A guide for students applying to health professions schools
Starting and making the most of your journey!
HPAP Faculty and Staff are here to help guide you through this process
Meet the Advising Team

Dr. Andrew Piefer, Professor of Chemistry. HPAP Faculty Advisor & Chair

Joe Ficano, Coordinator of Academic and Pre-Professional Advising

Dr. Mary Allen, Professor of Biology

Dr. Douglas Hamilton, Professor of Biology

Dr. Gerry Hunsberger, Professor of Mathematics

Dr. Justin Wellman, Assistant Professor of Psychology
What is the Health Professions Advising Program? HPAP

Faculty and Staff that help prepare you for a successful medical career or professional training

Assist you with internship, job shadowing or volunteer opportunities

HPAP will bring speakers, representatives and professionals to campus to meet with students

Committee (HPAC) will interview and provide a recommendation letter for medical school or graduate school
Exploring Health Professions

- 12% of students express interest in health professions upon enrollment.
- 10% of graduating seniors go onto a medical or other graduate school in a health field.
- 60% major in biology, 30% major in another physical science & 10% major in a non-science.
WHAT ARE SOME HEALTH PROFESSIONS?

- DENTISTRY
- MEDICAL DOCTOR
- OCCUPATIONAL THERAPY
- OPTOMETRY
- PHARMACY
- PHYSICAL THERAPY
- PODIATRY
- VETERINARY MEDICINE
- Physician Assistant
- Allied Health Careers
  - Radiography
  - Speech Pathology
  - EMS
  - Audiology
  - Medical Diagnostics
  - Health Administration

Remember to ask yourself—is this really what I want to do?
What do I do after Hartwick?

Careers that require Advanced Schooling, i.e. Medical School:
- Medical Doctor
- Osteopathic Physician (D.O)
- Dentistry
- Veterinary Medicine
- Optometrists

Careers that require Graduate School:
- Pharmacists
- Occupational Therapist
- Physical Therapy * Must obtain a Doctor of Physical Therapy Degree

Careers that require a Bachelor’s Degree:
- Athletic Trainers
- Laboratory Technicians
- Radiology Technician

**Some professions may require a separate state license**
A STRONG CANDIDATE

- LEADERSHIP
  - TAKE INITIATIVE, LEAD YOUR PEERS, BE RESPONSIBLE

- COMMUNITY SERVICE
  - VOLUNTEER WITH THE LOCAL COMMUNITY HERE OR AT HOME

- RESEARCH & CLINICAL WORK
  - WORK WITH FACULTY ON A RESEARCH PROJECT, VOLUNTEER AT A HOSPITAL CLINIC OVER BREAKS

- ACADEMICS
  - CHOOSE THE RIGHT MAJOR & ELECTIVES, GET TO KNOW THE FACULTY, KEEP A GOOD GPA

- EXTRACURRICULAR ACTIVITIES
  - BE WELL ROUNDED, BUT NOT STRECHED TO THIN
LEADERSHIP & COMMUNITY SERVICE

STUDENT ORGANIZATIONS

Leadership opportunities at Hartwick include Resident Advisors, Student Mentor, WICK 101 Peer Leader, Blue Key Tour leader-help recruit the next class of Hartwick Hawks. Demonstrate your leadership skills on campus by following what your interests are, other than the health field.

COMMUNITY SERVICE

Hartwick students have to the opportunity to volunteer with many local organizations in Oneonta. American Red Cross, YMCA, Lord's Table, Opportunities for Otsego, Habitat for Humanity to name a few. Many can also be found in your home town for continued service.
RESEARCH & CLINICAL WORK

- **CLINICAL WORK**
  Shadowing opportunities at small hospitals close to Hartwick, larger ones closer to your home, Volunteering at clinics or other Medical facilities

- **RESEARCH**
  Hartwick students can work with Faculty on research projects. Earn credit, present at conferences, have an opportunity to get published. Look into opportunities here at Hartwick for the Summer or at schools close to your home.
ACADEMICS & EXTRACURRICULAR ACTIVITIES

- ACADEMICS

Don't be discouraged if first year grades don't meet your expectations, SEEK ACADEMIC ASSISTANCE (CSS, your professors, Tutoring Services). Schools will value upward trends. Demonstrate Academic Achievement with strong grades & competitive test scores.

- EXTRACURRICULAR ACTIVITES

Hartwick offers 60+ clubs and organizations on campus for you to be a involved in. From Fitness & Dance Clubs to Chemistry & Biology Clubs there is something for everyone. Continue with the Athletics that you have love, well rounded individual make ideal candidates for medical and professional programs.
ENROLL IN A J-TERM COURSE THAT WILL TAKE YOU ABROAD. TRAVEL & SEE THE WORLD!

BIOLOGY COURSES OFFERED EACH J-TERM. SCHOLARSHIPS AVAILABLE. TRY SOMETHING DIFFERENT AND TAKE A COURSE NOT IN YOUR MAJOR OR MINOR.
Health Club

The Health Club works to bring students together from different health disciplines. Currently there are approximately 20 members from sociology, nursing, education, biology, business and more. They work in the community on several awareness causes and to provide more insight on health care fields and graduate programs for the members.

Starting spring semester they will be meeting bi weekly on Wednesday nights at 7pm, location TBD

President: Rebecca Lelles

Vice President: Zachary Skelton

Club Advisor: Joe Ficano
TAKE A DIVERSE SET OF COURSES

MUST EARN A "C" GRADE, TRY FOR A 3.8 GPA

AVOID PRE REQUISITE COURSES ON LINE

START MED/GRADUATE SCHOOL PLANNING EARLY

REMEMBER TO TAKE TIME FOR YOURSELF!!!
HEALTH PROFESSIONS TIME LINE

Freshman Year
- GPA is calculated from your first day, keep your academic record competitive!
- Get to know your Professors—they will be writing recommendation letters for you
- Make sure you are taking the required courses
- Seek out volunteer opportunities here & at home
- Explore extracurricular activities on Campus with Clubs or other organizations.
- Meet with your advisor to review course requirements, discuss if this is the correct path for you
- Consider a J-Term class with travel for Sophomore year, sign up by May

Sophomore Year
- Discuss the possibility about an internship for the Spring Semester
- Continue with your required courses, meeting with your advisor & building relationships with your Professors
- Towards end of year start researching Medical & graduate schools. Typically students apply to 5-9 schools, costs can vary.
- Discuss research possibilities with Professors for the following year
- If you weren’t able to do a J-term class with travel consider for Junior Year
Junior Year

- Begin to review for professional exams
- Continue researching the Medical Schools you are interested in applying to, narrowing down the list
- Continue to work with Professors and others who will write you letters of recommendations
- Discuss with your advisor what is needed for the HPAC interview, done in Spring of Junior year or Spring of Senior year if taking a gap year
- Check on testing sites for registration deadlines, tests are usually taken in Spring or early summer of Junior year
- Continue with volunteer work
- Secure an Internship on Campus, locally or at home, especially important if you have not had this opportunity yet. This should be done prior to sending out Medical or graduate School applications
- STUDY, STUDY, STUDY
- Continue to keep your GPA up with all required coursework
- Taking the MCAT in May, you will receive scores in June, leaving time to retake if necessary

HEALTH PROFESSIONS TIME LINE
Senior Year
- Do that J-term class with travel that you have put off for 3 years
- Finalize the list of schools you want to apply to, Applications open June and run until Dec- Submit no later than September
- Do any research with Professors, attend conferences if possible
- Retake the MCAT or other admission tests if necessary
- Continue with volunteer work
- Start to prepare for interviews at the schools you have applied
- Interview and wait for the decision!!

Alternative Timelines
Many Students take additional time for some of the following reasons:
- They decided on a Health Career after their Freshman or Sophomore Year
- They need to bring their GPA or MCAT score up
- They need additional time to make sure this is the right career option for them
- They are taking some time to work in another field before applying to Medical School, making sure they are on the right path

There is no RIGHT or WRONG way to do it, everyone is different in this process. We will guide you in finding your way
Internships are available right here on campus!

Are you interested in a career in Physical Therapy?
Are you a 2\textsuperscript{nd} or 3\textsuperscript{rd} year student?

You can apply for an Internship right here on campus

Heidi Hofbauer-Buzzy, Head Athletic Trainer, is looking for 3 Pre Health/PreMed students that want to pursue PT as a career to intern with her in J-term or the Spring semester.

\textbf{YOU} and her will work together to decide what you will focus on, where your interests are, what you will benefit from this internship.

See Heather Babbitt, JSC203 for more information

\textbf{Benefits:}
\begin{itemize}
  \item No traveling to an off campus location
  \item Working with your peers/people you know
  \item Earning College credit
  \item Doing something you enjoy
\end{itemize}
Social Media & your FUTURE
Do Admissions Committees REALLY look up applicants on line?
Is this even legal?

Yes, Committees may look up applicants on line, especially if you have included research, blogs, awards on your application. This is like an informal background check. But don't assume all that is out there is bad and should be removed.

Create a professional LinkedIn account. Here, you are able to display your projects, awards, work experience. You can also make connections and receive endorsements from others.

Do a Web search on your self to see what is out there. If items need to be removed you now have time to do so.

Be sure all your personal social media accounts are PRIVATE. Approve all friend and follow requests. Be sure to adjust settings so you can approve tags and check ins. **If you have any doubt, don't post it!**
HOW DO I GET THE INTERNSHIP, VOLUNTEER OR JOB SHADOWING HOURS I NEED?

 решили

★ Internships are available for both credit & non credit with Bassett Hospital
★ Internships for credit will require an application process with 1 student selected per semester
★ All Bassett locations will have opportunities. If there is a Bassett facility close to your home no need to come to Cooperstown
★ Volunteering at Bassett (all locations) and Fox is available. Placement of where you are is based on interest, your availability & the availability of the medical professionals
★ Job Shadowing & Observation is available through Fox Hospital
★ Other Medical Offices may have opportunities available. What are you interested in? We can work together to find something for you
★ Always consider looking at locations that are close to home for summer break, especially if there is a larger facility near you

See Heather Babbitt in Johnstone 203, babbitth@hartwick.edu ext 4730 for assistance on this or any other questions
Hartwick College and The Sage Colleges of Health Sciences have an agreement to provide Hartwick students preferred admissions to the OT & PT graduate programs.

- Preferred acceptance (based on space available) for those who have completed pre requisite courses
- Must maintain a 3.25 GPA in the pre requisite courses
- Application fee to Sage is waived
- Early acceptance
- Access to Sage advisors to coordinate coursework

**Pre Requisites for PT Program:**

- BIOL 319 Anatomy & Physiology I
- BIOL 320 Anatomy & Physiology II
- BIOL 312 Molecular Biology of the Cell
- PHYS 140 or PHYS 201 General Physics I
- PHYS 141 or PHYS 202 General Physics II
- CHEM 107 General Chemistry I
- CHEM 108 General Chemistry II
- MATH 108 Statistics
- PSYC 110 Psychological Science I
- PSYC 301 Developmental Psychology

**Pre Requisites for OT Program:**

- BIOL 319 Anatomy & Physiology I
- BIOL 320 Anatomy & Physiology II
- PHYS 140 or PHYS 201 General Physics I
- MATH 108 Stats or PSYC 291 Experimental Stats
- PSYC 110 or 111 Psychological Science I, II
- PSYC 301 Developmental Psychology
- PSYC 302 Clinical Psychology: Abnormal
- ANTH 105 Introduction to Anthropology OR ANTH 223 Cultural Anthropology OR SOCI 105 Introduction to Sociology
WHAT COURSES DO I NEED TO TAKE?

***Fulfilling the requirements below will allow you to apply to almost any U.S. medical school:

- One year of general or inorganic chemistry with lab
- One year of organic chemistry with lab
- One year of general physics with lab
- One year of biology with lab
- One year of English

It is recommended that you complete almost all of these courses before taking the MCAT and applying to schools.

Additional Requirements:

Currently more than 60 medical schools require one or two semesters of Math (college math, calculus, and/or statistics); one semester of biochemistry.

Some medical schools require more than one year of biology.

Almost 20 medical schools require one semester of statistics.

Each Medical & Graduate school is different. RESEARCH THE SCHOOLS YOU ARE INTERESTED IN!!!
# Quick MCAT Facts

## Exam Overview

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<th>Section</th>
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*Total seated time does not include check-in time on arrival at the test center.

## MCAT Question Breakdown

- **Physics**: 15 questions
- **Biochemistry**: 30 questions
- **Biology**: 45 questions
- **CARS**: 53 questions
- **General Chemistry**: 20 questions
- **Organic Chemistry**: 11 questions
- **Psychology**: 38 questions
- **Sociology**: 18 questions

Total Number of Questions: 230

An approximate breakdown of the number of MCAT questions on the MCAT exam. Total time is 6 hours and 15 minutes (excluding breaks).
MCAT TIPS

• Take soon after completing your prerequisites
• Plan to study for a SIGNIFICANT amount of time. This will be done through self study or a prep course
• Aim to take this ONCE, but not uncommon to take a second time
• MCAT Scores are valid for 2-3 years after you have taken the test
• Take a Mock/Practice MCAT when it is offered-MORE THAN ONCE
• Find a study network, others can help you study better
• AAMC.ORG- to get study tips, financial assistance in paying for the exam, exam dates & to register for the test.
PREPARING FOR YOUR HPAC INTERVIEW

• PERSONAL STATEMENT
• 3 LETTERS OF RECOMMENDATION (2 FROM SCIENCE FACULTY, 1 FROM NON-SCIENCE FACULTY)
• EVALUATIONS AND/OR RECOMMENDATIONS FROM ANY INTERNSHIPS OR SHADOWING EXPERIENCES
• RESUME
• RESPONSES TO BIOGRAPHICAL QUESTIONS (QUESTIONS WILL BE GIVEN TO YOU WHEN INTERVIEW IS REQUESTED)

STUDENTS APPLYING TO MEDICAL SCHOOL ARE **REQUIRED TO INTERVIEW WITH HPAC IN SPRING OF JUNIOR YEAR. Even if taking a few years off between undergraduate & graduate school, its best to interview while at Hartwick

STUDENTS APPLYING TO ALL OTHER HEALTH PROFESSIONAL SCHOOLS WILL INTERVIEW WITH HPAC IN FALL OF SENIOR YEAR
THE HPAC WON’T WRITE ME A COMMITTEE LETTER IF MY GPA IS LOW

FALSE

- There is no minimum GPA for a Committee Interview
- The interview will take place ONLY after all required paperwork has been submitted-this is your responsibility to submit & submit on time.
- A realistic assessment will be given of your credentials after the interview
- A letter will be provided upon request to you or to requested schools

YOU WILL NEED TO FOLLOW THROUGH AND MAKE SURE ALL REQUIRED PAPERWORK IS SUBMITTED TO HEATHER BABBITT AT LEAST 48 PRIOR TO INTERVIEW OR IT WILL BE CANCELLED/POSTPONED
Remember:

☼ While you want to achieve an overall strong performances in the sciences, there is no specific GPA or MCAT score that guarantees acceptance to medical school.
☼ Your grades are only ONE part of the admissions process. Your personal qualities & experiences are also factors.
☼ Medical school admissions look for students that have showed interest in medicine through community service, health care related internships, extracurricular activities or research.
☼ Each medical school will have its own criteria and priorities for admission. You will need to take your time in researching schools of interest to make sure they are a good fit.

The members of the HPAP are here to help you achieve your goals. Please do not hesitate to seek assistance.
QUESTIONS?
SUGGESTIONS?