

Welcome!

Fall 2019 Meeting #2



pre-medical peer association
at UCLA

since 2001

Different Paths for Entering
the Medical Field +
Different Health Professions
Outside MD/DO

There are a Variety of Different Paths to get to Medical School

- There is no one single way to work your way into Medical School
- Applications could be focused in a variety of different areas and be equally strong
- Contrary to popular belief, it IS possible to go to medical school with a relatively low GPA and MCAT
- In addition, having a good GPA and MCAT score will not guarantee your acceptance to medical school; participating in other activities, whether they're related to medicine or not, is key to a good application

Forming Your Personal Story

- One of, if not the most important parts of building a solid application is developing your story
- As you join and participate in various activities, keep in mind how these experiences and opportunities could fit into your own personal story for why you chose to enter this field
- Schools want to see that the things you participate in add up, rather than appear as if you've thrown together a variety of activities just to "check the boxes"
- As a result, it's important to try to participate in programs and activities that you genuinely find interesting and worthwhile, as these will be much easier to form a story around in the future and will be easier to connect

Forming Your Personal Story

- Despite this, it is very useful to at the very least dabble in particularly relevant activities such as research (does not have to be related to medicine), clinical experience, community service, and leadership roles
 - Clinical Experience in particular is key, as not only gives you vital experience working in a hospital setting, but also serves to reinforce your decision to be pre-med or makes you reconsider your decision before it's too late
- As you participate in these areas, you will find which ones you find the most interest in and will naturally advance in them, thus creating the basis for your unique, personal application!

“How can I make myself a competitive candidate for med school?”

Dr. Christian Arbelaez

I would recommend that you develop your "whole self": solid grades and MCAT scores, extracurricular involvement in the community, research and participation in summer programs if possible, and strong letters of recommendation.

“I know I want to be a doctor, but I don't know what kind.”

Maria Soto-Greene

Don't worry. Even when you think you know, it is not until you enter the clinical years (third and fourth years of medical school) that you really experience the various specialties and go for the one you love.

You will need to decide no later than the beginning of your fourth year since you will need to begin to apply for residency training programs. In terms of other careers for M.D.s, there are many opportunities in the field of medicine.

George Richard

For most people, the choice of specialty is made during the last two years of medical school. Prior to that time, students are engaged in a variety of educational opportunities that expose them to the many career options and specialties available in medicine.

Your school may offer career planning services to help you select a specialty that fits your interests, values, and personality. Most schools will offer access to [Careers in Medicine®](#), which offers a variety of resources and exercises to help you choose your specialty.

While most physicians are employed in clinical practice, there are many other ways to use your medical degree, including teaching and research; working in federal, state, and local governments; and working in private industry.

Your direction will be based on your interests and passion for the field. Keep your mind open to the many opportunities that will be presented to you.

Group Activity

Form a group of 3-4

Go to:

<https://explorehealthcareers.org/>

Choose and explore:

- 1) Your top choice career
- 2) A career you don't know about

Share with your group!



Medicine



Sports Medicine



Public Health

Some Common Professions in Health Care

- **Nurse Practitioner**
 - Serve as primary care providers for patients due to the national shortage in primary care physicians.
 - Rapidly growing field: Unemployment rate of about 2.0% with a projected 31% growth between 2016-2026
 - Education: Become a Registered Nurse and get a Masters of Science in Nursing or Doctor of Nursing Practice
- **Pharmacist**
 - Prepares and dispenses medications ordered by physicians; informs patients on how to administer the medication
 - Education: Requires a Bachelor's degree along with a Doctor of Pharmacy (PharmD) from a professional school

Some Common Professions in Health Care

- Physician Assistant
 - Healthcare professionals licensed to diagnose and treat illnesses in patients and to prescribe medication; work in collaboration with a licensed physician
 - Very good job outlook, similar to nurse practitioners
 - Education: Requires a degree from an accredited PA program, usually a Master's degree
- Healthcare Manager/Health Administrator
 - Direct the operation of hospitals and other healthcare organizations; instead of interacting directly with patients, help shape the direction and policies of their organizations
 - Education: Positions available at multiple levels - baccalaureate, Master's, and Doctoral
 - Degrees focused on business administration and/or public health create a lot more flexibility with finding good positions

Plus Many More!

UCLA Pre-Health Requirements

Recommended basic course of study for health professional schools

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UCLA College Academic Counseling Pre-Health Requirements

This is a recommended basic course of study for health professional schools. Each school can ask for fewer or additional requirements. UCLA is not responsible for your admission to any particular school. These courses have been accepted in the past, and we make our best effort to keep our course list up to date. Always confirm requirements for your top choice schools.

NOTE: Some courses listed below as (optional) are *REQUIRED* for certain majors. AP scores are accepted by some schools, but not by others.

PRE-HEALTH REQUIREMENTS	QUARTER	COURSE CONTENT	COURSE PRE-REQS
ONE YEAR OF BIOLOGY WITH LAB			
Life Sci 7A	_____	Cell & Molecular Biology	
Life Sci 7B	_____	Ecology & Evolution, Genetics	LS 7A
Life Sci 7C + Life Sci 23L	_____	Human Physiology, Genetics + Lab	LS 7B
Life Sci 107 (optional)	_____	Advanced Genetics	Chem 14A',C'; LS 7C,23L
ONE YEAR OF GENERAL CHEMISTRY W/ LAB			
Chem 14A or 20A	_____	General Chemistry	Math 3A ¹¹
Chem 14B or 20B	_____	General Chemistry	Chem 14A'; Math 3B ¹¹
Chem 14BL or 20L (+ 30AL optional)	_____	General Chemistry Lab	Chem 14A',B ¹¹
ONE YEAR OF ORGANIC CHEMISTRY W/ LAB			
Chem 14C or 30A	_____	Organic Chemistry	Chem 14B'
Chem 14CL or 30BL	_____	Organic Chemistry Lab	Chem 14B',BL',C ¹³
Chem 14D or 30B (+ 30C optional)	_____	Organic Chemistry	Chem 14C'
ONE COURSE OF BIOCHEMISTRY (not required for all schools)			
Chem 153A	_____	Biochemistry	Chem 14D'
Chem 153L (optional)	_____	Biochemistry Lab	Chem 14BL',153A ¹³ ; LS 23L

“What exactly is the role of a mentor?”

Carol Baffi-Dugan

A mentor is a cheerleader; a mentor is a facilitator; a mentor is a motivator, and sometimes even a nudge. But, first and foremost, a mentor has your best interests at heart. A mentor teaches you and encourages you to push yourself to do your best and learn as much as you can about your chosen profession. A mentor shares information about his or her profession and tells you the pros and cons to help you understand your choice. A mentor helps you make connections, meet people, and find opportunities.

Robert Hung

The role of a mentor is to offer expertise and knowledge in a certain field of study. A mentor is both a teacher and a role model who guides you to (1) develop your skill set and (2) shape your character and confidence. Mentors can be immensely important and influential in building your foundation of knowledge and the belief in yourself that you can succeed in your field of study.

While professional mentors are very helpful, PPA hopes to foster a support system among students through its undergraduate mentorship program.

Become a mentor/mentee with PPA!

Mentor Application



Mentee Application

