

PRE-HEALTH BASICS

Choosing a Major for Pre-Health Students:

Pre-health students may major in any subject as long as they take the specific courses that are required for admission to the professional health program they are interested in applying for. Applicants from many different majors, including the biological sciences, physical sciences, mathematics, social sciences, and humanities are admitted into professional health schools each year, with no preference shown for any major over another. Students are encouraged to choose a major according to their strengths and interests, and to consult regularly with the Pre-Health Advisors to make sure that they are fulfilling all pre-requisite requirements for their specific professional program interests.

Are My Grades **THAT** Important?

Like it or not, your GPA and your entrance exam score (MCAT, DAT, ect.) are the first things that a professional health program will look at, so you want them to be as competitive as possible. Schools will look at the following GPAs when you apply:

- **Cumulative GPA** = all courses you have taken at any university or college
 - Most competitive students = 3.5 or higher
- **Science GPA** = all math, biology, chemistry, and physics courses you have taken
 - Most competitive students = 3.5 or higher
- **Last 45 credit GPA** = last 45 credits taken for your degree at UP
 - Most competitive students = 3.5 or higher

What do Professional Health Programs Look for in an Applicant?

- GPA
- Entrance Exam Score
- Job Shadowing
- Service
- Patient Exposure
- Leadership
- Undergrad Research
- Hobbies
- Ability to Handle Academic Rigor

Where is my **Biology Class**?

Many students start out with only chemistry on their schedule, and this is totally normal! Our chemistry classes are sequenced so that you must complete specific courses in a very specific order. For most pre-health students this means three years of chemistry courses that must be taken in order. On the other hand, our biology courses are very flexible once you take your general biology sequence. It is much easier to move your biology courses around than your chemistry courses, which is why we do our best to make sure you get chemistry as soon as possible in your schedule, and then we can add the biology later – even if you are a biology major! The biology major still requires all of that sequenced chemistry.

Does it Matter if I Take Courses Outside of UP to Save Time and Money?

Most professional health programs will not mind if you transfer in some core classes or have AP/IB credit for a few courses. They do however care about where you take your math, physics, biology and chemistry courses. To know that you will be successful in a professional health program, they need to know you can handle very academically rigorous science courses. These courses should be taken at UP. If one of these subjects must be taken somewhere else, it should be another 4-year university or college. Most professional health programs will not accept these subjects from a community college.

Pre-Health Advising at UP:

Becca Henley
Academic Program Counselor, CAS
Pre-Health Advisor

Dr. Kyle Flann
Biology Faculty
Pre-Health Advisor

Appointments can be made with Becca by calling the CAS Advising Office at 503-943-7221, stopping by Buckley Center 216, or emailing Becca for the online scheduling link. To make an appointment with Dr. Flann, email him to set up a time. Becca and Dr. Flann have pre-requisite worksheets for most professional health pathways (these are also on our pre-health resources webpage) and can talk with you more about your specific pre-health goals at any point during your time at UP.

Pre-Health Professions Advising Office

Email: healthprofessions@up.edu

