday, December 5th 7-8pm in BH 212**
Pre-health presentation at Truman. Applying to Medical School: Personal Statements and (More) Secondaries.

[ALL]

**Thursday, December 6th at 5pm**
Summer Health Professions Education Program Kickoff Webinar. Get an inside look & prepare to apply for summer pre-health programs through SHPEP. 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 JAN19CO for $150 off the registration fee.

## 03 Pre-Health Updates

What's new in the world of health professions?

### Pharmacists for Healthier Lives

The American Association of Colleges of Pharmacy (AACP) have created resources to promote the pharmacy profession.
See **here** for more information.

### MCAT Available Appointment Notifications

You can now sign up to get a notification if your preferred test date, which was originally unavailable when you were registering, becomes available.

See **here** for more information.

### Single GME Update

More residencies are becoming accredited for both ADA and ACGME. Remember, whether you go to a DO or MD school, you will be able to apply to any residency program. This will give you more options, no matter where you go to medical school. See **here.**

### Summer Opportunities

Now is the time to start thinking about what you are going to do next summer (if you haven't started already!).

The NAAHP keeps a list of summer opportunities. See **here** for more information.

## 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


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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.